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January 2020

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Editor's notes...



William Taylor, Editor

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

I would like to take this opportunity, first and foremost, to wish every single one of our readers a very Happy New Year.

As **VISION**Woodbridge enters its third calendar year, I find myself extremely grateful to everyone who has supported the magazine thus far, including yourselves, the readers, our amazing advertisers and of course our wonderful team of distributors.

With any new year comes new challenges, goals and expectations, and I am no different. On a professional level, I look forward to growing the readership of this magazine, adding more great content and of course working with lots more excellent businesses in the local area.

Those businesses are integral to our ability to continue distributing this magazine free to over 12,000 readers every single month, and as always, I would be very grateful if you'd consider supporting them by letting them know you saw them in the **VISION**Woodbridge magazine.

We also find ourselves at a stage where we're actively looking at new areas to grow the magazine into and hope to achieve that in 2020.

On a personal level, we celebrated six months of our son, Bobby, at the start of this month. Regular readers will remember me welcoming him back in July. Have a great month.

Will

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THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

The history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

He also received an OBE in the New Years Honours List to end a remarkable year.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.



What's the score?



Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet.

Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.

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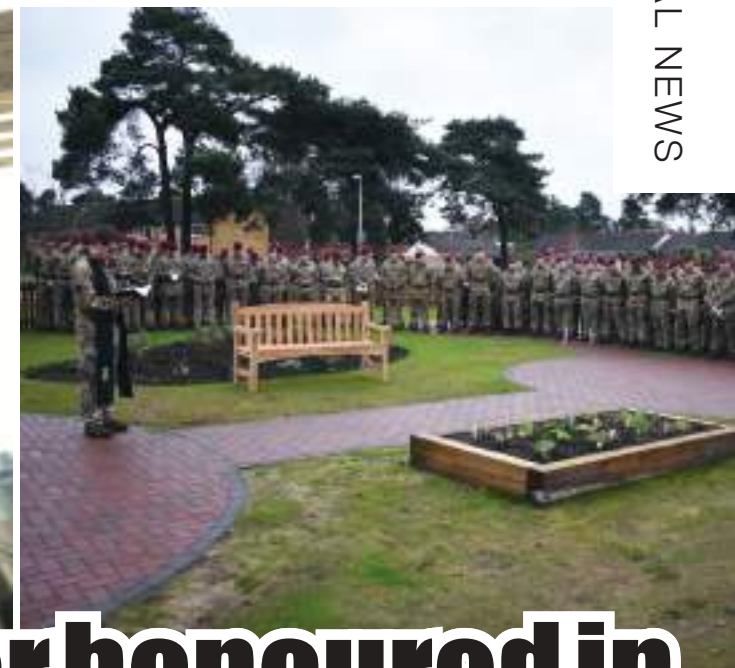


LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Soldier honoured in new community garden

A nursery in Woodbridge has helped to honour a soldier who died last year by building a new community garden at the Rock Barracks near the town.

It included a bench in memory of Lance Corporal Darren Jones, a 23 Parachute Engineer Regiment Soldier, who drowned while taking part in D-Day anniversary commemorations in June, which was unveiled as part of the new community garden built by Swann's Nursery.

Members of his family attended the event.

The new space for the airborne sappers was opened by Brigadier John Clark, commander of 16 Air Assault Brigade.

Space for the garden was created by clearing away a disused water tank, with some of the demolition

work carried out by 9 Parachute Squadron as trade training. Some of the labour and materials were donated by Seven Trent Water Services, Bentwaters Cold War Museum and Norse Waste Management.

Lieutenant Colonel Jeremy Robinson, commanding officer of 23 Para Engr Regt, said he was delighted at the new garden.

He added: "Our location at Sutton Heath is quite isolated, and the community garden gives our families a space to come together and relax in."

"I would like to thank all who have contributed to the project, either through funding or their own efforts."

"LCpl Darren Jones was an extremely determined and totally professional soldier whose life was tragically cut short; it is only right we honour his memory."



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Sea Scouts submit exciting building plans



Photo credit: Trinity Construction Consultancy

Sea Scouts in Woodbridge gave a glimpse into the future earlier this month when they submitted plans to renovate and extend their premises near the historic Tide Mill and new Whisstocks development.

If it's given the green light, the 5th Woodbridge Sea Scouts want to keep the historic building and boat shed the same externally and add a new modern extension where the existing flat roof drill hall is.

Leaders say steps have been taken to protect the view from the Tide Mill and historic area of the Riverside and say the new building will fit in well with the local area.

Barrie Hayter, group scout leader, said: "We have now reached our limit for taking on new members as the hall is just too small. Once you add the adult leaders and supporters into the hall, it is too noisy and cramped."

The group are looking at how they can reduce their waiting list of over 60 young people. Options are being investigated to open another Scout section at 5th Woodbridge.

Trinity Construction Consultancy Limited have produced the initial plans free of charge.

Ben Shove, director at Trinity, said: "As a parent of a 5th Woodbridge Scout and seeing all the group does for the young people involved, I was more than happy to offer support so they can continue the great work into the future."

The group plans to let other charity and voluntary groups use the building as it sits empty most of the day.

The group has been raising funds for the project, which is expected to cost more than £500,000.

Trees protected for the future after mishap

Measures have been put in place to protect trees at an orchard in Woodbridge after a contractor hired to cut shrubs mistakenly cut down two fruit

trees and the chokeberries and gooseberries near them.

The trees at the scattered orchard in Morley Avenue were planted by Transition Woodbridge for people and animals.

The group were alerted to damage to the trees by one of their Facebook followers.

A spokesman for Transition Woodbridge praised the contractor's response.

She said: "The contractor quickly responded to our call with an apology and has been extremely helpful in rectifying the situation by putting in place measures to guard against any future damage. We have also discussed potential new orchard sites with them. In the meantime, the trees have been pruned and we are hoping that they will grow away in the spring."

Woodpeckers are knocked out of FA Vase

Woodbridge Town FC's run in the FA Vase came to an end recently after losing 1-0 to Plymouth Parkway.

The fourth-round tie on January 11 was the furthest the club has reached in the competition since the 1999/2000 season.

See next month's edition for a full match report.

In the Thurlow Nunn Premier League, The Woodpeckers were placed seventh at the time of writing.

Recently, they have had wins at home against Ely City (1-0) and Swaffham Town (3-1) and losses against Whitton United (0-2) and Wroxham (0-1).

Upcoming home fixtures include:

> February 22 vs Mildenhall Town

Keep an eye on the club website and social media pages for up-to-date fixture news.



Photo credit: Paul Leech

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News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

I hope it's not too late to wish everyone a Happy and Prosperous New Year.

This month, we welcome a new member to Woodbridge Town Council (WTC), Robin Sanders, who was elected to represent Farlingaye Ward in December following the resignation of another councillor as her new job conflicted with her role on the council. Robin brings a wealth of experience to WTC, having been a resident of Woodbridge since 1982.

He moved to the area to work for a civil engineering consultancy designing and supervising the construction of the Ipswich Bypass, Martlesham Bypass, extensions to the Port of Felixstowe, Foxhall landfill and reclamation site and a variety of coastal defence projects in East Suffolk. He has been actively involved in one of the town's charitable

service organisations providing support to both local, national and international charities.

Over the past few months, the council has been looking at next year's budget which will be reflected in the council tax bill you will receive at the beginning of April. As you might expect, all of us want to deliver high quality services which are good value for your money, so we do need to make some difficult choices about what we can deliver now or perhaps wait a couple more years to deliver. As it stands, the finance committee are recommending to full council that the council's share of the overall council tax bill rises by 3.5 per cent this year, which is probably just less than the rises being sought by both the county and district council and the police service. I hope you feel that we have got the balance right this year.

Man jailed for raping two young girls

A 33-year-old man has been sentenced to 16 years imprisonment after being convicted of two offences of raping a child under 13.

Dean Thomas of Fairfield Road, Framlingham, had been convicted after his trial at Ipswich Crown Court in December 2019. Appearing before the same court on January 6, Thomas was jailed for 16 years and was also given a one year extended licence period. He was made the subject of a Sexual Harm Prevention Order for life and ordered to sign the Sex Offenders' Registry indefinitely.

Thomas had been charged with 22 child sexual offences in total, which all took place between 2016 and 2018. He denied 12 offences of raping a child under 13, two offences of assault of a child under 13 by penetration, two offences of attempted rape, two offences of attempting to assault a child under 13, two offences of sexually assaulting a child under 13 and two offences of causing or inciting a child under 13 to engage in sexual activity. After his trial, he was found guilty of two offences of raping a child under 13. The jury was unable to reach a verdict on the remaining charges and these will now remain on file after the prosecution confirmed they would not seek a retrial.

Speaking after the sentencing, detective inspector Simon Bridgland said: "These were horrific offences against very young girls who were groomed and sexually assaulted by Thomas. It was clearly an emotive investigation for all those involved and I would like to thank the case officer and safeguarding team for their dedication and professionalism.

"I would also like to pay tribute to the victims' families for their courage in supporting the investigation and hope that the court result will bring some kind of closure and allow them to move forward positively in their lives."





News from
Councillor Caroline Page
The County Councillor for Woodbridge

January has brought not only a new year but a new decade, and with it comes a lot of soul searching. What has the last 10 years brought us? How have things changed? What things have we now lost, which we took for granted back in 2010? What mistakes have we made and how will we learn? And will we learn?

A decade brings many changes. My grandmother's skirts reached the ground in 1910, her corset tightly laced, her Sunday hat a platter of fruit and flowers. By 1920, her skirts skimmed her knees, her figure was boyish and her best hat looked like a tea cosy. Just imagine what that change must have felt like – and the change for her too, looking back over that decade. Looking from an age, not only of Bertie Woosterish Bright Young Things, short skirts, cigarettes, cocktails, but of so much more, from women finally able to vote, stand for election, have

professional lives, to the proliferation of devices; cars, bicycles, telephones – back through a terrible decade disfigured by the loss of a whole generation of young men of all classes – right back to the horse-drawn Edwardian certainties that went before. How could there ever be another Great War? But there was.

For often change brings things full circle. In 1640, King Charles cut his Parliament short. By 1650, Parliament had cut King Charles short and decided to do without him. And 10 years on they asked his son back to be King again.

Looking at my own blog, going for 10 years exactly – we seem back where we were 10 years ago with the buses, and people complaining about trains. A case of plus ça change.

One difference, our environment. This decade has seen us realise its fragility and danger. And if we carry on making mistakes it won't right itself of its own accord.

Amazing athletes do school proud

Gold medals, selection for Inter Counties and selection for the London Mini Marathon were just some of the highlights after Woodbridge School sent a team to the Suffolk County Cross Country Championship earlier this month.

The first weekend in January is the designated weekend for counties across the nation to host their annual Cross Country Championship, which helps them select their teams for the UK Inter Counties held in Loughborough in March.

The weekend proved to be another successful day for Woodbridge athletes with three individual gold medals, a team gold and two silvers. Four Woodbridge athletes were selected to compete at the UK Inter Counties and two athletes were selected to represent the East of England at the London Mini Marathon.

There were great performances from every athlete, including Charlotte in the U11 Girls, who finished in fourth place, just two seconds from winning a bronze medal. Aston picked up the gold medal in the U11 Boys.

Ruby and Amy won the gold and silver medals in



the U15 Girls race, both gaining selection for the Mini Marathon and Inter Counties.

With a gold medal win in U17 Women, April has also been selected for the Mini Marathon and Inter Counties and will be joined at the latter event by Kit after he won silver in the U17 Men.



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oven cleaning hacks

If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt





BACK TO BLACK

WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.



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If you want to bring a touch of elegance to your bedroom while at the same time creating a cosy focal point, then look no further than a bed canopy.

Bed canopies are fairly expensive to buy, but incredibly cheap to make. If you decide to do one home DIY project in the new year, this should be it.

CHOOSE THE CANOPY FABRIC

With canopies being available in a wide variety of materials, colours and textures, the world really is your oyster. For a luxurious vibe, opt for velvet or silk, or if you favour a more laid-back look, opt for linen or mesh.

CHOOSE THE CANOPY HANGING ELEMENT

Arguably the easiest way to hang your canopy is with an embroidery hoop; simply unscrew the hoop, pass the fabric through it, ensure it is even and reseal the hoop. Alternatively, you can utilise copper pipes to create a larger canopy that cascades

around your whole bed.

Or, if you are wanting a more natural vibe, you could even use a simple (but sturdy) branch which can be hung from the ceiling with a few chains and basic hooks.

INSTALL THE HOOKS & HANG THE CANOPY

As a bed canopy will be hanging above your head, it is important that all the screws are secure; drywall anchors are a good idea and will ensure that your bed canopy does not fall down. Enlist a helper when attaching the fabric to ensure it is hung evenly.

ADD SOME CREATIVE TOUCHES

Once your bed canopy has been installed, you can personalise it with accessories to ensure that it matches the décor of the rest of your room. Fairy lights are a great idea for a child's room or even for adults who want to feel like they are sleeping under the stars. Curtain tie-backs are another popular option.






Photo credit: design'sponge, urban outfitters and www.countryliving.com

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PLANT OF THE MONTH:

Raspberry Canes

January is one of the few months of the year where you might think there is nothing to be done or grown in your garden, but that is not the case. Raspberry canes are suitable for planting in the colder months, as long as the ground is not frozen, and will result in plump and juicy berries come the summer.

WHAT TYPE OF RASPBERRY CANES TO BUY?

There are two types of raspberry canes available: summer-fruiting varieties and autumn-fruiting varieties. Summer-bearing raspberry canes produce just one crop in May/June, whereas autumn ones can produce one or two crops each year, often in early summer and then again in late summer/early autumn.

HOW TO PLANT RASPBERRY CANES:

- Look for well-drained soil that also retains water well. Avoid heavy, clay soil.
- Choose a position that is partly shady to avoid full sun on the hottest days of the summer.
- Plant your canes 20 inches apart, with each row being around 5 feet apart to avoid overcrowding and for access.

- Do not plant autumn- and summer-fruiting varieties next to each other as they have different maintenance and pruning needs.
- Alternatively, you can plant your canes in a raised bed with plenty of organic matter.

WHY GROW YOUR OWN RASPBERRIES?

Raspberries are sweet, delicious and versatile; however, they are also expensive to buy in the supermarkets. Why? Because raspberries do not continue to ripen once picked, so they are a bit of a nightmare for commercial growers. But for growing in your own garden, they are ideal.

ARE RASPBERRIES EASY TO GROW?

The plants themselves are low maintenance, and, as long as they have the right growing conditions, will provide enough fruit for your family all summer long, making them ideal for introducing children to the joys of growing your own produce.

Fire it up

Easy steps you can take to create your very own garden firepit

Nothing says "family and friends" quite like gathering round an open, glowing fire in the garden; yet the days of this sort of event only ever occurring in the summer, and with a sausage or two turning on a barbecue, are long gone.

Nowadays, firepits provide a practical, attractive and interesting focal point for people to socialise around, and, far from being just the domain of those long, lounging evenings of July and August, you can even fire one up in the winter months. Here's how:

1. LOCATION

Create a firepit in an area of your garden away from plants, overhanging bushes or trees, and where children typically won't be playing nearby.

2. SHAPE

Firepits are almost always circular. This gives maximum access around the edges and prevents any angled or sharp edges that people could trip over.

3. MATERIAL

This is where firepits get exciting – use stone blocks, concreted lumps of stone, terracotta plant borders or concrete blocks. Better still, if you're keen on upcycling, consider using an old washing machine drum on legs for a brilliant pot that looks sensational. Similarly, you could pick up the rim of a tractor wheel, or any other metal object that will hold heat.

4. BASE

Your base will mainly consist of a hard surface covered with gravel or sand.

5. GRILL

A simple grill suspended over the base gives you a platform on which you can cook food, or remove altogether for a simple fire by throwing on tinder, logs and any other flammable bits and pieces to give your firepit the fuel for winter warmth.

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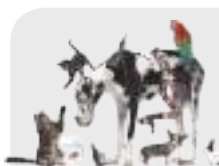
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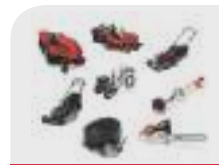
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Little WHITE LIES

Hilarious fibs parents tell their kids

Ask any parent – keeping your young ones in check is a tough task. And yet, the process is often made considerably easier with the clever use of some truth-bending.

A recent study found that a parent will tell more than 3,000 fibs throughout the process of elevating their child into adulthood, in protecting them from the truth, in not knowing an answer, or just wanting a quiet life.

Here are some classic little white lies that every parent will be able to relate to:

"If the wind blows you'll stay like that"
– an effective way to stop kids pulling silly faces

"If you don't brush your teeth they'll all fall out"
– perfect dental hygiene play

"Your eyes will go square"
– the classic incentive to move away from the telly

"Eat your greens or you won't grow up strong"
– a produce-themed exaggerration

"Unless you share you'll have no friends"

– harsh but (un)fair, and probably untrue

"When the ice cream van plays his tune it means he's run out"

– mean, just mean

Add in various threats that bad behaviour may lead to kids being sent away, parents going to jail or the small matter of the world ending, and it's incredible that our nippers even make it to adulthood in one piece.

It's believed that around the age of eight, kids stop believing everything they are told... probably because so many of those naysayer naughties never came true in the first place.

And yet, when it comes to little white lies, it's not always parents trying to pull the wool over their youngsters' eyes. The best piece of advice of them all – you know, that festive one – is truly a warning that needs to be heeded, because Santa really does know if they've been bad or good...



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MAKES ME
A BRILLIANT
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FOR A LOT OF
PEOPLE
”

Jameela Jamil

It’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”

Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so. Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

Why try beetroots?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

Beets are also known for:

- Lowering blood pressure ■ Preventing dementia
- Preventing constipation ■ Lowering cholesterol
- Improving performance when exercising

The history of beetroots

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

How can I eat beetroots?

Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

Inspirational beetroot recipes you can try at home:

- Beetroot and pear puree ■ Red velvet beetroot cake
- Beetroot, goats cheese and walnut salad
- Risotto with beetroot greens

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Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought.

However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?

What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



Jackfruit Curry

YOU WILL NEED:

1 onion 🟡 1 tsp ginger 🟡 3 garlic cloves 🟡 2 tbsp curry powder 🟡 1 tbsp flour 🟡 1 cup vegetable stock
1 can coconut cream 🟡 1 can tomatoes 🟡 1 can jackfruit – drained and rinsed

HOW TO MAKE:

Cook onion until soft 🟢 Add ginger, garlic and other spices 🟢 Lower heat and add flour
🟢 Pour in stock, cream and tomatoes, cook for 3 minutes 🟢 Add jackfruit 🟢 Cook for 20–25 minutes 🟢 Shred the jackfruit



BBQ Pulled Jackfruit

YOU WILL NEED:

1 red onion 🟡 1 tsp cinnamon 🟡 1 tsp cumin 🟡 2 tsp smoked paprika 🟡 2 tsp chipotle Tabasco 🟡 1 tbsp apple cider vinegar 🟡 4 tbsp BBQ sauce 🟡 1 can chopped tomatoes
🟡 2 cans young jackfruit in salted water

HOW TO MAKE:

Cook onion until soft 🟢 Add spices 🟢 Add Tabasco, vinegar and 3 tbsp BBQ sauce 🟢 Add tomatoes, jackfruit and 200ml water 🟢 Simmer for 30 minutes (lid on), stirring to break up jackfruit 🟢 Remove lid and cook for a further 10 minutes 🟢 Shred jackfruit and add 1 tbsp BBQ sauce



Jackfruit (no tuna) Sandwich

YOU WILL NEED:

1 can young jackfruit in water 🟡 ¼ cup finely chopped red onion 🟡 1 tsp Dijon mustard
4 tbsp Veganise (vegan mayo) 🟡 Relish

HOW TO MAKE:

Rinse jackfruit and pat dry 🟢 Shred with a fork 🟢 Mix with all other ingredients 🟢 Season to taste



FOOD & DRINK

Photo credit: www.veganval.com



Good Shot

The sight of a shot glass may send minds racing back to Friday nights in Ritzzy's. However, on this occasion, the end result is health, not a hangover, with "shorts" and "shots" rapidly gaining in popularity for those who want to cram as much goodness into a thirsty thimble.



The Antioxidant

To reduce the risk of infections, diseases and cancer

INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



The Daily Wellness Wonder

To boost immunity and aid alertness

INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ½ tsp black pepper • ¼ tsp cayenne

PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses

Photo credit: inspiredtaste.com



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TIME TO EXERCISE

The Thruster

This is one of the simplest resistance band exercises you can do; it's great for quads, hamstrings, glutes, core, shoulders, upper back and triceps.

Stand on the band, legs shoulder width apart. Hold the two ends and lift your hands up to shoulder height. To start off, do a squat with your hands kept next to your shoulders.

Once you are standing up again, push your arms up over your head, then lower them back down to shoulder height.

The Chest Fly

Most of us want to improve upper body strength, and with this stretch you can do that easily.

Simply secure the band to something behind you, grab each handle and extend arms out to meet in front of the body, before lowering arms back out to the standing position.

The Glute Kick-back

They say the legs are at the core of real fitness, so getting your glutes in shape is a great idea.

Simply drop onto all fours, wrap the resistance band around below your left shin, or further forward by holding it in your hand. Then loop it around the ankle on your right foot. Lifting that leg off the ground, extend to full length and feel the stretch.



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DIY Miracle MOISTURISERS

You may have been tempted to make your own moisturiser before but have been put off by the vast amount of ingredients you needed to buy, and the lengthy processes needed to mimic your usual store-bought product.

However, these homemade lotions are simple, cheap and highly effective; not to mention kind to your skin.



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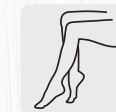
You will need:

- ½ cup coconut oil • 1 tsp vitamin E oil
- 6 drops of an essential oil such as lavender or ylang ylang

How to make:

Mix all of the above in a bowl (use a hand blender if your coconut oil is very solid) • Once you have a smooth and creamy paste, place your mixture in a jar

It really is that simple; the coconut oil acts as a moisturiser and the vitamin E is an antioxidant that protects your skin from sun damage.



'BODY BLITZER' MOISTURISER

You will need:

- ¼ cup coconut oil • ¼ cup shea butter
- ¼ cup cocoa butter • 1 tbsp aloe vera juice • 5-10 drops of essential oil

How to make:

Heat the shea butter, coconut oil and cocoa butter until melted • Remove from heat and add the aloe vera juice and oils • Store in an airtight container

When choosing your essential oils, make sure you pick the right ones for your skin type – rose is good for dry/ageing skin, citrus oils are good for rejuvenation and patchouli or lavender are ideal for reducing the appearance of stretch marks.



'FOOT REVIVER' MOISTURISER

You will need:

- 1 cup honey • 2 tbsp whole milk
- ½ orange

How to make:

Warm the honey and milk in a pan • Stir in the juice of half an orange • Mix well and leave to cool • Apply to clean feet and leave on for 45 minutes



Photo credit: H&M

THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

- > **Gender-free fashion is more sustainable.**
Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.
- > **Gender-free fashion can help put an end to stereotypes.**
Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.
- > **Gender-free fashion is all inclusive.**
You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.



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WHAT'S THE DEAL

with Deborah?



How has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

ONE: You are the boss – the organisation will behave as you do, so be driven at all times.

TWO: Don't be distracted – only focus on the elements that will take your business forward.

THREE: Adapt your plan – be flexible and willing to change your way forward.

FOUR: Believe the dream – be passionate, authentic and optimistic at all times.

FIVE: Forgive yourself – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."

Letting Your Heir Down? Time To Get Advice...

Britons are ignoring estate planning tools that could help them to pass on more of their estate to the next generation.

Over recent years, property inflation and rising asset values have combined to push a higher proportion of estates over the nil-rate band for Inheritance Tax (IHT). The residence nil-rate band helps to a degree, but with the IHT threshold frozen at £325,000 per individual, and government receipts still rising, to £5.4 billion in the last tax year¹, IHT is not a tax just for the rich – or even moderately wealthy.

There are ways to prevent families paying over the odds. For example, those with sufficient assets to trigger an IHT liability when they pass away could use the exemption which allows anyone to give away up to £3,000 worth of gifts each tax year without being included in the value of their estate.

Another way to minimise the impact of IHT is to take out a 'whole of life' insurance policy. This pays a lump sum on death, and when the policy is written in trust, the pay-out can help offset or eliminate an IHT bill. Yet nearly three quarters of those with a

potential IHT liability said in the Canada Life study that they didn't see a need to use life insurance, indicating an acute lack of understanding.

Heir care

Whilst a lack of planning is good news for the Treasury, the lack of knowledge will worry many potential heirs. Taking appropriate advice can go a long way to alleviating those concerns.

A financial adviser can help families with the transfer of wealth, establishing trusts, life insurance and so on, while also ensuring that the person who is arranging their estate has enough income to maintain their normal standard of living.

"There is a perception that planning is too complicated and time-consuming, which is not the case," says Karen Stacey, Head of Technical Services at Canada Life. "Writing a Will is an absolute must, while gifting money is incredibly simple. Even options seen as complicated, such as setting up a trust, can be very simple when consumers know who they want to benefit from their estate and get advice from a professional."

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Got your NUMBER

WE ARE IN THE MIDST OF AN ELECTRIC CAR REVOLUTION, BUT WILL GREEN NUMBER PLATES REALLY KEEP SALES RISING?

If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

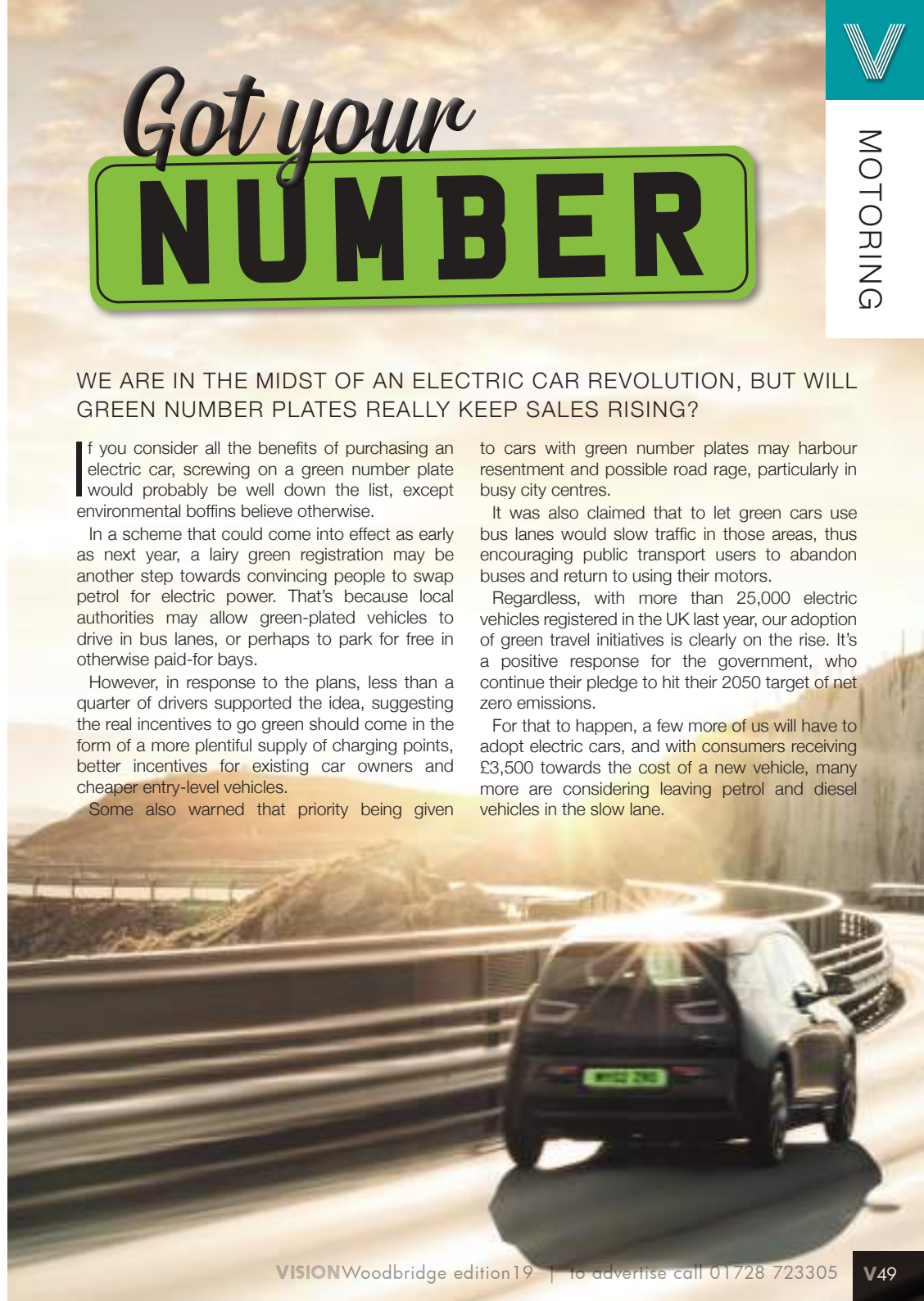
Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.



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TOKYO 2020 THE NEW SPORTS



SPORT

1. SKATEBOARDING

In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be

interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.



Photo credit: skateism.com

WHAT'S ON

in your area

Badminton for Beginners

The Dome Sports Hall, Woodbridge School, Burdett Road, Woodbridge, IP12 4JH

Every Friday, 8pm – 9.30pm



Suffolk Badminton Association has been running recreational badminton sessions in Woodbridge for several years.

Two of the six courts are going to be reserved for beginners. The emphasis will be on fun, so there will be no coaching, although some guidance will be available on aspects of the sport.

Rackets will be available to borrow and shuttlecocks will be provided.

Your first session is free, and £3 (or £1.50 for full-time students) after that. There is no membership requirement.

Players aged 14 to 65+ are welcome, but those under 18 must be accompanied by a parent or guardian.

To reserve a place or for further information, please contact Peter Webb on 01394 386452 or email peter@suffolkbadminton.co.uk

Dementia Together Suffolk

Woodbridge Library, 4 New Street, Woodbridge, IP12 1DT

February 4, 10am – 1pm

If you have memory worries, are living with dementia, caring for someone who has dementia or if you're a health professional, this drop-in information session can help.

This is where you'll find answers to a lot of questions about living well with dementia and you'll also discover how to access information and support.

Close-Up Photography Workshop

Sutton Hoo, Tranmer House, Sutton Hoo, Woodbridge, IP12 3DJ

February 9, 10am – 1pm

Sutton Hoo has teamed up with Phil Morley, a local

photographer, running a series of photographic workshops.

See a close-up view of Sutton Hoo through the lens of your camera and discover top tips from an expert photographer on developing your close-up photography skills.

Photographs taken on the course are for personal use only and attendees will be asked to sign an agreement during the workshop confirming this.

Tickets for this event are £20 and must be booked in advance. To book and for more information, visit www.nationaltrust.org.uk/events/91e08d53-6d82-410c-a275-d06494dfe0db/pages/details

Alternatively, call 0344 249 1895.

Veterans' Coffee Morning

Woodbridge Library, 4 New Street, Woodbridge, IP12 1DT

February 12, 10am – noon

Open to veterans, serving personnel and families. Come along and meet like-minded people for tea, coffee and a chat. Organised by The Matthew Project – Outside the Wire.

For more details, call 01603 626123 or visit www.matthewproject.org

Hearing Care Days

Framfield House Surgery, Ipswich Road, Woodbridge, IP12 4FD

February 12 and February 13, 9am – 5pm

The Hearing Care Centre will be providing free hearing assessments (usually £30), along with complimentary professional advice about your hearing test results and possible solutions that could help improve your hearing.

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- ▶ GRADUATION
- ▶ HALLOWEEN
- ▶ MOTHER'S DAY
- ▶ NEW JOB
- ▶ OFFICE PARTY
- ▶ OPENING
- ▶ PROMOTION
- ▶ SAINT'S DAY
- ▶ WEDDING
- ▶ WELCOME PARTY

R	K	L	G	O	O	D	B	Y	E	P	A	R	T	Y
S	E	L	N	O	I	T	A	U	D	A	R	G	S	C
G	O	I	N	G	A	W	A	Y	L	E	O	B	A	G
S	Y	N	P	Y	T	S	O	H	H	P	A	E	M	A
E	T	E	Y	T	A	I	F	J	E	R	N	Y	T	M
S	R	E	A	R	U	N	F	N	B	G	P	A	S	O
A	A	W	D	A	I	P	I	E	A	O	R	D	I	T
I	P	O	H	P	M	N	C	G	G	O	O	S	R	H
N	E	L	T	R	G	U	E	B	N	D	M	R	H	E
T	M	L	R	E	E	M	P	O	I	N	O	E	C	R
S	O	A	I	N	E	V	A	J	D	E	T	H	B	S
D	C	H	B	N	F	H	R	W	D	W	I	T	D	D
A	L	R	T	I	L	S	T	E	E	S	O	A	Y	A
Y	E	X	K	D	K	P	Y	N	W	R	N	F	S	Y
O	W	L	T	Y	R	A	S	R	E	V	I	N	N	A

DID YOU KNOW?

- ▶ A male ostrich can make a roaring noise, similar to a lion's roar
- ▶ Annually, cows kill more people than sharks do
- ▶ Butterflies taste with their feet, as their taste senses are located there. They can taste by standing on food
- ▶ Wolves can go for more than a week without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't roar

WORD LADDER

DUCK
BIRD

THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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