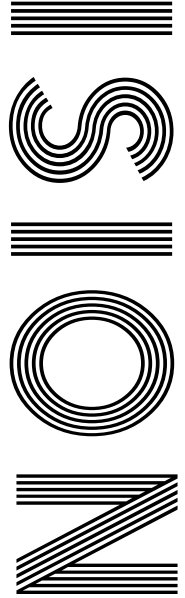




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May 2020

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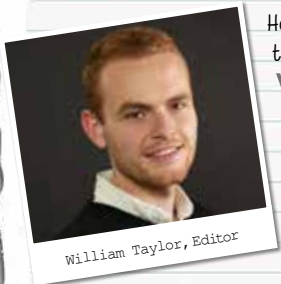
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



William Taylor, Editor

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

It's safe to say it has been a challenge creating a magazine in these recent times, but as a local news source, it is our duty to keep on

publishing, and I'm proud to say we've continued to do so.

A normal working day for me would usually involve getting out around Woodbridge and the surrounding areas, meeting local people and local businesses, and sharing their stories. Yet, more recently it has been spent trying to find a room in the house where my two young children won't be screaming down the phone at clients.

Like many of you, I have also taken advantage of my daily exercise allowance to get running and cycling again.

Someone else who has been making full use of this is my father, Robert. He turned 60 last year and is almost completely blind but has decided to take on the most extraordinary challenge.

From his home in Norfolk, he will be attempting to run or walk 10k a day, every day in May - 310k in total - in aid of the East Anglian Air Ambulance. We've set up a Just Giving page to raise money for this very worthy cause, so please, if you can spare anything at all, head to [www.justgiving.com/fundraising/robert-taylor1959](http://www.justgiving.com/fundraising/robert-taylor1959) and donate.

Thank you and have a great month.

*Will*

  
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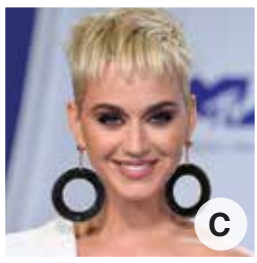
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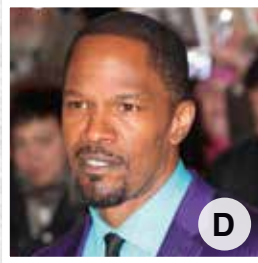
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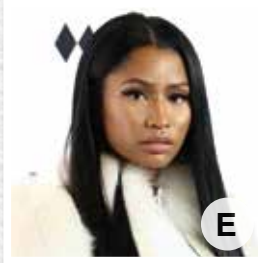
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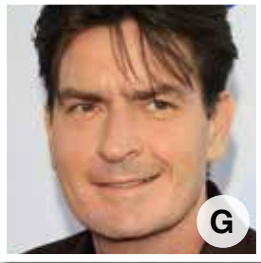
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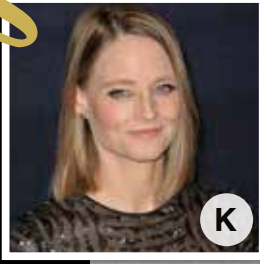
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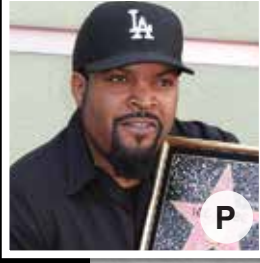
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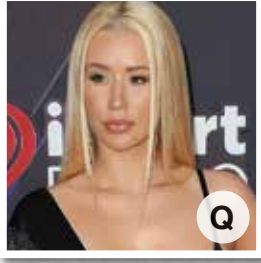
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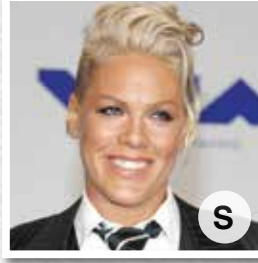
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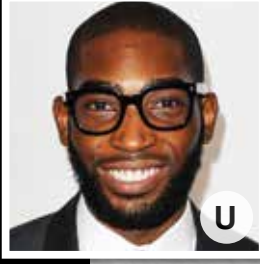
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**Guess the celebrity's real name...match the letters with the numbers.**

1. \_\_\_ Stefani Joanne Angelina Germanotta
2. \_\_\_ Stevand Hardaway Judkins
3. \_\_\_ Reginald Kenneth Dwight
4. \_\_\_ Terry Jean Bollette
5. \_\_\_ Henry Charles Albert David
6. \_\_\_ Destiny Hope Cyrus
7. \_\_\_ Amethyst Amelia Kelly
8. \_\_\_ O'Shea Jackson Sr.
9. \_\_\_ Allan Stewart Konigsberg
10. \_\_\_ Paul David Hewson
11. \_\_\_ Krishna Pandit Bhanji
12. \_\_\_ Kathryn Hudson
13. \_\_\_ Adam Richard Wiles
14. \_\_\_ Alecia Beth Moore
15. \_\_\_ Peter Gene Hernandez
16. \_\_\_ Ilyena Lydia Mironoff
17. \_\_\_ Alicia Christian Foster
18. \_\_\_ Onika Tanya Maraj
19. \_\_\_ Patrick Chukwuemeka Okogwu Jr.
20. \_\_\_ Mark Sinclair Vincent
21. \_\_\_ Eric Marlon Bishop
22. \_\_\_ Caryn Elaine Johnson
23. \_\_\_ Carlos Irwin Estevez
24. \_\_\_ Rachel Meghan Markle
25. \_\_\_ Maurice Joseph Micklewhite

ANSWERS  
1.J, 2.O, 3.M, 4.T, 5.B, 6.R, 7.Q, 8.P, 9.N, 10.I, 11.F, 12.C, 13.W, 14.S,  
15.L, 16.V, 17.K, 18.E, 19.U, 20.H, 21.D, 22.A, 23.G, 24.X, 25.H



# WHAT DO YOUR dreams



# really mean?

An ancient proverb states: "An unexamined dream is like an unopened letter." Too often we either forget or dismiss our dream but this could be a mistake. Exploring what your dreams really mean can help you gain a deeper insight into every aspect of your life.

## 1. TEETH FALLING OUT

This is one of the most common dreams that people have but in truth has nothing to do with your dental health. It is connected to feelings of insecurity, life changes that have left you feeling out of control or perhaps a loss of someone important in your life.

## 2. RUNNING AWAY

From early childhood you can probably remember experiencing dreams where you are running away from the 'bogie monster' and as we get older these dreams can shift to not being able to run due to your

legs not working or feelings of being stuck.

These types of dreams are fairly easy to interpret and should leave you asking yourself 'what am I afraid of? What am I running away from in life?'

## 3. CHEATING SPOUSES

Most people in a relationship will be likely to have dreamt that their partner is cheating on them at some point. This does not mean that subconsciously you know your partner is being unfaithful. More likely you yourself are experiencing feelings of being cheated in life, maybe you feel you are being overlooked for a promotion or let down by a friend?

## 4. BEING NAKED IN PUBLIC

Whether it's giving an important presentation or a flashback to your school days, most people have had that dreaded naked dream. What it symbolises is a lack of certainty about yourself, or even feelings of being wrongly accused of something.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Headteacher given a birthday to remember

Pupils at a primary school in Woodbridge made sure their headteacher had a birthday to remember even though they were all in lockdown last month.

Two hundred pupils from Kysen Primary School in Woodbridge on Peterhouse Crescent filmed videos of themselves in school uniform doing things like dancing, cartwheeling, waving and smiling before asking Ellen Widdup, who has two children at the school, to edit the footage into a three minute snapshot of home-school life and an unforgettable birthday message for headteacher, Tom Gunson.

Ellen, editorial director at Prominent PR, said she was delighted to help.

She explained: "Mr Gunson is incredibly supportive and has made videos talking to the children about the pressure they are under. We have a Facebook group for parents and one of the mums suggested the idea but she didn't have the skills to put it together so I said

I'd be happy to do it.

"It surprised me how many embraced it. You're never sure when you put out a call like this whether people will take it forward or it will be another burden, but the current climate means parents are struggling to find fun things for kids to do.

"Kids are missing out on interaction with their friends and fun stuff and it's alien for them to be involved in something like this (the pandemic). This video has nothing to do with coronavirus – it's just the chance to do something fun and share it."

Ellen said Mr Gunson loved the surprise.

She revealed: "His wife is a teacher at the school and posted saying he was a bit overwhelmed and that all the kids were superstars. It must be difficult for teachers because they are outside their comfort zone and having to adapt to teach in a difficult situation. But they have really risen to challenge."





# Man arrested after armed police are called to incident

A man has been arrested following an incident involving armed police in Woodbridge last month. Officers were called just after 1.45pm on April 27 to reports that a man was causing damage and making threats to another man at a block of flats in Cobbold Road.

On police arrival the man then began to make threats towards the officers, threw items out of a window and threatened to harm himself.

Armed police and negotiators were amongst a number of units to respond to the incident, which was safely resolved just after 6.15pm, when officers entered the flat and detained the individual concerned.

The man aged in his 30s was subsequently arrested on suspicion of making threats to kill and was taken to Martlesham Police Investigation Centre for questioning.

# Charity lifting spirits during pandemic



A Woodbridge-based charity has been focussing on helping the community during the COVID-19 crisis.

The Seckford Foundation encompasses several organisations, including Seckford Care residential and sheltered care for older people, Woodbridge School, the Seckford Education Trust, and the Seckford Springboard Mentoring and Grants Programme for young people.

Graham Watson, director of The Seckford Foundation, said: "One of our key values is to ensure that no one suffers through rural isolation and many are feeling more isolated than ever right now. The Seckford Foundation were determined to respond positively to the COVID-19 crisis."

Staff from Seckford Education Trust schools have been making face masks for the NHS in their design technology laboratories as well as supplying face visors using their laser cutting machine.

Teacher Emily Turner, has been sewing colourful headbands to ease the strain on ears when wearing face masks, and is also making scrubs for local NHS staff.

Staff across the entire foundation are being pooled to where the need is greatest. This has included the school minibus drivers volunteering their time to make vital deliveries to food banks.

Other acts of kindness include loaning a large fridge and giving 600 disposable gloves to the newly set up Teapot Project.

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## Warm tributes paid to former school deputy head

Tributes have been paid to a former deputy head at Woodbridge School who died from COVID-19 last month.

Dr James Harper joined Woodbridge School in 1968 and retired in 1992 as deputy head. He taught French and Latin, and in the 1980s he became housemaster of the Sixth Form boys' house.

Former teaching colleagues have paid tribute.

Ros Kamaryc, who worked closely with Dr Harper in his final years at Woodbridge said: "James had a mischievous sense of humour as well as a sharp wit. His speech was crisp and precise, but this belied an inner warmth and genuine kindness. James was one of a kind and it was a privilege to work with him and to

learn from him – I was very fond of him."

Retired headmaster Stephen Cole attended Dr Harper's funeral in Nacton.

He added: "Sadly the coronavirus that ended James' life also prevented him having the funeral that he had wanted, and it is hoped that a memorial service/requiem will be held at St Mary's when that is possible.

"I arrived a couple of years after James' retirement, but his reputation as a meticulous deputy with high expectation was still legendary. Through his strong faith he recognised the concept of servant leadership, and Woodbridge pupils were richer for the loyal commitment he showed in his quarter of a century at the school."

## Selfless Ryan sells his toys for charity

A Woodbridge schoolboy is using his extra time at home to raise money for Ipswich Hospital by selling his toys.

Ryan Keeble, nine, who attends Kyson Primary School, set up his stall at the front of his home in Sutton Heath and initially raised £20.

He's now gone one step further by launching a JustGiving page with the aim of raising a further £300.

His mum, Karen, who runs a home cleaning company in the town, said it was a show of support for the brave front line workers.

She said: "If we can make a difference to even a few of the brave nurses and doctors during this awful time, then it's worth doing.

"This is Ryan's first experience of fundraising, and we're really proud to see him doing his bit."



To make a donation or find out more, follow the link below to Ryan's Just Giving page.

[www.justgiving.com/crowdfunding/karen-keeble](http://www.justgiving.com/crowdfunding/karen-keeble)





# Former mayor helping to fight coronavirus



# Cruising Club still thriving despite lockdown

Woodbridge Cruising Club is still thriving, despite the halt on actual social activities. Club members are engaging remotely, with an active social life online. From virtual music, writing poetry, sharing memories of past voyages, or tips to passing the time on land, it is all still happening.

The club's primary objectives are to promote and facilitate the sport of boating. The clubhouse is located on the banks of the Debden. It is from here that members organise club cruises that run throughout the season and destinations that cater for all abilities and aspirations.

Club members have a variety of talents, not just sailing.

There was a photography competition for all members entitled 'On My Walk', so whilst everyone was taking their exercise, they also photographed the Suffolk scenery. Photographs were humorous, whimsical, dramatic or otherwise.

The competition was judged by the Commodore and the winning photograph was Bluebells in Loudham Wood (pictured) which according to the Commodore Phil Wadley, 'reflected the month of April'.

The club magazine *On Watch* is an excellent way of staying in touch, and members are sharing seagoing tales of past voyages, enjoying crosswords compiled by members, and hearing news of club members. There are cruises planned for the future, and although all cruises are suspended for now, it is hoped some will be able to go ahead.

If you are tempted by the activities, do check out the club website where full details are found, [www.woodbridgecruisingclub.org](http://www.woodbridgecruisingclub.org)



A former Woodbridge mayor is leading the fight against coronavirus.

Clare Perkins is using her skills in dressmaking to produce hospital grade scrubs for health workers on the front line and care homes.

By the time she has finished, she will have made over 100 sets of the protective gear.

Claire said: "By chance I saw a post on Facebook from the East Anglian Air Ambulance asking for 30 sets of scrubs to be made so that they could wear them under their flight suits. I contacted them immediately and said I would be proud to help."

Clare set about ordering more than 75 metres of hospital approved fabric from her suppliers.

She explained: "James Lightfoot, chair of Choose Woodbridge, and I contacted friends with a request to fund the costs and it is with immense gratitude that I say thank you to these friends who kindly funded all the costs and have helped with this project."

"I was also asked by the Woodbridge Emergency Response Group to make some scrubs up for Framfield House, the GP Practice, Wickham Market and Rendlesham Health Centres. This I am very proud to do, and James and I have funded the costs for these ourselves."

Other people from around the town are also getting involved. Fiona Turner from Fiona's Fabrics has been the source for fabrics and all that is needed to make the scrubs up, whilst councillor Sheena Rawlings has been the main contact for the Woodbridge Emergency Response Group.

Jane Healy from Transition Woodbridge collected a batch of washed scrubs material to take to her army of sewers who have offered to help, with Karen Wolf-Evans from Franny and Frank making up scrub bags for each set of scrubs to go in.

Jill and Michael Barrett, from Barretts of Woodbridge, have donated a box of plain sheets for Clare to convert into scrubs.



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News from  
**Councillor Caroline Page**  
*The County Councillor for Woodbridge*

We are some weeks into lockdown and already we are looking at the new normal.

We talk to friends and relatives on the phone – or that new discovery everyone has made at once, Zoom – and when we finish with ‘see you soon’ it has a plaintive, hopeful tone. We hope it is soon. But how soon is soon?

It is not by any means all bad. We have learned all manner of new skills in our isolation. We have become the masters of sourdough, of home-made masks, of rainbows at the window, of dishes made of odds and ends, of make do and mend. We are discovering a stronger sense of community and friendship as we learn to value it – and rely on it – more. I have learned the songs of innumerable birds that, to my shame, had been almost background noise in the pre-pandemic world. In my early morning shielded walks, I have encountered with joy not only the

cuckoos and nightingales and larks – but also learned to identify the song of whitethroats and blackcaps, of reed and sedge warblers. It’s been a revelation.

You can see someone’s expectations by what is happening in their living spaces. Take me, or rather, take my garden. In the past, I used it for sitting with friends and looking at flowers. The occasional outside gathering.

No more. Nowadays my garden is set up for the long haul. As of last weekend, most of my lawn has become one enormous raised vegetable bed. I’m growing carrots and beets and onions and salads, aubergines, courgettes, beans, peas, tomatoes, strawberries and pumpkins. I’m contemplating potatoes. My rationale? If the pandemic finishes fast, I’ll be overjoyed, and make a lot of chutney. Otherwise we’ll eat everything I grow.

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Help is at hand for local businesses that need legal advice as a result of the devastating COVID-19 outbreak.

Prettys solicitors in Ipswich are offering up to an hour of free consultation without obligation to assist and support local businesses.

With an 80-strong team including CEO Ian Carr (pictured), Prettys have served the local community since they were founded in 1906. As a recognised leader in commercial law and personal law, they work regionally, nationally and internationally.

Prettys’ business experts are inviting local businesses to get in touch for free specialist advice with their lawyers, who specialise in corporate and commercial, property, employment, commercial disputes and have first-hand experience of advising on all aspects of business in which difficulties have arisen because of the COVID-19 outbreak.

Whether a business has a question about business contracts, restructuring, employment matters or disputes that have arisen because of the pandemic, this is the chance to obtain free legal advice.

This offer is extended throughout May. To reserve a consultation please email [covidassist@prettys.co.uk](mailto:covidassist@prettys.co.uk) or visit [www.prettyscovidassist.co.uk](http://www.prettyscovidassist.co.uk) and complete the application form.

To ensure that an appointment is booked with the right specialist, you will need to provide your name, the nature of your concern, name of your business, business location, and of course your contact details.




*News from*

## Councillor Geoff Holdcroft

*Town Councillor for Woodbridge Riverside*

Even though the worst of the COVID-19 infections appears to be behind us, the ramifications of it are bound to dominate the rest of this council's term until 2023.

As I wrote last month, Woodbridge Town Council reacted with great speed to form an Emergency Response Group to act both as a source of reliable information and to coordinate the many volunteers who wanted to help others. The work of that group has now become the new norm for most councillors, either manning the helpdesk, answering phone, delivering meds or packing up food parcels, as well as a myriad of

activities seven days a week.

However, the ordinary work of the council has to go on. Using new powers given to us by the government, we are able to hold virtual meetings using videoconferencing technology at which members of the public can watch and hear our deliberations as well as ask questions. I wouldn't be surprised if this didn't become our new normal and some meetings, maybe not all or even the majority, are held virtually.

Who know what the weeks, months and years hold for us all? But I am sure that the sense of community and being in this together will see us through and there will be bright days ahead. Stay safe.

## Care home grateful for support

A care home is thanking volunteers for their hard work in supplying protective clothing for its staff, as it continues to buck the trend during the COVID-19 pandemic.

Woodbridge Lodge, on Burkitt Road, have at the time of writing experienced zero cases of the coronavirus, and continue to take tough measures in ensuring they keep it that way.

Kerry Wyncoll, administrator for the home, said their success is largely down to the support they have received from the local community.

She said: "We have been lucky enough to have been provided with homemade masks and face shields, which were dropped off via volunteers in the Woodbridge and Ipswich area.

"We have also been able to source PPE from our usual supplier and Suffolk County Council without too much difficulty.

"What the community is doing really is brilliant – I don't think these volunteers realise quite how much they are helping – it has been fantastic.

"We'd like to thank everyone for their support so far."

Among the volunteer groups are Transition Woodbridge, The Teapot Project and Bev's Beeswax Wraps.

The care home specialises in dementia care, and Kerry admitted that the measures they have put in place have meant that many of the residents are



generally unaware of the escalating global pandemic in the outside world.

"Fortunately, the residents aren't too worried about what is happening," she said. "There's no real sense of panic here, and staff are trying to make it as pleasant an environment for the residents as they can in the circumstances."

Woodbridge Lodge took measures to stop family visits well before it was officially advised, while staff are going above and beyond to ensure their contact with the outside is as limited as possible.

Kerry added: "All our staff are being really careful about where they're going and helping us not to bring the virus into the home."



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## MODERNISE YOUR *mantel*



**Y**ou may not think that spring is the right time of year to be considering upgrading your fireplace, but you couldn't be more wrong.

As most people's thoughts turn to their outdoor space, winter-focused products such as fireplaces and their surrounds are cheaper and more readily available.

### HOW TO CHOOSE THE RIGHT FIREPLACE MANTEL FOR YOUR HOME

Before deciding what mantel you want to use, you need to assess a number of key elements:

- > What type of fireplace do you have? Electric, gas or solid fuel?
- > What is your home décor like?
- > What size surround do you need?
- > What material would you prefer your mantel to be made of?

### WHAT MATERIALS CAN I CHOOSE FROM?

Whichever type of fireplace you have, you will be able to find the perfect mantel or surround to suit your property.

### MARBLE

Arguably the most luxurious type of surround,

marble is a unique type of rock, which means that no two marble mantels will ever be the same. Ideal for a classic or traditional-looking home, marble suits all fireplace types.

### CAST IRON

Perfect for period properties, cast iron mantels are durable and make an impact. Although expensive, they are highly sought after by people who like original features, so purchasing a cast iron mantel for your home should be seen as a solid investment.

### WOOD

A cost-effective option, there are many different types of wood to choose from to suit every budget. Some of the main advantages of wood are that it is extremely versatile, easy to fit and non-imposing, making it ideal for first-time homeowners.

### TILED

Tiled mantels are perfect if you want your fireplace to be the stand-out feature within a room. There are many tile designs to choose from and they also act as a non-flammable barrier, making them a good option for a wood fireplace.



Photo credit: castfireplaces.co.uk, becklowen.com



HOME & DIY



**Y**ou may not think that there is much use for an old rain gutter, but with a little bit of imagination and a touch of DIY know-how, you can create several innovative and interesting storage solutions in your home.

### A shoe rack solution

If you have children, you may notice that you have more shoes than space allows in your home, and nobody wants an array of muddy footwear left littering your living room. Thankfully, all you need is a rain gutter and a spare corner or alcove to hang in it.



### A space-saving party platter

For those who love to put on a spread, this space-saving idea could be perfect for you. Thanks to the width, it's easy to put several gutters onto one table, helping to overcome problems with space. Simply cover the gutters in foil and fill with party food. They are perfect for banana splits, pasta salad, nibbles and fruit salad.



### A kid's reading corner

Apparently a simple playroom is no longer sufficient for children nowadays. They need to have specific areas to promote different elements of their development, such as a messy play section, an imaginative play area, a chill-out zone and a reading corner. Luckily, several old rain gutters make the ideal set of shelves for a space-saving bookcase.



### A wire-hiding solution

No one likes to have unsightly wires exposed throughout their home. However, with more and more electrical devices being purchased, cords and cables can be seen everywhere. Fortunately, by simply attaching a rain gutter to the wall below a table, desk or shelf, you can neatly contain the wires and avoid any accidents, as well as make your home appear less cluttered.



Upcycling

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GUTTERS  
NEW  
USES

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## A Design for Life



He is the interior designer seemingly plucked straight out of the Georgian era; he decorates himself in velvet, Merlinesque sleeves and looks like an upper-class Dave Grohl. And yet, amid silly comparisons and quiet scoffing, we all owe Laurence Llewelyn-Bowen a huge debt of gratitude.

Laurence Llewelyn-Bowen had a wealthy upbringing around south-east London, albeit not one free of challenges and heartache – his father died when he was just nine years old. “I think the shock of that really propelled in me a sense of wanting to achieve something special,” he says. “It made me realise how finite life was.

“My father was an orthopaedic surgeon, so making a difference was a big incentive and made me feel as if I could follow him.”

Exploring needlework and fine art, he graduated from Camberwell College of Arts and started his own design agency in 1989. The success of that coincided with the first fragments of reality TV on our screens, and, coupled with a surge in homebuyers which, by association, meant an increase in people wanting to apply perfect, personal artistic elegance to their homes, the interior designer inadvertently turbo-charged a ‘home entertainment’ revolution.

To be fair to the now 54-year-old, there was no one else who could lead out interior consultancy in the way he did... and continues to. From voluptuous to dynamic, detailed to deep, he has managed to evolve with the times – his contemporary collections now are a world away from anything he'd have been seen to be championing in the early days of *Changing Rooms*, even if his go-to shades are still of the darker variety.

Add in flair, finesse, and that must-have presenting quality of being quite comfortable with telling people they're wrong – “I would only ever use the word ‘mistaken’” – and Llewelyn-Bowen's seductive appeal spans both genders, countless demographics and various tastes – one of our true, British design champions.

Photo credit: www.lllb.co.uk, Facebook @officialLLB



HOME & DIY





# Before After &

Many of us have been using this lockdown to make a few home improvements. But as *Steven Leech* from *Granite Transformations* explains, the benefits may not be just aesthetic.

At Granite Transformations, we have received many enquiries over this lockdown asking us to help transform kitchens and bathrooms.

For many, a new kitchen may mean an increase in sale value for those looking to move house. Whatever our situation we all want to stay safe and well in these challenging times.

With this in mind we have implemented new processes to enable us to help customers' dreams progress safely to become reality.

We offer contact via Zoom, WhatsApp, or any other means of communication available, but find most people prefer to work via email and phone.

We are happy to communicate by whatever means a customer feels most comfortable with, the key is to establish a way of working which enables a flow for the customer to explore their ideas creatively, and complete the project to a timeframe and budget which works for them.

Quotes are issued by customers sending us pictures of their existing kitchen or bathroom and measurements and as part of our full design service we email various options and prices accordingly.

We have sent out a record number of brochures

via email, post or Facebook download and help the customer to decide on what they do and don't like and feedback to us within the design process.

An attributing factor as to why interest in our products has been so high may be partly owing to the key features of our E-Stone worktops.

They are non-porous and anti-microbial as well as being maintenance free and easy to clean. In these times when hygiene is of paramount importance worktops are known for being one of the major hygiene hazards in the kitchen.

The nature of our worktops, as well as the fact we include seamless joins which reduce the opportunity for bacteria to exist, are all ways we can help our customers achieve high levels of hygiene.

Once we're able to be fully operational, new safety measures will apply, working to government guidelines. We appreciate we are all different and therefore we agree individual procedures with each customer to ensure the customer's confidence in their safety as well as the safety of our fitters.

As people are looking at their existing kitchens and bathrooms with 'new eyes' we help them see their kitchen to its full potential.

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# BOLD as bath

*Brighten up your bathroom with weird but wonderful wallpaper*



The current trend for zany wallpaper, then, makes a welcome addition to this unpredictable canon.

But before you head to the shops, bear in mind that silly can also be stylish. For example, walls adorned with meticulous depictions of tropical fish become a knowing nod to your nautical themed family bathroom. Meanwhile, wallpaper portraying a Victorian theatre audience in stunning detail makes a dull downstairs loo feel fanciful and droll.

Those with horticultural fancies can bring the outdoors in with bright blooms and roses realised in digital floral prints; skyscapes awash with beautiful songbirds in bold technicolour, or even an elaborate jungle scene resplendent with tropical palms, playful

monkeys and sneering tigers.

You can also keep it simple with a splatter paint-inspired wallpaper, which brings a modern touch to your toilet. Similarly, ombré patterns in rose pinks and twilight blues are perfect for those who want a moody and evocative powder room for late-night guests.

There are few interior trends that offer such versatility, to the extent that if your bathroom is already tiled, you can still devote even the smallest space to this decorative craft. Given the nature of the toilet, the back of the door makes a perfect place to entertain your visitors with a collage of your favourite film posters, magazine covers or comic strips – a design that is not only entirely unique but also affordable!

So next time you reach for the trusty white paint or black-and-white tiles, think: does this really show off my personality? For if ever there was a place we Brits like to lose ourselves, it's in the loo.



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HOME & DIY

## Off-Piste NOT OFF COLOUR

### FARROW & BALL AND THE PAINT NAME GAME

It's said there are more than 1,000 shades of white in existence, so with that in mind it's little wonder the paint purveyors of our interior design outlets may occasionally go rogue in naming their latest combinations. While you might expect that of high-street brands such as Dulux and Crown, even 'next level' producers Farrow & Ball have started mixing up their paints (literally). The brand that sells itself on its insistence of using fewer binding agents and less water, adding in chalk, china clay, titanium dioxide and, most importantly, only using real pigments, has been going off-piste, albeit never off colour:

#### COLOUR #229 ELEPHANT'S BREATH

A greying beige to the untrained eye, this can be used by itself or as part of a 'stone' scheme, and thankfully doesn't come as a 'scratch & sniff' variety.

#### COLOUR #25 PIGEON

Apparently based on late 18th- and 19th-century paint collections, twitches would be forgiven for thinking the homing bird used to camouflage with trees and grass, given that the colour is closer to green than grey.

#### COLOUR #28 DEAD SALMON

This shade is a reference not to a deceased member of the fish community liberally splattered across your bedroom walls, but rather to the 'flat' or 'dead' finish of the salmon colour. While it remains slightly strange, it still sounds better than #290, Salmon Drab.

#### COLOUR #214 ARSENIC

A highly toxic semi-metallic substance that is grey or yellow in its raw form, and burns blue, is chosen to represent what many laymen would term 'medium green'. Figure that one out.

Other odd names include #276 MOLE'S BREATH, #245 MIDDLETON PINK, #W108 BROCCOLI BROWN and #40 MOUSE'S BACK.

Of course, when it comes to home decoration, it matters not whether you go Tom Ford or Henry Ford, whether you pay £10 for a pot of rich gloss or £100... ultimately it's all about whether it lands on the wall without any landing on the carpet.





# What a Buzz



Bees aren't just a summer visitor – they require nectar and pollen across all four seasons and are pivotal to stable, vital food supplies. So many of our varied, colourful and nutritious diets are driven by the work of the simple bee, which boasts more than 20,000 varieties. From helping plants grow and flower – producing everything from almond to vanilla, apples to squashes – to making our wildflower meadows beautiful, bees are understated in their importance.

With all this in mind, the protection of our beautiful and curious bees has really come to the fore in recent years. Their decline across wild spaces has been caused by loss of habitats and food sources as well as exposure to pesticides and the effects of climate change.

- The good news is that protecting these little wonders is not just good for the environment, but is also a joy in itself. Several organisations run bee initiatives, from Bee Walks, in which volunteers traverse set routes to map out observations of bee activity, to community and education groups at libraries, stalls and fetes that raise money and awareness.
- You can also create a buzz in your own back garden, by...
- ✂ using bee-friendly plants. Patio pots, herbs in a planter, hanging baskets and crocuses create colour and help bees flourish;
  - ✂ considering fruit and veg as well. Bees will be instantly attracted to these;
  - ✂ planting throughout the seasons to provide food and shelter all year round;
  - ✂ keeping the grass long. This is another way to provide shelter;
  - ✂ removing pesticides. Throw away that 'bug gun' and let nature do its bit;
  - ✂ welcoming in 'beneficial insects'. Hoverflies, beetles and ladybirds will all help your bees flourish.

Why not start a buzz in your community, and help nature in the process

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GARDENING



*the perfect window box*

With spring upon us, your thoughts may have already turned to brightening up your garden with an array of beautiful flowers that look and smell divine. However, if you don't have a lot of outdoor space, you may have decided to showcase a window box instead.

#### HOW TO PREPARE YOUR WINDOW BOX

**STEP ONE:** If you have used your window box before, start by emptying it out. You need to remove all the soil and start afresh for the new season.

**STEP TWO:** Fill your window box with potting mix (not potting soil, as this is designed for flowerbeds), leaving 1-2 inches free at the top.

**STEP THREE:** Smooth the mix down and gently press to remove any air pockets.

**STEP FOUR:** Start at one end of the box and begin planting. It can be a good idea to decide on the layout and order of your plants before you start. Gently break apart the bottom of the root base before you plant, to encourage growth.

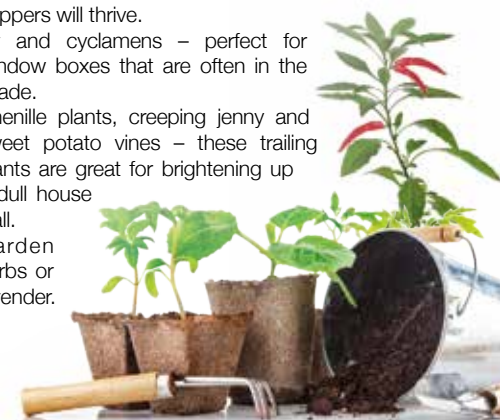
#### STEP FIVE:

Install a soaker hose or drip line to ensure that the roots of your plants get sufficient water.

**STEP SIX:** Invest in a high-quality fertiliser that promises to encourage root growth.

#### PERFECT PLANTS FOR WINDOW BOXES

- Petunias, geraniums, nasturtiums and begonias – all of these pretty flowers will flourish in a window box.
- Strawberries – this delicious fruit can be grown in a very small space, making it ideal for window boxes.
- Chillies – look for a sunny spot and these spicy peppers will thrive.
- Ivy and cyclamens – perfect for window boxes that are often in the shade.
- Chenille plants, creeping jenny and sweet potato vines – these trailing plants are great for brightening up a dull house wall.
- Garden herbs or lavender.





# Nurses: THE NATION'S HEROES

May 12 marked a significant date on the calendars of all those who work in healthcare – the 200th anniversary of the birth of Florence Nightingale.

Of course, in light of their unrelenting daily battles against the global pandemic that is COVID-19, there was very little time for the nation's nurses to celebrate the person regarded as the founder of a profession that has served and saved so many.

The image of the modern-day nurse is one very different from that presented by Florence. Medicine, technology and expert knowledge pattern our NHS lifesavers' every move, and yet they have struggled for so long to get the recognition and remuneration they deserve. Until now...

To all around the country – and not least, the politicians whose fingers linger over the purse strings – the appreciation of our nurses is, on every passing day, being elevated to levels not even Florence Nightingale could have imagined. While doctors may administer drugs to those affected by coronavirus – or perhaps another ailment, or injury – what nurses provide is a restoration of hope, of reassurance, and of empathy... a hand to hold. There is no medication in the world that can rival the emotional boost of someone telling you, "You're going to be okay", and finally, it seems the status of our nurses is on the rise.

For too long the victims of tightened budgets, of unsociable, unattractive

and unhealthy working conditions, these key workers, our "angels without wings", have been taken for granted.

Forget the discomfort of working a 12-hour shift wearing a mask, forget the despondency of seeing people pass away in front of their very eyes, forget the high-pressure, low-paid work... all of that pales into relative insignificance when you consider the fact that our nurses are putting their own lives on the line to save others.

There have already been fatalities, and still the controversy over inadequate PPE (Personal Protection Equipment) rumbles on. Tens of thousands of nurses go into work every day, aware of just how close to danger they are, and all in the pursuit of wanting to cure illnesses, solve problems and make lives better.

A nurse's job in normal circumstance is tough enough, but amidst a global pandemic where every day they find more

questions than answers, it must be terrifying.

The regular Thursday night rounds of applause have been a lovely way for a nation to show their appreciation for these lifesavers, and all those others who contribute to making the NHS what it is; but on its own it's nowhere near enough.

When coronavirus is finally under control, Prime Minister Boris Johnson knows the eyes of the nation will be on the driving of real resources to nurses so they finally get the protection they need. But also real the reward to get the recognition they deserve financially.





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# Fine Foodies

**W**e have five of the finest foods to keep you looking young and healthy on both the inside and outside.

## Olive oil

A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

## Natural yoghurt

High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

## Berries

An easy way to get one of your five a day is to put a handful of berries into your morning smoothie.

Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

## Broccoli

Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

## Sweet potatoes

Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...

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# Lambtastic!

You may not believe it, but lamb is actually one of the most consumed meats in the UK, beating the humble chicken and even British beef. Both professional chefs and amateur cooks just love its soft, melt-in-the-mouth pink flesh, and who can blame them?



## What should I look for when choosing lamb?

Lamb is one of the types of meat where you should try to push the boat out if you can afford to. Go organic, British and grass-fed where possible. Lamb meat should be deep pink in colour with dry, white fat.

## How should lamb be stored?

Lamb should never be exposed to heat until cooking time, neither should it be left out at room temperature. It should always be stored in the fridge or freezer to prevent it going bad.

## How do I cook lamb?

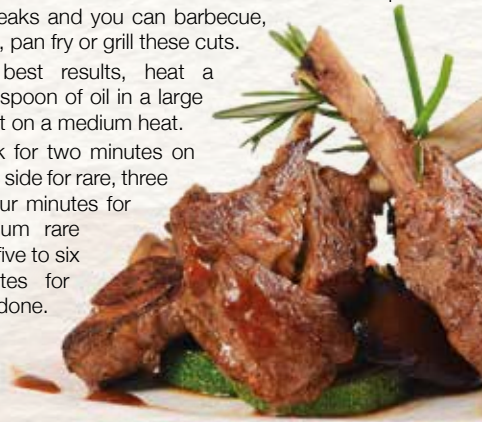
If you want to cook lamb shoulder or a leg of lamb, your best option is to slow cook them.

- Set your oven at 160°C or fan 140°C.
- To ensure the meat does not dry out you need to add plenty of liquid, whether that be red wine or stock plus your chosen herbs.
- We recommend placing your lamb on a bed of onions or vegetables.
- Cover with foil and cook for three hours.
- Remove foil and cook for a further 30 minutes.
- Remove from oven, re-cover and leave to rest for 15 minutes.

## Can lamb be cooked quickly?

Yes, it can. The best cuts for this are lamb chops and steaks and you can barbecue, griddle, pan fry or grill these cuts.

- For best results, heat a tablespoon of oil in a large skillet on a medium heat.
- Cook for two minutes on each side for rare, three to four minutes for medium rare and five to six minutes for well done.



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**What's in your pet's food?**

In all likelihood, you probably haven't thought that much about what ingredients are in your pet's food. You have simply picked a brand that is well known, cost effective or that you know your pet will eat. However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

**Why do pet companies add preservatives to pet food?**  
Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

**Are preservatives bad for pets?**  
There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

**Natural preservatives and their benefits**

- Vitamin C (ascorbic acid) – supports your pet's immune system
- Vitamin E (tocopherols) – improves digestion and heart health
- Rosemary – good source of iron and contains anti-cancer properties

**Chemical preservatives and their risks**

- Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- Butylated hydroxyanisole – identified as a possible carcinogen
- Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.




PETS

# How to NIP NAIL BITING in the bud

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

## Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

## Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.

## How can you help your child to break this habit?

• Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly

when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

## What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.



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### WHO WE ARE?

SCA aims to offer parents high quality childcare provision by registering and supporting excellent childcare providers. Our dynamic network of experienced early years practitioners and links with Ofsted and local authorities gives us the expertise we need to support childminders.



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# Timeless DENIM

*Trends will come and go...  
...but denim is forever*



FASHION

Here are just a few staple denim pieces that men and women should have in their wardrobes, safe in the knowledge that they will never go out of style...

### THE DENIM JACKET

As practical as it is en vogue, the denim jacket will never fail you. Women, make a floral spring/summer dress edgier by teaming it with a light denim jacket. For a more casual aesthetic, go for distressed denim. For a rock chick vibe, stud detailing will be your best friend.

Men, relive the early noughties and brave the double denim like Justin Timberlake and Britney Spears at the 2001 AMAs. Alternatively, wear a dark-coloured denim jacket over a casual white shirt and chinos for a subtle nod to the trend.

### SLIM AND SKINNY JEANS

Slim and skinny jeans aren't going anywhere.

Ladies, jeans and a blouse teamed with a chic

blazer and an oversized tote is a perfect smart/casual look that will take you from office to cocktail bar with ease. Mix things up by opting for white denim during the warmer months.

And gents, dark-coloured jeans with a shirt in a bold hue – the more daring, the better – complete with your favourite loafers, are great for standing out from the crowd. Team with a crisp white shirt and a sharp blazer for a smarter aesthetic.

### BOYFRIEND JEANS

Slim fit jeans are in, but that doesn't mean their comfier and more voluminous cousins are out. Au contraire, boyfriend jeans are hotter than ever, and can be enjoyed by men and women alike. Sometimes, if you're lucky, the very same pair.

Girls, make like an off-duty supermodel and pair yours with simple tank tops, trainers and oversized sunglasses. Timberlands, flip-flops, wedges and even sky-scraping heels are all approved footwear choices.



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# Skin: DEEP BEAUTY

THE BEST GADGETS FOR GREAT SKIN

We've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:



### FOREO IRIS

A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.

### ZIIP BEAUTY

If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.



### REVIVE LIP THERAPY

While "a moment on the lips, a lifetime on the hips" may be a rather crueler reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.



### DRx SPECTRALITE FACEWARE PRO LED FACE MASK

It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.





# Fishtail braid UPDO

IF YOU LOVE NOTHING BETTER THAN A CLASSY UPDO ON A NIGHT OUT OR FOR A SPECIAL OCCASION, THEN LOOK NO FURTHER; THE FISHTAIL BRAIDED UPDO IS THE VERY EPITOME OF ELEGANCE.

## HOW TO ACHIEVE THIS LOOK:

**STEP 1:** Pick up a section of hair on the left side of your head and divide into two sections.

**STEP 2:** Take a small piece of hair from the back right side of your chosen section, cross it over the top and add to the front of your chosen section.

**STEP 3:** Then take a small piece of hair from the front left side of your chosen section, cross it over the top and add to the back of your chosen section.

**STEP 6:** Continue step 2 and 3 until your braid reaches the top part of your left ear.

**STEP 7:** Once you reach the ear, continue



braiding your hair down in a standard fishtail braid.

**STEP 8:** Gently loosen the sides of the braid and tie the end with a hairband.

**STEP 9:** With the rest of your hair, create a standard fishtail; taking sections from each side and crossing over until the hair is fully braided.

**STEP 10:** Gently loosen the sides of the braid to create a fuller look and then tie off with a band.

**STEP 11:** Twist the back braid into a bun and pin securely.

**STEP 12:** Wrap your first fishtail braid over the top of and around your bun in a clockwise direction and pin in place.

**STEP 13:** Use your fingers to gently make the fishtail braid fuller to cover the pins.

**STEP 14:** Add a decorative clip or hairslide for an ultra-glam finish.

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## Keeping children healthy



**A**re you worried about the amount of sugar your child is getting from the food and drinks they consume every day?

One of the main issues with young children is that some parents use sweets and chocolate as rewards for good behaviour. But do you ask yourself what effect sugar can have on your children?

For children between the ages of 2 and 18, the recommended daily sugar intake is a maximum of 6 teaspoons, which is equivalent to 25 grams or 100 calories. To put this into perspective, an average milk chocolate bar has 23 grams of sugar which is the vast majority of your child's limit for the day. Sugar is also hidden in so many foods and drinks that we would never expect. It's hidden in juices, pasta sauce, rice and even bread.

If you are a parent of a picky eater, you likely cater to what your child wants. As long as they are eating something, you are satisfied. What you may not know is that catering to your child's pickiness can have a negative effect on their behaviour, health and overall well-being. For example, if your child will only eat certain foods such as macaroni cheese and chicken nuggets, each one of their meals is loaded

with calories, sugar and carbohydrates. When every meal that your child eats is so high in calories and sugary carbs, it won't be long before they start putting on weight and developing vitamin deficiency from not eating fruit, salad and vegetables.

### What can you do about it?

When it comes to reducing your child's sugar intake you need to make the changes gradually, otherwise it will have a negative effect.

Instead, one or two everyday swaps per week can make a huge difference. For example, put a low-sugar (full-fat) yoghurt in their lunch box, swap fruit juice for water infused with chopped-up fruit, or swap a chocolate bar for an apple. A prime example to avoid is Innocent Smoothies for kids. Despite the marketing hype, these "healthy" fruit juices are concentrated sugar, and can contain more sugar than full-sugar (Original) Coke. CoCo Pops is actually a staggering 84 per cent sugar. Frightening.

If you would like more information on this, contact Graham Phillips at Prolongevity, call 07768 275802 visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or email [graham.phillips@manorpharmacygroup.co.uk](mailto:graham.phillips@manorpharmacygroup.co.uk)



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# The Sirtfood Diet

DISCLOSED



*Sirtfood Green Juice*  
kale, rocket, parsley, celery, ginger,  
green apple, lemon, matcha green tea

HEALTH & FITNESS

No, not the Seafood Diet, as in you see food and you eat it, although we do love that one. The Sirtfood Diet, which was used by Adele to help achieve her dramatic new look, is designed to supercharge your metabolism, leading to highly effective weight loss.

### What is the Sirtfood Diet?

The Sirtfood Diet involves eating foods that are high in sirtuin activators. Sirtuins are a type of protein that protect the cells in our bodies from becoming inflamed, although they are also said to help regulate our metabolism, increase our muscle mass and burn fat.

### What can I eat on the Sirtfood Diet?

If you have read anything about Adele's weight-loss journey, then you may have heard that she was able to indulge in both red wine and dark chocolate, and yes, this is true. Both of these treats are high in sirtuin activators and are therefore on the menu.

Other foods you can eat include:

Apples | Walnuts | Medjool Dates | Soy | Strawberries | Olive oil | Rocket | Coffee

### Is the Sirtfood Diet good for you?

With many people changing from the Cabbage Soup Diet and the Grapefruit Diet in favour of long-lasting, healthy eating habits, is this diet sustainable long term?

Fortunately, the Sirtfood Diet allows you to eat a variety of nutritious foods, meaning your vitamin and mineral intake will be fairly high. However, it is restrictive and low in calories (it is recommended to eat no more than 1,000 calories a day in the first week), meaning that this plan can be hard to stick to.

### How much weight can I expect to lose?

A Sirtfood Diet 'expert' claimed that you can lose up to 7lbs in just one week. However, a more realistic and healthier aim would be 2-3lbs.



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# Is Working From Home The Future?

Working at home was once regarded as a luxury, with the lucky few the envy of commuters and office dwellers alike. These days of course, many of us work from a home office either full or part-time. More recently, it's something that's been forced upon us.

The challenge with working from home is it can blur the lines between work and home life. Not only in terms of hours worked, but also with the creep of work-related materials as they spread around the home. Without a home office where you can close the door, you're subject to unwanted noise or interruptions, at least in many family homes!

The lockdown has meant many people have been thrown together under one roof, with workplaces, schools and nurseries closed. This has highlighted the challenge of working from a family home.

What better than to be able to work from a completely detached home office, yet only a few steps from your kitchen and essential supplies?

The beauty of creating a home office is that it can be tailored to your requirements. If you need half

to be office, the other a gym, no problem. Totally possible, along with other uses and needs, from soundproofing to plumbing, timber to glass.

The additional bonus of a garden building or bespoke home office is that it can be your flexible friend. A home office today can easily become an annexe tomorrow if your needs change. And with children staying at home longer, it could be just the tonic for preserving family relations and sanity.

With more and more businesses seeing the benefits of allowing employees to work from home, from not only a financial point of view but also from a mental health perspective, everyone benefits.

Finally, we have an impact on our environment. One of the most remarkable factors of international lockdowns has been on air and water quality. It's great for us all to be able to contribute and with that in mind, we have many great ideas and green solutions to make your home office (and home) as eco-friendly as possible.

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# BRICKS & MORTAR



## What is the difference between buy-to-let and residential mortgages?

The buy-to-let mortgage revolution was one that the housing market constructed with all the speed and eagerness of a stunning detached property. It was perfectly situated (in a marketplace where rental prices were going through the roof), and as for the views, well, buy-to-let landlords could sit back for years, do very little, and watch their profits roll in.

At their peak in 2007, buy-to-let mortgage approvals hit 183,000, but increased taxes brought in by George Osborne in 2015 – amid fears buy-to-let mortgages were pushing property prices through the roof – have cut that figure back to around the 75,000 mark.

So while the trend of buying to immediately let out to tenants has waned, it should be noted that it's still an industry worth almost £250 billion a year... or, put another way, 3,800 mortgages are approved every month.

The key difference between a buy-to-let mortgage

and a residential mortgage is that, with the latter, you will live in the property yourself, rather than simply using it as an investment whereby tenants arrive from day one. As a result, with a buy-to-let mortgage, interest rates and fees tend to be much higher, while purchasers have to stump up a deposit of around 25 per cent (and sometimes as high as 40 per cent).

In addition, buy-to-let mortgages are often interest only, meaning landlords no longer profit from the likely uplift in value of a property. Naturally, with a residential repayment mortgage, an owner can walk away with sizeable equity should the market improve.

With a number of other tax changes – such as increased stamp duty on buy-to-lets, removal of a 10 per cent income tax saving owing to 'wear and tear', and an ability to offset interest paid on their own mortgage from the rental income declared to the taxman removed – the market for buy-to-let deals has become much tougher, matched with residential mortgages enjoying a three-year high last year.

## A **Charming Gem** in the Heart of Woodbridge...

Tucked away, just off the bustling Thoroughfare, a beautiful Victorian cottage has just come to market...

Having been a property investment destination for many years now, finding residential accommodation along Woodbridge's Thoroughfare for an affordable price is rarer than the proverbial "hen's teeth".

Yet, hidden away, just metres from the town's main retail street, a beautiful cottage has just been brought to market by G&K Estates for a relative snip at just £325,000.

An extremely attractive Victorian mews style terraced house, this remarkable property is ideally located for an individual, a couple or a small family wanting quick access to all of Woodbridge's main shops, restaurants and amenities, whilst still possessing all the secluded charm you'd expect of a more rural home.

Approached through a gateway on the Thoroughfare, the property holds a truly unique position, with lots of potential.

The homely accommodation comprises of an open plan living area, combining a sitting room with open fireplace, a stylish-yet-traditional hand-built kitchen-dining room, a conservatory, two bedrooms and first floor shower room.

Outside there is an attractive enclosed front garden, with a period style wrought iron fence with gate and mature copper beech hedge.



The rear garden is in the style of a courtyard, which enjoys a south easterly aspect and has a brick-built garden store and small workshop.

There is also a rear gate providing pedestrian access to the car park at the rear. Further benefits include gas fired central heating by radiator and secondary double glazing.

With no onward chain, you can expect this property to sell fast – and what a purchase it would be for one lucky buyer.

Scott Matheson-Barr of G&K Estates said: "This really would make a wonderful home for someone, with access to everything they need."



This property is currently being marketed by **G&K Estates**. For more information, call them on:

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## Don't Panic About Your Investments...

Had you invested all your savings a year ago, you'd most likely have felt rather excited about watching them grow over the years to come and seeing the money work for you.

Of course, you could never have imagined there would be a global pandemic, the country would go into lockdown, and some 'experts' would tell us we'd be entering the worst recession in 300 years.

But as far as your savings are concerned, it really isn't all doom and gloom. The temptation may be to cut your losses and withdraw the money while you still can, but as **Chris May** from **Coldfair Wealth Management** warns, that wouldn't be wise.

"My favourite phrase at the moment is 'watch the tide not the waves'," he said. "Don't focus on the short-term fluctuations, look at the longer-term movement, that is a truer reflection.

"We are advising our clients to remain invested and benefit from the bounce as the tide has turned.

"In the short term we can expect fluctuation, volatility, but as investments are generally made for the longer term, there should be no reason why they will not recover."

Indeed, with much of the country now returning to work and businesses gradually re-opening, the early signs of recovery are all there.

"The markets are recovering," Chris said. "They always have in the past, such as the financial crash in 2008, and there is no reason to think this will be different.

"The FTSE had its second-best day ever on March 24th, just after lockdown and the financial support packages were announced. It has continued to recover overall, despite the odd dip here and there, but that is what markets do."

Of course, there are lessons that can be learnt from this too. Mr May believes that there is no better time than now to review out insurances and protections to make sure we are covered should anything like this ever happen again.

He said: "We all need to take this lesson to heart and review how we would cope. We all need a financial plan that covers illness, loss of income, savings and investment for the longer-term. The pandemic has put the world on 'pause' and brought these things sharply into focus."

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Blue sky thinking or  
clouded judgement?

## HOW TO COPE WITH BUSINESS JARGON

With reputation, ego and image counting for so much in the world of modern business, it's perhaps understandable how we've arrived at a point where even the savviest of business minds can find themselves completely baffled by corporate speak.

In 2019 the commercial world has moved well beyond 'thinking outside the box' – it's now deconstructed the box entirely. That means that while the box still exists, it doesn't have any properties of a box, yet people still need to recognise it as a box. Put another way, there is no escaping the muddling madness of business terminology, so go along with it, enjoy it, but feel free to cringe as frequently as you feel you need to.

The worst offenders:

**"I'm a Quark Express guru"** – any form of self-congratulation, even on CVs, is horrible to witness, but labelling oneself an authority of 'guru' standing is embarrassing.

**"It's Woolworths all over again"** – 'clique' comparisons based on past events are not only alienating and lazy, but often poor reflections on reality given that no two business entities are the same.

**"Grasp the nettle"** – phrases designed to quickly motivate and stimulate often become worn out and tired, having the exact opposite effect than what they were intended for.

**"AIMITA"** – acronyms are great in theory, but staff too easily forget meanings and often don't agree with them anyway. (This one means 'attitude is more important than ability', in case you wondered).

**"What did the SWOT analysis show?"** – business is great at inventing research to try to prove its own theories, when the best solutions come from the heart.

The secret when it comes to business jargon is to try not to use it. Actions speak louder than words, and clear descriptions will most likely set yourself and your teammates on the path to success much quicker. Rely more on intelligence and confidence, and chances are you'll flourish.



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# Fuelling THE THEORY

## IS PREMIUM FUEL REALLY WORTH THE EXTRA INVESTMENT?

We've all seen those suffixes at the petrol station – "Super", "V-Power", "Premium", "Nitro+", or "Ultimate" – luring you to the more expensive pump as you prepare to dole out anything up to £100 to fill up your tank.

For some of us, whether it's petrol or diesel, simply filling up is enough of a financial chore, without wanting to contemplate voluntarily spending more on jazzed-up fuel. For others, premium denotes performance and longevity, but does the added investment pay back? In the long term, the answer is, surprisingly... yes; but don't bother if you're driving a Nissan Micra.

In short, if you own a high-spec vehicle, then filling up from the premium pump could be a sound move. The fuel's higher-octane rating means it works better with engines of a higher compression, so that leads to increased performance and more-efficient maintenance of your system.

The downside is cost – on average, performance fuel will cost you around 10p per litre more. Spin that out over the course of a year's motoring and you've added on a fair whack to your road bills, but on the plus side your car will be running more efficiently, and for longer. There's also the prevention of "engine knock" to consider – that's where unburned fuel pre-ignites in a vehicle's engine, damaging interior components.

But all this largely only applies to premium vehicles, where higher-octane motors mean higher-octane fuel. For what you might describe as "everyday cars", go for the cheaper option. Your little run-around will have a standard octane rating of 95, meaning that the electronics are configured so that the vehicle will run in a satisfactory way on the regular fuel.

Put another way, there's a good chance upgrading your fuel will make little noticeable difference... except to your wallet.

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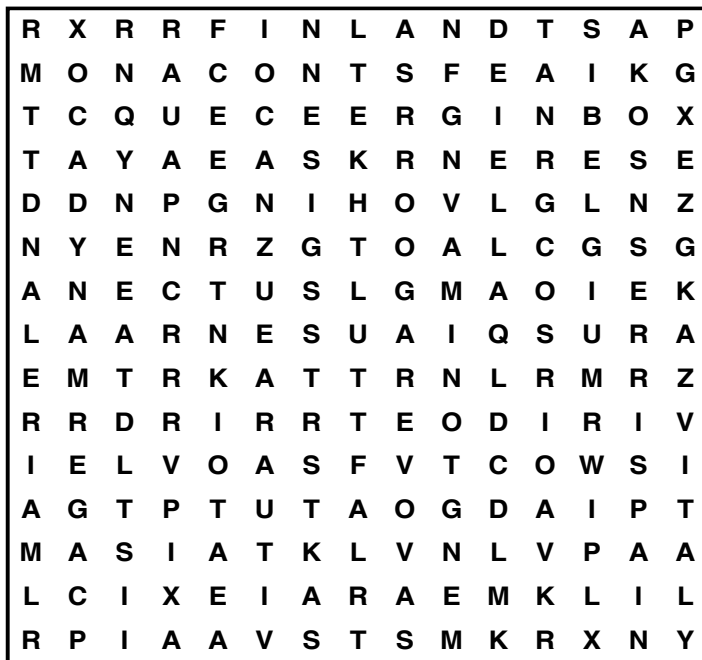


# PUZZLES & TRIVIA

## PUZZLES

Answers can be found on the Contents Page 4

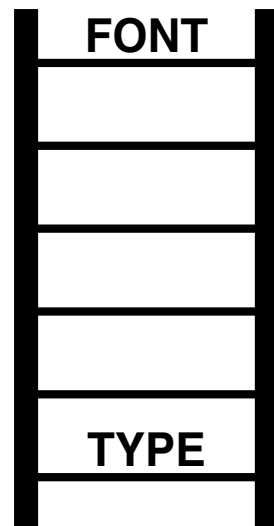
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- ▶ ITALY
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- ▶ MALTA
- ▶ MONACO
- ▶ PORTUGAL
- ▶ SLOVAKIA
- ▶ SLOVENIA
- ▶ SPAIN
- ▶ WALES



## DID YOU KNOW?

- ▶ Melba toast is named after Australian opera singer Dame Nellie Melba
- ▶ The can opener was invented in the 1850s, years after tin cans were first used
- ▶ Marmite was invented in the late 19th century by German scientist Justus Liebig
- ▶ There are around 7,500 varieties of apple in the world
- ▶ Carrots have zero fat content
- ▶ A watermelon comprises around 92 per cent water
- ▶ Kit Kat was created by Rowntree's of York and is now produced by Nestlé
- ▶ Processed cheese was invented in Switzerland, not America

## WORD LADDER



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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\*Based on a lawn size up to 40m<sup>2</sup>

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