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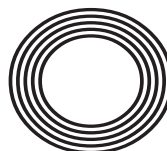
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CONTACT US

www.visionmag.co.uk/woodbridge

woodbridge@visionmag.co.uk

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@WoodbridgeVMag @WoodbridgeVMag

FOUNDER | Nik Allen | CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Amelie Gregory

CONTRIBUTORS | TFS Photo Woodbridge, Tabatha Fabray

Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge.

About this time last year, I was anxiously awaiting a new arrival; something that had been developing for a number of months and

was sure to give me many a sleepless night once it had arrived.

I am, of course, talking about what was then a new magazine called **VISION** Woodbridge.

We quietly celebrated our first birthday last month, before attentions quickly turned to Edition 13 and the beginning of our second year in print. It's a second year I am very much looking forward to throwing myself into wholeheartedly and making **VISION** bigger and better than it already is.

Talking of anxious waits for new arrivals, we had another pretty important one at the start of this month. My partner Abbie, my daughter Alice and I are delighted to announce that on Tuesday, July 9 we welcomed our new son into the world, Robert Kenneth Lloyd Taylor, weighing in at 7lbs 4oz.

Mother and baby are both very well.

Regular readers of this magazine will know how important family life is to me and moving away from a 9-5 job and launching **VISION** has certainly enabled me to be more flexible with my time and it's something I'm hugely grateful for.

Have a great month.

Will



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Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.

CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew ‘Freddie’ Flintoff in a show that Harris says “will be a little bit different, more relaxed and approachable, but just as motoring mad.

“When you have part of your audience that doesn’t know too much about cars – or maybe doesn’t even want to – we have previously had to inject some humour into the parts of the show which were more serious,” he continued.

“However, these two are brilliant and when we are together there is so much fun and laughter.”

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn’t been changed drastically.

“There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals.” The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that’s been sadly redundant since the show’s enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield’s town centre. *Top Gear*’s revved up irreverence may well be its salvation.

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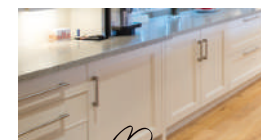
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LOCAL NEWS

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Teenager skydives for charity which saved her life

A schoolgirl from Woodbridge has raised over £3,000 for a charity which helped to save her life.

Georgia Wood did a skydive on June 30 to raise money for the East Anglian Air Ambulance.

The charity, which is funded by donations, came to Georgia's aid in 2017 when she was involved in a potentially life-threatening car accident.

Speaking about the skydive, the 19-year-old said: "I enjoyed it very much. I was expecting to jump out of the plane but when I was up there me and my instructor literally fell out of the door. We spun into the air and then stabilised so we were free falling.

"It was amazing and it was definitely the right decision to raise money that way."

When she began her JustGiving page, Georgia set a target of £300, but has managed to raise over ten

times that amount.

She explained: "I really hope this brings awareness and fundraising to the East Anglian Air Ambulance because without them I wouldn't be able to do this.

"When I was treated by them in 2017 when I was in the car accident, the helicopters stopped flying at midnight.

"It was 11.45pm when the accident happened so they had to rush over to me in cars and bring their life-saving equipment to me as fast as they could.

"I really just want to raise as much as I can to make them a 24-hour service.

"They really are amazing and their funding is completely out of charity."

To donate, visit www.justgiving.com/fundraising/georgia-wood11



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Macmillan Challenge encourages residents to get active

Businesses, schools and community associations have come together to challenge residents to get active on and around the River Deben in aid of Macmillan Cancer Support.

The launch of the Deben Macmillan Challenge, which runs between August 24 and September 8, was announced at the Longshed in Woodbridge by broadcaster and presenter John McCarthy OBE.

With a fundraising target of £25,000, the challenge is set to attract families, friends and sports club members to walk, run, cycle, swim, sail or paddle on or around the River Deben during the fortnight.

Residents are being encouraged to set a challenge of their choice and will be able to collect stamps from cafés and inns in the local area using a Deben Macmillan Challenge passport booklet.

The passport booklet will be available free of charge and participants who collect all 16 stamps will be able to enter a prize draw.

Deben Macmillan Challenge organiser Adrian Smith said: "We have been overwhelmed by the support we have received from local businesses. The sponsorship provided has made the Deben Macmillan Challenge possible and will allow us to fundraise for an incredibly worthwhile cause."

"We are lucky to have a scenic river on our doorstep that is abundant with wildlife including seals, herons and avocets."

"The challenge will provide a fantastic opportunity for residents to make memories and have fun with friends and family during the summer."

John McCarthy OBE added: "This is such a brilliant project and a way for people not only to raise money for a vital charity, but also to get out and enjoy fun and exciting activities in, on and around the beautiful river Deben."

For more information, visit justgiving.com/campaign/debenmacmillanchallenge.

Boy verbally abused and assaulted

A 14-year-old was assaulted in Woodbridge while walking home last month.

The racially aggravated assault occurred on Monday, June 10 at around 7.15pm in North Hill.

The boy was walking home when he became aware that a male was following him. The male verbally abused the boy before punching him in the stomach and running off down Bredfield Street.

The male is described as white, 5ft 11, aged

between 30 and 40, of medium build, bald and with a ginger beard. He was wearing a grey jacket, dark jeans and white trainers.

Anyone who witnessed the incident or has information is asked to visit www.suffolk.police.uk/contact-us/existing-report-update quoting crime reference 37/34343/19, or telephone 101.

Alternatively, contact PC Mortimer by emailing Simon.Mortimer@suffolk.pnn.police.uk

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Sea Scouts group raises thousands at annual Regatta

Woodbridge Sea Scouts raised over £2,000 towards their renovation project at the annual Woodbridge Regatta recently.

The group were the chosen charity for the event and were able to collect donations.

From collecting along the river wall, their annual BBQ, refreshments, cakes, raffle and boat rides, they raised over £2,000.

Barrie Hayter, group Scout leader, said: "The generosity of our local businesses donating raffle prizes allowed us to raise £550 towards our renovation project."

"The event was so successful due to the hard work of the leaders, parents, grandparents and children."

This was the first year boat rides were offered to the public. They were supported by the Explorers who helmed the trips and helped to manage the public.

In other news, volunteers from the Sea Scouts took part in a river clean organised by Transitions Woodbridge recently.

Together with supporters and organisers, several bags of rubbish were collected which contained items such as a broom head, a length of carpet and a fishing rope.

Organiser Jane Healey of Transition Woodbridge said: "I'm absolutely thrilled, it's different every time."

"Thanks to everyone who came and also to Jason of Rubbish Walks for recording the event."

Work begins on new Notcutts restaurant

A special ceremony was held to mark the start of a major project to redevelop the restaurant at Notcutts Woodbridge Garden Centre last month.

The new and enhanced restaurant will provide a modern, light and spacious dining experience for up to 250 people.

It will also feature a new outdoor terrace for al fresco dining with views across the Ipswich Road garden centre and The Notcutts Garden permanent display, which was designed and unveiled last summer to inspire local gardeners with creative planting ideas.

Caroline Notcutt, vice chairman of Notcutts Garden Centres who attended the ceremony, said: "Woodbridge is where it all began for Notcutts, with

my great-grandfather opening the first Notcutts Garden Centre in 1958 on the same site as it stands today. This garden centre holds a special place in my heart, and it has been an honour to see it flourish and grow over the years.

"I am thrilled to celebrate the start of construction on this new restaurant, which will enhance the overall experience for visitors."

Construction on the new restaurant is due to be complete towards the end of the year.

For more information and regular updates on the refurbishment project, visit notcutts.co.uk/garden-centres/Woodbridge or email customercare@notcutts.co.uk



LOCAL NEWS

Woodpeckers announce pre-season friendlies



Woodbridge Town U11's had a successful season, laying the foundations for competitive football in the season ahead. The U11's thank PPC Broadband Fibre for their generous sponsorship. The club's youth section runs teams at all ages so please look at the club website www.woodbridgetownfc.com for more details. The first team's pre-season friendlies have been announced and home games are as follows:

- July 20 - Felixstowe and Walton
- July 24 - Ipswich Wanderers
- July 27 - Harleston Town

Man hopes art and craft fair will raise hundreds

An art and craft fair is being held by Woodbridge Rotary Club with a special meaning for one of its members. The event will be held on August 24 at the Old School House in Chillesford where 50 professional and amateur Suffolk artists will display their work. There will be a sculpture trail in the grounds, further sculptures in the house and paintings in the exhibition hall. Crafts such as wood and slate work, soft furnishings and quilts, upcycled wine crate products, pottery and a huge plant sale will also be included. Member Cliff Longman's father died with Alzheimer's and he wanted to do something to raise money for the Alzheimer's Society. He said: "The society does an incredible job supporting sufferers and carers such as my mother, and of course they are instrumental in efforts to find a cure for all forms of dementia. "When our children grew up leaving us rattling around in the School House, I thought it would be a good opportunity to throw open the gate and hold a fair in the summer as a way to raise funds and do

our bit to keep the good work at the Alzheimer's Society going. "I decided to hold a summer fair with an eclectic mix of professional and amateur work to showcase Suffolk's art scene." Alongside over 100 works of art, there will be refreshments to keep visitors going. Everything will be up for sale with all proceeds going directly to the Alzheimer's Society.

Yoga and dance studio to open this month

An all-inclusive yoga and dance studio with a plant-based coffee shop will be opening this month. Earlier this year, Faye Meakin and Bilyana Dawson took on The Three Tuns transforming it into Vida Haus. It aims to create a community where one feels safe, inspired and at home. The wellness and movement classes, supper clubs, therapies and ambience of the purpose built, innovative and sustainable space are designed to inspire customers to treat themselves and the world with the care it deserves. Faye said: "It has been a long process to renovate what was once a pub, restaurant and hotel and we have been involved every step of the way ensuring all the materials used are kind to the environment and designed for high quality yoga and dance practice." Opening in mid July, there will be a launch day on Sunday, July 21 including classes for adults and children.



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News from

Councillor Caroline Page

The County Councillor for Woodbridge

Lots of people tell me that the young have an easy ride of it. Really? It seems to me that many young people have it hard. Especially in small towns like Woodbridge.

They stay at home, and up goes the cry "When we were young, we made our own entertainment. We'd be out all day – our parents never saw us."

So, they politely take us at our word, go out with their mates and are accused of "hanging around" on street corners. How can they win?

Yes, when we were young we had no phones and no cars. We lived in a world where children could walk, cycle and take the bus independently with a fair degree of safety (I say fair, I well remember being bitten by a horse on my way to school). In that, we were lucky.

We had independence – whether we wanted it or not. Our young people often don't – and with equally little choice.

And I genuinely can't remember young people being as thoughtful, as caring and as concerned about other people and the world as now. Just look what mountains they can move: Malala Yousafzai, youngest ever Nobel Prize winner. Greta Thunberg, convincing politicians country by country to save the world and William Kamkwamba, building wind generators out of junk.

In China, with such a generational change from poverty to affluence, they still teach children the Confucian 'Three Character Classic': "People are born good, and with similar natures. But natures can change: with poor examples, peoples characters will deteriorate".

Maybe instead of criticising, we should pat ourselves on the back for doing a great job with our young. And realise they will do an even better job going forward.

Scouts celebrate 110th anniversary



Photo credit: Paul Adams

amazing team of committed volunteer leaders. There are also many more volunteers that work hard behind the scenes to keep the group running.

"Recent census figures show that Scouting is as popular as ever with thousands of children on waiting lists across the country wanting to join."

Since the group started in 1909, there have been several changes in Scouting.

Adam continued: "While the tradition of Scouting has stayed the same, it has seen some big changes, including the introduction of new sections like Beaver Scouts for six to eight year olds in 1986.

"Scouting continues to adapt to ensure it stays inclusive for all regardless of age, race or gender.

"Something that hasn't changed is the love of the outdoors."

Scouts are able to take part in a range of activities through their section programmes, including archery, bushcraft, rafting, cooking and air rifle shooting.

For more information about 1st Woodbridge Scouts, email adam.scouts@outlook.com

This year, a Woodbridge Scout group is celebrating its 110th anniversary.

1st Woodbridge Scouts continue to prove popular among the young people in the town, helping to provide them with skills for life.

Adam Thorpe, group Scout leader, said: "There is no other youth organisation that offers as such as Scouting can.

"However, this wouldn't be possible without our



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News from
Councillor Geoff Holdcroft
Town Councillor for Woodbridge Riverside

First, I would like to thank everyone involved in making this year's Woodbridge Regatta a success. It takes months of planning, starting in January, only for it to be over in a few short hours. This year it was bigger and better than ever with nine teams competing in the Raft Building and Race, won this year by 1st Kesgrave Scout Group. We were able to use the whole of Whisstock's Place and it was great to see so many stalls there plus Pretty Grim Morris Side dancing as well as a welcome return for Woodbridge Excelsior Band. Let's see if we can do even better next year; if you want to be involved please contact me via woodbridge.regatta@btinternet.com.

Normally, Woodbridge Town Council takes a break during August but we are not going to be so lucky this year as there will be two major consultations going on in July, August and into September. First,

Suffolk County Council in partnership with the district and borough councils will be seeking all our views on the proposals for an Ipswich Northern Route, ipswichnorthernroute.org.uk. Whichever route is finally agreed, there will be significant impacts on traffic along the Woodbridge Bypass so please either let the other councils know your views directly or via your Woodbridge Town Councillors.

The second consultation this summer is by EDF Energy; their fourth round of consultation on Sizewell C. Although details are not yet available this round focuses on transport issues; no doubt both on the rail-led and road-led options they published at the start of 2019. EDF Energy will be holding a public exhibition in Woodbridge Community Hall on July 26; be sure to attend and see what the impact on Woodbridge will be. I will be there asking about the cumulative impacts with the Ipswich Northern Route.

Choir perform biggest concert yet

A choir held their biggest concert yet at the Methodist Church in Woodbridge recently. Woodbridge Combined Care Homes Choir along with Saxmundham Free School, St Mary's Primary and Barnabas Pre-School performed on June 26 to an audience of all ages.

The audience were treated to a selection of favourites with songs such as *The Sound of Silence*, *Make You Feel My Love*, *Country Road* and a finale of *Sing*.

The Combined Care Homes Choir, featuring residents, relatives, friends and staff of Seckford Almshouses, Jubilee House, Woodbridge Lodge and Grove Court Care Homes, is funded by Comic Relief and was launched in February 2018.

It offers care home residents, their families and staff the chance to perform and meet people from other care settings.

Sarah Kopferschmitt, head of care at Seckford Care, said: "We are proud to work in collaboration with Grove Court and Woodbridge Lodge, for the Care Homes Choir."

"The choir has given residents of care homes around



Woodbridge the opportunity to indulge their interest in singing in an open and friendly setting with other like-minded people.

"To have the opportunity to sing alongside other choirs and perform in public has been very enjoyable for all involved."

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I just wanted to write to you to say thank you - you were right about the advertising!

When I was first approached about advertising with **VISION**, I was sceptical. I'd tried numerous publications in the past and nothing had really worked for me. In one case, I'd persisted for a year and a half to no avail. My faith in advertising was gone.

With **VISION**, however, my investment was repaid by over 1,700% within the first four months, which I was both surprised and delighted with. As a period property specialist decorator, it can sometimes be challenging to communicate our message in the right way, but the design team were able to create an eye-catching advert that clearly portrayed what we can offer.

I said from the start that if **VISION** could show a good level of response, I would be happy to continue advertising within it. It's done just that and I am really looking forward to developing more awareness in the Woodbridge area in future.

Thank you again.

Kevin

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THE PERMISSION MISSION

They say failing to plan is planning to fail, and that's no better evidenced than when it comes to making changes to your home.

For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

- > A Standard application form
- > A Location Plan (which shows the site area) and a Site Plan (which shows the proposed development in detail)
- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

It's important to have an exact vision of what your plans are from the off. Repeated changes or alterations will have a profoundly bad effect on your budget, as well as incurring significant time delays.

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.



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from FASHION HOUSE to HOME



Dolce & Gabbana's return to design sensibilities with Smeg is perhaps one of the more pleasing style collaborations of recent years, and the latest in a long line of brand extensions that see fashion and function collide, with spectacular results.

Here are a handful of collaborations and product extensions for every room in your house:



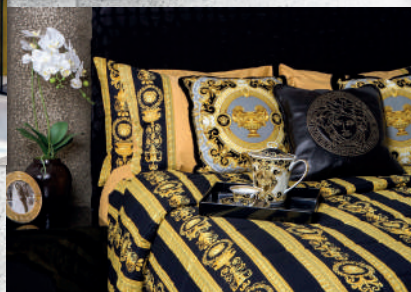
The kitchen: DOLCE & GABBANA AND SMEG

Tiresome teapots, tardy toasters and bland blenders have been revived as true items of fashionista food finesse in this most unique of collaborations. The hand-painted designs offer echoes of high contrast and holiday happiness. There are also reflections of the circus and canal boats, with intense irreverence abound.



The living room: DIESEL AND MOROSO

Moroso, the contemporary furniture maker, have teamed up with fashion heavyweight Diesel to present a range that is a mass of delicious contradictions. From simple shapes echoed with eccentric designs, and a collection split between dark underground tones and the brilliant beauty of nature, there is something for everyone... particularly the person who wants to find a fabric lizard staring at them as they sit down at night to watch *Coronation Street*.



The bedroom: VERSACE

From bed linen to towels, cushions to ashtrays, Versace's extension from the core world of clothes fashion now embraces hundreds of products, most of them with a characteristic gold edge... and a price tag to match.

The bathroom: CHRISTIAN DIOR

It may be over six decades since one of the world's leading fashion designers passed away, but the Dior brand lives on, with clothes, fragrances, interiors and accessories as plentiful now as any time in the past. To prove it, how about this double-sized bathroom towel? Just don't expect any change out of £1,000.



Photo credit: www.johnlewis.com, Diesel, thefashionlizard.blogspot, www.dior.com



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PLANT OF THE MONTH:

echinacea

What don't we love about Echinacea? It's sturdy, easy to grow, undemanding and it provides handsome long-lasting flowers that attract beautiful butterflies in abundance. So, where do we start with this perfect plant?

WHAT TYPE OF PLANT IS ECHINACEA?

Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.



GARDENING





Springing up your garden couldn't be easier (or cheaper) this summer, thanks to this brilliant guide on how to make a very stylish outdoor sofa from some basic wooden pallets.

Summer in the UK can be frustratingly difficult to navigate. In pursuit of a few sunny afternoons spent lounging in our oasis with the barbecue sizzling and the rosé chilling, we more than likely find ourselves dodging rain showers and taking cover from gale-force winds.

Given the sporadic nature of these occasionally clement evenings, it hardly seems worth splashing out thousands on garden furniture, and the good news is that you don't need to. In fact, not only can you make brilliant, dynamic DIY designs from unwanted wooden pallets, you'll find whatever you envision is completely customisable to your tastes, your time, and your garden.

DIY SOFA

What you'll need:

Three (or more) plain wooden pallets | An electric drill with screws | A small roller and tray | A paintbrush | Scatter cushions | Garden furniture chalk paint

How to make your pallet sofa:

Step One

Using your foam roller, layer your pallets in whichever glorious hue you have selected, using a paintbrush for those tricky to reach areas. Paint one side first, let it dry, then do the other.

Step Two

You'll need to stack at least two pallets to get your sofa to a suitable height – you may want to make your sofa higher using more pallets, or even double the length... it's all up to you – before fixing them together with your electric drill and screws.

Step Three

Add another pallet to the back of the bench to make your sofa back. Affix with screws.

Step Four

That's the hard part done. Now decorate your masterpiece in whichever way you choose with cushions, garlands and throws. Then relax... you've earned it.



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A NOVEL *excuse*

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."

LETTUCE eat greens

Do you know your cos from your chicory? Your roquette from your radicchio? If not, then now is the perfect time to learn.

LETTUCE

Probably the most well-known and most used of the salad greens, lettuces are cost-efficient, easy to grow, extremely low in calories and are full of vitamin A and potassium.

The most common types of lettuce are iceberg, known for its crunch and high water content and romaine or cos, which you typically find in a Caesar salad which contains high levels of folic acid.

CHICORY

Perfect for those that prefer a slightly more bitter taste, chicories work well alongside strong flavours such as pickled vegetables and blue cheeses.

Varieties of chicory include endive, a sweeter type of salad leaf that is ideal for appetisers due to its elegant appearance, as well as frisée which is recognisable by its pale green leaves and offers a strong bitter bite.

And we can't forget ravishing radicchio with its distinctive purple colour which provides a spicy flavour that is just perfect for a stand-alone salad.

BRASSICA

When you think of the brassica family, cauliflower probably springs to mind, but it also includes many other greens that are wonderful in salads and definitely pack a punch when it comes to both flavour and nutrition.

Arugula, also known as rocket, is part of this family and is known for its peppery taste. Rocket is very high in vitamin K and is popular sprinkled over a pizza or simply served as a side salad with a standard lemon vinaigrette. Superfood of the moment kale is also a brassica and is extremely high in fibre but be warned, it has a slightly grassy taste.

Lesser known varieties that are definitely worth a try include...

Mache | Mesclun | Purslane

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TRAVEL

If every camping trip you've ever been on has ended in disaster, read on, for our camping survival guide is here to make your summer holiday a whole lot happier.

CAMPING DOS AND DON'TS

- **DO** embrace your wild side
- ...but **DON'T** forgo those little luxuries that make you happy (gin in a tin anyone?)
- **DO** go as far afield as you dare
- ...but **DON'T** go unless you're fully prepared
- **DO** spend time planning your trip
- ...but **DON'T** get bogged down by agendas, it's an adventure after all

TOP TIPS

- **Test your gear** – No one wants to arrive in a muddy field only to find their tent isn't up to the terrain, so have a trial run in your garden beforehand
- **Prepare for cold** – Buy good quality sleeping bags and avoid sleeping directly on the ground. Some good options are camp beds, yoga mats and air mattresses

- **Let there be light** – Good lighting is essential both within and outside your tent
- **Research is king** – Make sure your campsite has all the amenities that you require
- **All the little things** – Hay fever medicine, matches, bottle/tin opener, wet wipes... these are the items that elevate a camping trip

WHERE TO GO*

- For stunning views and excellent amenities – Castlerigg Hall Caravan and Camping Park, Cumbria
- For great glamping – Redwood Valley, Powys
- For families – South Lytchett Manor Caravan and Camping Park, Dorset
- For couples – Newbourne Woodland Campsite, Suffolk
- For something truly unique – West Stow Pods, Suffolk
- For dog lovers – Old Oaks Touring Park, Somerset
- For Eco Warriors – Eco Retreats, Powys

*according to 2018 Campsites.co.uk camping and glamping awards

CAMPING

“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

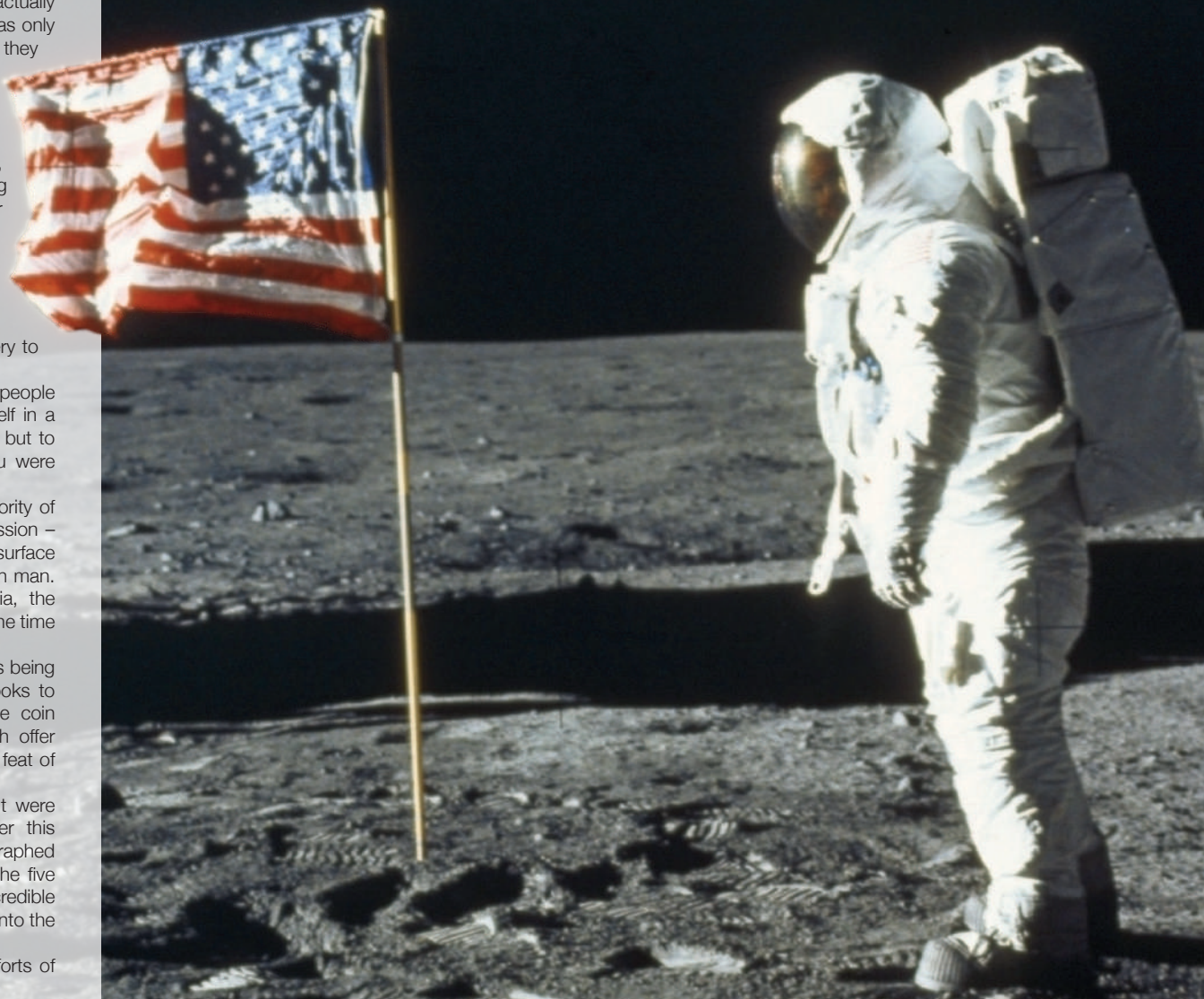
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

“ONE SMALL STEP FOR MAN...”





Do you want a simple, quick and effective way of shifting stains from your whites? Now you can relax, as we have all the answers for the most common stubborn stains.

Mud

Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.



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Experience the wonder of wild swimming

Shockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.
- Dress appropriately. If the water is cold, then wear a wetsuit to protect yourself from hypothermia.

What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
- The Barle, Somerset
- Shepperton Open Water Swim
- London Royal Docks




Julie Foster
HEALTH & FITNESS
ADVICE

It's not just in your head...

There are many ways that exercise can improve our mental health and well-being, writes fitness instructor, *Julie Foster*.

Many people find that doing some form of exercise makes them feel generally more positive. This doesn't mean running a marathon, or subscribing to a gym membership, it purely means moving more frequently, and increasing your level of physical activity.

Exercise has been scientifically proven to have many benefits on your mental health. It can relieve stress, and those feelings of anxiety, or intrusive thoughts, by giving you something to focus on, and getting more oxygen into your blood stream.

It can lift your mood. If we are feeling less anxious, and less stressed, we will feel more positive.

We all feel better after a good night's sleep, and exercise will give us physical tiredness, which will induce better quality sleep.

Exercise can improve self-esteem and make us feel better about ourselves; we get a sense of achievement from accomplishing something, and see changes like shape and weight loss, which makes us feel happier when we look in the mirror.

It can also be a very social activity. Meeting people doing similar activities can boost your circle of friends, and help you make connections that you might not make otherwise.

If exercise isn't currently part of your daily routine, it might seem daunting to start. But, start slowly. If the weather is nice, go for a walk, breathe in some fresh air and you will start to feel more positive just because you have taken some action.

Taking control and making the decision to exercise will make you feel better.

You might consider joining a class at a gym, or at a local sports hall. Exercising with other people can be a very positive experience and can increase solidarity and support.

Just remember to choose something that you will enjoy, then you will be more likely to stick to it, and of course, get enjoyment from it.

My weekly classes at Martlesham Community Centre use dance as a means of keeping fit. Perhaps you'd like to join us soon.

Send your fitness questions to julie.e.foster@outlook.co.uk, and you could be featured in **VISION**



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As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

THE TOP TWO

Sri and Gopi Hinduja: The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

David and Simon Reuben: If risk-taking delivers reward, then it's little surprise the Reuben

brothers are in second position, with an estimated worth of £18.7bn. The duo dined with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

SELECTED OTHERS

Ed Sheeran: Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

Valerie Moran: Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

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SPORT

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City. Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City.

The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth. The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture.

Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

Let battle commence...



Liverpool v Norwich City 09/08/19
Liverpool v Everton 04/12/19



West Ham v Man City 10/08/19



Spurs v Aston Villa 10/08/19



Man Utd v Chelsea 10/08/19



Arsenal v Spurs 31/08/19



Man City v Man Utd 07/12/19



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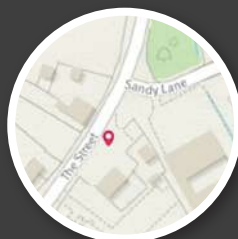
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That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front of us? The rule with streaks is simple – your blade is deficient and needs replacing.

Skipping along: A wiper blade that skips probably hasn't been used for a while may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

Smear test: Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

Squeaking needs tweaking: Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.



Wiper

blade = wipe:

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

Streaker alert: How many times do we put up

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WHAT'S ON in your area

Matthew Townshend Productions

Southwold Arts Centre, St Edmund's Hall,
Cumberland Road, Southwold, IP18 6JP
July 10 – August 31



Photo credit: Peter Clark

Summer theatre returns to the Southwold Arts Centre this year under new ownership.

Matthew Townshend has taken over under the new brand of Theatre on the Coast.

Shows include Patrick Marlowe's *The End of the Line*, *A Bunch of Amateurs* by Ian Hislop and Nick Newman, Debbie Isitt's *The Woman who Cooked her Husband*, finishing with *Hobson's Choice* by Harold Brighouse.

Find out more at www.mtproductions.co.uk

Tickets are available by visiting <http://totc.co.uk>

Family Open Day

Woodbridge Methodist Church, St Johns Street, Woodbridge, IP12 1ED
July 20, 1pm – 4pm

Visitors will be able to tour the building, enjoy refreshments, find out about upcoming events and services and browse book and home-made cake and greeting cards stalls.

For more details go to www.wmclight.org.uk or contact Nicki on 07531 206851 or email nicki.dixon@hotmail.co.uk

Gin Festival

The Duke of York, Ipswich Road, Woodbridge, IP12 4BY
July 27, 1pm – 11pm

Music throughout the day with kids' entertainment, including face painting and garden games, plus stands with Fever Tree and Adnams.

Health and Wellbeing Fair

Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE
July 30, 10am – 2pm

Around 45 stands of organisations available in your local community.

Stone painting, vegan food, Play Doh table, Basic Life pop-up shop, static bike challenge and a raffle. Free to attend.

Hearing Care Event

Framfield Medical Centre, Ipswich Road, Woodbridge, IP12 4FD
August 14 – August 15

The Hearing Care Centre will hold two special Hearing Care Days at Framfield Medical Centre.

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Messy Church

Woodbridge Methodist Church, St Johns Street, Woodbridge, IP12 1ED
August 14, 2pm – 4pm

Children can turn detective and enjoy arts and crafts, helping answer questions from the Bible such as "How big was Noah's Ark?" and "How did Jesus calm stormy waters?"

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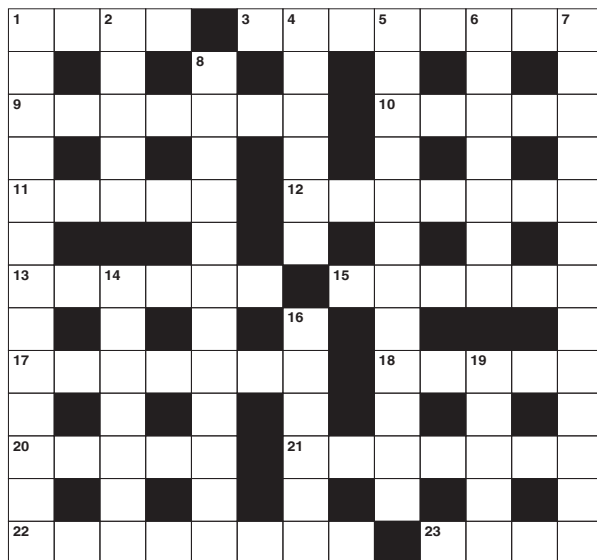
Answers can be found on the Contents Page 4

ACROSS

1. Large-headed food fish (4)
3. Appetising drink (8)
9. Open-minded; given freely (7)
10. Weatherproof coat (5)
11. Relating to a city (5)
12. Organ of digestion (7)
13. Make worse (6)
15. Star like object that often emits radio waves (6)
17. With reference to (7)
18. Hackneyed (5)
20. Accustom to something (5)
21. Ice hockey offence (7)
22. Peer (8)
23. Small flake of soot (4)

DOWN

1. Fict of the imagination (13)
2. Meat and vegetables on a skewer (5)
4. Burnish (6)
5. Duplication (12)
6. Statements of intent to harm (7)
7. Boxing class division (13)



8. Principal face of a building (12)
14. Agitate (7)
16. Respiratory condition (6)
19. Form of expression (5)

DID YOU KNOW?

- Most bears have 42 teeth, including four long canines
- An ostrich eye is bigger than its brain
- Lobster blood is colourless, but turns blue when it is exposed to oxygen
- The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- Due to its composition, camel milk doesn't curdle naturally
- Frogs can't swallow with their eyes open
- Dragonflies have six legs, but can't walk due to the weight of their body

SUDOKU

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

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