

A close-up portrait of Lord Alan Sugar, an older man with grey hair and a beard, wearing a dark pinstripe suit, a blue shirt, and a patterned tie. He is looking slightly to the right with a serious expression, and his hands are clasped in front of him.

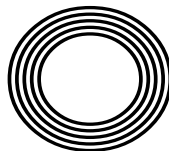
**DELIA
SMITH**
**50 YEARS
OF COOKING**

**WINTER
GARDENING**
Jobs for the garden
this winter

LORRAINE KELLY
*Celebrating 35 years on
the interview sofa*

Lord
ALAN SUGAR

From market trader to business magnate



FREE

Photo credit: ITV/Shutterstock



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.



November 2019

CONTENTS

- 6 LORRAINE KELLY
- 8 BGT: THE CHAMPIONS
- 11 HOME & DIY
- 17 LOCAL NEWS
- 26 LORD ALAN SUGAR
- 28 FASHION
- 31 HEALTH & FITNESS
- 33 GARDENING
- 34 FOOD & DRINK
- 36 BUSINESS & FINANCE
- 43 SPORT
- 44 WHAT'S ON
- 45 THE **VISION** LISTINGS
- 50 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 | Rebecca Fryer, Amy Pollard, Tim Green

CONTRIBUTORS | TFS Photo Woodbridge, Tabatha Fabray,
 Alex Pearson, Dean Shaw

Editor's notes...



William Taylor, Editor

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

I was encouraged to read comments from the chairman of Choose Woodbridge this month (page 24), in which he was encouraging us all

to try and shop a bit more locally this Christmas. For me, it seemed a really important message.

In this day and age, it's just so easy and convenient to click onto Amazon and eBay and order everything to be delivered to our door.

And whilst this contributes to these huge corporations reaching their next billion, it causes real damage to local people and local businesses.

We're lucky in Woodbridge to have a thriving Thoroughfare packed full of wonderful independent shops, cafes and boutiques. I

regularly speak with the owners while delivering magazines and can really sense their enthusiasm for what they do. It would be a shame to lose them so we really must use them.

On another note, what a fantastic sporting year we've had, starting in the summer when England's cricketers won the World Cup.

More recently I was absolutely gripped by rugby-fever, as England surged to their third World Cup Final in the last 20 years. Lewis Hamilton also gained another F1 World Championship. Next month's edition will feature both these sporting events.

All the best,

Will


HOWDENS

BOOK YOUR
FREE
 CONSULTATION
 & DESIGN

TRADE
 SUPPLY
 FROM STOCK



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

DOWN: 1. OBSESSES, 2. CLIMB, 4. ORDAIN, 5. COUNTERPOINT, 6. METEORS, 7. NOEL, 8. SPICK AND SPAN, 12. HYSTERIA, 14. IMAGINE, 16. FORCES, 18. IDOLS, 19. OBOE
 ACROSS: 1. ONCE, 3. COACHMAN, 9. SHIPPED, 10. UNTIE, 11. SUBSCRIPTION, 13. ELIJAH, 15. DRESSY, 17. CARDIOLOGIST, 20. BLIMP, 21. CONTOUR, 22. EVENNESS, 23. CONTINENT

Rise AND Shine



A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.

THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



Photo credit: Syco/Thames



Experts in Period Property

“They are experts in their field. Owning a listed period property, it was important for me to find someone who knew what they were doing and would be able to advise me on the best course of action. I would highly recommend them.”

Sally, via TrustATrader.com



PAINTING | WALLPAPERING
SASH WINDOW REPAIR | PLASTERING
DECORATING | CARPENTRY

B&G DECORATORS
PERIOD PROPERTY MAINTENANCE

07889 258880

bgdecorators@googlemail.com



Connells
Kitchens Bathrooms & Bedrooms Ltd



Family
Business with
over 40 years
experience



COME AND VISIT OUR SHOWROOM!

45 Woodbridge Road East, Ipswich, Suffolk, IP4 5QN

01473 715566

info@connellsipswich.com

John Cowling

Carpenters & Builders



Kitchens | Extensions | Renovations

07970 259723

j.cowling10@hotmail.co.uk
www.builderipswich.com



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

CALL YOUR LOCAL ELECTRICIAN



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



CHIMNEY SWEEP

TL CHIMNEYS

MARCUS WEBB

01473 712703
07733 420611
marcus@tlchimneys.co.uk

SUFFOLK
NORFOLK | ESSEX






Go wild WITH WHITE



If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

The truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...



DAVID COLLINS

and a design legacy that continues to evolve



Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design.

Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenirs everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and www.davidcollins.studio



M & R CARS WOODBIDGE



- 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

STEPHEN HART ARCHITECT



Are you planning a new
Home or Extension?

Then give me a call. Whatever the size, I undertake all types of work: feasibility studies for small or large projects; planning and building regulations applications; on site supervision of projects, and much more.

07980 899153
stephen.jc.hart@gmail.com



Drain Doctor
PLUMBING

01394 300040
draindoctor.co.uk

Your Local Expert Plumbing & Drainage Service

Emergency Plumbing | Emergency Drain Clearance Sewage Treatment Plants
CCTV Drain Surveys | Remedial Drain Repairs | Domestic and Commercial Services



VACUUM SERVICE & REPAIR



ALLVAC

Kirby & Dyson Specialists

Have your vacuum
collected, serviced
and returned at your
convenience for just

£29.95

All makes and models

Call Paul Layton on
01379 871095
or 07866549642

Wade Windows

~ est. 1988 ~



VISIT
OUR
SHOW
ROOM

Make Your House A Home!

01473 832835

www.wadewindows.co.uk
sales@wadewindows.co.uk

The Barn | Barham | IP6 0NU

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

Haxley and Ruffles

Roofing Contractors

CHIMNEY REPAIRS
NEW ROOFING
ROOF REPAIRS
LEAD WORKS

10 YEAR
GUARANTEE



0800 025 7367

07850 230234

haxleyandruffles@gmail.com

SEVEN USES FOR A USED TOOTHBRUSH

Dentists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



HOME & DIY



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 **suffolk@countryblinds.co.uk**



Our mission is to assist our clients through the unsettling task of organising, re-defining and de-cluttering their homes to make life simpler and happier. We can also redecorate and offer interior styling to restore the love for your home.

**Decluttering & Organising • Change in Circumstances
Children's Play Rooms • Wardrobe Sorting • Spatial Planning
Interior Styling • Home Staging • Kitchen & Bathroom Renovations
Downsizing & Moving Home**

01473 561019 | laurenpaige@reclaiminginteriors.com
www.reclaiminginteriors.com



LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Candidates announced for the General Election race

With less than a month until the nation goes to the polls, the candidates have been announced for the Suffolk Coastal Constituency in next month's General Election. We asked each candidate "Why should people in Woodbridge vote for you?"

Thérèse Coffey – Conservative

Building on my record of delivery, I will continue to be a champion of Woodbridge and Suffolk Coastal. Only a Conservative government will respect the referendum result and get Brexit done. After turning around the economy, we can invest even more in the NHS, education, the environment and the police.

Cameron Matthews – Labour

As a local candidate born and bred, I've a close affinity to Suffolk Coastal. Being a working-class firefighter, I've seen first-hand the devastating impact of Tory/Lib Dem austerity. I offer an alternative to the same old

status quo. Labour will rebuild Britain. Suffolk Coastal can be at the forefront.

Julia Ewart – Liberal Democrat

As your MP, I will work hard for Woodbridge. I'll support the schemes that service your community and bolster funding to make them happen. Together we can enhance the town with improved infrastructure, jobs, education, affordable housing and reliable public transport while tackling unseen social challenges and protecting our environment.

Rachel Smith-Lyte – Green Party

A Woodbridge native, dismayed by the lack of action on the climate and biodiversity crisis, activism includes Greenpeace and Extinction Rebellion. This May I was elected to East Suffolk Council. Protecting the area from inappropriate development and better public transport are key.

Photo credit: www.jmmsuffolk.co.uk



Care providers awarded for going the extra mile



A Woodbridge care provider is celebrating after being acknowledged at the Suffolk Care Awards. Seckford Care tasted success at the annual awards after winning in one category and coming highly commended in another.

Seckford Care won the Excellent Stimulating Environments for Service Users Award for the organisation's approach to using a range of activities to achieve positive outcomes for those they care for.

Seckford Care offer "a person-centred, stimulating environment that changes and adapts to meet the needs and wishes of the residents."

Seckford Care was also listed as highly commended in the Excellent Service Delivery category, which demonstrates that the service as a whole has delivered care and support over and above that which would usually be expected and has made a positive contribution in supporting service users' lives.

Sarah Kopferschmitt from Seckford Care said: "The staff and residents are really delighted to hear that Seckford Care won the award and were also finalists in another category.

"The team works so hard to ensure each day is as good it can be for everyone living here and receiving our services. It was a superb evening, a real celebration of all the great care that is being delivered across Suffolk."

Peter gets by with a little help from... Matt Cardle

A songwriter from Woodbridge was able to call on some special help last month to launch his new single in the form of *X Factor* winner and old schoolfriend, Matt Cardle.

Peter Hepworth staged an intimate gig at Unit 3 on The Waterfront to mark the release of his new single *17, Sun Lane* and Matt Cardle played in front of the

small crowd of around 200 people.

Peter said: "It was an intimate gig with a nice bunch of people and it was great Matt came down to support me and throw his weight behind me. The crowd only knew Matt would be there in the last few days before the concert.

"I was thrilled. Woodbridge is only a small town and he was the most famous artist to play here for a long time. It was the best gig ever. The atmosphere was electric and I must also thank Laura Wyatt who also performed."

17, Sun Lane, went into the iTunes chart at number 8 on its day of release.

Runners raise over a grand for charity

Runners, joggers and walkers of all ages and abilities took part in the 2019 Honour Run, which returned to Rendlesham Forest last month.

On Sunday, October 20, over 160 people took part in the 2019 Honour Run and raised a total of £1,010.73 for the Suffolk British Legion Poppy Appeal (SBLPA), which supports serving and ex-serving men and women in the armed forces.

Councillor Letitia Smith, East Suffolk Council's cabinet member for communities, tourism and leisure said: "It was great to see so many people taking part in the Honour Run, following up on the success of its launch last year. Over £1,000 was raised for the SBLPA, and we would like to thank everyone who took part in the run and to all the volunteers, without whom the event would not be possible."

The event was organised by East Suffolk Council and Suffolk British Legion, with support from the Forestry Commission and Rock Barracks. Local businesses and organisations contributed to goodie bags which were given to every finisher. Participants also received an Honour Run medal.

Rendlesham Forest was a poignant place to run as it was established during the First World War.



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.



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



News from
Councillor Geoff Holdcroft
Town Councillor for Woodbridge Riverside

For me November is the hardest month with summer becoming a distant memory and the prospect of a long winter ahead. It is, however, one of the most important months in the civic calendar as we remember the fallen of Woodbridge. Of course, the main event is Remembrance Sunday itself when it seems that the whole town packs itself onto Market Hill both to witness the laying of wreaths at the War Memorial as well as participating in the open-air service that follows. In addition to the main event there are two smaller events; the first on the Saturday before at the war graves in the New Cemetery and then on Armistice Day itself when the children of the town get to pay their own tribute to those who made the ultimate sacrifice for their country, friends and family. This latter service always gives me hope for the future

in the dark days of November.
 As I reported last month, the Woodbridge Dementia Project was up for an award at Suffolk Community & Business Awards event, so I am pleased to say that we won the Enabling Communities Award along with a cheque for £200. This money will go to supporting the goal of making Woodbridge a dementia-friendly town and helping both people living with dementia and those caring for them. It was also a great night for both Choose Woodbridge and the Woodbridge Rugby Club, who also won awards.
 Finally, it can't have escaped your attention that there is to be a General Election before Christmas. All I am going to say about the matter is to make sure that you vote; it's important that we don't take our right to vote for granted, it was hard-earned and should be used.

Town mayor arrested at protest



The Mayor for Woodbridge was arrested last month at an Extinction Rebellion protest in London while wearing his robes.
 Eamonn O'Nolan was detained in Trafalgar Square after being part of a group of more than 500 climate activists.
 Two police officers removed the mayor from the protest after the Metropolitan Police began making arrests when the environmental movement defied an order banning members from demonstrating in London.
 Mayor O'Nolan explained why he decided to take part in the protest.
 He said: "Woodbridge Town Council (WTC) has a new complexion and as a result we have taken the climate emergency very seriously. I had a few people write in complaining but about 20 times more letters of support.
 "I probably stepped over the line as some people saw it but a huge number think it was exactly the right thing to do. I wanted to draw attention to the growing issue.
 "I want to know what the district and county councillors are doing about the climate emergency. I've asked some pointed questions and they haven't even met to discuss what they are going to do.
 "As an example, WTC's planning committee wants to increase insulation on every new house – it makes sense, so we sent a note to East Suffolk Council's planning department. They are not ready to meet with us, so they don't have any strategy in place. I am really surprised they don't feel able to meet six months after they declared a climate emergency."

OIL TANKS

SUPPLIED AND INSTALLED

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

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

01362 687144

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

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

01728 688444

info@curle.co.uk
 www.curle.co.uk

Wadd Lane
 Snape
 Suffolk
 IP17 1ON



PAINT YOUR OWN POTTERY

**BIRTHDAY PARTIES
TODDLER TIME
GIFT MAKING
VOUCHERS**

 /craftycoffee
1b Hamilton Rd,
Felixstowe
01394 270224



£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



News from
Councillor Caroline Page
The County Councillor for Woodbridge

Walking through the November countryside, you have to admire the glorious colours and shapes of late autumn — the bright blue skies and the gold and yellow of the leaves — and this wet year in particular, the creams, brown, reds of all the fungi springing up around the paths you tread.

I particularly like those spotty red toadstools, the ones that elves sit on in pictures. Amanita muscaria, they are called. I saw one nestling in long woodland grass the other day — but when I got close, it was only a crisp packet. It is pretty upsetting. It only takes a few minutes to eat a packet of crisps — but the packaging can take 80 years to decompose. The person who threw it down was uncaring about their own environment — but also that of their children, grandchildren, great grandchildren.

It's ironic that things that give such short-term pleasure can bring such long-term harm. And all over the world. I was staying among Tibetan mountains

this summer, surrounded by yaks, with eagles flying lazily overhead. But after heavy rain the remote, lonely river clogged up with plastic bottles brought down from goodness knows where.

It takes up to 500 years for a plastic bottle to degrade. If Henry VIII had necked and tossed a bottle of Sprite, we could find it intact today.

In the past we have seen a progression of scientific creativity from Stone Age, to Bronze Age to Iron Age, and beyond. Archaeologists find fine artefacts — flint arrowheads, bronze rings, iron ploughshares that mark this progress.

Will future archaeologists sifting through thick strata of plastic — rubbish bags, drinks bottles, picnic forks, fast food containers, mobile phones, — refer to iPod Man: the Plastic Beaker People, the Disposable Age? And how will they look back on us and our thriftlessness and waste?



For you, your family and
your business...

Call us on...
01473 211121

www.gotelee.co.uk

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

gotelee
SOLICITORS

Town return to winning ways

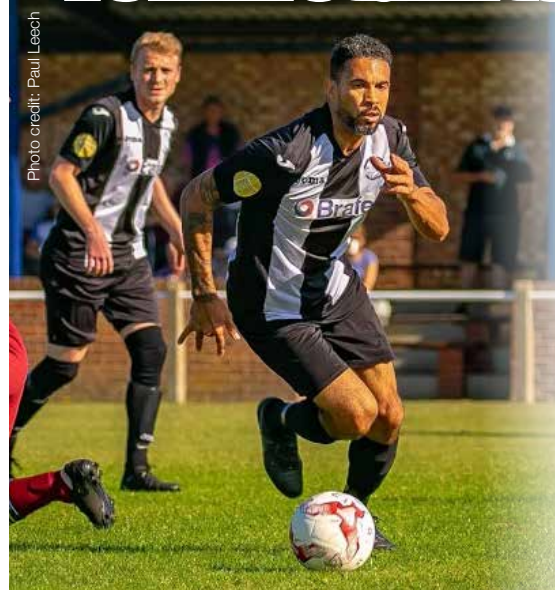


Photo credit: Paul Leach

Woodbridge Town FC returned to form recently, coming out on top against previously unbeaten side Tring Athletic.

The Woodpeckers won 3-1 against the home team in the FA Vase on October 12.

Additionally, Town have had a string of impressive home wins against Haverhill Rovers and Framlingham Town.

Upcoming home fixtures include:

- > November 23 vs Gorleston
- > December 7 vs Ely City
- > December 14 vs Swaffham Town
- > December 28 vs Whitton United

The Woodpeckers will be hosting an evening with Carlos Edwards and Darren Ambrose on November 23 from 7.30pm.

The evening will be held at the club and includes a two-course curry, a prize raffle and a £100 prize bingo game.

Tickets are £20 per person and must be booked in advance, either by cash or card at the club bar or by using the link at www.woodbridgetownfc.com



Shoppers urged to support Town businesses this Christmas

A local business association is urging residents to shop nearby this Christmas.

Every year, an increasing number of shoppers opt to do their Christmas shopping online. Yet with a wonderful array of local shops and boutiques along Woodbridge's Thoroughfare, Choose Woodbridge is urging shoppers to keep the pound local.

Chairman James Lightfoot said: "Woodbridge has an extraordinary variety of independent shops and businesses.

"Every one of them has something unique to offer and makes shopping with them a very enjoyable experience."

Mr Lightfoot, who also runs a law firm in the town, warned that without the support of local people, these shops would not exist.

He added: "They are run by local people who care

deeply about what they sell. Impersonal internet shopping makes it increasingly difficult to keep going, but a small purchase can make a big difference."

Town councillor Geoff Holdcroft echoed those sentiments.

He said: "Woodbridge is a great place to live, work and visit. The best way of preserving what we all enjoy is to shop local, and it is good for the environment, our community and the economy.

"If we don't shop locally, how can we expect others to visit us and help keep our high streets thriving?"

Residents have added their support with many saying they will be doing their shopping in Woodbridge.

Reece Harmsworth, who lives on Castle Street, said: "We're blessed to have so many great independents. Down the years I've done quite a bit of my Christmas shopping in Woodbridge."

Author sets murder mystery in town

An author has chosen Woodbridge as the setting for her latest book.

Murdering the Sycamores, set in the 1950's, is the story of two women, one of whom works for a famous novelist and finds him dead in his London apartment one evening. At the funeral, they meet a group of his fans and are invited to spend an Easter weekend in Woodbridge. But, when they arrive in Suffolk, one of the fans is murdered.

Author Amelia Charles now lives in Ireland but hails from Suffolk originally.

She'd never been to Woodbridge until last July when

she was invited to look round by a friend.

Amelia explained: "I'm always looking for locations and Woodbridge is really suited for this particular story. I needed to move the main character out of London into a setting where a dame would live.

"At that time, Woodbridge had large houses and industry. I needed somewhere where the dame's husband would have died and had enough money for a large house. I may set the next story here because of the river and industry."

Murdering the Sycamores is available to buy on Amazon.

LIFE'S TOO SHORT.

NINNI NOO
boutique

57 THOROUGHFARE, WOODBRIDGE, IP12 1AH
01394 388655
ninninooboutique@hotmail.co.uk

See it.
Love it.
Want it.

Holly Blue
Boutique

55 Thoroughfare, IP12 1AH • 01394 382300

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

3-5 Gobbits Yard
Woodbridge
IP12 1DD

JOHN OLIVERS
HAIRDRESSING GROUP

GIVE THE GIFT
OF BEAUTIFUL
HAIR THIS
CHRISTMAS

Exclusive
Gift Sets &
Vouchers
Available

01394 387048
johnolivers.com



Photo credit: S. Meddle/TV/Shutterstock

Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.



THAT'S A CAP!

When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

The Newsboy Cap

Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

The Irish Flat Cap

Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

The Baker Boy Cap

A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

The Driving Cap

A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

The Big Apple Cap, aka The Gatsby

Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

The Shelby

Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.



Photo credit: www.hatsandcaps.co.uk



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, Swiland, Ipswich
Thomas Wolsey School, Ipswich

01473 277085



Peace of Mind
Neuro-Linguistic Programming

Specialists in mental health for all ages.

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

Contact:
Maira Green
07752982979
moigreen12@yahoo.com




be delicious!
with
Slimming World

| NEW GROUP | |
|--|---|
| <p>TUESDAYS Woodbridge Woodbridge Football Club, Notcutts Park, Fynn Road 5:30 & 7:30pm Tel: Lisa 07752 006399</p> | <p>THURSDAYS Woodbridge Woodbridge Football Club, Notcutts Park, Fynn Road 9:30 & 11:30am Tel: Lisa 07752 006399</p> |
| <p>FRIDAYS Martlesham Community Hall & Richards Room, Felixstowe Road 9:30am Tel: Lisa 07752 006399</p> | <p>SATURDAYS Martlesham Community Hall & Richards Room, Felixstowe Road 8:30 & 10:30am Tel: Lisa 07752 006399</p> |

slimmingworld.co.uk
0344 897 8000   



Whatever place you're into

Places Leisure
Part of Places for People

"Keeping active this winter."

Warm up at our place with a swim, sauna or steam!

Plus no joining fee until the 14th November

suffolkcoastal.placesleisure.org

Visit website for full terms and conditions.

EASTSUFFOLK COUNCIL

Places for People Leisure Ltd. working in partnership with East Suffolk Council.

Deben Leisure Centre
01394 388991

Leiston Leisure Centre
01728 830364

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

"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

CALL FOR A NO OBLIGATION, CONFIDENTIAL CHAT

01394 421692

www.karlsmithhypnotherapy.com • admin@ukhypnosisacademy.com

KNOW YOUR HORMONES

Serotonin

Adrenaline

HEALTH & FITNESS

Moody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

body prepare for conception and pregnancy and regulates the monthly cycle.

INSULIN: Produced by the pancreas, insulin helps the body regulate blood sugar levels.

Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating

The key hormones and their functions:

THYROID: This hormone helps regulate our weight and internal body temperature and controls our energy levels.

OESTROGEN: A female sex hormone that is in charge of reproduction, menstruation and menopause.

SEROTONIN: The happy hormone that regulates our moods, memory, sleep and digestion.

CORTISOL: A stress regulator, this hormone is produced by the adrenal gland.

ADRENALINE: Known as the emergency hormone, adrenaline causes the "fight or flight" response.

TESTOSTERONE: The male sex hormone; it helps build muscle and develop male reproductive tissues.

PROLACTIN: This hormone is released after childbirth so that the mother can lactate.

PROGESTERONE: This hormone helps the

Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.



Woodbridge Wood

FOR ALL YOUR
FIREWOOD NEEDS

Call Mark on
07917 024541
www.woodbridgewood.co.uk

MELTON
MOWERS LTD

LAWNMOWERS
& GARDEN
MACHINERY




TIME TO
GET YOUR
WINTER SERVICE
BOOKED
NOW


SALES | REPAIRS | SPARES | HIRE
2 Peartree Cottages, Station Road,
Melton, Woodbridge, Suffolk, IP12 1PY
01394 382983
www.meltonmowers.co.uk

TNS Thurlow Nunn Standen Ltd


**EVERYTHING YOU NEED FOR
YOUR HOME, GARDEN AND PETS**




PET FOOD & WILD BIRD FOOD



CLEANING SUPPLIES



GARDEN MACHINERY SALES,
SERVICE & REPAIR



TOOLS FOR EVERY JOB

Find us at: The Street, Melton, Woodbridge, IP12 1PN
Telephone: 01394 382801
Open Monday to Friday 8am - 5pm, Saturday 8am - 12pm

**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



WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

remove
First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

prune
Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

move and protect
Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

feed
Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.





Let's be having you

DYNAMIC DELIA CHALKS UP 50 YEARS OF FOOD

In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3-2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.

Photo credit: ANU/Shutterstock

E.W. REVETT & SON



• FAMILY BUTCHERS •

Pre-Order for Christmas!

Locally Sourced Meat | Stir-Frys
Ready Meals | Delicatessen | Cheese
Vegetables | Fresh Bread | Cakes

01728 746263
www.revett.co.uk

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

SUFFOLK FARMERS' MARKET 2019

Saturday 14th December
10am - 2pm
Trinity Park, IP3 8UH

Come & discover a wonderful selection of our region's very best producers and crafters all under one delicious roof! Brought to you by the Suffolk Agricultural Association and Suffolk Market Events



www.suffolkfarmersmarket.co.uk



Woodward Markwell
CHARTERED INSURANCE BROKERS AND
INDEPENDENT FINANCIAL ADVISERS

FREE FINANCIAL ADVICE
Drop in and see your local financial advisor

Tom will be offering free financial guidance drop in clinics in Woodbridge. The next one is on **Saturday 16th November**, located in the meeting room at **Woodbridge library**. The clinics will run from **1pm - 4pm**. No need to book an appointment, just call in and see him to discuss your financial needs.

Tom Crowther BA (Hons) FPFs



01473 408425
crowthert@wmibl.co.uk



Never TOO LATE



SIX REASONS WHY CHANGING CAREER IN LATER LIFE COULD BE YOUR BEST MOVE YET

ACCESS

With the advent of the internet, it is easier than ever to explore, research and train for new avenues of employment. Access means opportunity, and the only thing holding you back from digging out a new path is your own ambition.

EMPLOYMENT TYPE

In 2019, more people work for themselves than ever before, thus presenting us with a more versatile way to earn money. It even means we can “dip our toes”, so to speak, working evenings or weekends with the aim of building up work before making that big leap.

NEW INDUSTRIES AT HOME...

The reshaping of British industry over the past few decades means some jobs today simply didn't exist when we were setting out on the road of employment. As a nation, the service sector and technology cohabit perfectly with craft and manufacturing, and with new thinking come new opportunities.

...AND ABROAD

In addition, such is our connectivity through computers that the pursuit of new opportunities needn't find us restricted to the confines of the UK. Later life sometimes brings the desire for whole new challenges, so cast your net far and you never know what radical change you might draw in.

EXPERIENCE

They say with age comes experience, and never is that truer than in today's job market. In the past, the older generation used to fear the young upstarts fresh out of school or university, but that's changing. A generation of YouTubers and influencers hasn't particularly helped the reputations of 'millennials', with older, more experienced operators gleaming a newfound respect amongst employers.

TIME

The older we are, the freer we are of the things that held us back – childcare, in particular. When kids become more independent or fly the nest completely, the landscape becomes the most inviting it has been for perhaps two decades, and this is the time to strike.



YOUR LEADING LOCAL LETTING AGENTS

IP12



PROFESSIONAL. INDEPENDENT. HONEST.

01394 783012 ip12twelve.com



BETTER ON VINYL RECORD SHOP

VINTAGE HI-FI SALE

- Vinyl LPs & Singles
- Records Bought & Sold
 - New Releases
 - HiFi • Cassettes
- Quality Second Hand Records
 - Folk • Rock • Blues • Jazz
 - Pop • Classical





BUY SOMEONE A RECORD PLAYER THIS CHRISTMAS!

betteronvinyl@gmail.com
07956 194599
www.betteronvinyl.co.uk
 3 College Road,
 Framlingham, Woodbridge,
 Suffolk, IP13 9EJ

Huge Selection of Turn-Tables from £120



Retirement Planning: A slow start can be costly...

Planning for retirement is just one area in which, with hindsight, many people wish they'd taken action earlier. How often in life do we look back and wish we had done things differently?

According to a study by Prudential, two in five pensioners regret retirement-planning mistakes which have left them struggling financially. Nearly one in five say that they didn't save enough for retirement, and 15% regret not starting to save earlier in their working lives.

Many of us still have misgivings about locking our money away for decades – especially if we have more immediate calls on our income. Nevertheless, if we're serious about planning for the future, we need to put away surplus income today, since doing so funds our lifestyle tomorrow.

Pension contributions attract tax relief on the way in and they accumulate capital gains free of tax once inside. When you access your pension savings, the first 25% is normally tax-free. While you cannot draw on the funds until your 55th birthday, this does protect your pot against the temptation to tap into it until then.

Getting off the mark

How much pension income you need in retirement will be determined by a number of factors, including your health, your living expenses and your desired lifestyle.

Unfortunately, there's no one-size-fits-all answer. However, as stated in August 2019 by the Office for National Statistics, the average (median) earnings in the UK are £29,588 per year; so a pension income of around £20,000 may be on average the minimum requirement.

Playing catch-up

The sooner we start, the more choices we have later. The power of compound returns, or gains on gains, means that 10 or 20 years can make a big difference. However, you should never think that it's too late to start saving, or that you can't catch up. There are significant opportunities to make up lost ground if you have the available means and allowances.

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 Management

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

H2SJP31498 03/19



CHENERY
CREATIVE

WE DESIGN FOR PRINT.
AWARD WINNING
GRAPHIC DESIGN
SPECIALISTS THAT KNOW
HOW TO BRING YOUR
BRAND TO LIFE.

01473 396963

www.chenerycreative.com

info@chenerycreative.com

[f](#) [i](#) [@chenerycreative](#)

LOOKING FOR A MORTGAGE?

Try Financial Ltd is a local independent broker with combined experience of over 60 years in financial services. We are passionate about delivering the best possible solutions for our customers.

We specialise in:

- Residential & Buy to Let Mortgages
- Secured Loans
- Bridging Loans
- Commercial Finance
- Development Finance
- Life & Critical Illness Cover
- Clients with CCJs/ Defaults/Missed Payments

Your home may be repossessed if you do not keep up repayments on your mortgage. Think carefully before securing other debts against your home.

Unit 6, Cristal Business Centre, Ipswich, IP1 4JJ

01473 462288

enquiries@tryfinancial.co.uk [f](#) [i](#) [t](#) [in](#)

TRY | **FINANCIAL LTD**
Where service matters

Proudly supporting
Headway Suffolk





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

CHEQUE *it out*

THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from its sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing

the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.

01473 810230 • WWW.COLNESETT.CO.UK

INFO@COLNESETT.CO.UK



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

'A Heavenly Gift'

An evening of beautiful songs, from Mozart to
Andrew Lloyd Webber by acclaimed classical chat
topper, Christina Johnstone.



23rd November at St Augustine's Church,
Bucklesham Road, Ipswich, IP3 8TJ

7:30pm - doors open at 6:45pm. Tickets £12.

To purchase tickets, contact Ruth Leigh on:

07961 025352

or email ruth@paellatapas.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

SECKFORD THEATRE
WOODBRIDGE

deben players
present

Red Riding Hood

The Pantomime

20th to 29th December 2019

20th Dec - 6.30pm
21st, 22nd, 27th & 29th December - 2.30pm
28th Dec - 2.30pm & 6.30pm

Book tickets on-line
debenplayers.net
Box office Tel: 01394 382382
Box office at Woodbridge Emporium,
66 Thoroughfare, Woodbridge

The most

HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN TO BE MESSED WITH!

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.

Photo credit: Michael Zemanek/BPI/Shutterstock



SPORT

WHAT'S ON

in your area

Solo Latin Fitness and Dance classes
Woodbridge Community Hall,
Station Road, Woodbridge, IP12 4AU
Wednesdays, various times



Open to all ages and abilities. If you are attending a lunchtime class, toddlers are welcome.

Wednesday dance times: 11.30am – 12.15pm and 7pm – 7.45pm. Wednesday fitness times: 12.30pm – 1.15pm and 8pm – 8.45pm

Each class is £5.

Christina Johnston concert
St Augustine's Church, Bucklesham Road,
Ipswich, IP3 8TG
November 23, 7.30pm

An evening of beautiful songs, from Mozart to Andrew Lloyd Webber, with acclaimed classical chart topper Christina Johnson, accompanied by pianist Jade Tournay-Godfrey.

Tickets are priced at £12 and can be purchased by calling Julia Johnson on 07879 990237 or emailing juliajohnson27@yahoo.com

Doors open at 6.45pm. All profits will be donated to Beehive Nakuru.

The Giant Woodbridge Christmas Fair
Throughout Woodbridge
December 1, 10am – 4pm

There will be more than 120 stalls, bands and carol singers, with all shops being open on the day.

The Thoroughfare, top end of Cumberland Street, Quay Street, Church Street and the left side of Market Hill will be closed between 8am-5.30pm to all traffic except stall holder vehicles and emergency vehicles.

Carol Service
St John's Church, St John's Hill, Woodbridge,
IP12 1HS
December 3, 7pm

East Anglia's Children's Hospice (EACH) is holding a carol service in Woodbridge to raise vital funds.

There will be refreshments available.

This concert is in support of the Light Up EACH Life campaign.

To register your attendance, visit www.each.org.uk/get-involved/events-diary/details/woodbridge-carol-service-2019

12+ Arts Christmas Exhibition
Grundisburgh House Gallery, Woodbridge
Road, Grundisburgh, IP13 6UD
December 6, 7, 8, 10am – 5pm

An exciting range of work for sale in this superb setting; paintings, prints, drawings, sculptures, ceramics, textiles, bespoke furniture, craft, cards and books by a local author.

Onsite free parking available.



Woodbridge Choral Society Concert
St Mary's Church, 11 Market Hill, Woodbridge,
IP12 4LP
December 7, 7.30pm

The concert will feature the Antonio Vivaldi's *Gloria*, Georg Friedrich Handel's *Dixit Dominus*, and Johann Sebastian Bach's cantata *Nun Komm, der Heiden Heiland*. The Choral Society's musical director Andrew Leach will conduct the concert.

Juliet Montgomery and Catrin Woodruff will be the soprano soloists, joined by contralto Erin Rossington, tenor Camil Bien, and bass David Cane.

Tickets are £15, with a price of £9 for students.

Tickets can be purchased from a member of the choir, Browsers Bookshop on the Thoroughfare, or at www.woodbridgechoralsociety.org

THE VISION LISTINGS

ARCHITECTS

STEPHEN HART

Feasibility, design, conversions, refurbishments, extensions, planning. Our Principle RIBA Architect Stephen Hart has over 40 years' exp. stephen.jc.hart@gmail.com | 07980 899153

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

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

KITCHENS FOR LIVING LTD

Combining industry knowledge & personal service to deliver high quality, custom-made products to suit any home/budget. info@kitchensforliving.co.uk | 07885 830049 | 01394 823014

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.stradainnovation.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

UK CARPET CARE LTD

Specialist cleaning of carpets, upholstery, curtains, rugs, hard floor. Woollsafe, NCCA, IICRC & Suffolk Trading Standards Approved. www.ukcarpetcareltd.co.uk | 01473 396706

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

DATING

ACROSS THE ROOM DATING

Traditional Dating Agency & Singles Events. High Success Rate. Age Group 30s to 80s. Call for a friendly chat and free brochure. 01449 722800 | www.acrosstheroom.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

PRECIOUS FRIENDS

We come to your home/business in our mobile dog grooming salon. City & Guilds Qualified. Reliable, affordable, convenient. 07840 993922 | jsr@preciousfriends.co.uk

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

DRAINAGE

BUDGEIT DRAINS

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

THE DRAIN DOCTOR

Emergency plumbing and drain clearance, sewage treatment plants, CCTV drain surveys, remedial drain repairs, domestic/commercial. 01394 300040 | www.draindoctor.co.uk

ELECTRICIANS

BARRETT'S 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

ESTATE AGENTS

IP TWELVE LETTINGS

Your leading local letting agents. Professional. Independent. Honest. 01394 783012 | www.ipthirteen.co.uk | j.curran@iptwelve.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

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

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 | ninninoaboutique@hotmail.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

TRY FINANCIAL

Looking for a mortgage? A local, independent broker with combined experience of over 60 years in financial services. 01473 462288 | enquiries@tryfinancial.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

FIREWOOD

WOODBIDGE WOOD

Stay warm this winter. Contact Mark at Woodbridge Wood for all your firewood needs. 07917024541 | mark@woodbridgewood.co.uk

FITNESS CLASSES

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

GARDENING

THURLOW NUNN STANDEN (MELTON)

Garden machinery sales, service and repairs. Tools for every job. Pet food and wild bird food. Cleaning supplies. 01394 382801

JB'S GARDEN MAINTENANCE

Winter gardening - rotavating, digging, composting, sewing, cutting back, pruning, clearing gutters, pressure washing, fencing. 07770402717 | j.burnell1@virginmedia.com

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

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. Located 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

MUSIC

BETTER ON VINYL

Vintage hifi for sale at the Better On Vinyl record shop Framlingham. Huge selection of turntables available from £120. 07956194599 | www.betteronvinyl.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

PEST CONTROL

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

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

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

RESTAURANTS/PUBS

RED LION (WOODBIDGE)

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

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 BAFF 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

JOIN THE LISTINGS...

for just **£180** +VAT per year

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

ROBERT BLAKE HOLIDAYS

Luxury self-catering cottages. Five personally managed quality holiday homes, fully self-contained, private garden, patio, parking. 01394 382565 | www.robert-blake-holidays.co.uk

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

THE VISION LISTINGS

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

JOIN THE LISTINGS

For just **£15** +VAT per month

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

Domestic and Commercial. 0790664482
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   ☐ 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

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



PUZZLES & TRIVIA

PUZZLES

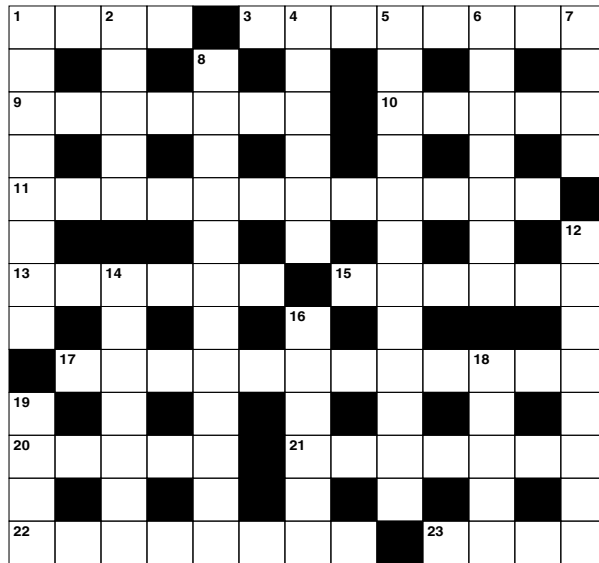
Answers can be found on the Contents Page 4

ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. ___ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

DOWN

1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)
16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

SUDOKU

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

Precious Friends

MOBILE DOG GROOMING

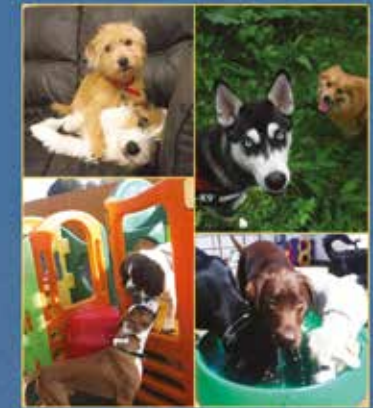


CITY & GUILDS QUALIFIED

We come to your HOME or BUSINESS in our fully-equipped mobile dog grooming salon! Reliable, affordable, convenient.



Booking with us is **QUICK & EASY**
Call us today on **07840 993922**
or email: jsr@preciousfriends.co.uk



DOGGY
DAY CARE



RURAL
HOLIDAYS

FUN
AGILITY

PUPPY
SOCIALISATION

GROOMING

HYDROTHERAPY

Contact us:

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

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

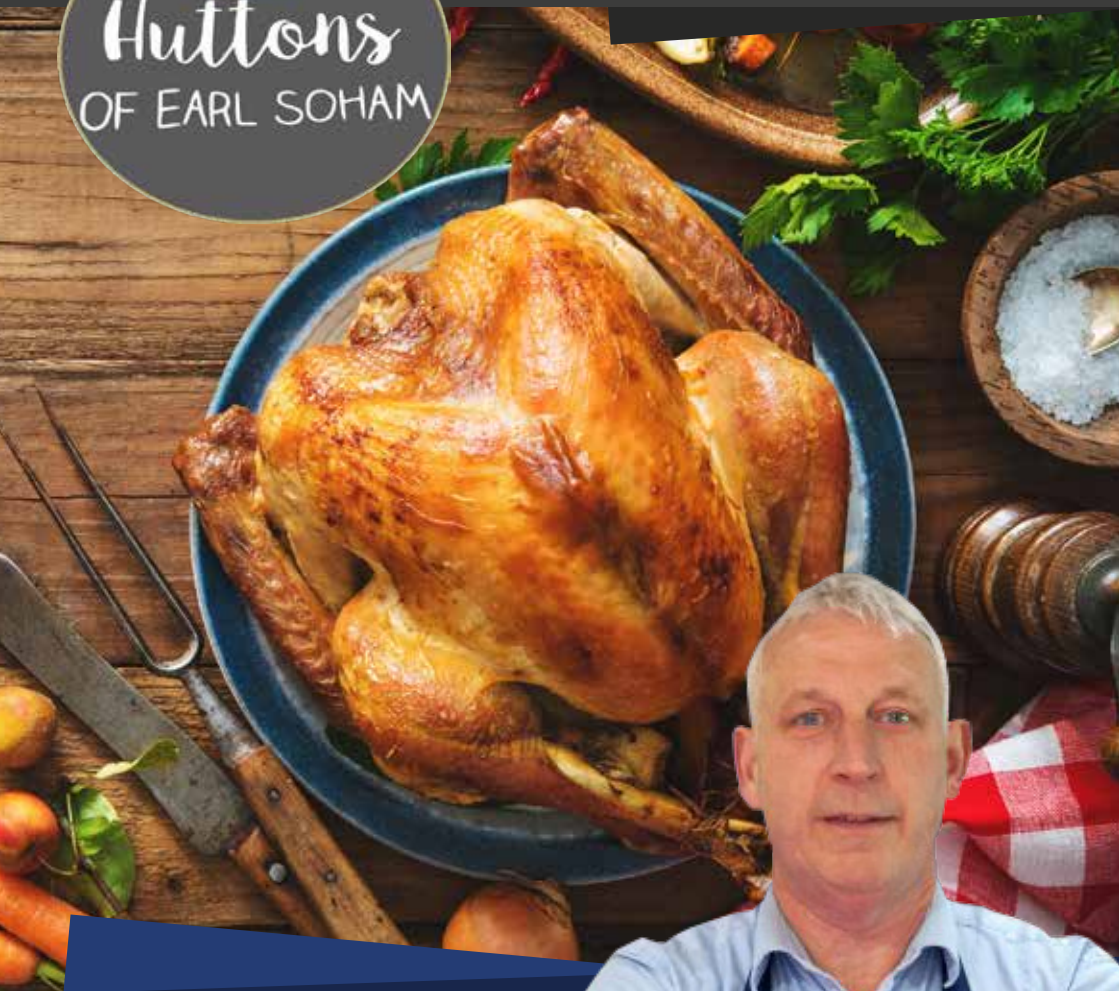
01473 206918

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





Your Quality Local Butcher.



PRE-ORDER YOUR CHRISTMAS TURKEY TODAY!

Hutton's of Earl Soham,
The Street, IP13 7SA

01728 685259

johnhuttonbutchers@live.co.uk

