

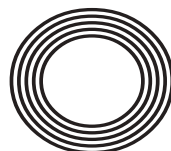
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# Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. Last month, East Suffolk Council voted unanimously to declare a climate emergency after Melton councillor Rachel Smith-Lyte brought forward the motion.

Indeed, the climate has been something of a hot topic lately with the scorching temperatures that sent the mercury soaring and Extinction Rebellion demonstrations in Woodbridge town centre. Make of it what you will, the topic of global warming is here to stay. I listened carefully to the debate – I say debate, in reality it was a room full of councillors actually agreeing with one another on something for once, without wanting to give their opposite number too much credit – and a lot of interesting points were put forward.

The key message I took away was: what are we all doing, day-to-day to save our planet? It's easy to point the finger when perhaps we drive a car that is more powerful than what we need, we keep our mobile phones on charge all night, we heat an empty home, we light an empty room, we chuck an empty can in the black bin to save ourselves cleaning it out and we boil a full kettle just to make one cup of tea.

Can we each make those very small changes that collectively will make a difference? It's food for thought.

*Will*



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*"there's a*

# WICKET

*at the cricket..."*

HOW ENGLAND'S INCREDIBLE DEBUT WORLD CUP TRIUMPH WILL GALVANISE OUR YOUNG CRICKETERS OF THE FUTURE

To put England's brilliant cricketing success into perspective, consider this fact – the last time we won a World Cup on home soil in a major sport was way back in 1966 when the men's football side were triumphant.

During that tournament, BBC Sport commentator David Coleman was astounded by a little genius player from Portugal, Eusebio, saying: "Oh my word, have you ever seen anything quite like that?"

Well, the watching audience may have been muttering the very same words on that balmy mid-July Sunday afternoon at Lord's, after an unbelievable climax to a match which reinforced cricket's reputation as a sport that combines docile, statistical nerdery with power-packed nerve-jangling edge-of-seat drama.

And what made this showpiece event a true celebration for the nation was the decision to make the final free-to-air on Channel 4 after a deal was struck with host broadcaster Sky. That meant that all those fans – both young and old – who may normally only have been able to listen to coverage on the radio or catch highlights later on, were able to witness the action unfold, from start to finish.

It swelled the viewing figures to 7.9million in the UK, and while in the short-term the immediate effect will be a surge in interest in the upcoming Ashes series against Australia – which starts on August 1 – the longer-term impact is certainly the more profound, with the success of the Three Lions certain to inspire more youngsters to pick up bat and ball.

The unfolding of events and the lifting of the trophy in final-ball super-over drama will also quieten those whose impression of cricket is stuck somewhere in the W.G. Grace era. Cricket, these days, is a fiercely competitive, modern, fashionable sport. While that familiar clack of leather on willow is a traditional sound that we'll always come back to, there is a drive towards technology that football is only just catching up with.

ICC CRICKET WORLD CUP 2019



HISTORY

# 100 years of WOMEN POLICE OFFICERS

This year marks a century since women police officers were allowed to join the Met, and it's safe to say the force hasn't looked back since.

While many assume it was the capital city that led the way in changing perceptions and levelling inequality as regards the gender of police officers, by the time the Metropolitan Police were assembling their Women Police Officers (WPOs) for duty, the Grantham constabulary had been sending a woman out on the beat for four years.

Edith Smith is officially titled the first female police constable in the UK, and was given her role in August 1915. She had been part of a group called the Women Police Volunteers (WPV), who took it upon themselves to protect the large number of prostitutes who had congregated in the Lincolnshire town, attracted there by the nearby army base.

Duties involved any cases where women, or children were involved, and news of the success of her work quickly spread to London,



where the Met were keen to replicate the positive results.

Smith had to combine police work with duties as a matron nurse in a care home and eventually left the WPV through exhaustion in 1919. Five years later, aged just 44, she was dead from a morphine overdose.

Regardless, her legacy lives on nationwide, and the Met's centenary celebrations have unearthed a number of gems from the archives; notably, a photo from February 1919 showing the first female police officers assembled on Clive Steps in Westminster.

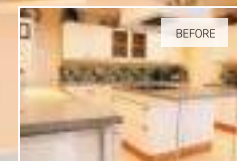
The Met decided to replicate that original image, including recreating the outfits worn by those pioneering ladies. The project took six months to complete, with researchers and modern-day designers needing to use protective gloves when handling the fragile uniforms.

Today, there are almost 8,000 policewomen in the Met, and 40,000 nationally; many still encouraged and inspired by those women who broke the mould 100 years ago.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Having a ball for Henry

A family in Woodbridge is arranging a ball next month to raise money for the charities who contributed to saving their two-year-old son's life.

On September 28, 2018, Henry Alexander was flown to Addenbrooke's Hospital in Cambridge by the Herts and Essex Air Ambulance after he fell from a sofa at the family home in Hollesley and suffered a subdural hematoma.

After brain surgery to remove a blood clot, Henry was put into an induced coma for seven days in the hospital's paediatric intensive care unit.

His mother Lee said the family were extremely grateful for support they received from a number of different sources.

She said: "During our darkest days we had

tremendous amounts of support from the Sick Children's Trust who provided accommodation for our family throughout the six weeks that Henry spent in hospital."

After two major brain surgeries and endless complications, Henry was discharged in November to continue his long road to recovery at home.

On September 28, the first anniversary of the accident, the family are organising Henry's Ball to raise money for the three charities.

Lee said she is looking for donations to raise money by holding a silent auction and raffle during the evening.

If you can donate, call Lee on 079494 295052.

For ticket sales, email henryball19@yahoo.com



Photo credit: Lewis Bradley

# Town singer closer to performing with Ed Sheeran

A singer from Woodbridge is one step closer to supporting fellow Suffolk musician, Ed Sheeran, at Chantry Park after being crowned the winner of the semi-finals of Battle of the Bands in Ipswich.

The singers band, Caswell, was crowned the winner of Hoax Live Sessions competition after five hopefuls took to the stage to sing their heart out at Cult Bar in Ipswich.

The competition is run by Hoax, a Suffolk clothing and skateboard company that Ed Sheeran is a brand ambassador for.

The winner of the competition will be singing as a support artist for Sheeran's last night of the Divide world tour at Chantry Park, Ipswich.

Caswell has previously played at Latitude festival in Suffolk and BardFest in Bardwell and is now set to perform at this year's Reading and Leeds festival at the end of the month.

Lead singer, Kristin, grew up in South London and attended BRIT School before moving to Woodbridge with her parents.

Caswell took to Facebook and said: "We only went and won the Ipswich semi-final. What's happening. Big up the other acts last night, it was an awesome show."

"Thank you Hoax for putting Caswell one step closer to supporting Ed Sheeran next month. Get August 16 in your diaries boys and girls, we'll be seeing you at Epic Studios for the final."

The final five will be taking to the stage to perform and battle it out in front of a judge panel on Friday, August 16 in Norwich.

The winner will then take the stage and perform before Ed Sheeran, alongside Suffolk band The Darkness and *Somebody to Love* singer, Lewis Capaldi on August 26.

## Council boost for community organisations

Community organisations across Woodbridge were boosted financially last month after the town council awarded £12,000 in grants.

Mayor Eamonn O'Nolan said it is always a high point of the year being able to financially support local organisations working in the town.

He added: "We have helped those working with young people and with disabilities, sporting and creative organisations as well as those trying to make our town the wonderful place we know it is."

In all, 17 organisations have benefited.

These are 1st Woodbridge Scout Group, 5th Woodbridge Sea Scouts, Citizens Advice – Leiston, Saxmundham and District, Disability Advice Service (East Suffolk), East Suffolk Association for the Blind, Friends of Woodbridge Library, Jetty Lane, Just 42, Karen Louise Dance, Suffolk Festival of Performing Arts, The Riverside Musical Theatre, The Rotary Club of Woodbridge, Woodbridge Cricket Club, Woodbridge Farmers' Market, Woodbridge in Bloom, Woodbridge Riverside Trust and Woodbridge Tennis Club.



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Photo credit: CPL Jamie Hart - Army Photographer

## Refurbished childcare centre opens at MoD Woodbridge

A health centre for children has reopened after a new refurbishment.

Sutton Heath Childcare Centre on Rock Barracks at MoD Woodbridge was officially launched following a major update thanks to fines imposed on banks, which paid for the upgrade.

£3million was handed over to charities including the Army Benevolent Fund (ABF) to help improve the lives of current and former soldiers and their families, abroad and in the UK.

Lieutenant Colonel Jeremy Robinson, commanding officer of Woodbridge's 23 Parachute Engineer Regiment, and Ian White, committee secretary for ABF Suffolk, cut the ribbon and met with children and teachers who have benefited from the centre.

Lt Col Robinson said: "We are an isolated community here in Woodbridge so facilities like this are especially important, particularly for the families and children because without this we are miles away from anything."

"As custodians of the station, it's our responsibility to ensure that we continue to provide these facilities."

"This was in dire need and important to us, so we are very pleased."

Dave Roberts, director of communications and marketing for ABF, said: "ABF was founded 75 years ago, the same day Winston Churchill's war cabinet was planning D-Day, they were also planning 'us' in order to avoid some of the mistakes that had been made after the First World War."

## Woodpeckers look forward to new season

Woodbridge Town FC are looking forward to the start of the new season following a successful pre-season campaign.

The team started with a draw against Leiston and followed up with wins against Felixstowe and Walton, Ipswich Wanderers, Achilles and Henley.

Match updates will be published in editions of **VISION** throughout the season together with club news.

Upcoming first team home fixtures\* are:

> August 21 vs Walsingham le Willows 7.45pm

> August 31 vs Brantham Athletic 3pm

> September 7 vs Wroxham 3pm

\*Please note fixtures may be subject to change depending on postponements and cup draws.

For more information and news, please go to [www.woodbridgetownfc.com](http://www.woodbridgetownfc.com)



Photo credit: Paul Leech



LOCAL NEWS



# Lease secured for Jetty Lane Project



A formal 125-year lease has been signed for a community youth and arts centre in Woodbridge.

On July 27, Jetty Lane chair Caroline Page and project manager Cordelia Richman signed the lease at peppercorn rent with partner at Christchurch Solicitors Julie Ferguson in attendance.

Caroline said: "We have been busy making the fundraising video, designing the brochure and we are ready to fly.

"What a long way we have come since that very first public meeting I organised back in January 2017, when the concerned people and dispossessed youth and community groups of Woodbridge came together to discuss the problem of the recently condemned Woodbridge Youth Centre, and agreed to look at rebuilding.

"What a wonderful legacy for the town. This is history in the making."

The centre will be named Jetty Lane after the original name for the road, which was rechristened The Avenue in the 1940s.

The centre will be a landmark centre for young people, burgeoning artists and the wider community and will benefit both current and future generations of Woodbridge.

Caroline added: "We couldn't have got where we are without the magnificent support of lovely people, and community groups."

## Cool off at leisure centre this summer

Parents are being urged to cool off at Deben Leisure Centre this summer where there are plenty of activities on offer for children.

As well as signing up for the popular swim school, there's plenty more to keep little ones entertained.

A spokesperson from the leisure centre said: "The great benefits along with this is that our swim

school runs 50 weeks of the year and only pauses over Christmas, so you can make full use of lessons through the rest of the summer.

"Plus, because we want your little ones to progress as fast as possible, all children on our swim school get free swimming in our public sessions so they can practice and perfect their swimming strokes."

You can splash around in the pool with special summer fun sessions or take on the huge water inflatable and race each other. Why not round it off with a lovely walk along the river or a stroll into the high street?

For more information on pre-school, junior, adult or one-to-one lessons, call 01394 388991.

To see what activities are on this summer, search Deben Leisure Centre.

## Man to climb Mount Teide for mental health charity

A man from Woodbridge is hoping to raise £500 by climbing Mount Teide next month.

Eliot Evans will take part in the climb on September 19 raising money for Suffolk Mind, a charity which provides services to support people to enable them to live a life that works.

The 20-year-old decided to take on the challenge as he has suffered with his mental health in the past.

He said: "Being the highest point in Spain it's definitely going to be difficult especially as this isn't something we've ever really done before but it's certainly not impossible.

"Having battled through some difficulties with my mental health not too long ago I wanted to give back to an organisation that helps so many people on a daily basis."

Eliot is hoping to raise £500 for Suffolk Mind and has already raised over £420 on his JustGiving page.

To donate, visit [www.justgiving.com/fundraising/eliot-tom](http://www.justgiving.com/fundraising/eliot-tom)



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**VIP package launched  
for Framlingham Sausage Festival**

LOCAL NEWS

Sausage-lovers are being given the ultimate opportunity to indulge at this year's Framlingham Sausage Festival, with the announcement of the event's incredible new VIP package.

The popular food festival, which is taking place on October 13, has gone from strength to strength in recent years, but the new offering is expected to add some extra glamour.

VIP ticket holders will be treated to a champagne reception, exclusive access to the VIP lounge, different tasting events and the best access to the famous sausage tasting trail.

Perhaps the highlight will be the stunning three-course tasting menu, designed to highlight the best food Suffolk has to offer.

Sausage Festival chair, Michael Kehoe said: "This event is all about celebrating the best sausages our county has to offer, but the VIP experience will take it to another level."

"The VIP ticket is for the real food and drink connoisseur and will give them a day that they will remember for a long time."

The VIP experience will start at 8.30am and run through to 5pm when the results of the tasting trail will be announced. A VIP lounge at the Lemon Tree Bistro on Church Street will be the centre of all VIP activities.

In previous years, the results ceremony has been held later in the evening, but event organisers have decided to bring it forward to give everyone the opportunity to see the winner announced.

Other extras that will be included in the VIP package are a luxury goodie bag packed full of fantastic gifts, a wine tasting event and VIP parking.

For a limited time only, VIP tickets will be available at half price for just £75 per person. Regular sausage tasting tickets are priced at just £6.

For more information, or to purchase a ticket, visit [www.framlinghamsausagefestival.com](http://www.framlinghamsausagefestival.com)

## Plans to close children's centre put forward

Plans to close a children's centre in Woodbridge have been put forward by Suffolk County Council.

The move is part of proposals to change the way some council services are provided to young children.

A council report said the Caterpillar Children's Centre on Cumberland Street is a building: "where evidence and feedback suggests there is not a particularly high volume of service demand by vulnerable families, and where related services are already available from a number of other locations which are within a short walking distance."

The move is now set to go out to full consultation although local opposition to the proposal is growing.

Councillor Caroline Page, who represents

Woodbridge on Suffolk County Council took to Twitter to register her feelings.

She tweeted: "#Woodbridge Caterpillar #ChildrensCentre is scheduled for closure. Suffolk County Council offers consultation - yet ALL options offered are to close it. Bonkers."

Speaking to **VISION**Woodbridge, Cllr Page said the decision to close the centre was crazy.

She explained: "It's a cost-effective way of ensuring families get the support that they need. Intervention at an early age has long-term benefits so to cut provision among troubled families seems really silly."

Cllr Page dismissed suggestions that the Caterpillar Centre is not well used.



News from  
**Councillor Geoff Holdcroft**  
*Town Councillor for Woodbridge Riverside*

Last month saw the temperature records exceeded across most of Britain but at least we were spared the exceptional weather that a lot of the Continent had to endure. As it happened it coincided with me re-felting my lean-to shed roof; a task I wish I had either done earlier in the year or put off until the autumn.

However, getting up early in the morning and working late into the evening to avoid the heat of the day did give me time to contemplate how our lives will have to change in so many ways if we don't tackle global warming.

In fact climate change has been on my radar since my university days over forty years ago when my laboratory in the Chemistry Department at Keele University was next door to a professor and his team who were studying chemical reactions in the upper atmosphere between car exhaust fumes and the

components of air initiated by sunlight.

Along with many public bodies across the UK, including Suffolk County Council and East Suffolk Council, Woodbridge Town Council has recently declared a Climate Emergency and we will be looking to see what we can do to both bring a better awareness of the issue and to make a real change to our behaviour.

Two of the projects we are being consulted on right now, the Ipswich Northern Route and Sizewell C Nuclear Power Station, are particularly relevant to climate change perhaps none more so than Sizewell C.

Whatever the final decision is made on both these proposals by Government, I believe it is the duty of Woodbridge Town Council to fight for the very best outcome for Woodbridge and to seek either appropriate mitigation or failing that compensation for the harm done to our lives.

**Council say new power station is 'reckless'**

Photo credit: EDF



which was hit by a tsunami in 2011 and suffered a meltdown.

The council is warning that uncontrolled water and nuclear reactors do not mix and have dismissed suggestions from EDF, who are behind the project, that Sizewell stands on a stable part of the Suffolk coast.

Councillor O'Nolan went on to say: "There are many unanswered questions: We know too that sea levels are going to rise - but how far and how fast?

"We know climate change is already affecting storm activity - but how great will the change be? How much will even a small rise in sea level affect the ability of the offshore shallows to absorb storm energy?

"Is any existing or planned protection of the Sizewell site enough to defend it adequately against these certain changes?

"At less than 20 miles distance, Woodbridge is potentially within a future Sizewell disaster exclusion zone, and we believe there is no justification for putting the inhabitants of the town and the whole of the Suffolk coastal area at such high risk."

Plans to build a new nuclear power station near Woodbridge have been described as a "dangerously reckless project" by the town council.

Town mayor Eamonn O'Nolan said councillors believe attention must be switched to increasing safety around Sizewell A and Sizewell B, not plans for Sizewell C.

Councillor O'Nolan said he is concerned that Woodbridge, just 20 miles from Sizewell and the rest of East Suffolk, could be facing a similar scenario to that of Fukushima in Japan, a nuclear power plant

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News from

## Councillor Caroline Page

*The County Councillor for Woodbridge*

Summer – the time when people holiday. And whether you go abroad or travel elsewhere in Britain, you tend to come back looking at your home with different eyes. Absence can make the mind more critical, as well as the heart grow fonder.

Its slightly harder for me, because so often I don't even make it out of my own county - out of my own district even – to go on holiday. We just haul our trusty white canvas bell tent up the coast and camp in a field next to the sea (sole facilities: one tap. Gulp. Off the grid doesn't describe it.)

And it's glorious. We adore the sound of the waves, the daily sea bathing, the seal who might bob up amongst us while swimming, the hard white brilliance of a starry sky at 3am, fantastically original meals cooked over a wood fire or a single burner, singing with friends around a seashore fireside whilst waiting for the Perseids. We even enjoy hunkering

down inside our sturdy canvas walls while the rain beats down. Time to read books and play Scrabble. But we don't half enjoy having a hot bath when we return.

Thoughts while travelling abroad: the Chinese are better than we are at running public buses. The Norwegians are better than us at running public services. The Irish are better than us at running public relations – even if it is their own. But the Brits are better than anywhere else in the world at running friendly, sociable, pleasant public houses. And in my view Suffolk beats the rest of Britain – and those in and around Woodbridge trump the rest.

Pubs are an ancient part of our heritage, and a lovely one. Sitting in a centuries-old building, friends around you, happy dogs at your feet, moderate glass in hand. Here is the best of British.

## Hotel named greenest in county

County Awards 2019 which were held at Concert Hall in Snape Maltings recently.

Sponsored by the University of Suffolk, these awards celebrate the environmental excellence of businesses in the county.

Managing director Tarnia Robertson said: "I have always done my best to make sure that, as a business, we are as green as possible so it's great to receive this award.

"As a hotel there are a variety of ways we can help the environment, from reducing energy consumption by installing energy efficient products, to minimising our carbon footprint by using local produce in our restaurant.

"We are continuously looking at ways to protect wildlife, engage with the local community, boost recycling and reduce waste."

Ufford Park has recently undergone an extensive refurbishment programme which has included ecological renovations to make the hotel sustainable and maintainable. Solar panels were also installed to help achieve the goal of reducing energy consumption by five per cent per year.



Photo credit: Ufford Park

A hotel in Woodbridge has been named the Greenest in Suffolk.

Ufford Park Hotel, Golf and Spa was awarded Greenest Business at the Creating the Greenest



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**5 USES FOR...**

*coat hangers*

**W**e've all cleared out coat hangers from the backs of our wardrobe - some, virtual antiques given the length of time they've been there. But before you throw them away, consider what other uses they may have...

**ANTI-STATIC STUNNER**  
Too much static in that jumper? Just slide it through the body of a wire coat hanger. The metal discharges the electricity in the garment and the static is no longer.

**SUPERB SHOES**  
Hang not just clothes, but shoes. For this, you will require pliers to snip the bottom, horizontal part of the wire. Then, create a loop in each of the two remaining ends and bend them upwards. Each shoe can then rest on the peaks with the hanger being placed on a rail.

**BIG BUBBLES, NO TROUBLE**  
Make a homemade bubble wand. Using a set of needle nose pliers, you need to straighten out and untwist your wire hanger, then work it into a

desired shape. Something circular usually offers the best effect, and consider too it needs to be able to fit into a bucket or flat tray which will hold the bubble mixture. Then, cut a 20-inch piece of twine and wrap that around the edge of the loop to assist absorption. Complete with a handle and you have your bubble wand.

**MAGNIFICENT MAGAZINES**  
A coat hanger can also work as a magazine rack on the wall, with just a few bends and a nail. Twist the bottom half of the hanger upwards and straighten the top to match it, creating a rectangle shape. Then, hang the hook part on the wall and place magazines and newspapers in the middle.

**JEWEL OF THE NAIL**  
Finally, wooden coat hangers are great for presenting your jewellery. You can use the horizontal wooden rod to wrap over items such as necklaces and bracelets. Then, just pop a nail in the wall to display your treasured accessories for all to see.








# Keep the fires Burning

UNDERSTANDING THE OLIVER BURNS WAY

The complex, sometimes convoluted language used by interior designers can often result in a reader running for the hills... which rather defeats the object.

So while design house Oliver Burns aren't bereft of overdone adjectives when it comes to offering their clients a taste of ambition and opulence, they are at least fixed in the MO of their craft – namely when you employ these most talked about interior experts, you will get an end product that echoes art, luxury, originality and detail.

The team work with a cross-section of international clients, which itself poses its own problems... after all, the tastes of an LA rap star are quite different from that of a Middle Eastern Sheikh. But in combined ethical design, expert sourcing of materials, and working within a property's shape and image in complementing interior to exterior, the agency have become renowned as one of the very best in their field.

The good news for those of us who are more television set than jet set is that the classic Oliver Burns look is more than achievable, and on a rather more modest budget. Here are five Oliver Burns ideas you might want to consider...



- 1 Mix contemporary finishes with splashes of colour – Walnut wood plus accents of yellow and turquoise offer incredible transition
- 2 Lighting should come from all around – Spread direction of light and use dimmers to create a mellow glow to your room, hiding away extreme brightness or desperate darkness
- 3 Combine textures and be brave – A polished desk will work brilliantly next to a fluffy sofa
- 4 Double stack – A small painting on a unit in front of a large wall print can create a brilliant contrast of emotions and visuals
- 5 Go against convention – A regal table in a modern kitchen can create an effect that is resplendent and rebellious



# DON'T JUST TAKE OUR WORD FOR IT...



Dear Will,  
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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# COLOUR me content

Colours have a clever way of making you feel different emotions. That is why it is so important that you pick the right shades when decorating your home.

## The Kitchen

Depending on what you want for this communal space, you can either go with warm or cool tones. Reds and oranges are ideal for those who want this room to be a hub of conversation and laughter whereas blues and whites are more suited to those wanting a clean and calm space.

## The Living Room

Clearly this is a room that you want to feel warm and inviting so earth tones are ideal. Think brown, beige or orange shades that will make people feel welcome and relaxed.

## The Bathroom

The most obvious requirement for a bathroom is that it looks clean and fresh so cool colours are recommended. Try painting the walls white but to avoid the space feeling sterile, inject some colour by using a turquoise shade for your accessories.

## The Bedroom

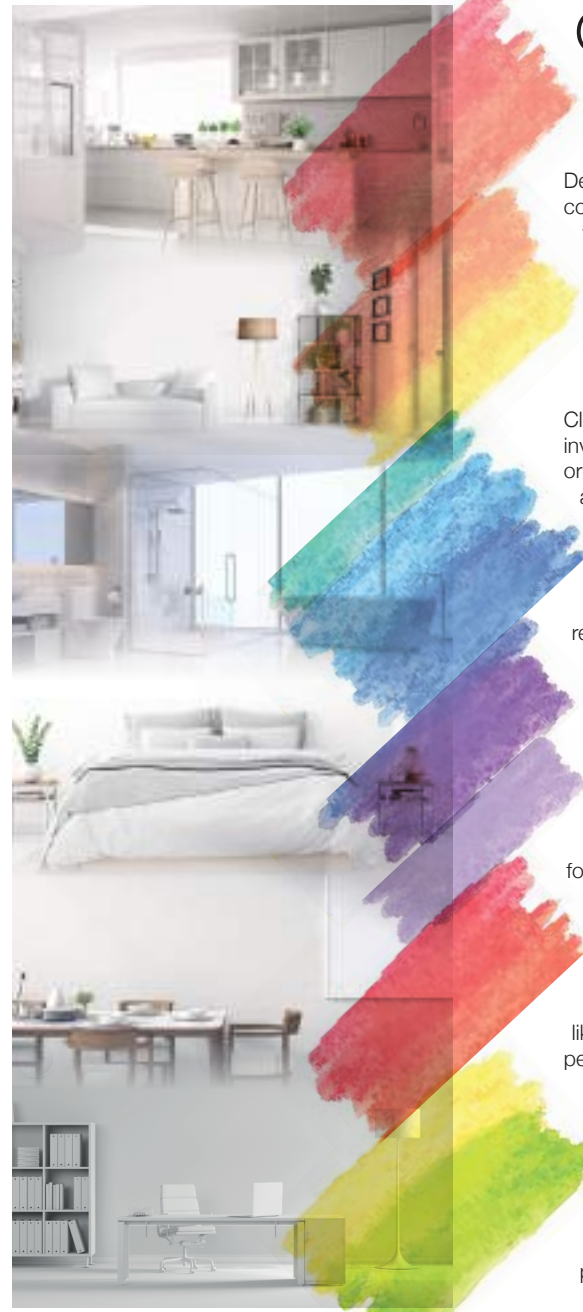
This is the one room where you want to be able to feel the most relaxed but in a different way to the living room as you also want to be able to feel rejuvenated in the morning when you wake up. Go for calming lavender or pale blues.

## The Dining Room

A space where you want to entertain perhaps? Or simply share your day with your loved ones. Warm tones are essential for this space as colours like red actively stimulate conversation and make people feel relaxed and ready to eat.

## The Study/Home Office

Working from home can be extremely challenging as the urge to simply kick back can become overwhelming. Psychologically, green is the go-to colour for those wanting a space to concentrate in as it is known to boost productivity and creativity.



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# LET'S GET

# wild

**T**urn your garden into a veritable paradise for birds, bees and much more besides by creating a wildflower meadow. Simple, environmentally beneficial and stunningly beautiful.

Manicured lawns and glamorous show gardens may be all the rage these days, but nothing quite compares to the raw, untamed beauty of wildflowers. Providing an unrestrained explosion of colour and character to your outside space, wildflowers are the ideal choice for someone who craves the delights of the garden, but doesn't have time to spend hours cultivating their plot.

Not only does a wild area enable you to create your own little spray of colour, it is also fast-growing, meaning that any patch of land you have can be germinated in a matter of months. That means you could be gazing out over a carpet of poppies, cornflowers, daisies, cowslips and bluebells as summer draws to a close.

As a rule, perennial flowers will flourish in uncultivated soil, whereas cornfield flowers will do

better in richer earth. You can buy ready-mixed seeds which will be tailored to certain variables such as soil containing heavy clay, boggy land by the pond's edge, or even seeds that are specifically combined to provide the maximum nourishment to bees – these include pollinators such as sunflowers, borage, evening primrose and corn marigold.

To prepare, make sure you thoroughly weed the soil before scattering your seeds – you need 1g per square metre of pure wildflower seeds and 5g per square metre of grass and wildflower meadow seeds – and ensure the earth remains consistently moist thereafter.

Once your meadow starts to bloom, you will need to spend the odd afternoon clearing away dead plants and weeds to allow new seeds to sow. You also may need to add more seeds the following year or two, but rest assured that once your wildflower meadow is established it will provide joy for years to come... to you, to passers-by, and to the humble bumble bees.



GARDENING



# MAGNIFICENT *Maggie*



Same Maggie Smith's place as a British drama institution is unquestionable, and her return as Violet Crawley in this year's *Downton Abbey* movie, at the ripe old age of 84, will give her box office acclaim she has perhaps never before experienced.

.....

And yet away from the red carpets, the flashbulbs and the seemingly endless press junkets, this is someone ill at ease with the demands of fame, as **VISION** discovers.

"I really don't like to watch myself," she begins, with typical bruising honesty.

"You are helpless to do anything to stop it once it's out there, and that has always terrified me.

"In the theatre things are a little different because you can say to yourself 'I'll have another go at that tomorrow night... I'll change that, alter that...', but with cinema it is there forever.

"Sometimes you are forced to see yourself at a premiere, and you think, 'Why on earth did I do it like that?'. You would suppose that after all this time I might have got used to it, but I haven't".

Twice-married Smith's working life has a longevity that's difficult to fathom. First stepping into the spotlight in 1952 under the auspices of the Oxford University Dramatic Society, she appeared as Viola in *Twelfth Night* at the Oxford Playhouse.

Switching between theatre and film – from a first Oscar nomination in 1965 opposite Laurence Olivier in *Othello*, to an Academy Award for Best Actress for the title role in 1969 film *The Prime of Miss Jean Brodie* – her work has only ever disappointed one person... herself.

"People have said I am too hard on myself, but it just goes with the territory.

"The truth is I'm critical of everything because I care and worry too much. I'd love to be more relaxed, but after all this time I don't think I'm going to change now."

From intense drama to rich comedy, Smith has circumnavigated a cross section of work that diversifies from *Hook* and *Sister Act* in the 1990s through to the *Harry Potter* movies over the past two decades. And while many saw her place in *Downton Abbey* as being perhaps a gentle sojourn into retirement every bit as decorated as the lady herself, the popularity of Highclere Castle and all those who reside in and around it has seen her star glide higher than ever before.

"It's ridiculous - I was able to live a somewhat normal life until I started doing *Downton Abbey*," she laughs.

"I know that sounds funny, but I am serious. Before that I could go to all the places I wanted and see all of the things that I like, but now I can't, which I find incredibly awful... flattering, but awful."

Smith admits she has never watched a single episode of *Downton Abbey* – "and I don't plan on starting now" – but is thrilled something as traditional as a period drama has engaged a watching audience that might otherwise be distracted by CGI, green screens and special effects so readily used by today's studios.

"It's very easy to get carried away by the technology that's available these days, but when people can invest in the honesty and simplicity of great scriptwriting, it restores your faith in what it is we do."

# Pop the PROSECCO

Prosecco lovers rejoice for National Prosecco Day takes place this month on August 13. Yes, it falls on a Tuesday which isn't ideal, but that doesn't mean you can't celebrate this fabulous fizz with a few sensational seasonal cocktails.

## PEARSECCO

**YOU WILL NEED:** 1 tbsp caster sugar 🍏 Pear juice  
1/2 tsp ground cinnamon 🍏 1tsp ginger syrup 🍏 Prosecco

### HOW TO MAKE:

- 🍏 Mix the sugar and cinnamon in a small dish
- 🍏 Take a prosecco flute, dip the rim in water then dip in the sugar mixture
- 🍏 Pour the ginger syrup into the bottom of the glass
- 🍏 Top with equal amounts of pear juice and prosecco

## SOUR FLOWER POWER PUNCH

**YOU WILL NEED:** 100ml pink grapefruit juice 🍷 100ml prosecco  
50ml elderflower cordial 🍷 25ml pink gin (regular gin is fine too)

### HOW TO MAKE:

- 🍷 Mix together the pink grapefruit juice, gin and cordial in a glass
- 🍷 Add a few cubes of ice (you can make elderflower ice cubes)
- 🍷 Top with prosecco

## STRAWBERRY SLUSH

**YOU WILL NEED:** 1 1/2 cups frozen strawberries 🍷 300ml prosecco  
1 tbsp honey

### HOW TO MAKE:

- 🍷 Simply place all the ingredients in a blender and blitz until smooth
- 🍷 Serve in a frosted cocktail glass and garnish with a fresh strawberry

## BERRY PROSECCO ICE LOLLY

**YOU WILL NEED:** One bottle of prosecco 🍷 Fresh strawberries and raspberries  
1/2 lemon 🍷 1 tbsp caster sugar 🍷 Lolly moulds

### HOW TO MAKE:

- 🍷 Open the prosecco and leave to stand for 1-2 hours
- 🍷 Chop the berries into small pieces
- 🍷 Mix the prosecco, sugar and juice of the lemon in a jug
- 🍷 Pour the liquid into the moulds until around two thirds full
- 🍷 Add a few pieces of fruit to each mould
- 🍷 Add the lolly handles and leave to freeze for 24 hours

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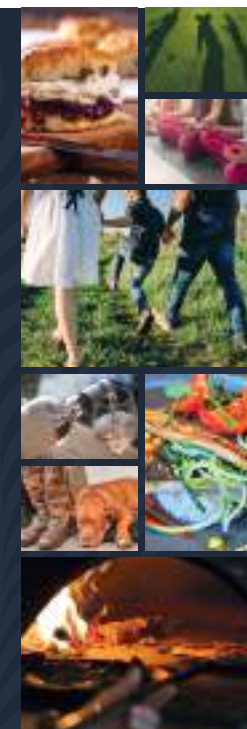
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BEAUTY



## ARE YOU READY FOR THE LATEST SKINCARE CRAZE?

**D**o you ever get sick of your daily skincare routine? Is the expense and the pure monotony of it all just getting too much?

If you have answered yes, then the new beauty trend 'skin fasting' might be exactly what you need.

### WHAT IS 'SKIN FASTING'?

Skin fasting is when you stop using any skincare or beauty products on your face for a set amount of time; optimally for seven days. You are advised to wash your face with lukewarm water twice a day and to take in plenty of fluids.

### HOW DOES IT WORK?

Although we are used to looking after our skin by using the best products money can buy, the skin is actually a very clever organ. It has the ability to look after itself and even regenerates on a monthly basis. Skin also produces its own moisturising substance called sebum, but if we overdo on skincare products, our skin can stop being able to produce this. Over-cleansing can also strip the skin of essential lipids that hold it together.

### IS THERE ANY SCIENCE TO BACK THIS UP?

Japanese skincare brand Mirai Clinical, who have studied the skin's ability to regenerate each month, found that skin fasting improved the overall condition of the skin and also helped detoxify any skin impurities, leaving those who tried the trend with a clear, fresh and naturally moisturised complexion.

### ARE THERE ANY DRAWBACKS?

You may experience greasy skin for the first few days as your skin adjusts to a lack of products. Shine on your T-zone is also common.

Avoid skin fasting if you suffer from severe acne or eczema as your skin may benefit from additional moisturising.



# ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS



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FASHION ADVERTORIAL

## Autumn Trends Arrive

Attention has already turned to Autumn for a selection of boutiques in Woodbridge, as new lines arrive daily. With record-breaking summer temperatures now behind us, it's coats and jackets that will be topping shoppers' lists in the coming months.

"It is always an exciting time to unpack the deliveries," said Sue Risby, owner of **Holly Blue Boutique** on Thoroughfare.

"We placed the orders for many of these items as much as eight months ago, so it's a lot of fun opening them and seeing what is inside."

The trend for this autumn is likely to be longer length skirts teamed with knitwear to keep the colder weather out. Blouses with lots of prints will also be available.

Sue added: "Prints are expected to be very prominent, so it's well worth coming in and seeing what we've got in stock."

**Ninni Noo Boutique**, next door, will be stocking jeans and wide legged trousers and a selection of boots and modern trainers to finish off.

Owner, Nicky Bowen said: "Casual is going to be key this autumn. Our footwear will give off a kind of New York look."

Meanwhile, across town, menswear outlet **Carbon Male** is moving back towards its hairdressing roots as well as having a summer sale.

Despite launching the fashion side of the business earlier on this year, the demand for their barbering continues to grow and the decision has been taken to make that the focus.

However, items still remain from their summer collection, meaning the fashion conscious man will be able to grab himself a bargain.

Owner, Carl Bowen added: "Come and see us all and grab a bargain for any of those last minute holidays and rays of sunshine."

Holly Blue Boutique



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# THE PERFECT TEE

Is there anything worse than taking your favourite T-shirt out of the washing machine to find that it has been completely ruined? Oh no not our beloved Hard Rock Café one. How can we stop this from ever happening again?

## AVOID WASHING TEES WITH OTHER ITEMS

Keep one wash cycle purely for your delicate and much-loved T-shirts as washing them with other fabrics can cause permanent damage. Particularly avoid any items with zips or buttons that could catch onto your tees.

## BEWARE THE BOBBLE

You know that dreaded bumpy effect that appears on your clothes once you have washed them too many times? Counteract this T-shirt destroyer by turning your tees inside out before washing. This will also help them retain their original colour for longer.

## KNOW YOUR COLOURS

Dark coloured tees should be washed at lower temperatures as this will help them retain their colour, whereas whites benefit from higher degrees in order to stay stain free.

## SHIRK THE SHRINK

If you want to avoid shrinking your favourite T-shirts then the tumble dryer should be avoided at all costs, as should drip-drying. Instead, lay your tees out on a dry towel, roll and then squeeze out any excess moisture. Leave to air dry on a flat surface.

## NEVER USE HANGERS

These metal contraptions can be the death of the T-shirt; stretching the material and leaving the item out of shape. Ideally you should keep your tees neatly folded their own drawer, separate from other items.

## PUT THEM ON WITH CARE

Probably the simplest rule, if you want your T-shirts to last then treat them well. Do not pull your T-shirt off by the neck but remove it by gently taking the hem and pulling the tee over your head.

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# Live long & prosper



HEALTH & FITNESS

**D**id you know that the average life expectancy in Japan is 84.2 years old? The highest of any country. In the UK the average for men is 79.2 and for women 82.9.

So, what can we learn from this long-living nation?

## 1. THE PERFECT PORTION

You will never see a Japanese person pile their plate high with food. A Japanese meal is as much about the socialising and sharing of one's day as it is about the actual eating. They eat slowly and use smaller plates so that their brain has time to recognise that they are full.

## 2. FANCY A CUPPA?

Japanese really love drinking tea, and Matcha tea in particular which is full of antioxidants and other nutritional valuable properties. And unlike us, they don't add milk, two sugars and half a packet of digestive biscuits.

## 3. NO SKIPPING BREAKFAST

We've heard this one before, but breakfast really is the most important meal of the day, at least to the Japanese it is. But no sugar laden cereal for them. Instead, they are more likely to tuck into Okayu (rice porridge), Gohan (steamed rice) and broiled fish.

## 4. CRASH DIETS ARE OFF THE MENU

This nation is definitely not a fan of dieting, not that they need to if their waist lines are anything to go by. Their typical diet includes plenty of rice, fish and pickled vegetables combined with plenty of exercise.

## 5. CLEANLINESS IS NEXT TO GODLINESS

If you think you are hygienic because you carry a hand sanitiser with you, then you are in for a shock if you visit Japan. Japanese people are obsessed with cleanliness and they are extremely disciplined with keeping themselves clean and healthy.



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ADVICE

## Can Exercise Help Sciatica?

If you've ever experienced symptoms of Sciatica, you'll know how painful it can be. But exercise can help, *writes Julie Foster.*

From time to time, we can all suffer with sciatica and I am frequently asked if there are any exercises that can help relieve the pain. We have a tendency to stop movement when we are in pain, but this could actually be exacerbating the situation.

A few gentle stretches at home could provide you with some much-needed relief.

Sciatica occurs when the sciatic nerve that runs from your hips to your feet, becomes irritated.

It's slightly different from regular back pain and can manifest in your bottom, the backs of your legs, and in your feet and toes. As well as pain, you could also feel a tingling sensation, numb or weak.

Whilst I would always recommend seeking the advice of your GP before you undertake any exercise regime, with sciatica, it really helps if you can keep moving.

One exercise worth trying is the knee to chest stretch. Start by lying on your back. You can use

a mat if you have one, or the carpet is just fine and place a small, flat cushion or book under your head.

Bend your knees and keep your feet straight and hip-width apart. Keep your upper body relaxed and your chin gently tucked in.

Bend one knee up towards your chest and hold it with both hands. Hold for 20-30 seconds with controlled deep breaths. Repeat this three times, alternating your legs.

There are many other stretches you can try, such as a deep lying gluteal stretch, which starts in a similar position. But remember, only stretch as far as is comfortable.

Also, be sure to drink plenty of water and try not to tense your neck, chest or shoulders when doing any stretches.

Don't forget, I hold weekly dance based fitness classes in Martlesham, so feel free to give me a call if you have any questions, and perhaps I might be able to help.

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Send your fitness questions to [julie.e.foster@outlook.co.uk](mailto:julie.e.foster@outlook.co.uk), and you could be featured in **VISION**

# Sleep Tight:

Weird and wonderful hotels to visit

Many of us crave the thrill of going away on holiday simply to sample the style, character and culture of a new city, town or wilderness. Yet more and more these days, hotels are becoming just as much of a draw as the places they serve.

Here are four weird and wonderful hotels ready to invite you in:

## The Big Idaho Potato Hotel

You may suppose starchy bedsheets are a guarantee with this curious hotel based in Idaho. You'll be chipping in for a decent night's sleep inside this terrifically tuberous crop (in everything but its colossal size).

This voluptuous vegetable once travelled the states promoting the Idaho Potato Commission, but now has taken root back in its homeland.



## Jumbo Stay Hostel

If jetting away takes your fancy then head to Stockholm where you can spend the night... in a jet. This converted Boeing 747 has two suites, each offering natural night-time views over the city's Arlanda airport... just don't get too close to the controls or your experience may take off in a way you hadn't planned.



## Hotel de Glace

While ice hotels are nothing new, the Hotel de Glace in Quebec has shimmering, frosty elegance in abundance. In fact, the only things not made of ice or snow are your duvet and pillows. Hairdryers are strictly banned.



## Crane Hotel

Popping out for a loaf of bread isn't an option at the Crane Hotel in Amsterdam, for the principal reason that you're 50ft up in the air. This converted piece of industrial elegance contains three suites, includes an outdoor jacuzzi and even has a bungee jump. And unlike the view from your window, the prices aren't sky high.



Photo credit: Otto Krieger/AP Images for Idaho Potato Commission, @JoRousseau



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? ABC

Breeze  
BACK  
TO SCHOOL

2 + 2 = 4



**Y**ou have just started to settle in to the summer holidays, enjoying the flexibility that they bring and then all of a sudden, it's nearly September.

Panic sets in. As does the dread of getting the kids back into a set routine.

#### START A CONVERSATION

The best way to ease your child back into a school routine is to start off by talking to them about it. This is especially important if your child is starting a new school or a new year that will require them to do something new or unknown, whether that be joining a breakfast club or having someone else pick them up.

#### GRADUALLY START REELING IN BEDTIME

More than likely you have relaxed with your attitude to bedtime, and you may find your child is going to bed several hours later than normal. At least a week

prior to them going back to school, more if their bedtime has become really late, start sending them to bed 10-15 minutes earlier each night so that they can gradually adjust.

#### GET BACK INTO SET MEALTIMES

We all know that in the holidays our children seem to be hungry every five minutes, and this can result in a grazing style of eating with little or no set mealtimes. Start getting them used to structured mealtimes again as the holidays draw to an end.

#### ENCOURAGE INDEPENDENCE

The end of the summer is the ideal time to start a set of new routines with your child; whether that be allowing them to make their own packed lunch, clearing away after breakfast or laying their school clothes out for the next day. Not only will this encourage independence, but also make the morning routine easier for you as a parent.

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H2SJP31498 03/19



# Your DRAGONS' DEN moment...

## HOW TO GET SOMEONE TO INVEST IN YOUR BIG IDEA

### ORIGINALITY

While having a new idea isn't essential – you may just want to improve on an existing product or service in the market – having an edge, or a USP (unique selling point) will certainly lead your investor to believing there is a gap to be exploited.

### ENERGY

Investors love to see energy, enthusiasm and a willingness to go the extra mile. Many are investing in the person rather than specifically the idea. Subsequently, that's where organisation and ambition will succeed, while bolshiness, arrogance or ignorance will quickly see you turned away.

### TRACK RECORD

While showing a track record isn't always possible – for instance, if your business is a start-up – most investors will want to see evidence that the idea works. It may be that you have to go it alone, prove your market exists, then go back in looking to scale up. If that's the case, having had an initial

conversation should guarantee you getting back through the door further along the line.

### KNOW YOUR NUMBERS

It's been the downfall of so many budding young entrepreneurs – see any episode of *Dragons' Den* as evidence – but if you don't know the nuts and bolts of your own business, how can an investor be expected to put their cash forward? In addition, know the size of your market, the strength of your competitors and how conditions will evolve over the years to come. You should be able to reel these statistics and projections off in your sleep – if you can't, don't even step foot inside an investor's office.

### DON'T GIVE UP

Sometimes an investor won't reach for their wallet simply because their portfolio is too big or the proposal isn't in their sphere of interest. That doesn't mean your idea is a bad one, it's just pitched to the wrong person.

# WHAT'S ON

*in your area*

**Woodbridge Thursday Market**  
Woodbridge Market, Market Square,  
Woodbridge, IP12 4LU  
August 22, 8am – 3pm



Come down every Thursday for the picturesque Market on the Hill.

Now re-located to its traditional home on the Market Square, outside of Shire Hall, the market is a perfect place to while away an hour when visiting Woodbridge.

You can buy all your fruit and vegetables, fresh flowers, bread, cakes, cheeses, pies, nuts, cereals, vegan and gluten-free food.

**Ipswich Northern Bypass - Public Meeting**  
**Woodbridge Town Council, Woodbridge**  
**Community Hall, Station Road, Woodbridge,**  
**IP12 4AU**  
**August 22, from 7pm**

The Northern bypass will greatly affect Woodbridge.

Attend the meeting to discuss the proposals, the key points from which will feed into our response to the consultation.

Make your voice heard and feed into the council's response.

**Storytelling in The Longshed: Peppy Barlow and Rosie Walker**  
**The Longshed, Tide Mill Way, Woodbridge,**  
**IP12 1FP**  
**August 23, 2pm – 3pm**

Playwright and screenwriter Peppy Barlow and Rosie Walker, live interpretation officer at Gressenhall Farm and Workhouse, will run four workshops at the end of August using old tales and ideas from the

audience to craft a new odyssey rooted in the banks, tides and landmarks of the River Deben.

Tickets will cost £4.40 for two people (including booking fee) and are on sale through We Got Tickets.

**Active Lives Singing Group**  
**Woodbridge Library, New Street, Woodbridge,**  
**IP12 1DT**  
**August 30, 10.30am – 12.30pm**

Feel your spirits lift and find a new confidence in singing. Learn some new songs and learn harmonies to songs you know. Improve your breathing, your circulation and have some fun. Take some time out to relax and make music with others.

There is a cost of £5 per session.

For more information call Gina Silburn or Julie Stokes on 01473 345350.

**Woodbridge Festival of Art and Music**  
**Elmhurst Park, Woodbridge, IP12 1AL**  
**August 31, 12pm – 9pm**

Suffolk's new sustainable festival of live music, DJs, art, dancing, games, eco-zone, kids-area, spoken word and literature and activities for all ages.

Taking place all day in Elmhurst Park in the centre of Woodbridge with a line-up of internationally recognised and regional acts and activities for all the family.

For more information and tickets, visit [www.woodbridgefestival.com](http://www.woodbridgefestival.com)



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# MAXIMUM CHARGE

## FOR MINI COOPER

Will electric vehicles ever fully catch on? Well, one of the most iconic car brands in Britain certainly hopes so as they release their most eco motor yet.

As little as five years ago, there were no new plans for a totally electric Mini. The company had declared combustion engines were the way to go after a largely underwhelming experiment with the BMW-envisioned test car, the Mini E.

They also experimented with the plug-in electric-petrol hybrid Countryman, but the technology necessitated a reduction both in boot space and in the number of seats (the rears were gone), plus hardware needed to run the vehicles swelled the car's weight by a third of a tonne.

But plans for a totally electric Mini Cooper SE kicked off again in 2015, and the iconic British brand believe they have found the sweet spot with drastic

improvements in performance, reduced costs and better efficiencies. The weight distribution, for instance, is only a third of the previous increase, added to better acceleration and braking.

If you charge overnight – around 12 hours – on a domestic three-pin socket, that will get you 80 per cent battery, while it will only take a quarter of the time to do the same using an 11.2kW AC charger. If you can locate a 50kW DC version, it will take just 40 minutes.

Mini are taking orders now for what will surely be the most efficient run-around on the market. You'll need to hand over the best part of £30,000 for your new set of wheels, though a government grant will see you reimbursed for £3,500 of that figure. Delivery is expected in March 2020, meaning you'll be the talk – and the eco-toast – of the town by Easter next year.

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# Net GAIN

## ENGLAND'S WORLD CUP HEROES ARE READY FOR THE NEXT LEVEL

Has the game of netball ever enjoyed a greater stage? Brilliant television coverage, fantastic role models, a successful home side, and a 44 per cent increase in participation over the last year.

While it's easy to define success purely on trophies, what surely counts more is that a sport most people forgot about no sooner had they left school is now fully reborn and ready for the next chapter.

For the uninitiated, the Netball World Cup was a flurry of nimble, energetic, highly-skilled sportswomen at their peak. Not only was the movement, precision and craft little short of artistic, but we were witnessing a sport our heroes can claim almost purely as their own.

Netball is as predominantly female as maxi dresses, childbirth and Take That reunion gigs,

and while the recent women's football World Cup came with almost constant comparisons to the men's game, what we witnessed in Liverpool across July was a celebration of a sport that women alone have conquered. And our English girls almost conquered the world.

While semi-final defeat to New Zealand saw Tracey Neville's players fall agonisingly short when it appeared they might just go all the way, at least their third-place play-off win against South Africa presented them with bronze medals – just as they achieved in Australia four years ago – and hope for the future.

That they have now cemented their place in the world's top order gives the Roses something to build on, even if the next major tournament is three years away, as the Commonwealth Games come to Birmingham in 2022.

That's three years for a new coach to get her feet under the table, three years of further increases in participation, and three years to work out how to defeat those dominant Southern Hemisphere sides.

Photo credit: Paul Greenwood/BPI/Shutterstock



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# PUZZLES & TRIVIA

PUZZLES

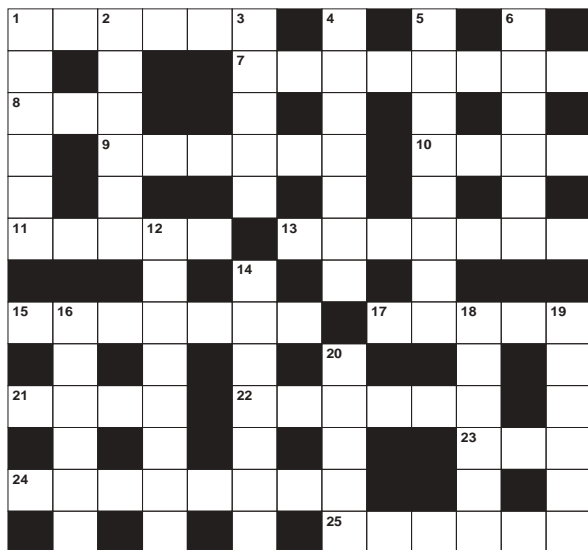
Answers can be found on the Contents Page 4

## ACROSS

1. Mete out (6)
7. Come before in time (8)
8. \_\_\_ Thurman: actress (3)
9. Remould; allocate parts to different actors (6)
10. Flightless birds (4)
11. Harsh and serious in manner (5)
13. Angled; biased (7)
15. Terrible (7)
17. Allow in (5)
21. Link a town with another (4)
22. Country in N Europe (6)
23. \_\_\_ Thumb: folklore hero (3)
24. Highly seasoned smoked beef (8)
25. Browns bread (6)

## DOWN

1. Mature people (6)
2. Deprive of food (6)
3. Pertaining to warships (15)
4. Majestic (7)
5. Showed a TV show (8)
6. Advance evidence for (6)
12. Evoke memories (8)
14. Motor-driven revolving cylinder (7)
16. Archer (6)
18. Eg. March and May (6)
19. Outdoes (6)
20. A sum owed (5)



## DID YOU KNOW?

- There are more stars in the universe than there are grains of sand on all the beaches on Earth
- You would not be able to walk on Jupiter, Saturn, Uranus or Neptune as they are 'gas giants'
- Comets are bits of solar system material that date back to the formation of the Sun and the planets
- Over one million Earths could fit inside the Sun if they were squashed in, or around 960,000 if it kept its shape
- It took New Horizons, the fastest spacecraft to leave Earth, nine and a half years to reach Pluto

## SUDOKU

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



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