

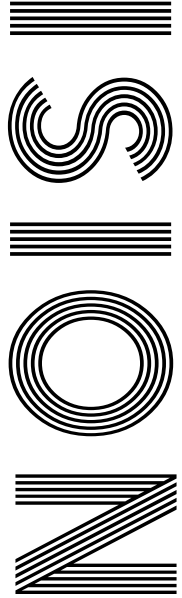


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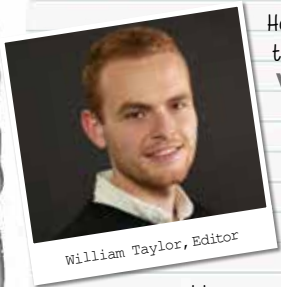
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. It seems like finally our town is starting to get back to some semblance of normality. It has been a torrid few months for residents and businesses alike, but I have to say it has really brought out the best in Woodbridge. The generosity and community spirit shown by many has been nothing short of inspirational. At the time of writing, shops are just beginning to re-open, but I know by the time this reaches homes we will be beginning to see the early stages of pubs and restaurants re-opening too, with socially distant service taking place in outdoor areas. We have to be thankful in many ways for the small mercy that it is now at least summertime and things like a drink with friends in a beer garden, or a gentle walk along the River Deben are things that in a normal situation we'd take great pleasure in doing anyway.

I must continue to drive home the message of supporting our local businesses though. When we couldn't get flour, eggs and toilet roll, they were the ones that rallied around to help. Likewise, there were many small businesses that were left with no choice but to close their doors and will now be beginning the process of re-building. It might be something simple like buying a greetings card from a local gift shop instead of online - if we all did it, it would make a big difference.

*Will*



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**T**he TV doctor whose finger has been on the pulse of the nation's health needs for more than three decades.

Readers of a certain age will best associate Dr Hilary Jones with the so-called golden era of daytime TV when, in the 1990s, producers presided over formats that would cement the careers of the likes of Chris Evans, Ulrika Jonsson, Richard and Judy, Nicky Clarke, John Torode and Gino D'Acampo.

As GMTV's softly spoken, likeable and, to some, slightly lusty healthcare pro with all the answers, Dr Hilary found himself answering questions on everything from puberty to piles in front of a watching television audience of millions.

Having qualified as a medical doctor at the Royal Free Hospital in London in 1976, he spent time practising abroad before becoming a junior doctor, then GP, in Basingstoke. The charisma and calm he brought to matters of the body and mind meant it was only a matter of time before the media spotlight came his way, and he has since spent a career supplementing TV appearances with magazine columns (notably *The Sun on Sunday* pull-out *Fabulous*) and radio appearances (he is a regular on Steve Wright's mid-afternoon Radio 2 show).

"When I was first asked to appear on television, the concept of people phoning in to discuss their problems was a peculiar one, and no one was quite sure if it was an idea that would take off," he says.

"But it did, and it has spawned a huge range of regular shows that encourage people to open up about many aspects of their lives, their bodies and their minds.

"As a medical professional, it can only be a good thing to see people being honest about what's going on, although I'm always wary that we don't want to cheapen the issues as this is real life."

Dr Jones' relatability to a wide demographic has certainly come to the fore in recent weeks as he has re-emerged centre-stage as one of the leading mainstream voices offering support and advice in light of the COVID-19 outbreak.

While championing the magnificent efforts of the public in the nation's fight to stem increases in coronavirus deaths, the 66-year-old also showed his tough side in the first week of May, when he took umbrage to a minority flouting regulations.

"We've all got to be in it together. Are those who refuse to self-isolate going to wear a t-shirt to hospital saying, 'Don't treat me, I didn't participate'? I don't think so.

"People who are careless are endangering not just their own lives but also the lives of so many around them," he continued, explaining that his colleagues on the frontline of hospital care are 12 times more likely to contract the virus than ordinary members of the public.

Current issues aside, the thrice-married TV personality has carved an impressive career out of his time at medical school. He has had six books published, participated in the fifth series of *Dancing on Ice*, and even appeared on a celebrity version of *The Chase*.

"I've had a lot of fun along the way, but the nuts and bolts of what I do will always come back to helping people get well and stay well – that's what I'm really passionate about."

Calling  
Dr Jones

# THE Positive Pandemic?

## REFLECTING ON COVID-19'S SILVER LINING

While for an entire nation, the world around us has changed in ways more dramatic than we ever thought possible, there have been a couple of unexpected upsides to the terrifying global pandemic.

Firstly, we've seen society return to a much simpler way of life. Many work pressures – right down to the morning commute – have been removed, and with it, the hourly anxieties of jobs, tasks and duties lifted.

Children have enjoyed quality time with parents, and we've caught up with old friends more frequently than ever before, albeit online.

From bike rides to DIY, crafts to baking, health, relaxation and endless spurts of creativity and community spirit, the impact on us, as people, has been profound.

And yet, that is only half of the story. With our physical footprint on the environment lessened, we have seen nature reclaim great swathes of the country.

Car journeys have been minimised, meaning fewer harmful pollutants in the air (carbon dioxide levels have dropped 25 per cent); and there were 67 million fewer flights in the first three months of 2020 compared to the same period last year. Indeed, researchers at Stanford University estimated that improvements in air quality have saved the lives of 20 times the number of people killed by the virus.

Consider too that pollution levels in rivers are down – we all saw the pictures of the crystal clear canals in Venice – and even by Greta Thunberg's own admission, the Climate Crisis is "on hold".

While the positive environmental effects of coronavirus may only be temporary, perhaps the pandemic has opened our eyes to the very real impact we have on the world. And perhaps that, in turn, will ensure that while our investment in community, social distancing and hygiene is forever changed, so may we just give that little bit extra to the natural world too.



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# LOCAL NEWS

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LOCAL NEWS



## Fury as memorial bench gets vandalised

The sister of a man who died nine years ago has hit out at vandals after they destroyed a bench that was installed in his memory earlier this month.

The bench bears a plaque which reads "In Memory of Our Dear Phil We Miss You" and the town council appealed for help in tracking down the family.

Phil Jarrold's sister Vic said she was extremely upset. She commented: "I am shocked people have no respect for other people's feelings. You can see it means something to somebody. It's been nine years, but I still think about him and miss him every day.

"It was nice to have it there to go and sit on. I now have to tell my mum and dad and they will be upset. One mindless act affects a lot of people and I don't

get what joy someone gets out of doing something like this."

Woodbridge Town Council broke the news on social media that the circular bench on Kingston Field had been irreparably damaged.

A post read: "We had made many repairs in the last few years but were obviously fighting a losing battle."

As well as condemning the act, members of the Woodbridge Community Group suggested holding a fundraiser to replace the bench, a move which Vic said she supported.

She added: "Reading the comments helped and shows the majority of people are appalled. To suggest a fundraiser is a lovely idea."



## Drama as fire crews rescue woman and dog



Fire crews rushed to save a woman who was stuck in a ditch full of water after she tried to save a dog in Woodbridge.

Emergency services were called to the incident which took place at around 7am in between Kyson Point and Kingston Fields near Kingston Road on Tuesday, June 9.

The drama reportedly unfolded next to a footpath near the River Debden.

A Suffolk Fire and Rescue Service spokesman said crews undertook a water rescue to save the individual and the dog.

After she was rescued, the woman was checked by paramedics and she was not injured.

## Trampoliners raise £50k for NHS Charities Together

Attendees from ((BOUNCE)), a mini trampoline fitness class in Woodbridge, took part in a charity event to raise money for NHS Charities Together.

The ((BOUNCE)) marathon was taking part all over the country, involving all attendees, all franchise owners and the management team.

Across the country, ((BOUNCE)) classes have raised £50,289 for charity and will help the NHS to continue to provide care and support to our loved ones.

Detelina Zaharieva, instructor at ((BOUNCE)) Woodbridge said: "All our local studios, Woodbridge, Felixstowe, Ipswich and Kesgrave took part.

"All our attendees have supported us greatly in these difficult times. Not only taking part in the marathon, they have also been keeping their fitness and mental wellbeing using the home platform of ((BOUNCE)).

"We would also like to thank our CEO and all the management team for supporting us, by sharing all proceeds from the online classes for March and April between all franchisees, all over the country."

CEO and founder of ((BOUNCE)), Kimberlee Perry, said: "At this time of crisis, it's more important than

ever to give our support and thanks to the NHS, its staff and volunteers for the amazing work they are doing to keep the public safe."

## Man who targeted businesses jailed for four years

A 33-year-old man has been sentenced to four years in jail after being charged in connection with a burglary from businesses in Woodbridge and Saxmundham in April this year.

At 11.30pm on Friday, April 3, Darrell Lambert broke into the Seckford Golf Club, Seckford Hall Road, Woodbridge and stole a quantity of alcohol and confectionary.

Police were called just before 2am the day before to reports of a burglary at Martin's Newsagents, Market Place, Saxmundham. A concrete block had been used to smash the front door of the shop and items including cigarettes had been stolen.

At 3.20am on April 3, police in a patrol vehicle in Ipswich spotted a suspicious Volkswagen Golf. The car failed to stop for officers, drove the wrong way at high speed on the one-way traffic system at the waterfront and also mounted the kerb. It came to a stop after colliding with a tree stump. Lambert attempted to make off but was arrested by officers on suspicion of burglary, dangerous driving, failure to provide a specimen of breath and failing to stop. He also stated that he had COVID-19 and threatened to bite and spit at officers.

Lambert, of no fixed address, was taken to Martlesham Police Investigation Centre and charged with burglary, assault and driving offences.

He pleaded guilty to two counts of burglary, two counts of assaulting an emergency worker, driving otherwise than in accordance with a licence and failure to provide a specimen of breath when he appeared before Ipswich Crown Court on May 29. He also asked for two other burglary offences to be taken into consideration.

He was sentenced to four years in prison, disqualified from driving for six years and made to pay a £181 victim surcharge.



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*News from*

## Councillor Geoff Holdcroft

*Town Councillor for Woodbridge Riverside*

Not surprisingly the work of Woodbridge Town Council is largely focused on dealing with the ongoing COVID-19 crisis. As I write this article the council are in discussion with East Suffolk Council and Suffolk County Council as to best prepare for the opening of most of the retail shops in the coming week. The main principle is creating a safe environment in which shoppers, retailers and their staff feel comfortable in and one in which they can maintain social distancing.

To some the measures that will be put in place will be seen as too draconian whilst others may see them as too lax. What I hope will happen is that everybody will try and respect others and use lots of common sense. One plea I might make is to be careful when talking

and walking; it's far too easy to get caught up in a conversation with either a companion alongside you or on the phone with a loved one, and then walk into the path of someone who is trying to maintain their social distance.

The one area of work that still goes on regardless of COVID-19 is planning. The Planning Committee continues to meet every two weeks, via Zoom, to consider the latest applications. In particular, these past few weeks we have been considering changes to the draft Local Plan recommended by the planning inspector. We have been concerned how many of the green spaces in town can stay protected in the future and are in the process of ensuring just that.



## Photographers join the challenge

Members of Woodbridge Art Club are enjoying trying new ways of painting during lockdown.

Each day a new challenge is sent out by email and members have tried using different materials and techniques as well as tackling new subjects.

One day the challenge was *A visit to Chelsea Flower Show* which proved a popular subject.

The photography section of the Club also got involved and **VISION** Woodbridge were sent a

selection of the pictures, photographs and paintings that were sent on day 59 of the lockdown challenge when RHS Chelsea was the topic.

To see all the artwork created during the lockdown challenge or to find out more information about the Art Club, including how you can join, visit [www.woodbridgeartclub.org.uk](http://www.woodbridgeartclub.org.uk)

Alternatively, search for their Facebook page at [www.facebook.com/woodbridgeartclub](https://www.facebook.com/woodbridgeartclub)



News from

## Councillor Caroline Page

The County Councillor for Woodbridge

Since I was told to shield in late March I've walked over 300 early morning miles, safe from mankind – watching innumerable larks rising, hearing more cuckoos than one would ever think possible, seeing egrets, blackcaps, goldfinch, warblers, linnets, whitethroats nesting and quarrelling, watching raptors circle patiently, and discovering more and more wrens shrilling and nightingales trilling in secret thickets, while woodpeckers drum overhead. I've seen bees swarming round a hollow tree, measured an oak that was already grown when Richard III came off his horse, spotted a hare hiding in a field (all but his ears), and watched a barn owl float across a field of buttercups. All within walking distance of home.

Even in a pandemic we live in a place that is remarkably blessed – almost, one might say, shielded. But communities are, in many ways, what we make ourselves. Long ago, a man called Colston made a great deal of money out of the slave trade, and, many years after Britain abolished slavery, Bristol put up a statue to him as a 'most virtuous and wise citizen.' It recently – deservedly – has been the centre of much controversy.

In contrast, our corner of Suffolk was home to the two great abolitionist Clarkson brothers: John (who founded Freetown, Sierra Leone) lived in Woodbridge;



while Thomas, his brother, who played a leading part in the abolition of the slave trade, lived at Playford. In Woodbridge we have commemorated both: John with a blue plaque in Church Street, Thomas, memorialised at the top of the Ipswich Road – where the Clarkson Crossing stone has a design of opened shackles. It was Farlingaye students who chose the name. They clearly had a different idea of 'virtuous and wise.'

Sometimes in order to be blessed, one needs to swim against a current and shout out against what is wrong. We may be judged indulgently by our contemporaries, but future generations will see us in clear focus.

## Landscape painter captures lockdown

While the majority of people are hoping to soon forget the struggles of lockdown, a Woodbridge painter has managed to capture the most positive aspects of these times.

Mark Beesley, 67, a professional artist from Old Barrack Road, painted a new landscape (pictured) from his window over a three-week period early in lockdown.

He said: "I usually paint landscapes based on being outdoors and in natural settings. But I'm pretty much completely self-isolating now, so while I normally wouldn't consider this kind of painting interesting, I decided to do it."

"People will forget fairly quickly about life in lockdown, probably intentionally – but from my window, I could see how different certain things have been. There have been no cars around, and lots of people walking and jogging and speaking to each other."

"There's been a completely different atmosphere, and it's one that I don't think we'll have again when this ends."

"I quite enjoyed painting for those three weeks. It was different from my normal work and I doubt I'll do anything like this again, but I did enjoy it."

You can view more of Mark's work at [www.markbeesleyart.com](http://www.markbeesleyart.com)



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### WHY WE HAVE BECOME A NATION OBSESSED WITH DOING UP OUR HOMES

While it's clear the year 2020 is set to be a disastrous one for the sales departments of estate agents, the trend for doing up rather than shipping out is one that began long before coronavirus changed our financial and lifestyle habits.

The lure for people to take what they have and improve on it has a lot to do with the growing escalation of the housing market. Across the UK, prices have increased, on average, by around five per cent each and every year over the past decade. While that doesn't sound much, it means a house bought for £200,000 in 2010 is now valued at £325,000.

That increase means it is unaffordable for many people to enter the market, while others who already own are happy to keep riding the wave in respect of prices continuing to rise, before considering selling as the curve lessens.

Of course, that tailing off could well happen by the end of the summer. The UK housing market is in something akin to cold storage at the moment, at a time when business is usually booming.

This COVID-19-driven change is enhanced by a 'stay at home' premise that is actually encouraging people to tend to all those home and DIY jobs that have typically been left. Sure enough, the more we 'mend this, change that, fix them', the more we paint, restyle, upcycle and redo, the less tendency we have to want to 'up sticks' and move somewhere else.

Put another way, an enforced and prolonged period of isolation could well make us one of the most creative nations in the world in terms of interior design and tending to our gardens. Now where are those *Amazing Spaces* and *Ground Force* books?

# Banish BACTERIA

**D**id you know that bacteria can live for several months on surfaces within your home, as well as on other areas that you may not even have considered?

## Handle the hotspots

When trying to keep their houses germ-free zones, people often forget crucial spots that everyone touches, such as doorknobs and tap handles. Spray these hotspots with a disinfectant, leave for 5-10 minutes and wipe clean.

## Banish bed bacteria

With many spending more time in bed than usual, it is important that you wash your bedding on a more regular basis. To completely kill all bacteria, wash your sheets and pillowcases on a hot wash and dry on an antibacterial cycle.

## Focus on your feet

If you have been heading out for your daily exercise, you could be bringing unwanted germs into your home. Take off your shoes before entering and wash the soles with hot, soapy water. Cleaning your doormat is also advisable.

## Tackle technology

How many times a day do you touch your phone or your tablet? Probably more than you care to admit. Cleaning your technological devices with antibacterial wipes throughout the day is crucial if you want to stop the spread of bacteria.

## Clean your cleaning equipment

Cleaning equipment such as mops and cloths are often overlooked when it comes to disinfecting items in your home. However, a failure to do this can lead to you spreading germs rather than eliminating them. Wash in hot, soapy water with a few drops of bleach for added oomph.

## Home in on your home desk

Did you know that your home desk could contain up to 400 times more bacteria than your toilet seat? Prevent these germs from getting transferred to your hands by consistently wiping down any surfaces you work on with a disinfectant that contains at least 70 per cent alcohol.

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HOME & DIY



**W**hether you are concerned about contributing to the supply shortage, are worried about the additional expense or perhaps you just fancy getting crafty, making your own face mask could not be simpler.

### SEW OPTION

#### YOU WILL NEED:

2 of 10 inches x 6 inches rectangles of fabric – tightly woven cotton is recommended | 2 of 6 inches pieces of elastic or rubber bands | Sewing machine | Needle and thread

### NO--SEW OPTION

#### YOU WILL NEED:

A bandana or square cotton cloth (22 inches x 22 inches) | Rubber bands or hairbands

#### HOW TO MAKE:

Take the fabric and fold the top and bottom into the centre | Fold the sides towards the centre and loop the rubber bands around the fabric | Tuck one end of the fabric into the other | Lift the mask to your face and loop the bands over your ears | Adjust as needed, ensuring that your nose and mouth are fully covered

Photo credit: www.sarahmaker.com

#### HOW TO MAKE:

Stack the two rectangles on top of each other | Fold over the long sides ¼ inch and hem | Fold the double layer of fabric over ½ inch along the short sides and stitch down | Run a piece of elastic through the wide hem on each side of the mask using a large needle | Fasten the ends tightly together in a knot | Gently pull the elastic so the knots are tucked inside the hem | Adjust to fit your face

#### DIY FACE MASKS SHOULD:

- ✓ Fit snugly and always be secured over the face
- ✓ Include multiple layers of fabric
- ✓ Allow you to breathe without restriction
- ✓ Be washed regularly

#### DIY FACE MASKS SHOULD NOT:

- ✗ Allow too much light to filter through the fabric
- ✗ Need to be adjusted continuously
- ✗ Be used as a replacement for social distancing and good hygiene practices



# USE YOUR noodle in the home

## FIVE WAYS TO USE A POOL NOODLE IN YOUR HOME

If you have children and they like swimming, then chances are you have a fair few pool noodles lying around the house, because even though they are fairly big and noticeable items, you never seem to be able to locate one when you need it. Thankfully, there are ways that you can upcycle these popular pool aids.

### Help your boots keep their shape

Lovers of knee-high or thigh-high boots rejoice: you no longer have to worry about them losing their shape in the bottom of your wardrobe. Simply cut an old pool noodle down to size, insert a piece into each boot and voila. Your boots will retain their shape indefinitely.

### Child-proof your home

If you have an explorative toddler on your hands, then you will be keen to protect them from any dangers in your home. Pool noodles make the perfect protective covering for corners as they are soft and shock-resistant. Just slice down the middle and place on any sharp edges.

### Use for press-painting

Most little ones love to craft, but the constant trips to Hobbycraft can become expensive. Luckily, your children can enjoy a fun messy play activity using just a pool noodle and some paint. All you need to do is cut your noodle into small circles and let the press-painting commence.

### Prevent trousers from creasing

If you tend to overcrowd your wardrobe, you may find that your clothes, especially trousers, become easily creased. Fortunately, a humble cut of pool noodle inserted over the bar of a hanger can solve this problem.

### Use as a hose alternative

How often have you struggled to fill a big bucket in your sink? Avoid this issue by simply attaching a pool noodle to your tap and then placing the other end in your bucket.

Photo credit: practicallyfunctional.com, Montana Prairie Tales via dippy.com, paper-and-glue.com, findglocal.com, topbuzz.com

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**CHESTER JONES**

*Celebrating two decades of the interior design and former architect*

**HOME & DIY**

There's something very gentleman-like about the style guide offered by Chester Jones. The renowned British interior designer, who operates out of Chelsea, has become one of the UK's leading lights in working together a combination of styles.

Comfortable combining traditional and modern, his talent is in matching pieces from vastly different eras, with a bridge between the two that could lean on emotion, intellect, colour, or simply texture.

"I never want to feel I am being held back by a contrast of styles," he says. "The real talent of an interior designer is to accept a number of pieces a client already has and wants included, even if they are vastly differing."



TO ACHIEVE THE CHESTER JONES LOOK, THERE ARE, HOWEVER, A FEW STAPLES:

- | Storage... there is no reason to hide away possessions that have been kept because they are valued, but using display and hidden elements to create a stylish space that is also lived in and appreciated is key
- | Pictures, sculptures, books... these three things represent the pivotal elements
- | Elements... wooden floors and big rugs offer cleanliness and maturity, but the browns should be broken up with rounded antiques, splashes of colour and lots of light
- | Craftsmanship... curves, bends and twists are designed to work together, while also blending the harder edges of 'on show' items such as books
- | No room for the showroom... perhaps the most important consideration is that any Chester Jones interior must be lived in and loved. It is not somewhere put together for a catalogue; it is an evolving, breathing space that invites people to relax in a style that has homeliness at its heart.

Photo credit: chesterjones.com



# KING OF THE KITCHENS

If completely replacing your kitchen is out of your budget, replacing the worktops and doors is a nice alternative. We caught up with *Steven Leech* of *Granite Transformations* who shared his customers' most common questions.

**My kitchen doors aren't standard sizes?** Almost all our ranges we offer are bespoke. All Doors, Panels and Plinths are made to measure and are ordered for your kitchen. We have a large range of options on doors and between both showrooms we have samples we can show customers

**Will there be lots of mess and disruption?** Mess is minimal due to us installing the granite or quartz worktops over your existing worktops. All worktops are installed in one day. If you have full height splashbacks then that would be an additional day. Most door replacements are completed within 2-3 days.

**What makes your worktops unique?** The worktops are made from 85% raw material and 15% of forever seal polymer resin. The resin makes the worktops stain resistant and a lot stronger. If you do chip an edge, which is difficult to do, it can be repaired easily. All joints are tight and heat water cannot penetrate them. You can cut directly on to the worktops and put hot pans straight from your oven and hob straight on to the worktop.

**How do I clean the worktops?** Hot soapy water with an E-cloth is the best thing to clean the worktops. The unique ForeverSeal covering also ensures all our surfaces are nonporous and never need to be sealed – unlike traditional granite, quartz and marble surfaces, all of which require regular sealing – costing you both time and money.

**What happens with the end panels?** If the end panels are added on to the side of the unit then they are just removed and replaced. If the side of the unit is colour matched to the kitchen and we are able to, a panel will be added. In some kitchens there isn't room to add a panel. What we do here is remove the side panel from the existing wall unit or the unit will be replaced, and colour matched.

**Can you do new kitchens?** We do lots of new kitchens. We supply the substrate free of charge. This is just a laminate worktop as that's the best for our worktops. We are installing more and more new kitchen worktops every year. We have recently agreed to become a Blossom Avenue supplier opening up a new range options.

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# ALWAYS ONLINE

Does the era of 'live chat' actually mean you're talking to a robot?

Any kind of online web chat experience has the potential to go sour – we've all ended up speaking to someone many thousands of miles away wondering if we'd be better off writing a strongly worded letter instead.

While the experience of speaking to someone in a call centre in a faraway land isn't always the best, the attempt at a pleasant exchange is usually flawless, and the reality that we are speaking to a real person is something we've grown to take for granted.

Yet the new era of customer service often means we're not talking to a human... not in London, Glasgow, nor Islamabad. Instead, while it may not be evident in the initial exchanges, we're conversing with a chatbot.

The technology that powers these computers has moved on in waves over the past decade or so. Intelligent, polite and immediate, these chatbots offer customers the chance to source answers and direct enquiries rather than having to endure the frustration of searching or waiting around for a real person to enter the chat.

Companies like chatbots because they are low cost and highly productive, though there are, of course, limitations to this latest wave of AI. Consumers can feel they are being fobbed

off and there is a good chance complex enquiries are just moved on to a real person anyway, in which case the process actually takes longer, and it's only really relatively simple queries that can be solved by a robot.

The jury is still out, particularly as it's difficult for companies to judge feedback – after all, satisfied customers will tell, on average, nine people about their experience, while for dissatisfied customers that number is 22.

Either way, just remember the next time you engage in a web chat, you might want to hold off on pleasantries about the weather... the robot you're conversing with really doesn't care.

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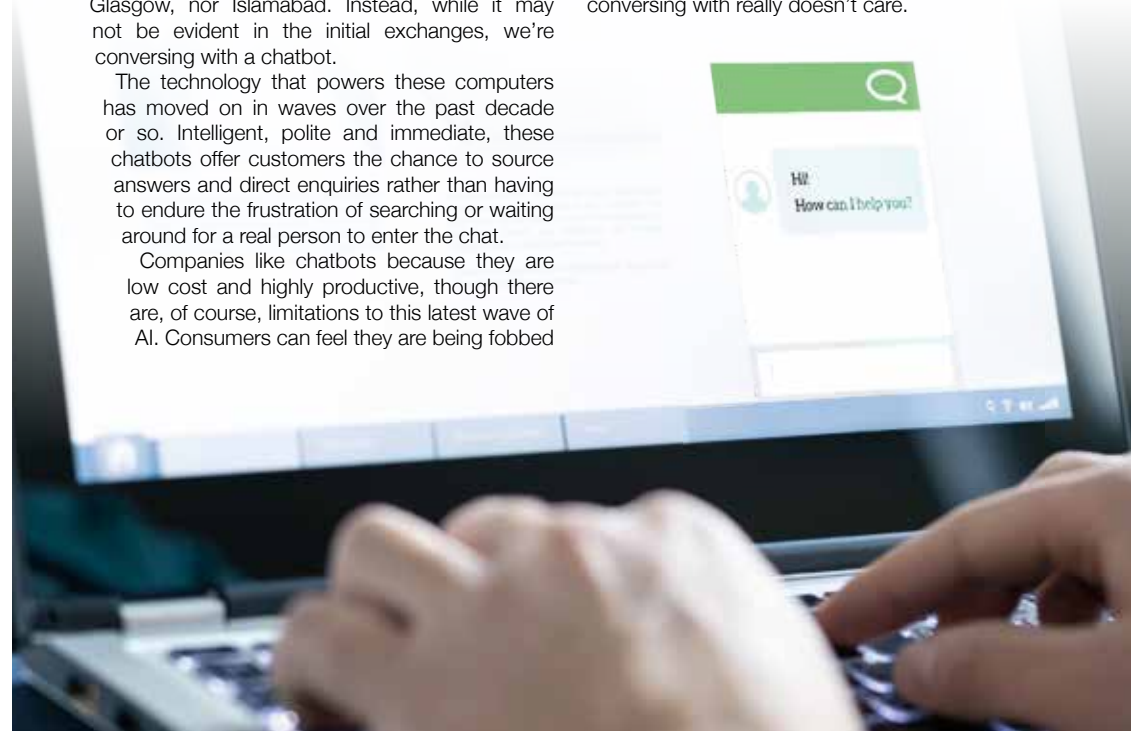
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# SOMBRE VE CELEBRATIONS

*for our departed heroes*



**T**he street parties were present, Vera Lynn's eclectic harmonies piped out of speakers, while generations paid emotional, wistful tributes to departed heroes, and yet VE celebrations this year took on a rather unusual feel.

That a nation still came together to commemorate and lay thanks on May 8, the 75th anniversary of VE Day, typified the fortitude and spirit that guided us to victory all those years ago. While we took seriously the distancing limitations of coronavirus, people across our county refused to have their tributes quelled by a modern pandemic.

Britons also encountered another challenge this year, and one that had nothing to do with the two-metre rule – millions of diaries and calendars were published with this, one of the key dates of the year, being wrong. It was as a result of the early May Bank Holiday moving back four days to mark those World War II celebrations. With the switch only being finalised in June last year, an estimated 30 million diaries and calendars were incorrectly printed.

While events this year weren't allowed to feature mass gatherings, special events or the participation of pubs, perhaps it was fitting that on such a landmark anniversary people were offered the chance to make rather more sombre, personal tributes to those who fought for their country between 1939 and 1945. It's a far cry from when hundreds of thousands of people marked the end of the bitter war with celebrations centred in The Mall, London, outside Buckingham Palace, as King George VI and Queen Elizabeth stood on the balcony to wave to the cheering crowds.

Missing on that day was a young Princess Elizabeth – one of the rare times that the future Queen slipped incognito to join in the revelries of her future subjects, as she and her sister, Margaret, accompanied by a 16-strong group of trusted members of the royal household, slipped out of the palace to sample first-hand the celebrations.

Recalling the event in an interview a few years ago, the Queen said: "I think it was one of the most memorable nights of my life."

It was also memorable for one 15-year-old boy from Harrow, Ronald Thomas, who told his family how he had danced with the future Queen. For years he had trouble getting people to believe him.

This year, the Queen paid tribute to those fallen heroes, as well as referencing the profound challenges 2020 has brought, in an emotive speech, delivered in her usual impeccable style.

"Today it may seem hard that we cannot mark this special anniversary as we would wish. Instead we remember from our homes and our doorsteps.

"But our streets are not empty; they are filled with the love and the care that we have for each other.

"And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire."

# The truly inspirational SIR TOM MOORE

THE STORY OF THE WAR HERO WHO WAS CERTAIN HIS DAYS OF NATIONAL DUTY WERE BEHIND HIM

When social media is bad, it can be the source of an intense amount of ill-feeling, frustration and negative conjecture; but when it's good, it is life-changing, charming and the most wonderful reflection of the human spirit.

Ultimately, as the story of the newly knighted Sir Tom Moore unfolded towards the end of April, it was shown to be the latter, and how...

Here was a former British Army Officer who performed heroics in the India and Burma campaigns of the Second World War. Retiring from combat in the 1950s to become an instructor at the Armoured Fighting Vehicle School down in Dorset, his return to civilian life only once saw him raise his head above the parapet as a guest on the late Terry Wogan's 'Marmite' celebrity wordplay game show *Blankety Blank*, and even that was some 37 years ago.

So when the then 99-year-old decided to take on 100 laps of his back garden – 10 laps per day at 25 metres per lap – to raise money for the organisation NHS Charities Together, it was one of the very simplest and yet most precious gestures the father of two had made in an impressively rewarding life.

Hoping to raise £1,000, the fundraising project soon caught the imagination of social media, and, as with all things that go viral, a simple act grew to a magnitude that someone of any age, let alone a centenarian – a landmark Sir Tom reached on April 30 – would struggle to fully comprehend.

Surging onwards and having

broken the £39million barrier by the second week in May, Sir Tom's efforts have personified the heroic spirit the nation is witnessing and applauding in wake of the COVID-19 outbreak.

And sure enough, his rewards have been a delight for several million admirers to bask in. The inspirational role model was named an honorary Colonel, was rewarded with an RAF fly-past, and enjoyed a personal greeting from Prime Minister Boris Johnson, as well as, of course, receiving the obligatory telegram from the Queen marking his 100th birthday.

Sir Tom, who contracted skin cancer aged 98, said, "Reaching 100 is quite something. Reaching 100 with such interest in me and huge generosity from the public is very overwhelming.

"People keep saying what I have done is remarkable; however, it's actually what you have done for me which is remarkable.

"Please always remember, tomorrow will be a good day."

Sir Tom's immediate 'tomorrows' may still be spent trying to answer some of the 150,000 birthday cards he has received; while he may at least be consoled that the demise of *Top of the Pops* means he doesn't have to venture to Elstree to perform his duet *You'll Never Walk Alone* with Michael Ball, after their version leapt to the top of the singles chart.

But perhaps in the greatest tribute of all, Sir Tom was awarded a knighthood, an award fast-tracked through the walls of power.

As an exemplar for ordinary people performing extraordinary things, the veteran is the first to deflect praise towards others; but in troubled times a nation needs figureheads, focal points and friendly faces in order to make our collective efforts feel real, and in Sir Tom Moore we have all that and so much more besides.

# A BIRD IN *the hand...*

While opinion is split over the ethics of keeping birds at home, in the right conditions, with dedicated human attention and interaction, and with room around them to spread their wings – both physically and metaphorically – our feathered friends can become the most cherished pets imaginable.

*Here's your guide to the most popular types of birds:*

## COCKATIELS

The so-called 'entry level' pet birds, cockatiels are bright, friendly and sociable. They are happy in their own company, providing they get the benefit of human interaction, and are easy to maintain.

However, the females are prolific egg layers (even without the presence of males) and may require additional dietary attention resulting from a lack of calcium.

## BUDGERIGARS

Happy with other budgies or by themselves, these wise birds can whistle, chirp and repeat phrases, and love to hang out with families around mealtimes – they've even been known to watch television.

Also known as parakeets, they're happy to be handled and will live for anywhere between five and 13 years.

## CANARIES

Not birds that are likely to want to be snuggled up to late at night, canaries are happy to be left alone, but will reward being looked after with a delightful chorus of song.

They are territorial and should be kept by themselves, and will live for up to 10 years.

## PARROTS

From African Greys to Quakers, the re-emergence of parrots as household pets has been noted in recent years.

Their very unique characteristic of shaking and bobbing reflects a big personality which kids love, though in return they require a large amount of mental stimulation.

With African Greys, their presence can imply a long-term commitment – it's not uncommon for them to live past their 40th birthdays.




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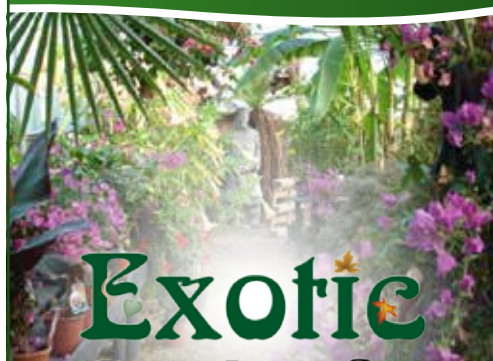
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GARDENING

JUNE BIRTH FLOWER  
OF THE MONTH:

# Rose

**F**or those born in the month of June, your birth flower is the rose. Roses are known for being the flower of love, and people born in June are said to be true romantics. Easy to grow, available in an abundance of colours and with a heavenly sweet scent, roses are a great addition to any garden.

### WHAT DOES A ROSE SYMBOLISE?

Although roses are most commonly associated with love, beauty and devotion, each colour can be used to convey a different message or emotion.

The red rose means, "I love you." The pink rose symbolises happiness. White roses are used to convey innocence and purity. And a yellow rose symbolises friendship but can also be used to express jealousy.

### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in June, you are definitely a sucker for romance, plus you are more likely to get on well with others and adjust to new situations with ease.

Style-wise, you favour a

classic and timeless look and can make elegance appear effortless.

### HOW TO GROW ROSES

Roses crave sunlight, so you need to pick a spot that offers at least six hours of sun a day. Try to choose soil that is rich and well drained to ensure your flowers bloom.

The ideal time to plant roses is in early spring, and you can pick between a bare root variety or container-grown plants.

Water directly to the soil using a soaker hose or drip irrigation – do not water the foliage.

### WHAT ARE THE MOST COMMON PESTS FOR ROSES?

Aphids and caterpillars are the most common pests for roses and can be removed by hand in the early stages. Alternatively, the insecticide Rose Clear is highly effective.

# Tree-lined



## SIMPLE TREE IDEAS FOR GARDENS OF ANY SIZE

We all know the majesty of trees – decorative, oxygen-giving, protecting, privacy-offering and effortlessly evolving over time; they are perhaps the friendliest of nature's plants for the variety and variance they offer to both the biggest and the smallest spaces.

That means, whether you have a sprawling field out the back of your property or a simple back yard, clever use of trees can really shape a space.

### PYRUS CALLEYRANA

An upright, tear-shaped tree that is perfect for gardens that have light up above, though perhaps are restricted in terms of square footage.

The green spread casts light down and the tree will self-maintain through all seasons.

### ACER GRISEUM (PAPERBARK MAPLE)

This is a tree recently voted the most beautiful for gardens, given its characterful grey trunk and a spray of leaf colours that blend and weave into any foreground. Slow-growing, it won't consume the space.

### MAGNOLIA GRANDIFLORA

A tree that bows out at the top to provide the perfect cover for something you wish to hide, like a street lamp or neighbour's basketball hoop. And of course, with a spray of white flowers that emerge as the year progresses, this is a variety that takes on an evolving personality.

### CRAB APPLE TREES

So often the tree of our childhoods; as kids we contemplated whether to eat the apples that dropped from the tree. In garden terms, these small and perfectly formed beauties can be used to shield street-side windows from prying passers-by.

They won't grow to any extreme height, and flower attractively too.

### BONSAI TREES

Of course, if space is really at a premium but you still crave the lure of a plant that has the rigidity of bark and the personality of a tree, bonsai are the way forward. While we mainly associate them as being very small, bonsai can grow well above head height.



Photo credit: gardenershq.com

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## ANY GIVEN SUNDAE

Home-made sauces and ideas for superb summer treats



Let's be honest, we're all going to be spending a bit more time than we've been used to in the kitchen this summer.

While recreating that true summer vibe somewhere exotic may appear a pipe dream as things stand, that doesn't mean our limited outside space can't host a daring and dazzling array of summer treats, so here are some sauce ideas to get you going:

### NUTELLA NICETIES

Perhaps the simplest sauce of them all – just melt three tablespoons of Nutella in a pan, adding a bit of water to keep the mixture moving.

When your sauce is smooth, runny and hot, add nuts, hundreds and thousands or any other textured topping and serve with ice cream or over some sliced banana pieces.



### RASPBERRY SALTED CARAMEL SAUCE

This one takes a bit more effort but is well worth it. Take a cup of water and ½ cup of sugar and mix in a heated pan until it boils and the sugar turns brown.

Then add ½ cup of cream and the same quantity of raspberry purée, having first strained it to remove the seeds. Whisk, add 3 tbsp of butter, remove from the heat and add ¾ tsp of sea salt.

Use immediately for a thin sauce or refrigerate overnight for a thicker topping that's a belter on chocolate brownies.



### COFFEE SALTED CARAMEL SAUCE

For a more adult twist, adjust the ingredients to create the perfect coffee sauce that's great on cakes, cookies, muffins and more. This time it's one cup of sugar, ½ cup of water (and a further ¼ cup to make your coffee), then ¾ cup of cream. Butter increases to 5 tbsp but sea salt reduces to just ¼ tsp.

Make in much the same way, adding the ¼ cup of coffee where you'd previously introduced the raspberries, with 1/4 tsp of vanilla extract which is the final touch to set the whole thing off in a smoky, dreamy, saucy complexion.



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Family Coffee Business Launches Online Shop



The idea of opening an online coffee shop has been simmering away for several years now for Trevor, Jo and Matt Collins, the family who run Anglia Coffee Solutions.

Having established themselves as one of the leading suppliers of coffee machines for offices, shops and cafes, as well as supplying them with fresh beans, they always held an interest in the domestic market.

When the lockdown came into force, those plans needed to be brought forward.

Orders from the commercial and hospitality sectors were diminished almost overnight, meaning diversification was going to be key to their survival.

And they did just that.

Having always made their beautiful Dolchenza Italian coffee available to order over the phone, they expanded upon this to make ordering even easier.

The new website is live at <https://trackeat.co.uk/restaurant/anglia-coffee-solutions-bury-st-edmunds/>

"A lot of people started isolating or shielding," Trevor said. "Going to the shop to top up their coffee supplies was never going to be an option. We felt we needed to bring it to them."

Support for local businesses has grown significantly since lockdown started, which is something Anglia Coffee Solutions are grateful for.

Trevor and his family founded ACS back in 2013 and have seen their brand go from strength to strength, built on excellent service and quality coffee.

Matt explained that it's a genuine personal passion for good coffee, as well as speaking with individuals, that motivates them to grow the business.

"In simple terms, we love what we do," he explained. "Being a family run business means we have a real personal connection with our customers."

"By building up great working relationships we can tailor people's needs to what suits them best, meaning we get a real understanding of what it requires to make coffee work for our customers."

• To order your coffee, either follow the link, scan the code or call **01284 754898**.



Scan Code To Order



# BLUE SALT RE-OPENS

Exciting new wood grill restaurant back serving takeaways after pandemic closure

When it opened its doors in February, Blue Salt received rave reviews, not just in Woodbridge, but throughout Suffolk.

With the opportunity to sample the "World's Most Luxurious Cut of Meat", Wagyu Beef, as well as the food being prepared with the unique Persian blue salt that gives the restaurant its name, it was a crowd pleaser.

And then the pandemic hit. No sooner had this exciting new business opened its doors, it found itself having to shut them again, as the hospitality sector took the biggest hit its ever faced.

It was a big blow to director Feyzan Akbulut, who had put his heart and soul into launching the restaurant.

But now the doors are open once again, with a takeaway service available.

A full menu is on offer, with favourites including the headline grabbing Wagyu beef at a fraction of the price you'd pay in London.

Other delicious dishes such as the Jacob's Ladder slow cooked ribs, beef and chicken burgers, and barbecue ribs can also be tried.

All the meals can be substituted for a vegetarian, vegan or gluten-free alternative.

Blue Salt have teamed up with VISION Woodbridge to offer 10% off for takeaway orders, so simply present the voucher below when collecting.

Now is the time to support our local businesses as they gradually re-open their doors.



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# The Freshest Fish - Straight To Your Door

The recent lockdown has prompted a surge in shoppers having their groceries delivered to their home, with supermarket chain, Morrison's reporting their online sales had as much as doubled.

On a local level, there has been a rise in the number of smaller independent businesses offering a delivery service themselves.

Jonathan Simper, who operates a fishing and farming business just outside Woodbridge, says there has been a noticeable increase.

"With a lot more people staying at home, there has been a demand for more deliveries, for sure," he said.

"People have shown willingness to support local businesses, and it has show us that this could very much be the future."

The family-run business, Simpers of Ramsholt, has been running for over 70 years, supplying fish to many of the top local restaurants.

Originally it was set up by Robert Simper, before being taken over by his son Jonathan. Now grandson Harry is a big part of the business.

Jonathan added: "Harry is very passionate about good quality fish and won Young Fisherman of the Year for his dedication to the industry.

"He's continued as one of the youngest skippers along the coast."

All the fish is brought ashore using the company's two trawler boats, the Diana May and the Silver Harvest.

Regular catches include Dover Sole, Skate and Seabass, as well as occasional offerings of squid, spider crab and cuttlefish.

These are all sold throughout East Suffolk, with the popular "Catch of the Day Box" costing £25.

These generally include at least 10 portions of fish, weighing in at over 2kg, ready to eat or freeze for a later date.

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Fancy burning off some self-isolation boredom by popping to the local gym? Your luck's out. COVID-19 has ensured our time posturing and perspiring in the company of others is postponed indefinitely, but that doesn't mean you can't still get in shape.

**RUNNING:** It's the go-to exercise that we all come back to in the end – it's free, requires no expensive equipment, is endless in its range, and the more you do it the easier it gets. From pavement plodders to sparky park speed merchants, is the simple 'run' the best exercise option of them all?

**FRONT ROOM WORKOUT:** Joe Wicks may have cornered the market with his lithe lounge routines, but right back to Rosemary Conley on TV-am we were stretching, straining and sweating to workouts in the confines of our front rooms. There's never been a better time to take up the challenge.

**TOUR DE UK:** The bike succeeds where so many other forms of exercise fail by allowing its rider the rare pleasure of easing off the gas when things get tough. A venture out on your bicycle is not only pleasurable, but will also give your limbs a deserved rest whenever you can locate a downhill section.

**THE WEIGHT IS OVER:** Free weights at home can quickly boost muscle mass, and in the comfort of your bedroom, kitchen or garden, you can ensure absolute privacy where no unsuspecting audience will witness eye-popping strains akin to an episode of *World's Strongest Man*.

**YES TO YOGA:** If you feel your exercise regime is more of the mind than the body, start with a simple yoga or Pilates tutorial. You can ease yourself into positions you never previously thought achievable, while politely backing out at difficult moments or when you decide it's 'Pimms O'Clock'.





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# STAYING FIT & HEALTHY AT HOME

HEALTH & FITNESS

Looking after yourself has never been more important, yet, sadly, it has never been more difficult. Fortunately, there are several ways that you can ensure you stay fighting fit and healthy at home.

#### EMBRACE #HOMEWORCKOUTS

Missing your motivational gym classes? Fear not, social media is awash with free workouts that you can carry out from the comfort of your own home. Whether you fancy some stress-busting yoga or something a bit more hardcore, such as Peloton indoor cycling classes, there truly is a training session for everyone.

#### STEP UP YOUR CLEANING REGIME

Doing housework burns a lot more calories than you might think. Half an hour cleaning your windows? 150 calories. Digging up some weeds? Up to 200 calories per 30-minute session. Simply pop on some of your favourite tunes and get to work. The more effort you put in, the better the results.

#### FOCUS ON FEEL-GOOD FOODS

Nutrition is just as important as your activity levels if you want to stay fit and healthy at home. Try to incorporate foods that are rich in minerals like iron, zinc and selenium which will release 'happy hormones' and make you feel physically and mentally strong.

#### DO NOT BECOME TOO SEDENTARY

Understandably, most of us will be spending more time sitting rather than moving at the moment, but long periods of inactivity can have long-lasting effects on your body. Combat this by alternating periods of sitting with standing if you are working from home, running up and down the stairs a few times every hour and taking full advantage of your allowed outdoor exercise time each day.

#### OTHER FUN WAYS TO KEEP FIT IN YOUR HOME INCLUDE:

- ✎ Dancing
- ✎ Playing with your dog
- ✎ Skipping
- ✎ Playing games such as It and hide and seek with your kids



## Heavenly HOME-MADE HAND CREAM

Ensure your hands are silky smooth, no matter how many times you wash or sanitise them, with this simple and nourishing DIY, non-greasy hand cream recipe.

### YOU WILL NEED:

- > 3oz shea butter – although both avocado and mango butter are good alternatives
- > 1 tbsp sunflower oil – organic if possible
- > 10 drops of essential oils – we love eucalyptus and lemongrass, but you can use whatever you have in the cupboard

### HOW TO MAKE:

- > Add the shea butter and sunflower oil to a small pan
- > Gently heat until melted
- > Pour into a non-reactive bowl
- > Stir in your preferred essential oils
- > Place in fridge for 30 minutes to harden
- > Whip mixture with a hand mixer for 30 seconds until cream is fluffy and doubled in size
- > Do not overwhip as the mixture will turn stiff
- > Transfer cream into a sterilised jar

- > Use whenever your hands feel dry or in need of a moisture boost
- > Also use on rough patches of skin on your feet, knees and elbows

### WHAT MAKES THIS HOME-MADE HAND CREAM SO EFFECTIVE?

Shea butter is the nirvana of skincare ingredients, having the ability not only to nourish your skin but also to heal it as it contains vitamins A and E. Plus, unlike coconut-oil-based moisturisers, shea butter will not leave your hands feeling greasy, just super smooth.

Sunflower oil is known for its calming effects on the skin, making it ideal for hands that are feeling sore and irritated from frequent sanitising.

Depending on what essential oils you choose to include, you can expect to experience a whole host of benefits. We recommend lemongrass for its ability to relieve stress and combat insomnia, and eucalyptus which can help heal sores, cuts and any other abrasions owing to its germicidal qualities.

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## GETTING A GRIP ON OUR CONTACTLESS SPENDING

**W**e are a society increasingly surging towards apparent glorious cashlessness – and an increase in the allowed spending limit to £45 per transaction was greeted by a record number of card payments in April.

Of course, the government's drive to limit the possible spread of coronavirus germs via the exchange of physical cash has been a defining factor in the latest spike, continuing an upward trend of contactless payments that was already up 16 per cent year on year. And yet, even before the pandemic, the ease with which we got used to the purchase of goods and services with a simple tap on a card reader means we are edging ever closer to a time when, in some situations, cash may become totally redundant.

Contactless payments offer a raft of benefits with very few downsides. There's

the time-saving element – an average of seven seconds are saved per transaction versus chip 'n' pin, and 15 seconds on cash, according to research by Barclaycard. Then there's the removal of the need to carry heavy, dirty coins, or to head to the cashpoint to withdraw notes.

There's also the convenience of having a digital record of all transactions, and even the option to pay using a phone or watch.

And yet, while the drive towards convenience suits most of us, it does not apply to everyone – there are still 1.3million people in the UK who do not have a bank account. Consumer groups have also noted the dangers of people idly 'tapping' away without any real thought about the money they are spending. And while fraud accounts for only 2.5p in every £100, the ease with which someone can spend on a stolen card is considerable.

What's certain is that as much as the powers that be may want to encourage our spending habits towards a certain way, as with most things, it is the consumers who will decide.



## Coronavirus and your retirement income...

**S**tock market volatility can be unsettling for investors of all ages, however much they have invested and whatever their objectives may be.

However, the market fluctuations triggered by the coronavirus outbreak and its impact on the global economy have particular implications for investors taking income from their retirement pots.

There are two related concepts – or risks – at work in retirement investing.

The first is 'pound-cost averaging'. This is the result of buying smaller amount of stocks at different times, perhaps regularly, when building your pension pot; rather than risking making a big investment only to find the market falls.

But when you're withdrawing retirement income in a declining market you have to cash in more of your pot to maintain the same level of income as before. This is known as 'pound-cost ravaging'.

The other is "sequencing risk". This is the risk that a market downturn will happen at a bad time in your drawdown cycle. In a period of prolonged volatility, you may end up taking an unsustainably high amount of cash out of a pot that's dwindling.

When this downturn coincides with the beginning of your retirement, it's when you're most vulnerable because you are no longer working and you have all your retirement years yet to fund.

The good news, however, is there are several ways to help minimise the impacts of these risks.

They include having a cash fund to draw down from in times of volatility, so that equity investments are allowed to fluctuate and weather the storm. While this provides stability, any money held in cash will lose its value in real terms due to inflation.

Another option is to take only 'natural income' – such as dividends – rather than drawing from capital. This will mean what you have to spend is variable and will be less when markets are depressed.

You need to be flexible and have several income strategies. The art of managing downturns in retirement is knowing exactly what to do and when – that's where financial advisers earn their stripes.

If you're worried about the effects of market volatility on your retirement income, or you want to understand more about making withdrawals during this period of uncertainty, just ask a financial adviser.

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# zooming INTO FOCUS

## WHY THE VIDEO-CONFERENCING TOOL IS 2020'S BIG SUCCESS STORY

When it became clear the COVID-19 pandemic's presence was going to have a profound effect on society, speculating traders quickly went on the lookout for an investment stock that would pay big... after all, as the saying goes, there is money to be made out of a crisis.

Any who included video-conferencing tool Zoom in their portfolio may now be laughing all the way to the bank – or at least they will be when the banks reopen – after the Silicon Valley-based corporation announced triple-digit growth over the past three months.

Zoom is, of course, the perfect method for homebound people – and at the last count that's the vast majority of the population – to stay in touch with friends, family and work colleagues. It's not unique – rivals include WebEx,

BlueJeans, TeamViewer, Microsoft Teams and even Google Classroom – but what Zoom has thrown behind its product in a way rivals haven't are innovation, simplicity of function and a serious amount of reinvestment.

It's all led to first-time installations increasing five-fold in March, and an increase in the stock price of well over 100 per cent.

In reality, though, Zoom and the other video-conferencing tools cannot rest on their laurels. They may well be making hay while the sun shines given the restrictions placed on our physical interactions, but when these regulations are lifted, the danger for these firms is that the public will forget the software just as quickly as they downloaded it, and return to past habits.

The only way the tech boffins can prevent what will be an inevitable crash in user numbers is if their accompanying marketing team can convince us to change our habits long term, where speaking over an internet connection is preferred to face-to-face meetings.

In the new world, post-COVID, anything is possible.



# Tranquil **Riverside** Living In Beautiful Waldringfield

We take a closer look at what it's like to live in one of the most attractive villages near Woodbridge.

Just a few miles down the Deben, lies the beautiful riverside village of Waldringfield. Blessed with a popular pub, sailing club and only a short drive from the centre of Woodbridge, it offers the best of country living combined with access to all the amenities anyone would require.

And now a stunning property has just come to market in the village, set in over a quarter acre of land.

With undulating farmland to the rear and potentially far reaching views towards the River Deben to the front, it is a most attractive detached bungalow.

Screened from the lane by magnificent pine trees, there is a feeling of complete privacy and seclusion.

Built in the 1950's, and having been subject to sympathetic extension and improvement, the accommodation benefits from an abundance of natural light throughout, and garden views.

Sitting centrally in a large plot of land, the mature, well established gardens contribute to the relaxing riverside lifestyle, combined with enormous further potential for restyling or development, if so desired.

With a pleasing flow, the well planned accommodation comprises a storm porch, entrance hallway, twin aspect sitting room, lounge/dining room, sunroom, traditional kitchen with pantry, utility room, conservatory/garden room,



guest cloak room, generous master bedroom with direct garden access, two further bedrooms and stylish shower room.

To the exterior there are areas of designed interest in the garden, with various seating areas, a large patio terrace, all of which are well screened by mature hedging, trees and specimen plants. There is a single garage, with an abundance of parking if required.

The property, which is currently listed with G&K Estates, is available for a very reasonable £545,000 – but with potential to be so much more given the large garden and sought-after location.

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

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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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## PENALTY CHARGE VS PARKING CHARGE – WHEN TO PAY AND WHEN TO PLAY

The scourge of the modern motor car is arguably not the cost of petrol, the maintenance or insurance premiums – it's the fact that once we've paid out for all of those elements that keep it on the road, there's actually nowhere to park the damn thing.

But millions of motorists are paying excessive, unfair and exploitative parking charges in the belief that they have committed an offence, when in reality all that's happening is they're being presented with an invoice. Welcome to the vagaries of a penalty charge versus a parking charge.

A penalty charge is a ticket issued by your local authority – usually the police or the council. Chances are you've committed a genuine offence, such as overstaying parking or showing an invalid permit. In these instances you're banged to rights and, while appealing is a decent option in asking for leniency, in most cases the penalty stands.

A parking charge, on the other hand, is something issued by an independent parking operator – perhaps you've parked in a private car park, in a space adjoining a building, or even in a leisure park. This issuer actually has no authority to issue a ticket – all you're being given is an invitation to pay what amounts to an invoice.

Sure, it's an invoice that looks very much like a penalty charge, and intentionally so; and the wording will have you believe dire consequences will follow if you fail to pay.

The reality is that virtually no cases ever get to court, and these unscrupulous businesses profit only from those who respond. So the next time you get a parking charge, search for the issuer online and check carefully exactly what it is you have in front of you. Motorists are now getting smart to filing these charges where they belong – in the bin – and saving millions in the process.

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## TOKYO 2021 THE NEW SPORTS



SPORT

### 5. CLIMBING

In the final instalment showcasing sports set to debut or return at the now postponed Tokyo Olympics, we take a look at climbing.

Climbing's debut in Tokyo reflects our growing love for strength-based pursuits that also require precision, strategy and focus.

That the sport has, over the past two decades, accelerated itself from the most basic of human endeavours to a physical challenge enjoyed both outdoors and indoors by participants of all ages, is testament to the number of activity centres that now provide walls to scale. Many have felt it was only a matter of time before the IOC opened its doors.

A dynamic challenge, the Olympic format will be split into three disciplines – Speed, Bouldering and Lead.

In Speed, it's a straight two-competitor race to the top of a 15-metre wall, in a set-up that is expected to excite spectators most, and, for a certain generation, will undoubtedly offer echoes of an ITV *Gladiators* finale.

In Bouldering, it's a more challenging 4.5-metre wall, while in Lead, it's a case of

getting as high as possible in a set time.

Every competitor will take on all three formats, with the best overall performer being crowned Olympic champion.

As ever, the vertical walls offer handholds and footholds, as well as shapes, sizes, positive sections (slabs) and those with negative aspects (steeps or overhangs), meaning competitors will need to be at their best from the off.

Safety ropes are allowed, though the best competitors will try to limit any lost time and will be harnessing flexibility, skill and no small amount of mental decisiveness in tackling a new Olympic sport expected to thrill at every grab.

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# PUZZLES & TRIVIA

## PUZZLES

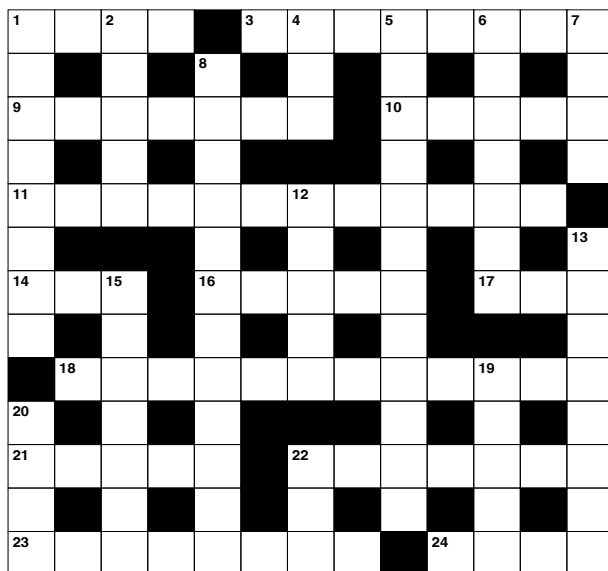
Answers can be found on the Contents Page 4

### ACROSS

1. Pretty (4)
3. Battered (8)
9. Act of turning up (7)
10. Arboreal primate (5)
11. Directions (12)
14. Silent (3)
16. Scale representation (5)
17. Be unwell (3)
18. Vehemently (12)
21. Female relatives (5)
22. Circular hall (7)
23. Comes into flower (8)
24. Type of wood (4)

### DOWN

1. Personal magnetism (8)
2. Conditions (5)
4. Entirely (3)
5. A large number (12)
6. European country (7)
7. Mend with rows of stitches (4)
8. Excessive stress (12)
12. Military trainee (5)
13. Reproduce recorded sound (4,4)



15. Keepsake; reminder (7)
20. Young sheep (4)
19. Spear (5)
22. Strong spirit (3)

## DID YOU KNOW?

- ▶ When cranberries are ripe, they will bounce like rubber balls
- ▶ Pound cake got its name from the ingredients – you typically use a pound of flour, butter, sugar and eggs
- ▶ Fruits such as apples, pears and apricots are all part of the rose family
- ▶ Apples can float because they are made up of around 25 per cent air
- ▶ The word potato came from Spanish patata
- ▶ Bananas grow in large hanging bunches
- ▶ Grapes explode when you put them in the microwave
- ▶ A strawberry has an average of about 200 seeds and a pomegranate can contain up to 1,000 seeds

## SUDOKU

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



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

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