VISION

FREE

THE BRIEF HISTORY OF NIKE

SLEEP EASY
How a pineapple can stop you snoring

AUTUMN ESCAPES
The best places to go this autumn

ENTERING NO.10
Johnson takes over as Prime Minister

Photo credit: Ken McKay/ITV/Shutterstock

SARA DAVIES

How the youngest Dragon made her millions

VISION Woodbridge | Edition 15

R&M
POND SERVICES

Your one stop shop for everything pond related!

YEAR ROUND POND MAINTENANCE CONTRACTS AVAILABLE

• PONDS • MOATS • LAKES • RIVERS • DITCHES

Call **Richard** at **R&M Ponds**
today on **07811 175533** or visit:
www.rmponds.co.uk

CONSTRUCTION & LANDSCAPING

Whether you're looking to start from scratch or simply want your existing pond changing, we can build dream pond.

LINERS, FILTERS & PUMPS

We only sell the best liners, filters and pumps, and supply them to fit anything from a small pond, right up to a lake.

WATER FEATURES & PONDS

No job is too big or small for us. We love building and maintaining ponds. Whether it be a Koi pond or a lake, we can help.

CONTENTS

6 NEW PM BORIS JOHNSON
8 HISTORY
11 LOCAL NEWS
23 HOME & DIY
29 GARDENING
30 SARA DAVIES MBE
34 BUSINESS & FINANCE
37 FOOD & DRINK
39 FASHION
40 BEAUTY
43 TRAVEL
45 HEALTH & FITNESS
49 SPORT
50 WHAT'S ON
53 THE VISION LISTINGS
58 PUZZLES

CONTACT US

www.visionmag.co.uk/woodbridge
woodbridge@visionmag.co.uk
01728 723305 | 07940 834629
@WoodbridgeVMag @WoodbridgeVMag

FOUNDER | Nik Allen | CREATIVE DIRECTOR | Misha Mistry
CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Amelie Gregory
CONTRIBUTORS | TFS Photo Woodbridge, Tabatha Fabray, Tim Green

Editor's notes...

William Taylor, Editor

Hello and welcome to this month's edition of VISIONWoodbridge. It's been yet another hugely busy month here at VISION, with lots of work going into pulling this latest edition together. I hope you enjoy reading it.

I always find this one of the more challenging issues to produce as you often find many of the people that contribute in various ways have a bit of time off here and there, spending time with families and going on holidays., but I like a challenge.

It's back to the routine now though. Schools are back, holidays are now nothing more than memories and photos in an album and we look forward to doing it all again next summer.

Personally, I didn't go away this summer due to the fact we have a new-born in the house and also my daughter is just beginning to get herself settled into nursery.

We did, however, head up to Norfolk for a few days to spend a bit of time with relatives who live there.

It was very nice to have a change of environment for a little while.

In local news this month, a band supports Ed Sheeran at his gig in Chantry Park, tributes are paid to the former town mayor and Woodbridge Town FC has a great start to the season.

Have a great month.

Will

ACROSS: 1. PLATYPUS, 5. CART, 8. SOFIA, 9. LIGHTER, 10. EFFECTS, 12. FERVOUR, 14. ARMBAND, 16. EXCUSED, 18. TWOSTEP, 19. UNIFY, 20. RUTS, 21. ESTEEMED

DOWN: 1. PASS, 2. AFFAIR, 3. YEARBOOKS, 4. UGLIER, 6. ATTACH, 7. THRESHED, 11. FARMHOUSE, 12. FIVE STAR, 13. ACCOST, 14. ADOPTS, 15. ATRIUM, 17. DYED

HOWDENS

TRADE SUPPLY FROM STOCK

BOOK YOUR FREE CONSULTATION & DESIGN

TURNING DREAMS INTO REALITY

Finding your dream kitchen is easier than you may think. With a very experienced team of designers, you will find the kitchen of your dreams at a budget that suits you. At Howdens we offer a wide range of kitchens - from your traditional country style to the very contemporary, and everything in between.

To request a brochure, call 01473 613170 or text "BROCHURE" to 07549 646998.

HOWDENS MARTLESHAM
UNIT 2, 25 ANSON ROAD, MARTLESHAM HEATH, IP5 3RG

01473 613170
martleshamheath@howdens.com

NEW BORIS *sweeps clean*

Photo credit: James Veysey/Shutterstock

He may have not been the favoured choice, but reserve judgement on this occasion, as new Prime Minister Boris Johnson may just be this country's saving grace.

Given that our political system has always existed while stuffed clumsily in the pocket of the ultimate organisational irony – that we are governed by a set-up of MPs whose very being means acting in opposition to one another – it's a miracle we've made it this far.

Sure, over the centuries, the Houses of Parliament appear to have bumbled, burst and bludgeoned their way through a variety of issues, but there is a sense that never before have a collected band of representatives been so unapologetically unhelpful towards each other, whilst displaying such plain disregard for those who put them there in the first place – the electorate.

We've been left in a parlous state, where even some of the most ardent Leave or Remain campaigners have had the last bit of political puff forced out of them by a string of events that has dragged on longer than the annual trot around the Eurovision juries.

And yet, now, it may be that finally our very own 'Euro vision' is forming, and thank goodness we have someone like Boris Johnson to drag it up on stage, stand it in front of the microphone and cover its ears as the rest of the continent offers a resounding 'nul points' to its little ditty.

In reality, Boris is the best we have. Theresa May's position was a poisoned chalice from the start, Jeremy Hunt you feel would have simply toed the same drab, pointlessly formal line, and Jeremy Corbyn has taken three years to finally decide he's a Remainer. And for the respect of what little democracy we have left, a second referendum, however it was being dressed up, was never an option.

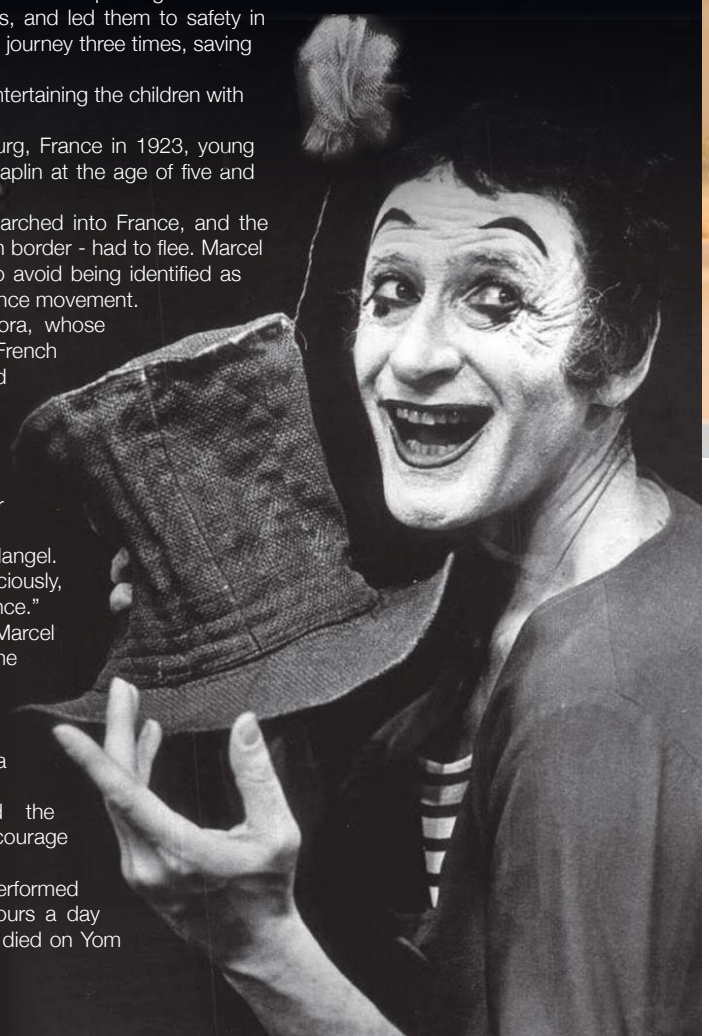
We are at a stage now where we need to put political allegiances aside and just get on with leaving the EU on October 31 in the most clinical way possible, and as BoJo has proved several times already in his career, he is a leader, a motivator and a driving force for positive, unerring, often brazen action.

Whether Boris will make a good Prime Minister should, at this point, be seen as secondary to the real job in hand, although even on that front, his merciless, almost dramatic dressing down of Corbyn in his first House of Commons debate at least shows a glimpse of a political future where humour, drama and liberal dashes of sarcasm may replace an overstayed period of shouting, shuffling, sneering and downright childish gameplay from those who should know better.

As yes, 55-year-old Boris may well still represent a cumbersome orator from another era, but during his time as London Mayor – and all those Boris bikes – as columnist and magazine editor, and as Foreign Secretary, he made very real change happen. The man is no fool.

Ultimately, what you get with Boris Johnson is charisma, action, and perhaps a little entertainment thrown in for good measure. Sure, he will speak out of turn, he will wobble precariously on the line of acceptability, but he will also put both barrels behind the country he loves, even at risk of throwing himself under the bus… or is it a bike?

Ssssilent HERO



For 60 years Marcel Marceau's talent for pantomime entertained audiences around the world.

He was also the man whose act inspired Michael Jackson's famous moonwalk. But few of his adoring fans realised that behind the mask of his most famous character, chalk-faced Bip the clown, there was a true hero.

During the Second World War he saved hundreds of Jewish children from the Holocaust. Masquerading as a boy scout, Marcel evacuated a Jewish orphanage in eastern France. He told the children he was taking them on a vacation in the Alps, and led them to safety in Switzerland. Marcel made the perilous journey three times, saving hundreds of Jewish orphans.

He was able to avoid detection by entertaining the children with silent pantomime.

Born to a Jewish family in Strasbourg, France in 1923, young Marcel Mangel discovered Charlie Chaplin at the age of five and became an avid fan.

When Marcel was 16, the Nazis marched into France, and the Jews of Strasbourg - near the German border - had to flee. Marcel changed his last name to Marceau to avoid being identified as Jewish, and joined the French Resistance movement.

Documentary filmmaker, Phillipe Mora, whose father fought alongside Marcel in the French Resistance, said: "Marceau started miming to keep children quiet as they were escaping. It had nothing to do with show business. He was miming for his life."

Marcel's kosher butcher father perished at Auschwitz.

Marcel later said: "My name is Mangel. I am Jewish. Perhaps that, unconsciously, contributed towards my choice of silence."

In his first major performance, Marcel entertained 3,000 US troops after the liberation of Paris in August 1944.

In 1947, Marcel created his beloved character Bip, a childlike everyman with a stovepipe hat and a red carnation.

In 2001, Marcel was awarded the Wallenberg Medal for his acts of courage during the Holocaust.

Until his death at age 84, Marcel performed 300 times a year and taught four hours a day at his pantomime school in Paris. He died on Yom Kippur, 2007.

Transform
YOUR KITCHEN

RENOVATE OR SIMPLY UPDATE
IN AS LITTLE AS A DAY

Give your kitchen a stylish new look without going through all the disruption of ripping out your old one. Our bespoke worktops and replacement doors are made to cover existing surfaces precisely, leaving a hardwearing and luxurious finish. Known as 'The Top That Fits On Top', it's a winning combination of strength and slimline dimensions that has made us a household success around the world.

Fitted in one day
Professionally fitted,
no debris, no dust, no disruption

Worktops
Granite, quartz, recycled
glass & porcelain worktops

Doors
Over 100 combinations of
Made-to-Measure doors

For a free consultation contact your nearest showroom or visit granitetransformations.co.uk

IPSWICH SHOWROOM: 01473 851 360
Unit 3, Alstons Court, Leslie Rd, Ipswich, Suffolk IP3 9PL

COLCHESTER SHOWROOM: 01206 807 347
Hatfields Home Furnishers, Peartree Rd, Stanway, Essex CO3 0LA

GRANITE® transformations
TREND® transformations

KITCHEN & BATHROOM MAKEOVERS

CALL YOUR LOCAL
ELECTRICIAN
A.S.E.M.S
ALAN SMART ELECTRICAL & MAINTENANCE SERVICES
• ELECTRICAL CONTRACTING, DOMESTIC, LIGHT COMMERCIAL, MAINTENANCE, FAULT FINDING.
• BESPOKE PROJECTS
• ALL WORK GUARANTEED FROM WORKMANSHIP AND DEFECTS
• BENEFIT FROM A RELIABLE LOCAL SOLE TRADER WITH LOW OVERHEADS
• FREE ESTIMATES WITH VERY COMPETITIVE RATES
• NO JOB TOO SMALL
01728 748292
07795 053932
alan1smart@btinternet.com

TLC
CHIMNEY SWEEP
TL CHIMNEYS
MARCUS WEBB
01473 712703
07733 420611
marcus@tlchimneys.co.uk
SUFFOLK
NORFOLK | ESSEX
HETAS

Haxley and Ruffles
Roofing Contractors
CHIMNEY REPAIRS
NEW ROOFING
ROOF REPAIRS
LEAD WORKS
10 YEAR GUARANTEE
0800 025 7367
07850 230234
haxleyandruffles@gmail.com

B&G DECORATORS
PERIOD PROPERTY MAINTENANCE
Experts in Period Property
"They are experts in their field. Owning a period property, it was important to find someone who knew what they were doing."
Sally, via TrustATrader.com
PAINTING | WALLPAPERING
SASH WINDOW REPAIR | PLASTERING
DECORATING | CARPENTRY
07889 258880
bgdecorators@googlemail.com

LOCAL NEWS
from your neighbourhood

Photo credit: Hosier Photography

Band support Sheeran after winning competition

A singer from Woodbridge and her band won a nationwide competition to open up for Ed Sheeran on the last date of his two-year tour in his hometown.

It was a jam-packed bank holiday weekend for Caswell after shows at Reading and Leeds Festival and they finished with a performance in front of a crowd of 40,000 people at Chantry Park in Ipswich on August 26.

As previously reported in **VISION**Woodbridge, Caswell smashed the semi-finals of the Hoax Live Sessions competition and, on August 16, were crowned the winners, bagging them the opportunity to open up for fellow Suffolk star, Ed Sheeran.

Lead singer Kristin said: "It was amazing and very unexpected. We were up against bands from London and Manchester and the fact that we actually won felt incredible. We were representing the East and Ed even told us he was really happy a Suffolk band won.

"Over the past two months, I have really stepped up my game and having Reading and Leeds Festivals just before the Ed Sheeran gig definitely helped and was kind of extra prep for us.

"The whole thing has been the best experience of my life. I've done a lot of gigging but this was a whole other ball game."

Following the performance at Chantry Park, Caswell are more focussed than ever to achieve their goals.

Kristin continued: "Performing at Chantry Park definitely got us excited. We want to have our own sold out headline shows, but we've got a lot of work to do.

"We want to focus on making more music, supporting other artists on tour and book more festivals. One night with Ed Sheeran and our social media numbers have rocketed.

"I've had hundreds of lovely messages telling me how much they loved the performance.

"The hospitality and kindness shown by Ed and his team was unreal, I'll remember it forever as the best day of my life."

To keep updated with Caswell, visit www.facebook.com/caswellofficial

Photo credit: Hoopers Architects Ltd

Star condemns housing plans for former council depot

Plans to build 100 new homes on the site of the former district council headquarters in Woodbridge would change the character of one of Suffolk's most important historic towns.

That's the view of comedian, actor and television present Griff Rhys Jones, president of the Victorian Society, who has spoken out against the plans for the flats at Suffolk Coastal District Council's former Melton Hill site.

There were over 400 letters objecting to the planning application lodged in April 2016 and locals say they didn't have an opportunity to comment on the scheme as a consultation was carried out behind closed doors.

After the first application was withdrawn and a second application was refused, a third application has now been submitted for high density blocks of flats on the riverside location.

In a letter to the *East Anglian Daily Times*, Mr Rhys Jones urged planners at East Suffolk Council to think about what will happen if the application is passed and to recognise the strength of local opposition to the proposal.

It reads: "A passer-by would also notice several beautiful mature trees, a fine Victorian house and an imposing and dignified Edwardian building and wonder how such things could possibly be swept away.

"The planning committee must surely listen to the Woodbridge Society, the National Trust, Historic England and the Suffolk Preservation Society, who have all expressed reservations."

Of 215 public comments received by East Suffolk Council, 214 object to the application.

Tributes paid to former town mayor

Tributes have been paid to Les Binns, former mayor of Woodbridge, after he died last month.

Mr Binns, who was 88, served as mayor of Woodbridge three times, from 2001 to 2002, 2008 to 2009 and 2009 to 2010, as well as serving three terms as a town councillor.

Professionally, Mr Binns was an executive director of nursing for the NHS Trust. After his retirement, he continued to visit town council staff and his final gift to the town were 24 roses planted in memory of his wife Sylvia, which can be seen in Scouts Corner, Elmhurst Park.

Kate Lacey, clerk to Woodbridge Town Council, said: "He was a delightful man and the staff loved him. Woodbridge was dear to him and he was a strong part of the town. He was public-spirited, generous to the town and the town council, and above all an absolute gentleman."

Mr Binns leaves two sons, Steve and Mark, and five grandchildren.

R.W. CURLE
ELECTRICAL CONTRACTORS
Established 1959

- Domestic, Commercial, Industrial
- Portable Appliance Testing (PAT)
- Agricultural & Horticultural
- Church Installs/Periodic Inspections
- Periodic Testing & Inspection
- Temporary Power for Events
- Electric Vehicle Charging Points
- Solar Photo Voltaic Installations

NEED AN ELECTRICIAN?
Call us on 01728 688444

With over 60 years experience, we are a family run business providing high-quality customer service at competitive prices to both new and long-standing customers across Suffolk and East Anglia.

60 YEAR 1959-2019 ANNIVERSARY

Portable Appliance Testing (PAT)

Periodic Testing/ Inspection

Electric Vehicle Charging Points

01728 688444
info@curle.co.uk
www.curle.co.uk

Wadd Lane
Snape
Suffolk
IP17 1ON

VACUUM SERVICE & REPAIR

ALLVAC
Kirby & Dyson Specialists

Have your vaccum collected, serviced and returned at your convenience for just
£29.95
All makes and models

Call Paul Layton on
01379 871095
or 07866549642

DOGGY DAY CARE
happi days DOG DAY CARE
RURAL HOLIDAYS
FUN AGILITY
PUPPY SOCIALISATION
GROOMING
HYDROTHERAPY

Contact us:
Rendlesham: 01394 420468 Martlesham: 01473 623661
happidayscentre.co.uk

Hughessmart

Free In-Home Survey | Lighting & Heating Control | TV & Audio Distribution | Home Network Solutions
Security & Assisted Living | Bespoke Room Solutions | Design & Project Management

hughes.co.uk/smarthome 0845 111 3030

Visit our Smart Showroom in Ipswich, IP3 9BN

Breakfast Club raise £1k for hospice

Photo credit: Colin Lane

Members of the Woodbridge Breakfast Club (WBBC) handed over a cheque of £1,000 recently.

The money was donated to Jazmin Peach, who represented St Elizabeth's Hospice and was presented with the cheque.

The hospice improves life for people living with a progressive illness. Their work is centred around an individual's needs, which means specialist support, wherever it is required.

Money was raised from the annual Golf Day, which was held at Seckford Golf Club on July 3 and attended by members and friends of WBBC.

The group meet at Seckford Golf Club every Tuesday from 7am to 9am.

For more information, visit www.woodbridgebbc.co.uk or email Peter Berry on peter@peter-berry.co.uk

Finalists announced for community awards

Residents and businesses from Woodbridge are amongst those announced as finalists of the 2019 East Suffolk Business and Community Awards.

The awards recognise and celebrate the hard work and successes of the groups, individuals and businesses within the East Suffolk community.

Winners will be announced at an awards dinner on October 3, which is being held at The Hangar, Milsoms Kesgrave Hall.

Amongst the finalists are Woodbridge Tennis Club and Woodbridge Rugby Club, who have both been shortlisted for the Club of the Year award.

Choose Woodbridge has been named as a finalist for the Encouraging Tourism award.

Councillor Letitia Smith, cabinet member for communities, leisure and tourism at East Suffolk Council, said: "The awards are a great opportunity for us to recognise and celebrate the hard-working local groups, individuals and businesses who are making a real difference in our communities.

"As always, the standard of nominees was very high and all those nominated should be extremely proud of their achievements."

Sponsor and judge, Debbie Ratcliffe from Ufford Park, added: "Having been a judge for the past three years, I am always very impressed by the high standard of entries; from the more well-known larger companies, to the smaller businesses and individuals.

"This year is the first year entries have opened up to the whole of East Suffolk and so it was fantastic to read about some of the great things that are happening throughout the east coast.

"Judging is never as easy as it sounds and with such a large amount of entries this year, it was extremely difficult for us judges to pick out a winner for each category."

Woodpeckers have great start to season

Woodbridge Town FC had the perfect start to the season after winning their first five games in the Thurlow Nunn Premier Division.

A 4-0 opening away win at Long Melford was followed with a 4-1 home win over Kirkley and Pakefield and an FA Cup win over Coggeshall United 1-0.

A 3-1 away win at Swaffham Town and a 5-1 home win against Walsham Le Willows continued the great start.

An FA cup loss away to higher league Waltham Abbey followed, but the Woodpeckers were soon back to winning ways with a 3-1 home win against Brantham Athletic.

Upcoming home fixtures include:

> October 9 - Leiston (Suffolk Premier Cup)
> October 19 - Haverhill Rovers

There may also be a FA Vase match on October 12. At the time of going to print, the Woodpeckers were awaiting news of their opponents.

Keep an eye on the Woodbridge FC website for any changes.

Photo credit: Paul Leech

NEWS FROM THE
BOAT YARD
The Sutton Hoo SHIP'S COMPANY

When we make discoveries about our past it helps us to understand where we came from and work out where we are going. But often it also leaves lots of unanswered questions.

That's how we feel about the excavation at Sutton Hoo in 1939.

What was found there was the early medieval grave of Raedwald, an important Anglo-Saxon king. Within the burial ground there was a host of treasure now in a special show at the British Museum along with the impression of the rotted-away timbers of a ship - a clinker-built rowboat about 90ft long.

For a long time historians have been trying to understand exactly how this vessel performed on water as well as more about Anglo Saxon skills, trade and seamanship.

And now we are about to reconstruct this incredible ship at The Longshed in Woodbridge, using traditional building methods and a host of experts, to find some of the answers to our many questions.

We recently launched a crowdfunding campaign Make Ship Happen to help fund the £1million project.

To kickstart it we are asking people to spend just £20 to sponsor one of 3,500 rivets which will hold the ship together.

Photo credit: Prominent

Each will be numbered and the owner will be able to map the location of their rivet on the ship once it's built.

It might sound like just a bit of fun but actually this build is a serious scientific endeavour and an example of experimental archaeology.

As a result, in two years' time we hope to trial the ghost ship on the river and sea and hopefully lots of people will be able to see it and row it.

To help us Make Ship Happen please consider donating or sponsoring a rivet by visiting www.makeshiphappen.co.uk

Anger growing against bypass plans

Plans for the Ipswich Northern Bypass are not acceptable and do not stack up, Woodbridge Town Council were told.

That's the view of Dr Therese Coffey MP for Suffolk Coastal, who sent a letter to be read out at a town council meeting at the end of last month.

Dr Coffey MP said she is concerned the project, which will greatly affect Woodbridge, is already a fait accompli, and believes it will come hand in hand with more housing for the area and called upon Suffolk County Council to be more transparent about this aspect.

Dr Coffey said she believed a campaign to improve the A14 should be looked at and said the controversial bypass is riddled with problems.

She explained: "The cost of the project is estimated to be £500m - £560m. Given recent experiences, I think increasing that by at least 50 per cent is more realistic. While the government has recently awarded substantial capital investment to support housing growth, I cannot see £500m being made available unless approximately 50,000 homes were being built."

A public meeting to discuss the project was held at Woodbridge Town Council at the end of August.

Stop The Ipswich Northern Bypass, a pressure group against the plan, says its mission is to stop any bypass as "it is solely for the purpose of concreting over huge swathes of the countryside in order to build a vast number of new houses above and beyond the national requirement. It would be an environmental disaster and would ruin thousands of people's lives and livelihoods."

CHARLES CLARKE
& SON
BUILDERS LTD
GRUNDISBURGH, SUFFOLK

New builds | Extensions | Conversions

Since 1857

www.charlesclarke.co.uk | 01473 735317

ASR Decorators

Interior & Exterior Painting
Decorating • Tiling
Wallpapering Specialists

Andy Rayman

07928 582923
asr.dec@googlemail.com

Wade Windows
~ est. 1988 ~

Make Your House A Home!
01473 832835
www.wadewindows.co.uk
sales@wadewindows.co.uk
The Barn | Barham | IP6 0NU

£10 Towards Your First Regular Clean With This Ad

Superior Home Cleaning

NEED HELP WITH YOUR HOME CLEANING?

Regular Scheduled Cleaning
• Work 100% Guaranteed
• Any Reasonable Task, Including Ironing
• Trained and Police Checked Staff

Call us today to discuss your needs:
01394 432018
info@superiorhomecleaning.co.uk
www.superiorhomecleaning.co.uk

JOB VACANCY

We are looking for a
Groundworks Apprentice

Bennett Plant & Groundworks is a family run business, that specialises in groundworks and material handling. Work consists mainly of driveways and landscaping, but can also include new builds, extensions, and more.

We are looking for an apprentice to work with the groundworks team on material handling and learning how to use plant equipment. The successful candidate will also have an opportunity to earn a CPCS (A17) Telehandling qualification, which will set them up well for a successful career in materials handling.

No experience is necessary. It is more important for applicants to have ambition and drive and a determination to work hard and learn the industry. Career progression available with the right work ethic.

Salary: D.O.E. **Hours:** Full Time

To apply, write to
kieranbennett431@gmail.com

News from
Councillor Caroline Page
The County Councillor for Woodbridge

Clearing my childhood home, I realise how many things have vanished from our lives. Who dials a number? I don't reckon any young people do. And why would they? They've never seen a phone with a dial.

Our old house still had a proper flush toilet. And by this, I mean none of your namby-pamby low-level push-button affairs. It was a whopping big cast iron cistern (stamped The Cam) with a good solid chain. There was no doubting when it had flushed. It had been in the house perhaps 150 years - but it was still going strong.

And then - the map. Ipswich Northern Route? The Suffolk road map in my parents' house didn't even have the Orwell Bridge on it. I remember my father teaching me to map-read in the car by making me navigate - using that very same paper map - back from Sutton Hoo to Cambridge. He told me it was "a skill everyone needed to know", and I have used it ever since.

Nowadays, maps have been replaced by an electronic voice that never shows you the overview but gives you instructions instead. Is this a good thing? Does our idea of making things easier actually make them better?

Stock image

When my children were young, a little circular bus ran hourly around Woodbridge helping old people and young parents alike. It was swept away not because it was poorly used, but because more money could be made elsewhere. When my children were older, there were still late buses for teenagers, concertgoers and theatregoers to get back from Ipswich to Woodbridge. All gone. And as from this month, we can't even visit hospital by bus in the evening. Yes, there are more cars, of course, but isn't it sometimes true that when we seek to mend, we end?

Popular pub receives Best Wine Award

A pub in Bromswell, Woodbridge, received the Best Wine Award in the Great British Pub Awards 2019 recently.

The Unruly Pig was announced as the winner at the award ceremony held at The Royal Lancaster Hotel in London on September 5.

Head chef Dave Wall and owner Brendan Padfield attended the event and were presented the award by Hugh Dennis, *Outnumbered* and *Mock the Week* star.

The traditional pub was given the award for their outstanding wine list and cellar.

Brendan said: "We offer a superb selection of wine by the glass, there's a little something for everyone.

"We're so proud of our outstanding Unruly team and everything we've achieved. We're all on cloud nine.

"I'd just like to thank our customers for their amazing support and kind words. Even at the event they were sending messages and it means so much to us all."

News from Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

This month Woodbridge is holding its first Car Free Day on Saturday, September 21 - an event which I hope will bring the town together in celebrating many of the wonderful things about Woodbridge that we perhaps at our peril take for granted.

The event, organised by Woodbridge Town Council, with the backing of Choose Woodbridge, Transition Woodbridge and many other organisations, will allow everyone to experience just what a pedestrianised Woodbridge would feel like. There will be lots of entertainment and activities to encourage you to come into town and the traders will also be outside their shops too.

Over the past few years I have been part of a Thoroughfare Working Group who have been tackling the thorny issue of making the centre of town a safe place to stroll, shop and relax in whilst allowing business and residents to access their premises. If the Car Free Day is a success, then I can see the work of that group being able to deliver a solution that is acceptable to all.

If you can travel on foot, by bicycle or public transport it would be greatly appreciated; there will be extra provision for bicycle racks on the day to encourage this. In addition, the Woodbridge Memory Bike will be in and around the Thoroughfare helping those people who can't get into town by themselves.

Festival welcomes "astounding response"

More than 1,000 people gathered at the end of last month to celebrate the Woodbridge Festival of Art and Music in the town's Elmhurst Park.

Bands and djs from around the country combined with local talent to serve up a rich and varied programme of music from famed Hacienda DJ Justin Robertson, to Suffolk's own Bessie Turner, fresh from supporting Ed Sheeran, and New Zealand avant-garde performer Dudley Benson.

The event opened on the main stage with a choir of 40 from Planet Voices, followed by Laura Wyatt, Peter Hepworth and The Brackish Edge.

The Eco-zone provided an educational aspect to support the festival's sustainability theme, while the Kids' zone offered an array of art, crafts and yoga for children.

In a quieter corner of the park, local writers gathered in the Spoken Word area to read and discuss their work.

Programme director Ben Osbourne said: "We had an astounding response from the community, exceeding all our expectations not only in audience numbers, but also heartfelt enthusiasm.

"It's hard to imagine a more inclusive event. All the artists performed brilliantly and were warmly received, which was amazing.

"Events this size are great because the acts are able to feel a direct relationship with the audience that doesn't happen at bigger events. It was an afternoon of absolute pleasure. None of us can wait for next year. A massive enormous thank you to Woodbridge."

Festival co-organiser Richard Litchfield said: "To continue the tradition of music events here in the past, this one has had a really strong focus on community involvement, combined with local talent and renowned performers from outside the area.

"A big thank you to all our supporters including Adnams, The Table, New Street Market, Smashing Wines, Suffolk Digital, Planet Music Academy, East Suffolk Council, Rachel Smith-Lyte and Woodbridge Town Council for providing us with a wonderful venue.

"We'd like this to be the first of many events, so please watch this space."

Photo credit: Kevin Godfrey

Country Blinds
& Shuttercraft Suffolk

Transform your space

Country Blinds & Shuttercraft fits premium blinds and shutters throughout Suffolk and beyond.

Whether you prefer classic or contemporary styles, with us you're guaranteed to find something to fall in love with.

Call **Lyndsay and Niall** at Country Blinds today on **01728 633129** or email **info@countryblindssuffolk.com**

Which? Trusted trader

COME AND VISIT OUR SHOWROOM!
45 Woodbridge Road East, Ipswich, Suffolk, IP4 5QN
01473 715566
info@connellsipswich.com

MODERN | TIMELESS | BESPOKE

Designer kitchens made for living.

A *family run* company, in the heart of *Woodbridge.*

Kitchens for Living combines industry knowledge with personal service to deliver high-quality and custom-made products to suit any home, and any budget. With us, your new kitchen could be tailor-made for less than you thought.

KFL KITCHENS FOR LIVING
Designed For Life

01394 823014 | 07885 830049
info@kitchensforliving.co.uk
The Studio, Woodbridge, IP12 4EE

5 ways to use a MASON JAR

The humble mason jar; we all have one or two gathering dust in the kitchen cupboards.

So why not try one of the below cheap and chic creations that can be made with just a few additional materials and a little bit of imagination?

FIREFLY LIGHT FEATURE

Brighten up your garden with this super easy glow in the dark light. All you need is a mason jar and some glow in the dark paint. Create a splattering effect on the inside of the jar with the paint so that when it is dark it will glow as if filled with hundreds of tiny fireflies.

VINTAGE CUTLERY CADDY

Who doesn't love a bit of shabby chic in their home? Mason jars make great containers for cutlery; simply paint a rectangle onto each jar using black chalk paint and then write your labels using chalk.

HANGING HERB DISPLAY

Create your very own hanging herb collection in your kitchen by filling your jars with soil and an assortment of herbs. Display on the windowsill or hang on hooks on the wall.

CUTE COASTERS

Don't forget to utilise the jar lids too; all you need is a sheet of cork-board, some glue and a marker pen. Cut a circle of cork that will fit on the inside of the lid, glue in place and then write a phrase or message on the cork for your guests to enjoy.

AROMATHERAPY JAR

Create your own scents for your home. Simply add cotton balls that have been dabbed with a few drops of your chosen essential oil to a mason jar and then make a few small holes in the lid. Inhale and enjoy. This is a good one if you suffer from colds, use eucalyptus oil and place the jars around your home.

John Cowling
Carpenters & Builders

Kitchens | Extensions | Renovations
07970 259723
j.cowling10@hotmail.co.uk
www.builderipswich.com

CN Plumbing & Heating

• All domestic plumbing & heating
• Bathrooms • Leaks & Repairs
• Central Heating Systems
• Gas Appliances Fitted & Serviced
• Renewables • Landlord Certificates

Call us for a FREE quote today!
01728 748446
info@cnplumbingandheating.com

Unit 2A, Clopton Business Park, Woodbridge, IP13 6QT

He doesn't have a Scale Problem...

Do you?

Call us today
01394 794401
www.adveale.com

A. D. Veale
Water Softeners
Est 1981

Water Softener Sales & Installations
Service, Maintenance & Repairs
Salt Deliveries
Drinking Water Systems
Filter Cartridges & Taps

We are a locally based, family run Company, established for over 35 years offering a fully independent and professional service dealing with the regions hard water problems.

Checkatrade.com
Where reputation matters

Under THE Sea

HOW TO BRING THE UNDERWATER WORLD INSIDE

There is something tranquil, calming and reassuring about the sea, to the extent that a recent trend finds us recreating the gentle serenity of the coast within our own homes.

Where in the past an underwater theme would have been the domain of the kids' bedrooms, experimenting with maritime design even in our main living spaces – consider blues, turquoises and light greens – can add colour, complexion and an element of fun.

And you don't have to go all out on themed furniture. Sometimes just very subtle references to the sea can have the best effect, such as scallop-patterned chains or edging to drawers or units.

Wallpaper can add smart, subtle references to the coast, either in swathes of brilliant blue and subtle sandy brown, or as a detailed design that perhaps showcases boats, shells or beach huts. And while you're at it, rugs and carpets with irregular, fluffy edges can move and sway in much the same elegant, carefree way as a receding tide. Patterned cushions can add a very simple effect too – think traditional blue and white with perhaps a splash of yellow.

The subtle placement of objects and art can also really bring on that feeling of being in a sub-aqua wonderland inside of your home. Driftwood, for instance, is one of the most curious, curved, beautifully artistic things you can have, even as a stand-alone object or used as picture frames or stand-alone shelf decoration. And when adding watercolours, sculptures and other more covertly obvious nods to the beach, you can quickly build a mood that gives you everything the coast offers without the hassle of sand getting caught between your toes.

Photo credit: Living etc, Sheridan Australia/The Independant, Dan Duchars/Ideal Home

Alex Kemsley ...taking the PLUNGE

THE SWIMMING POOL DESIGNER DIVING HEADLONG INTO BIG BUSINESS

To combine the pleasure of a favourite pastime with the satisfaction and comfort gleaned from making money and having a successful career… well, that's everyone's dream, surely.

To make that perfect life come true requires dedication, belief and an unrelenting pursuit of excellence, and for swimming pool designer Alex Kemsley that journey started way back at the age of nine.

It was whilst still in single digits – albeit with the help of his father – he built his first pool. And in the immediate years that followed, the young designer's eye for detail very quickly became evident, with a drive for business being complemented by his pursuit of the perfect balance between health and luxury.

"Any nine-year-old boy would enjoy operating an earth mover to dig out a hole big enough for a pool," Alex begins, "but I couldn't have guessed that day that it would become my life's work.

"To go from building a family pool with dad at my childhood home to designing the world's most talked about pool has been an incredible journey."

That iconic pool he references has been built by his company, Compass, and is named Infinity London. It is a 200m high – it sits on top of a 55-storey building – 360-degree roof-top pool set to tower over the capital's skyline. It is formed around cutting-edge design, powered by computer technology and with renewable values at its core… for instance, it is heated by the by-product of creating cool air in the very building it sits atop.

As you would imagine, the designer's level of client is already unparalleled in the world of pool design, with footballers, musicians and TV stars commissioning Kemsley to create, configure and install designs that start with six-figure price tags. And with double-digit growth, the evidence is that demand for going for a dip is Brexit-proof… if not waterproof.

Photo credit: www.compass-pools.co.uk/Infinity London Media

L.G. AUSTIN
Your Block Paving & Bricklaying Experts

Driveways • Patios • Extensions
General Building • Kitchens • Bathrooms
07815 915819
leeaustin1992@gmail.com

OIL TANKS
SUPPLIED AND INSTALLED

Enjoy professional installation from TRS - a trusted family business most often rated 10/10 for quality, service & value.

TANK REPLACEMENT SERVICES TRS
for a cleaner, safer environment

• Oil tanks in stock now
• Choice of plastic or steel
• Professional installation
• Existing oil transferred
• Your old tank removed

Trusted Trader Member
Excellence Regional Winner
We are the region's leading oil tank supplier and have a proud reputation for customer service.
99% recommend us referenceline

01362 687144
We remove your old tank for recycling

MADE IN BRITAIN STEEL TANKS CUSTOM MADE
WWW.TANKREPLACEMENTSERVICES.CO.UK

Peter Hall
FLOORING

A Name You Can Trust!
Come and visit us for a wide range of carpets, vinyls and more, to suit every taste and budget.

01728 746416
34 High Street, Wickham Market, IP13 0QS
www.peterhallflooring.com

RIVERVIEW GARDENING

Garden & Grounds Maintenance

Providing all aspects of garden and grounds maintenance to both domestic and commercial customers.

Ride-on Mower Available
Green Waste Removed

Experienced | Qualified | Insured

07779 152936 • 01394 823798
riverviewgardening@gmail.com

SUFFOLK TREESCAPE

NEED SOME HELP OR ADVICE?
CALL US ON **07507 660533**
CONTACT@SUFFOLKTREESCAPE.CO.UK

TREE SURGERY | CONSULTANCY SERVICES | EMERGENCY | PLANTING

PROFESSIONAL **TREE SURGEONS** PROVIDING ABORICULTURE THROUGHOUT SUFFOLK & ESSEX

NPTC Part of the City & Guilds Group QUALIFIED WORKFORCE
LANTRA AWARDS APPROVED

Photo credit: www.thorncliffebs.co.uk

Sleeper HIT

Get your garden back on track with the use of railway sleepers

Railway sleepers have a mystery and charm all of their own… to the extent that an object originally recycled from the trackbed is now being produced from freshly felled trees, such is its popularity amongst gardeners.

While some people choose to leave the sleeper to extol its original rustic beauty, others like to explore the range of treatments that can brighten, soften or reshape this hunk of wood, from sanding back to varnishing or painting.

Here are a few uses for railway sleepers:

UNDER FOOT

Solid enough to hold the weight of a train, it makes sense that a railway sleeper's most accepted use is in the ground. As characterful steps – laid either sideways or pushed together lengthways – this is a great use that can guide an eye deep into a garden's charm.

EDGING

Flower beds and lawns can look smart and tidy when utilising the brilliant straight lines of a railway sleeper. For a rustic object, this hunk of wood can offer an unexpectedly contemporary line that will shape and present your plant life.

Alternatively, cut the sleepers and stack face up, experimenting with different lengths to give your beds a feel of ascending excellence.

WALLS

Railway sleepers presented as a wall not only makes a visually pleasing bank of wood, but will provide you with considerable strength at the same time. Whether housing a compost pile or offering a place for you to store garden objects out of view, these weighty objects will stand up to storage.

Consider drilling solar lights in too to make your garden a charming night-time escape.

BENCHES

Whether cut to form legs or otherwise propped on bricks, using railway sleepers as a bench will give you a chunky, rustic seat that will survive many winters.

POSTING PROFITS

Why new *Dragons' Den* enterprise impresario Sara Davies is a calling card for all businesses hoping to grow out of nothing.

Anyone who has seen the new series of *Dragons' Den* will have clocked a new face on the panel of fire-breathing business behemoths.

Terrestrial television's most successful new business show resumed its 17th series at the start of August. And with Jenny Campbell having stepped back from investment duties at the end of the last run of programmes, the much-vaunted seat two – once occupied by James Caan, Richard Farleigh and Hilary Devey – was instead filled by a new backer; and someone able to empathise with all areas of the entrepreneurial spectrum.

To the untrained eye, County Durham-born Sara Davies MBE represents a friendly, warm, welcoming, empathetic member of Britain's most feared panel. And so she should – the 35-year-old was brought up in rather simple surroundings in the north-east, and launched her debut business, Crafter's Companion, from her university student accomodation.

Her idea was simple – she offered a tool that could create bespoke envelopes for handmade cards. It came at a time when craft had begun to boom in the UK, and such an obvious gap in the market was there to be exploited. Sure enough, by the time Davies graduated, the enterprise was turning over £500,000 a year.

These days, Crafter's Companion exports to over 40 countries, employs 190 people worldwide, and can boast an annual turnover of £25million – not bad for an idea not just written on the back of an envelope, but was the envelope itself.

It all adds up to someone perfectly in touch with the qualities required to take a ground level business and move it to the next level. In the opening episodes we see Sara's approach as firm but fair, sympathetic yet system-driven.

"I think my background isn't too dissimilar to that of the other Dragons," she says.

"It's not like we were born into huge amounts of wealth. For us it's just been a case of having a good idea, going with it, then using the profits from that to try other avenues.

"As I say to a lot of young companies, sometimes getting that first idea right makes it 10 times easier to fuel all those that follow. That's because you have a springboard, you have experience, and the chances are you have contacts, as your next move is most likely to be in a familiar area."

As the 18th business wizard to step into the show, Davies is the youngest, proving that the world of modern business, even at corporate level, isn't the domain of those who have spent decades climbing up through the system.

"While it takes time to understand the mechanics of enterprise, I believe the spark to make money and to make a difference is there from childhood. That's not something you can learn – you either have it or you don't," she says.

Davies is already making a difference in the den. While, straight away, she put her hand in her pocket to make real the dreams of the next generation of business whizz, she is at the same time inspiring a brand of Sunday night armchair money-makers as well – are you one of them?

Photo credit: S Meddle/ITV/Shutterstock

ONE SMALL STEP FOR YOU,

ONE GIANT LEAP FOR YOUR BUSINESS

Photo credit: Granger/Shutterstock

IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your Monthly Lifestyle Magazine VISION

t: 01728 723305 m: 07940 834629
e: woodbridge@VISIONmag.co.uk
w: www.VISIONmag.co.uk/woodbridge

GUYMER KING

Chartered Certified
ACCOUNTANTS
& TAX ADVISORS

Arrange your initial consultation without any formal commitment

- Accountancy
- Taxation
- Business Advice
- ADR
- Training

David King
FCCA ATII

01473 552852
david@guymer-king.co.uk

Kerseys
SOLICITORS
ESTABLISHED 1881

The complete personal and commercial legal service

- Wills, tax and inheritance advice
- House sales and purchases
- Family law
- Company and business law
- Litigation
- Employment

IPSWICH
01473 213311
32 Lloyds Avenue, Ipswich, Suffolk, IP1 3HD

COLCHESTER
01206 584584
844 The Crescent, Colchester Business Park
by appointment only.

www.kerseys.co.uk

Financial advice of true family value

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Inheritance Tax Planning
- Intergenerational Planning

For further details please contact **Chris May** on:

Coldfair Wealth Mangement

Tel: 01728 768912
Email: chris.may@sjpp.co.uk
www.coldfairwealthmanagement.co.uk

H2SJP31498 03/19

Perfect PALS

For a system initially associated with conducting eBay transactions at first, PayPal has grown to become the world's most trusted payment facility, but does that mean it's safe?

We are firmly in the realms of the digital age, particularly when our business and personal transactions can all be conducted at the click of a mouse.

While few miss the inconvenience, clumsiness and delays associated with cash and cheque transactions, that's not to say we shouldn't look for protection and reassurance from internet-based systems such as PayPal, Skrill, Moneybookers, Google Wallet and others.

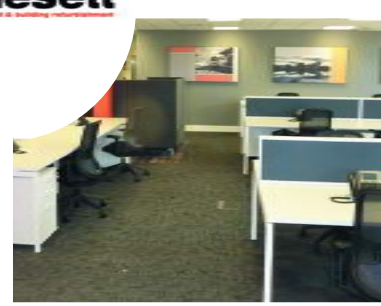
Certainly, in terms of numbers, PayPal's domination of the market is a good marker as to its reputation. This year it will top 300 million active accounts, with sign-ups rising by 17 per cent year on year.

The organisation operate several layers of security behind each account, with recipients of money never receiving sensitive financial information such as credit card or bank account details. There is also the PayPal Purchase Protection scheme, which acts as an insurance policy for outgoing payments, and in general any disputes come down firmly on the side of the customer as opposed to the seller.

PayPal have even offered cash incentives to any buffs uncovering potential security flaws, vulnerabilities or breaches in the company's digital data defence system. And with the system draped in data encryption and anti-fraud technology, it might be said that a PayPal account is actually safer to use than a credit card, bank account or a cheque book.

However, the premise isn't all on the corporation. There will always be someone wanting to tread in your digital footprint, and as with any security system, the set-up is only as tight as the actions of those using it, so users are frequently reminded to stay diligent when it comes to logins and passwords.

Photo credit: I AM NIKOM/Shutterstock.com, Ink Drop/Shutterstock.com



Colnesett

Commercial Fit Out Specialists

If you are looking for a commercial fit out in East Anglia, London and the surrounding counties then Colnesett is the right company for you.

We are specialists in commercial fit outs and have many years' experience making commercial buildings suitable for occupation and work and cater to the needs of those who will occupy them.

Colnesett manage the whole commercial fit out project on your behalf and work to an agreed of schedule of works and programme to ensure the smooth running of the project.

To find out more about the type of commercial fit out we can offer you, contact us today.

- ☑ COMMERCIAL DESIGN & BUILD PROJECTS
- ☑ OFFICE FIT OUT AND REFURBISHMENT
- ☑ INDUSTRIAL UNITS
- ☑ CARE HOMES
- ☑ HOTELS
- ☑ CAT A & CAT B FIT OUTS
- ☑ COMMERCIAL DESIGN & BUILD

01473 810230 • WWW.COLNESETT.CO.UK

INFO@COLNESETT.CO.UK

Financial advice of true family value

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Inheritance Tax Planning
- Intergenerational Planning

For further details please contact **Chris May** on:

Coldfair Wealth Mangement

Tel: 01728 768912
Email: chris.may@sjpp.co.uk
www.coldfairwealthmanagement.co.uk

H2SJP31498 03/19

With offices in...
Ipswich | Hadleigh | Felixstowe | Woodbridge

gotelee SOLICITORS

FEAR FISH no more

For some reason, even the most confident cook can feel some trepidation when faced with the task of preparing and cooking fish, but with these simple tips you will be cooking up a fishy storm in no time.

Tasty tuna

As a nation we love canned tuna, but we are definitely missing a trick by not experimenting with the fresh variety which is firm in texture and mild to taste.

A good marinade is essential when preparing fresh tuna as not only will it help the fish taste delicious; it will also keep it moist during cooking.

We recommend grilling your tuna steak for a quick and tasty meal. For a half-inch thick steak, grill for four to six minutes. The fish should flake when tested and still be pink in the middle.

Canny cod

Who doesn't love a piece of battered cod and chips on a Friday night? But that doesn't have to be the only time you enjoy this flavoursome fish.

For best results, we recommend baking your cod in foil with lemon and garlic. Simply preheat your oven to 180C and bake for 15 minutes for six to eight ounce fillets or 20 minutes for a whole fillet.

You will know your cod is cooked when it appears opaque and flaky.

Stunning salmon

A truly luxurious fish, salmon is also extremely versatile. It can be pan-seared, grilled, roasted, poached, smoked or cured.

Most salmon are sold with the bones removed but it is worth checking for any stragglers by rubbing your finger gently along the fillet.

If you are planning to pan-sear or roast the salmon, we advise keeping the skin on. Based on a half-inch thick piece, you should roast for six minutes or four if you prefer your salmon a touch rare.

THE
RED LION
WOODBRIDGE

GREAT FOOD. GREAT DRINK. GREAT ATMOSPHERE

Richard and Sarah welcome you to this recently refurbished public house in the heart of Woodbridge. Open all day, 7 days a week for great food and drink.

01394 548327
PUBLICAN@REDLIONWOODBRIDGE.CO.UK
90 THOROUGHFARE, WOODBRIDGE, IP12 1AL

SPECIALISTS IN STERLING SILVER

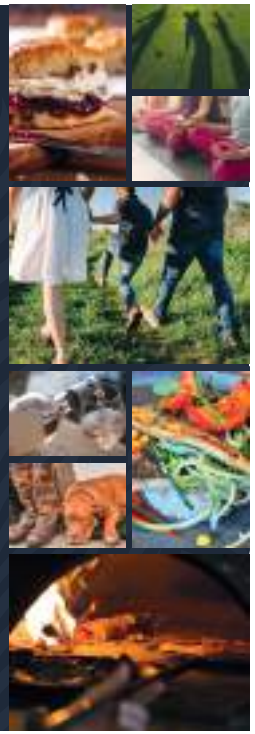
Silver Sun Jewellery

NEW STORE NOW OPEN!

53a Thoroughfare, Woodbridge, IP12 1AH
T: 01394 382114
E: silversunjewellery@gmail.com
Open: Mon-Sat 10am-5pm
Sundays by Appointment

Kingfishers
AT CRETINGHAM COUNTRY PARK

A stunning venue for all the family to enjoy



SWAN LANE CRETINGHAM WOODBRIDGE SUFFOLK IP13 7BA
KINGFISHERSCRETINGHAM.CO.UK 01728 685 275

EAT · DRINK · WALK · STAY · GOLF

BRING ME sunshine

If you can't wait for the cooler months so that you can embrace darker tones, then you may want to look away now. This autumn is all about the bright and mood-enhancing colour yellow.

But before you decide to become a recluse until this trend has passed, let us reassure you that this colour can suit everyone; you just need to find your shade.

MELLOW YELLOW

If the thought of wearing bright yellow brings you out in a cold sweat, then a butter shade is what you need. For the ladies, look out for a full-length cotton dress that will see you through this transitional season. Men should focus on accessories; a pale yellow tie will work wonders to spruce up a suit or layer up with a chunky scarf.

PALE ALE

For those who are really not sure about this colour, choose a shirt in the palest yellow you can find and wear it in place of a crisp white one. Team with a pastel tailored jacket and cropped trouser for an easy and bang on trend outfit.

DARK CHEDDAR

Want a bit of warmth? This shade can best be described as dark yellow with a hint of orange; think butterscotch. Perfect for both sexes this autumn; snap up a leather jacket and trouser combo or play it safe with a simple dark yellow shirt.

FLUORESCENT YELLOW

The high street is awash with neon this season; from flashy suits to casual sportswear to the simple tee. Women and men alike can't go wrong with a stylish head to toe electric yellow suit or for those wanting a slightly less obvious look a simple bright yellow vest top or t-shirt can work wonders on both your mood and your outfit.

Photo credit: ASOS.com

SLICK or smooth?

Whether you are a hair oil convert or are still suspicious of this product that promises to drive away dry locks for good, you can't fail to notice the hype that surrounds oils at the moment.

Are they too good to be true or is there an oil perfect for you?

Coconut Oil: Best for dry/damaged hair

A real multi-tasker, coconut oil contains fatty acids, vitamins and minerals that penetrate the hair leaving it smooth, silky and supple.

Argan Oil: Best for frizzy or coarse hair that is prone to greasiness

This oil is often referred to as liquid gold mainly due to its golden colour but also because of the benefits it offers. It is 100 per cent natural and contains antioxidants and vitamin E which helps nourish and protect your hair.

Jojoba Oil: Best for beards and dandruff sufferers

This oil has the clever ability to not mess with your scalp's natural balance of oils, but it still penetrates your hair's follicles, moisturising them from within.

Almond Oil: Best for hair growth or reducing hair loss

Like other oils it contains fatty acids and proteins that help protect and nourish your hair, but almond oil also contains magnesium which helps prevent breakages and aids hair growth.

Olive Oil: Best for brightening dull, frizzy hair

Most people have olive oil in their kitchen, but did you know you can also use it in the bathroom? Due to its protective and exfoliating properties, olive oil can be used in place of conditioner to create a smooth shine after shampooing.

Marula Oil: Best for sun exposed hair

Summer make feel like a distant memory but the effects on your hair are visible for all to see. Marula oil, which has a distinctively fruity aroma, is ideal for treating sun-damaged hair.

A luxury barbershop set in the coastal town of aldeburgh. Sir & Co offers not just the latest in cut ting techniques but also cut-throat wet shaves.

With a not-for-profit coffee shop raising funds for the local RNLI and a raising money for Macmillian via Brave The Shave, it's the best way of giving a little back, while enjoying your cut.

SIR & Co

BARBERS & GROOMING

116 - 118 High Street, Aldeburgh, IP15 5AB
sirbarbers.com
info@sirbarbers.com

be delicious! with Slimming World

NEW GROUP

TUESDAYS
Woodbridge
Woodbridge Football Club, Notcutts Park, Fynn Road
5:30 & 7:30pm
Tel: Lisa
07752 006399

THURSDAYS
Woodbridge
Woodbridge Football Club, Notcutts Park, Fynn Road
9:30 & 11:30am
Tel: Lisa
07752 006399

FRIDAYS
Martlesham
Community Hall & Richards Room, Felixstowe Road
9:30am
Tel: Lisa
07752 006399

SATURDAYS
Martlesham
Community Hall & Richards Room, Felixstowe Road
8:30 & 10:30am
Tel: Lisa
07752 006399

slimmingworld.co.uk
0344 897 8000

M & R CARS
WOODBRIDGE

• Local Taxis • Fixed Price Fares
• 24hr Airport & Long Distance Specialists
• Sporting Events • Nightclubs
• Corporate Accounts Welcomed
• 6 seater people carriers • 8 seater minibuses
• Wedding Car Service • Courier Service

01394 386661
info@mandrcars.co.uk

AUTUMN escapes

PLANNING YOUR
NEXT GREAT ESCAPE

Whether you've already been away this year or have been shaping your holiday away from the madness of the summer rush, the popularity of the autumn escape has really come into its own as people look to rework the way they holiday. Here are a few places to consider:

ROME

Notoriously busy during July and August, the Italian capital regains its resplendent simplicity as the autumn months come about. A drop in tourist numbers means you can fully appreciate Rome's stunning architecture, take your time over pizza or pasta, and explore winding backstreets without an accompaniment of trudging tourists. Of all Europe's cities, it is probably the one that feels most different in autumn.

CYPRUS

If sun and sand is still your thing, then Cyprus will hold its sizzling summer feel more than most other European destinations. Even in the echoes of autumn, temperatures remain in the high 20s, and with an eclectic coastline, charming Mediterranean villages and a combination of vineyards and mountains, there are a variety of terrains and colours to ensure you stay charmed by your surroundings.

AFRICAN SAFARIS

For the perfect African safari, an autumn break is perfect. Temperatures all year round tend to vary very little – in Kenya, for instance, the lowest average of 27 in June is only four degrees off the January peak month. Other locations such as Botswana and its Okavango Delta can offer water-flooded expanses that cool hot limbs whilst offering incredible, expansive views over some of the world's most incredible creatures.

VIETNAM

Or perhaps for somewhere completely different, get in right at the start of Vietnam's dry season with an October escape to a land of rich wildlife, absorbing culture and complicated history that, these days, lures tourists looking for provenance and purpose as much as a place to relax and unwind.

Peace of Mind
Neuro-Linguistic Programming

Specialists in mental health for all ages.

- ☑ ADHD
- ☑ Stress/Anxiety
- ☑ Confidence
- ☑ Depression
- ☑ Anger Issues
- ☑ Fears/Phobias
- ☑ Behaviour
- ☑ Family Upsets
- ☑ Relationships
- ☑ Self-Esteem

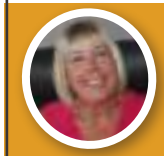
Contact:
Moira Green
07752982979
moigreen12@yahoo.com

Linda Linton Counselling Services

Understanding, Respect and Empathy

Are you experiencing any of the following issues?

Anxiety • Depression • Stress
Relationship/Emotional Issues
Bereavement • Life Crisis



Contact Linda Linton for a private consultation
01473 721276
07708 264115
lindalintonuk@yahoo.co.uk
/lindalintoncounselling
www.llintoncounselling.co.uk

HYPNOTHERAPIST
& PERFORMANCE COACH

Karl Smith *is one of the UK's leading hypnotherapists, working with modern hypnosis techniques, specialising in:*

- ANXIETY & PTSD
- FEARS & PHOBIAS
- SMOKING
- DEPRESSION
- WEIGHT LOSS

CALL FOR A NO OBLIGATION, CONFIDENTIAL CHAT

"A big thank you to Karl for another great mentoring session. His motivation and enthusiasm is infectious, always wanting you to grow and strive for more. I would recommend Karl to anyone who wants to get more motivation."
Jeff Hopkins, Skype Client

01394 421692
www.karlsmithhypnotherapy.com • admin@ukhypnosisacademy.com

PINEAPPLE HEAD

Why sleeping with a pineapple in your room can aid sleep

Warning… the next time your partner asks if you want to get fruity in the bedroom it may be that they have only one thing in mind – sleep.

Recent research from NASA, no less, suggests that sleeping with a pineapple in your room can stop you from snoring; and that, in turn, will help you – and anyone nearby – sleep better. It's thought one in four people are forced to kip elsewhere on nights when their loved one's sound effects get out of hand, but a simple trip to the greengrocer could unite couples again.

That's because pineapples produce huge amounts of oxygen, and the release of this improves air quality throughout the night and our own ability to sleep.

Scientists now believe a combination of air purity and a sensible quantity of well-regulated rest (7 to 8 hours) are vital for our daily wellbeing. Sleep not only improves our ability to function mentally, but serves to help the body fight off germs and infections.

While pineapples seem to be getting all the good press at the moment, there are a number of other plants that have a surprisingly buoyant effect on air purification. These include aloe vera, dwarf date palm, weeping fig, English ivy, Boston Fern and Chinese evergreen.

And one final tip when you find yourself in the local supermarket selecting your prickly night-time partner – pick up an extra pineapple to consume before you put your pyjamas on. That's because boffins have revealed that pineapples are high in melatonin, a hormone that can help reset your circadian rhythm, getting sleep and waking cycles back to normal whilst even offering one of your five a day.

Julie Foster
HEALTH & FITNESS ADVICE

What is the best way to lose fat?

It's probably the fitness question that gets asked most - but it also has the simplest answer, writes fitness coach, *Julie Foster*.

Simply put, there is no "best way" to lose fat. Fat loss is simply using more calories than you eat. When you consume less calories than you are using, this is called a calorific deficit.

Achieving this in the most efficient way possible is the best way to lose fat so below are some good pointers you can use to reach your goal.

Before you even think about exercising, it's essential you make sure your diet is right. Work out how many calories you need to consume in a day to lose weight, and stick to it.

Compound exercises are the best way to approach weight training. These are the big movements that use multiple muscle groups and often the whole body; think of a squat with a weighted barbell on your back.

This uses every muscle in your legs, your bum and your back. This burns more calories and uses more energy than, say, a bicep curl, which targets only one muscle.

Low intensity aerobic exercises done over long duration use fat as a primary fuel source. If you swim at a slow pace for an hour, fat is being used to fuel you, rather than carbohydrates. However, increase the intensity to moderate or vigorous pace and you are under more stress. More stress equals more calories being burned.

Fat is also burned in the hours after exercise. You burn more calories by doing short bursts of high intensity exercise with a brief rest period in-between than by doing light and long duration exercise.

So swim a length hard, and rest for a short period, and repeat and you will be losing more fat than if you were to just swim slowly for the same duration.

For best results, you should combine strength training with aerobic training. You will burn more calories and do it faster than if you only trained one or the other.

If you'd like anymore help or advice, please do get in contact!

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

ANDREW GILMOUR
AG
AND ASSOCIATES
osteopathy and physiotherapy
01394 387818
www.gilmourosteo.co.uk

We now offer musculoskeletal treatment for pregnancy, new-borns and children.

Dr Rebecca J Willard is the newest member of our team here at Andrew Gilmour & Associates, and offers a wealth of experience in these fields.

Rebecca was inspired to become a chiropractor by her relatives – there are 12 of them in her family – and studied at the Anglo-European College of Chiropractic. She qualified in 1994 and set up Wickford Chiropractic Clinic four years later. Her particular passion is working on babies and children - seeing the beneficial effect chiropractic has on them is magical.

As well as a Masters Degree in Paediatric Musculoskeletal Health, Rebecca is registered with the General Chiropractic Council, is a member of the British Chiropractic Association, a fellow of the Royal College of Chiropractors and a fellow of the Royal Society of Medicine. This is truly a profession where Rebecca feels she can use her head, hands and heart to improve the quality of her patients' lives.

As well as her work, Rebecca is also a Mum and enjoys nothing more than spending time with family, friends and her dog, cat and chickens. She recently moved to Suffolk and is renovating her farm cottage and enjoying her new-found interest in gardening.

Rebecca will run her clinics from our Melton practice on Friday mornings.

One of the largest mobility shops in Suffolk…

AGA

Our Mobility Showroom:

- Wheelchairs
- Stair Lifts
- Profiling Beds
- Rise & Recline Chairs
- Specialised Seating
- Specialised Bathing & Wet Rooms
- Sling, Hoisting Equipment & Pressure Care

…a full and extensive range of mobility equipment available from our showroom!

Come and visit our showroom in Needham Market and talk to our friendly, knowledgeable and helpful team. We are a family run business and can advise on how to improve the accessibility in your home.

www.agamobilitysystems.co.uk (Mobility Shop)
www.agamobility.co.uk (Mobility Services)
info@agamobilitysystems.co.uk

01449 720809

AGA Mobility
Unit 2B, Williamsport Way
Lion Barn Industrial Estate
Needham Market
IP6 8RW

We take C.A.R.E. seriously! Care, Attitude, Respect & Effectiveness

CARDIO RETRO
Have FUN reaching your fitness goals!
with Julie Foster
Cardio & Strength coach
• Super easy choreography
• Options for all levels – including absolute beginners
• Great music (including some retro)
Just £4.50/session – & no need to book!
Wed 9.30am
Thurs 7.00pm
Fri 9.30am & Fri 10.35am
Qualified Zumba & Zumba Gold instructor
NHS GP Exercise Referral Professional
Martlesham Community Centre
(behind the big Tesco)
For more info, call 07484 311491
or e-mail julie.e.foster@outlook.co.uk

iSwim
Learn to swim the FUN way!
8 pools around Woodbridge & Ipswich
Lessons 7 days a week
Swim England Qualified Teachers
OUR POOLS
Ufford Park, Woodbridge
Clopton, Woodbridge/Ipswich
Chillesford Lodge, Woodbridge
Eyke Primary School, Woodbridge
The Mill House, Swilland, Ipswich
Thomas Wolsey School, Ipswich
01473 277085

Places Leisure
Part of Places for People
"Adding exercise to our routine."
With swimming, gym, classes and more at Deben LC
Try something new this September
deben.placesleisure.org
Visit website for full terms and conditions.
Whatever place you're into
EASTSUFFOLK COUNCIL
Places for People Leisure Ltd. working in partnership with East Suffolk Council.
Deben Leisure Centre
01394 388991

A brief history of Nike

A LESSON IN PERSEVERANCE FOR A BRAND THAT NOW SELLS IN 170 COUNTRIES

Considering it's the world's most recognisable sports brand, it's perhaps surprising to learn of such difficult humble beginnings for Nike.

It all started back in 1964 when Bill Bowerman and his University of Oregon runner Phil Knights decided they could do a better job of designing running shoes than those currently on the market. While adidas was the big player, the Japanese brand Tiger offered a reasonable performance shoe that the guys believed they could improve upon.

And yet, the fact they were correct in their belief almost wasn't enough. As Blue Ribbon Sports, the company began offering design changes to Tiger, who would ship increasing quantities with varying degrees of technical progression and reliability.

Such was the fragility of the business in the 1960s that Knight had to continue working full-time as an accountant, with cashflow a constant problem. And when a secondary funding line with a Japanese trading company was pulled a few years later, it seemed that the company – now renamed Nike – had reached its finish line.

While they battled on with the perverse irony of rapidly increasing demand only bringing them closer to extinction, a turning point came in the early 1980s when, finally, cashflow began to improve.

The Greek god of victory finally lived up to his name, and Nike shoes are now manufactured in 554 factories across 42 countries; while the company's decision to use high-profile names in endorsements further enhanced the belief that the brand were the number one player in the market.

Even Tiger – now better known as Onitsuka Tiger, and a global player in their own right – flourished, feeding off the battles, bravery and belligerence of two owners who simply refused to throw in the towel.

Photo credit: geogif/Shutterstock.com, Alina Boldina/Shutterstock.com

WHAT'S ON *in your area*

Beer and Gin weekend

Cherry Tree Inn, 73 Cumberland Street, Woodbridge, IP12 4AG
September 27 – 29, 10.30am – 11pm

Join us at the Cherry Tree Inn for a weekend of gin and beer.

There will be over 12 real ales featuring Cullercoats of Walsall, St Austell of Cornwall and Adnams of Southwold.

We will also have at least 10 gins for you to sample across the weekend including Monkey 47, The Botanist and something very special from Adnams.

Hot and cold food will be available from 12pm to 9pm on Friday and Saturday and 12pm to 8pm on Sunday.

For more information, call 01394 384627, email info@thecherrytreepub.co.uk or visit www.thecherrytreepub.co.uk

Ceilidh and Scottish Dancing

Hasketon Victory Hall, Woodbridge, IP13 6JD
Tuesdays at 10am from October 1 (six-week course)

A six-week Ceilidh and Scottish Dancing course for health and happiness.

Soft shoes and the ability to laugh mandatory.

Marjory Beaumont is excited to share her love of dancing and to enable others to experience the many health benefits, beyond the shear fun of it, that come with Scottish dancing.

The course will cost £30. For information and to enrol, email marjorybeaumont@gmail.com

Fashion show

Woodbridge Library, New Street, Woodbridge, IP12 1DT
October 2, 7pm

The infamous Woodbridge Fashion Show returns for a fashion-filled evening with a catwalk show from Holly Blue, Laura Jane, Ninni Noo and Sweet dreams and stalls from Tilley & Grace, Woodbridge Emporium, Silver Sun and Lounge Hair & Beauty.

Tickets are £8 and include a welcome drink and can be purchased by visiting or contacting the library on 01394 330855.

Bridge Afternoon

Little Bealings Village Hall, Little Bealings, IP12 6LH
October 10, 2pm – 5pm

Join us for a fun Bridge afternoon in aid of East Anglia's Children's Hospices (EACH).

The format will be progressive Chicago, tables of four or pairs welcome.

Donations to EACH of £20 per pair or £40 per table.

A delicious tea will be provided, as well as prizes for the winners of the afternoon.

Book early to avoid disappointment. Call Carrie on 01728 452732 or Jan on 01473 711666.

Hallowe'en at The Tide Mill

Woodbridge Tide Mill, Mill Living Museum, Tide Mill Way, Woodbridge, IP12 1BY
October 31 and November 1, 4.30pm – 9.45pm

The Tide Mill has a couple of ghosts from its long history. You might have a close encounter with one if you come along to one of our Hallowe'en events.

A talented group of performers from The Company of Four will transform the dark mill into an exciting and surprising venue for a host of characters associated with the Mill's past. Don't miss it.

Tickets will be available soon via TicketGun – keep an eye on our Facebook page and woodbridgetidemill.org.uk for details.

YO_R ADVERT HE_E

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO ADVERTISE

Your Monthly Lifestyle Magazine VISION

t: 01728 723305 m: 07940 834629
e: woodbridge@VISIONmag.co.uk
w: www.VISIONmag.co.uk/woodbridge

THE VISION LISTINGS

ACCOMMODATION

SUTTON HOO HALL B&B
Like stepping out of a painting, come and visit this stunningly unique bed and breakfast on the banks of the Deben. 07484 796895 | marialuisa.morando@yahoo.com

AUTO SERVICES

HURREN & GARROD AUTO SERVICES
Car servicing, MOTs, tyres, air con service and repairs. Unit 1, Martlesham Creek Ind Est, Sandy Lane, IP12 4SD. Find us on Facebook. 01394 446041 | hurrengarrod@yahoo.co.uk

AC AUTOPARTS
Discount car parts, including clutches, brakes, starters, alternators, radiators, steering, suspension, lubricants, accessories and radios. 01394 388341

ML AUTOCARE LIMITED
MOT for £40, services, repairs, welding, air-con, diagnostics. Over 30yrs exp. Free local vehicle collection and delivery. 01394 380972 | 07568 213463 | ml.autocareltd@gmail.com

BATHROOMS/KITCHENS

AHM INSTALLATIONS
Bathing a problem? Simple, affordable solutions for all your bathing needs: wet rooms, walk in showers and much more. 01473 206918 | info@ahminstallations.co.uk

CONNELLS KITCHENS, BEDROOMS & BATHROOMS
Family business with over 40 years' experience in helping you create your dream kitchen. Visit our showroom or contact us on 01473 715566 | info@connellsipswich.com

HOWDENS JOINERY
High quality kitchens available to view in our Martlesham showroom, with a list of trusted local contractors to fit them. 01473 613170 | martleshamheath@howdens.com

BUILDERS

G. CULF BUILDING & ROOFING
Offering the full range of building services, including roofing and groundworks. Over 40 years' experience. Call for free quote. 07778 650147 or 01986 875550

CHARLES CLARKE & SON
A leading Suffolk building company, undertaking property refurbishment and restoration, new builds, conversions, extensions etc. Call us on 01473 735317.

JOHN COWLING CARPENTERS & BUILDERS
Experienced and reliable builder, offering extensions, renovations, kitchens and more. Period property restoration specialists. 07970 259723 | j.cowling10@hotmail.co.uk

BUSINESS COACHING

STRADA INNOVATION COACHING & MENTORING
Certified coach Maria Banks helps business owners take stock, evaluate and grow their business. Call for an informal no obligation chat: 07775508999. www.stradainnovtion.co.uk

BUTCHERS

E.W. REVETT & SONS
Family butchers, locally sourced meats, stir-frys, ready meals, deli, vegetables, fresh bread and cakes. 01728 746263.

CARPETS/FLOORING

PETER HALL FLOORING
A name you can trust. Come and visit us for a wide range of carpets, vinyls and more to suit every taste and budget. 01728 746416 | www.peterhallflooring.com

PAYNE & SON CARPET CLEANING
Free quotes, stain removal, scotch guard, 25 years' experience. 01473 622519 | payneluke27@yahoo.co.uk | Facebook: @PayneandSonSuffolk

CHIMNEY SWEEPS

TL CHIMNEYS
Chimney sweep covering Suffolk, Essex and Norfolk. Also supply solid fuel burners, stoves and heaters. marcus@tlchimneys.co.uk | 01473 712703

JOIN THE LISTINGS...
for just **£180** +VAT per year

CLEANERS

KAREN'S CLEANING SERVICES
Full house cleaning service, weekly/fortnightly, spring cleans, end of tenancy, dusting, hoovering, bathrooms, mopping, insides of windows. 07592 816218 | keeble22@sky.com

SUPERIOR HOME CLEANING
Regular scheduled cleaning – work 100% guaranteed, any reasonable task including ironing, trained and police checked staff. 01394 432018 | info@superiorhomecleaning.co.uk

MAID2CLEAN (SUFFOLK) LTD
Need some help with your cleaning, ironing or both? Would you like a vetted and insured maid to clean your home? From just £13ph. 0800 878 6388 | suffolk@maid2clean.co.uk

PUT YOUR BUSINESS IN THE VISION LISTINGS...CALL 01728 723305 TODAY

THE VISION LISTINGS

COMMERCIAL SERVICES

COLNESETT
Office interior and commercial fit out specialists. Is your workspace providing everything your business needs? Call Colnesett. 01473 810230 | info@colnesett.co.uk

COUNSELLING/PERSONAL COACHING

LINDA LINTON COUNSELLING
Feeling anxious or depressed? Experiencing relationship or emotional difficulties? Linda is your friendly, understanding local counsellor. 07708 264115 | lindalintonuk@yahoo.co.uk

DOG CARE

HAPPI DAYS DOG DAY CARE
Modern facilities offering a home-from-home environment for your dog to run around freely while you're away. 01394 420468 | info@happidayscentre.co.uk

DRAINAGE

BUDGEIT DRAINS
Reliable and professional – blocked drains cleared; jetting & CCTV; domestic & commercial work undertaken; drain surveys; free call outs. 01502 574553 | 07849 312004

DREAM DRAINS
Your local drain expert. 24 hour call-outs, drains, sinks, baths, showers, main drains and gullies. 10% discount for pensioners. 01394 548548

DRIVEWAYS

L.G. AUSTIN
Your block paving and bricklaying experts. From patios to driveways and everything in between, no job too big or small. 07815 915819 | leeaustin1992@gmail.com

ELECTRICIANS

BARRETTS ELECTRICAL
NICEIC registered electrician with over 15 years' experience. Domestic, industrial, commercial. Based in Woodbridge. 07931 986601

R.W. CURLE ELECTRICAL ENGINEERS
NIC-EIC registered electrical engineers and contractors, serving all of Suffolk since 1959. Domestic, commercial and industrial. info@curle.co.uk | 01728 688444

ALAN SMART ELECTRICAL SERVICES
Domestic and light commercial electrical contracting, reliable and independent. NICEIC and Elecsa registered. 07795 053 932 | alan1smart@btinternet.com

FAMILY ACTIVITIES

CRAFTY COFFEE
Paint your own pottery! Visit Crafty Coffee in Felixstowe and paint your own pots, plates and ornaments. Birthday parties available. 01394 270224 | www.facebook.com/craftycoffee

CRETINGHAM COUNTRY PARK
A stunning venue for all the family to enjoy. Eat, drink, walk, stay, golf. Come and visit the newly refurbished venue. 01728 685275 | www.kingfisherscretingham.co.uk

HIGH LODGE LEISURE
Clay shooting, air rifle, golf, footgolf, archery, dining, Sunday Carvery. Fun for all the family, open 7 days a week. 01986 784347 | www.highlodge.co.uk

JOIN THE LISTINGS... for just £15 +VAT per month

FASHION

HOLLY BLUE BOUTIQUE
Women's clothing boutique located in Woodbridge, stocking quality seasonal items. 72 Thoroughfare, Woodbridge. 01394 382300 | sue@hollyblueboutique.com

NINNI NOO
Established ladies boutique. With deliveries weekly, you'll be sure to find something you like. 57 Thoroughfare, Woodbridge. 01394 388655 | ninninooboutique@hotmail.co.uk

CARBON MALE
New, independent men's clothing shop, stocking great brands you don't find on the high street. 12 Quay Street, Woodbridge. 01394 547359 | hello@carbonmale.co.uk

FINANCIAL SERVICES

COLDFAIR WEALTH MANAGEMENT
Investment, retirement, protection, inheritance tax and intergenerational planning. Financial advice of true family value. 01728 768912 | 07562 708273 | chris.may@sjpp.co.uk

GUYMER KING CHARTERED ACCOUNTANTS
Accountancy, taxation, ADR, business advice & training. Call David King to arrange a no-commitment initial consultation. 01473 552852 | david@guymer-king.co.uk

AGE UK
Products/services for the over-50s; home insurance, travel insurance, legal services, car insurance, funeral plans, equity release advice. 0800 032 9906 | www.ageco.co.uk/products

THE VISION LISTINGS

FITNESS CLASSES

DANCE FIT SUFFOLK
Local dance fitness classes. Have fun reaching your goals with easy choreography and options for all levels. Just £4.50 per session. 07484 311491 | julie.e.foster@outlook.com

THE KETTLEBELL CLUB
Kettlebell Training for strength, weight loss, improving mental health. Sports injury clinic with qualified osteopath. Book at www.thekettlebellclub.co.uk | 07772559276

FUNERALS

E.B. BUTTON & SONS
Independent, family run funeral directors since 1875, providing the highest standards of service and care to families in times of grief. info@ebbutton.co.uk | 01394 382160

GARDENERS/LANDSCAPERS

R&M PONDS
One-off and contract maintenance services. Specialists in ponds, lakes, moats, ditches and rivers. Construction also available. Call Richard on 07811 175533.

RIVERVIEW GARDENING
All aspects of commercial/domestic garden/grounds maintenance, one-off or regular work. Experience, qualified, insured. riverviewgardening@gmail.com | 07779 152936

HOLIDAY LETTINGS

SUFFOLK COTTAGE HOLIDAYS
Earn an income from a second home or add to your investment portfolio. 20 yrs experience and unrivalled demand for Suffolk holidays. 01394 389189 | info@suffolkcottageholidays.com

HOME ELECTRONICS

HUGHES SMART
A bespoke service operated by Hughes, specialising in taking the complexity out of smart home technology. Smart@hughes.co.uk | 0845 111 3030

HOT TUBS

HOT TUB VILLAGE
Jacuzzi Hot Tub Superstore covering Suffolk and surrounding villages. Visit our showroom featuring 14 Hot Tubs and SwimSpa. 01449 710167 | www.hottubvillage.co.uk

HYPNOTHERAPISTS

KARL SMITH
Helping you to beat all fears and phobias, anxiety, depression, PTSD. Also able to help you quit smoking. 01394 421692 | admin@ukhypnosisacademy.com

JEWELLERS

SILVER SUN JEWELLERY
Retailers of sterling silver, as we'll as precious and semi-precious gem stone jewellery. Lcated in the centre of Woodbridge. 01394 382114 | silversunjewellery@gmail.com

KNITTING SUPPLIES

KNITTERS ATTIC
For all your knitting/crocheting needs. Wool, knitting needles, patterns, classes. Knitting group Tuesday pm and Saturday am. 01394 547077 | enquiries@theknittersattic.co.uk

MOBILITY/DISABILITY SOLUTIONS

AGA MOBILITY SYSTEMS
Specialist solutions for every individual who has mobility/disability requirements. Wheelchairs, stairlifts, home adaptions, wet rooms. 01449 720809 | info@agamobilitysystems.co.uk

OVEN CLEANING

WILLIAMS OVEN CLEANING
Independent professional oven cleaning for domestic ovens. Highly experienced. www.williamsovencleaning.co.uk | 07923 897705 | info@williamsovencleaning.co.uk

PAINTERS/DECORATORS

PAYNE & SON
Interior and exterior painting and decorating. Free quotes, over 25 years' experience. 01473 622519 | payneluke27@yahoo.co.uk | Facebook: @PayneandSonSuffolk

B&G DECORATORS
Experts in period property and high specification work. Also offering plastering and carpentry. 07889 258880 | bgdecorators@googlemail.com

ASR DECORATORS
Reliable and local wallpapering specialists, also experts in interior and exterior painting, decorating and tiling. 07928 582923 | asr.dec@googlemail.com

PEST CONTROL

DISCOUNT PEST CONTROL
Traditional rat & mole catcher - experts in traps & trapping. All pests controlled. 01473 735168 | 07765 643484

COMMAND PEST CONTROL
Commercial, agricultural, domestic pest control throughout the eastern counties and beyond. Service you can depend on. 01787 248049 | sales@commandpestcontrol.co.uk

PUT YOUR BUSINESS IN THE VISION LISTINGS...CALL 01728 723305 TODAY

THE VISION LISTINGS

PLUMBING/HEATING

CN PLUMBING & HEATING
All domestic plumbing & heating, bathrooms, central heating systems, gas appliances, renewables, etc. 01728 748446 | cnplumbing@outlook.com

PRE-SCHOOLS/PLAYGROUPS

ST MARY'S PLAYGROUP
Offering various sessions for 2-5 year olds from 8am to 6pm. Burkitt Road, Woodbridge, IP12 4JJ. 01394 610220 | stmarysplaygroupwoodbridge@gmail.com

RECRUITMENT

RURAL & AGRICULTURAL SERVICES
Looking to step up to a leadership role? Looking for summer field work? Full training provided, 60hrs per week until late September. www.summerfieldwork.com | 01728 491001

RESTAURANTS/PUBS

RED LION (WOODBRIDGE)
Newly renovated, stunning Grade II listed pub and restaurant right in the heart of Woodbridge, offering a wide and varied menu. 01394 548327 | publican@redlionwoodbridge.co.uk

KINGFISHERS (CRETINGHAM)
Eat, drink, walk, stay, golf. Stunning venue for all the family to enjoy. Set in scenic countryside. 01728 685275 | www.kingfisherscretingham.co.uk

REMOVALS/STORAGE

T. HUMPHREY REMOVALS
Checkatrade registered. Removals, clearance and storage over Suffolk/UK. www.thumphrey-removals.co.uk. 01473 239057 | 07887 776268 | humphreyremovals@hotmail.co.uk

ROOFING

SPF FELT ROOFING
Roofing contractor with over 30 yrs' experience. Call for a free roof check and no obligation estimate. All work is guaranteed. New roofing and repairs. 01473 716559 | 07868261719

HAXLEY & RUFFLES
New roofing, roof repairs, lead works, chimney repairs. All work carried out with 10-year guarantee (terms apply). 0800 025 7367 | 07850 230234 | haxleyandruffles@gmail.com.

SECURITY/FIRE

TA SECURITY
Intruder alarms, CCTV, fire systems, fire extinguishers, etc. FSA and BAFE accredited. Domestic and commercial work undertaken. 01473 621641 | info@tasecurity.co.uk

SHUTTERS/BLINDS

COUNTRY BLINDS & SHUTTERCRAFT
Locally based specialists in high quality window shutters and blinds. Call us to arrange a free site visit on 01728 633129

SOLICITORS

GOTELEE SOLICITORS
For you, your family and your business. Local solicitors with offices in Woodbridge, Ipswich, Felixstowe and Hadleigh. Tel: 01473 211121

KERSEYS SOLICITORS
Complete Personal & Professional Legal Service: Wills, tax, & inheritance; house sales & purchases; family law, business law, litigation, and more. 01473 213311 | www.kerseys.co.uk

SPORTS/LEISURE

DEBEN LEISURE CENTRE
Try something new. Ask us for one of our five day free passes at our brand new leisure centre on Station Road. 01394 388991

TANKS/FUEL STORAGE

TANK REPLACEMENT SERVICES
Oil tanks supplied/installed, choice of plastic or steel. Region's leading tank supplier, a proud reputation for customer service. 01362 687144 | www.tankreplacementservices.co.uk

TAXIS

M&R CARS
Local taxis, fixed price fares, 24hr airport & long distance specialists, 6 seater and 8 seater cars available. 01394 386661 | info@mandrcars.co.uk

THERAPISTS

PEACE OF MIND
Mental health specialist for all ages. Anxiety, depression, ADHD, anger, phobias, behaviour, family upsets, and more. Contact Moira 07752 982979 | moigreen12@yahoo.com

TIMBER MERCHANTS

J. BRADNAM & SONS
East Anglia's premier timber merchants, supplying quality hardwoods and softwoods. Precision cutting, joinery, timber and interiors. Tel: 01440 702110

TRAVEL

NOT JUST TRAVEL
Get £100 off any Sandals or Beaches holiday taken in 2019! Contact Tracy and take the stress out of planning your holiday. Tracy.mottershead@notjusttravel.com | 07944 365067

THE VISION LISTINGS

TREE CARE

SUFFOLK TREESCAPE
Professional tree surgeons providing arboriculture throughout Suffolk and Essex. Qualified and insured. Contact us for advice. 07507 660533 | contact@suffolktreescape.co.uk

VACUUM CLEANERS

ALLVAC
All makes/models of vacuum cleaners serviced and repaired. Collection and return service. Prices from just £29.95! 01379 871095 | 07866 549642 | paullayton1971@gmail.com

VETS

RYDER DAVIES
24hr care provided, pay monthly health care plans available. Practices in Woodbridge, Rendlesham, Ipswich & Felixstowe. 01394 380083 | info@ryder-daviesvets.co.uk

WATER SOFTENERS

A.D. VEALE WATER TREATMENTS LTD
Water softener sales and installations; service, maintenance and repairs; salt deliveries; drinking water systems; filter cartridges and taps. 01394 794401 | www.adveale.com

WEIGHTLOSS CLASSES

SLIMMING WORLD
Be Daring! Classes in Woodbridge and Martlesham – Tuesdays, Thursdays & Saturdays. Call Lisa for more information. Tel: 07752 006399.

WINDOW CLEANERS

J. HAZELWOOD WINDOW CLEANING
Commercial/Domestic: interior/exterior, conservatory roofs, solar panels, cladding, gutters, fascias. FB: @jhazelwood windowcleaning | 07906 644823 | hazelwood7@yahoo.co.uk

WINDOWS/DOORS

WADE WINDOWS
Make Your House A Home! Arrange appointment to visit our showroom and view our full range of windows. Call us on 01473 832835 or email sales@wadewindows.co.uk.

SUFFOLK GLAZING REPAIRS LTD
All types of double glazing serviced and repaired. Sealed unit replacements, handles, locks, hinges, etc. 01449 726090 | suffolkglazingrepairs@btconnect.com

WANT TO APPEAR IN NEXT MONTH'S THE VISION LISTINGS

SIMPLY FILL OUT THE FORM BELOW AND RETURN IT TO BOOK YOUR SPACE:

Company name: .....
Description (15 words max):.....
.....
.....
Telephone:..... Email:.....
Payment option: ☐ Card VISA ☐ Direct Debit ☐ Standing Order

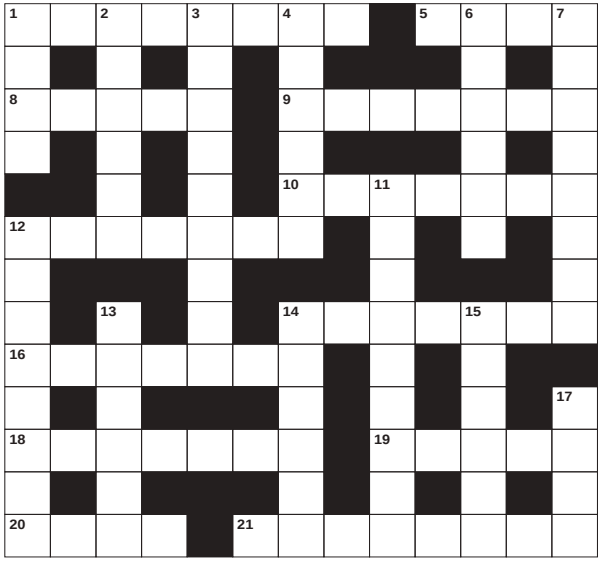
Please return to: W. Taylor, 11 Mayhew Road, Framlingham, Woodbridge, Suffolk, IP13 9FF, or email woodbridge@visionmag.co.uk

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of VISION.

PUT YOUR BUSINESS IN THE VISION LISTINGS...CALL 01728 723305 TODAY

PUZZLES & TRIVIA

Answers can be found on the Contents Page 4



ACROSS

1. Egg-laying mammal (8)
5. Vehicle pulled by a horse (4)
8. Capital of Bulgaria (5)
9. Less heavy (7)
10. Special ___ : cinematic techniques (7)
12. Passion (7)
14. Flotation device in water (7)
16. Released from a duty (7)
18. Type of dance (3-4)
19. Bring together (5)
20. Mud grooves (4)
21. Respected and admired (8)

DOWN

1. Elapse (of time) (4)
2. Matter (6)
3. Annual compendiums of facts (9)
4. Less attractive (6)
6. Join or fasten (6)
7. Beat out grain (8)
11. Type of dwelling (9)
12. Top quality (of a hotel) (4-4)
13. Address a person boldly (6)
14. Takes up (6)
15. Entrance hall (6)
17. Stained a fabric or hair (4)

DID YOU KNOW?

- A bear has approximately 42 teeth
- Koalas normally sleep from between 18 and 22 hours a day
- A duck can't walk without bobbing its head
- Cockroaches can live without their heads
- It takes around 2 weeks for a sloth to digest its food
- No tiger has the same pattern of stripes
- Only males are called Peacocks. Females are called Peahens
- Sea otters hold hands when they're sleeping so they don't drift apart
- Flamingos can vary in colour depending on their diet

SUDOKU

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

AGA Building Services

LOOKING TO BUILD, EXTEND OR IMPROVE YOUR HOME?

WHAT KIND OF WORK WE DO:

- New build (Domestic & Commercial)
- Extensions, Annexes
- Renovations
- Garages and Outbuildings
- Barn Conversions
- Swimming Pool Enclosures
- Conservatories
- Kitchens
- Bathrooms and Wet Rooms

AGA Building Services are local professional builders able to work on a diverse array of projects from new build domestic and commercial, through to Bathroom and kitchen design and installation.

EAST ANGLIA'S PREMIER BUILDING SERVICES COMPANY

AGA Building Services are a family run business with over 30 years experience in building, extending and creating beautiful homes for our clients.

Contact us today about your home improvement needs!

www.agabuildingservices.co.uk
enquiries@agabuildingservices.co.uk

01449 720809

AGA Building Services
Unit 2B, Williamsport Way,Lion Barn Industrial Estate, Needham Market, IP6 8RW

FREE Georgia toilet & basin with every bathroom order

ahm installations

Bathing a problem? – we can help

- Wet rooms
- Walk in showers and baths
- Waterproof wall panelling
- Slip resistant safety flooring
- Zero VAT on disabled bathrooms
- Discounts for over 60s and EX Service personnel
- Disabled Facilities Grants

Call now to arrange a FREE survey and quote 01473 206918

info@ahminstallations.co.uk www.ahminstallations.co.uk

Checkatrade.com

APPROVED CODE TRADINGSTANDARDS.UK

Now is the time to improve your home! Looking for a new Kitchen, Bedroom or Bathroom?

Two floors of kitchens (Symphony & Laura Ashley), bathrooms & bedrooms with over 60 on display

A local family run business for local people

A family-run business with over 25 years experience in the trade, offering a service from start to finish including electrics, plumbing and tiling - we're sure to have what you're looking for.

Free no obligation estimate and design service

We show you what your design could look like with full colour pictures, detailed plans and itemised prices. We can also visit your home and discuss your project in detail, with computer aided design to show you how the finished product will look and an itemised quotation so you can see exactly what you're paying for.

Andrew Elden Designs Ltd

Kitchens • Bedrooms • Bathrooms

Open: Mon-Fri 9am-5pm • Sat 10am-2pm

Find us at 2 Dicksons Corner,
Farthing Road Ind Est, Ipswich, IP1 5AP

Tel: 01473 748740 • www.andrewelden.co.uk