



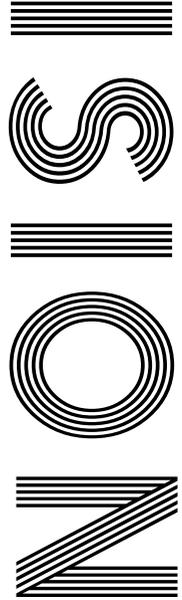
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A guide to
ROOT VEGETABLES

Has political correctness
GONE TOO FAR?

Robert
PATTINSON

From teenage heart-throb to The Batman action hero



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Editor's notes...



William Taylor, Editor

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

In late September I took a walk through the aisles of Home Bargains looking for a new packet of face masks. You know, the

big 50 packs with ear straps that keep snapping? ThankFully, Clare Perkins of Silk Rose has now sorted me out with a handmade reusable one. See their advert on page 52 to find out how to get your own.

Anyway, as I perambulated, I couldn't help but notice the seasonal aisle that had popped up.

In any other year, I'm sure you'd have heard an audible sigh of, "Oh dear, surely not already?"

Yet, this year, it brought a smile to my face.

For, this year of all years, I think we all deserve more than just a touch of Christmas spirit.

Something else that might bring a smile to your face is the wonderful opportunity to win your very own classic car this month.

We've partnered with Bridge Classic Cars to offer you the chance to win your very own, with competition tickets available at a discounted price exclusively to **VISION** readers. Head to page 72 for more on this.

We also have some fantastic tips for anyone who might fancy a trip to the Isle of Wight next year on page 44, along with all your usual local news, local businesses and Fabulous lifestyle content.

Have a great month.

Will



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ACROSS: 1. DRINKERS, 5. SNIP, 8. PATIO, 9. MERITED, 10. NOTIONS, 12. SKEWERS, 14. NARWHAL, 16. CONVENE, 18. MORDANT, 19. PUPAE, 20. NOSY, 21. MEANING
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HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

He is a revered icon from a bygone era, where the forces of continents went head-to-head in battle.

In October 1805 no force was greater than the British, though a fearful fleet of French and Spanish combined enemies, spotted off Cape Trafalgar, between Cádiz and the Strait of Gibraltar, threatened that reputation.

Led by Napoleon Bonaparte, the French had already exerted their authority on the European mainland, and further moves to creep north came in the form of 33 battleships.

Nelson was outnumbered, but by dividing his 27 vessels he was able to position the fleet perfectly so that the enemy front could be sunk. And sunk it was – 19 enemy ships plummeted to the murky depths, with every one of Nelson's staying afloat.

Even before the Battle of Trafalgar, Admiral Lord Nelson had long been regarded a great leader of men and an expert tactician. He had bravery and fortitude and was shown to shoulder the burden of battle himself. Indeed, as the British forces sprang into life to repel the threat, in a famous battle cry he stepped to the edge of his ship, *Victory*, and declared, "England expects that every man will do his duty," and they did.

It is imagined that simply looking at Nelson would have summoned in any seafarer the will to battle for the preservation of the nation. At 47 years old, he had already lost the sight in his right eye at the Siege of Calvi, in 1793, in which his fleet captured Corsica. Then, four years later, doctors were unable to save his right arm after he came under attack at the failed Battle of Santa Cruz de Tenerife.

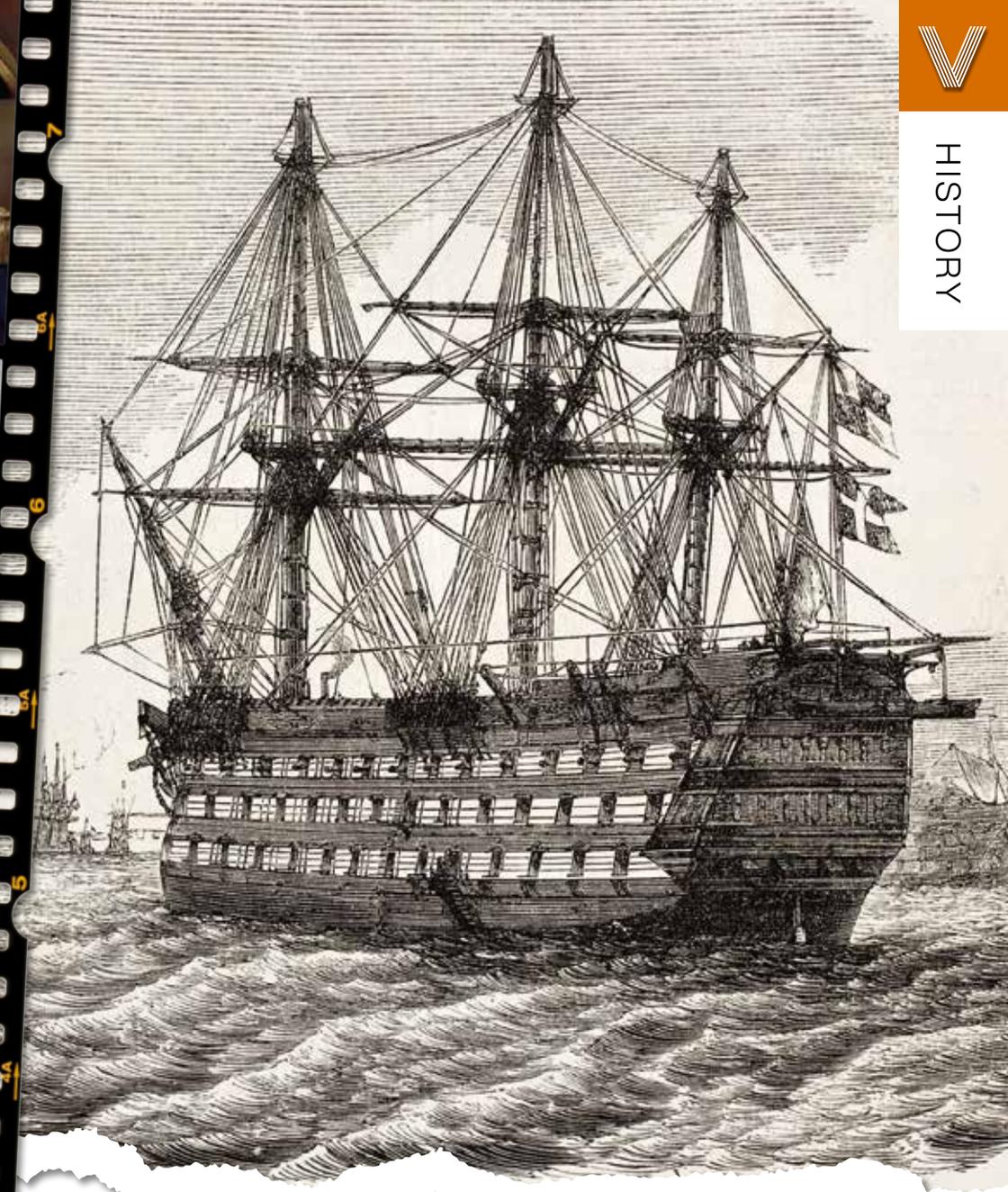
And yet, duty continued. Hardened and seemingly unfeared of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he led the ultimate sacrifice – his own life.

The Battle of Trafalgar lasted only for a further 30 minutes, though its imminent conclusion was reported to Nelson as he lay on his deathbed. The Admiral, holding on to the last few embers of life, uttered the immortal words, "Now I am satisfied. Thank God I have done my duty."

So great was the shock at the loss of such an imperious leader that, in the time that passed, many have come to consider Nelson's death as the central point of the Battle of Trafalgar. While 1,500 of his British allies also lost their lives, his passing is always ubiquitous with the battle and the greater Napoleonic wars which it symbolises.

In reality, Nelson's sacrifice enabled the British to fend off the combined forces of the French and Spanish, preserving our reputation as the best and most powerful seafaring force in the world for the next 100 years, while, of course, ensuring Napoleon steered clear of the British mainland.

Nelson had a glorious funeral procession at St Paul's Cathedral in London, with Nelson's Column erected in his memory in the newly named Trafalgar Square. In 2020, Trafalgar Day, October 21, sees his historical efforts live on very much in the present.



Nelson's LAST BATTLE

AGENDA NEUTRAL

~~man~~kind **humankind**

~~chair~~man **chair**

~~congress~~man **legislator**

~~business~~man **representative**

~~police~~man **police officer**

~~land~~lord **owner**

~~boy~~friend/~~girl~~friend **partner**

~~sales~~man **salesperson**

~~man~~power **workforce**

~~maiden~~ name **family name**

~~fire~~man **firefighter**

~~husband~~/~~wife~~ **spouse**

TAKING A TOKE OF 'WOKE' AND WHY POLITICAL CORRECTNESS MAY HAVE GONE TOO FAR... AGAIN

It's common knowledge in life that when making efforts to please everyone, it becomes very easy to, in actual fact, please no one; and it seems the United Nations' (UN) efforts to broach gender neutrality, social differentiation and race relations have done just that.

When, in the middle of May, the UN released a set of guidelines designed to help people address others in modern, all-encompassing ways that wouldn't offend, it seems they succeed only in... offending people.

As examples, their recommendation was to hide away the supposed evils of capitalism and sexism by referring to businessmen as representatives. Mankind, meanwhile, should be termed humankind, while the cult of the evil of 'maiden names' was to be extinguished by labelling them 'family names'.

For all the good intentions of those who oversee peaceful and respectful action in our society, critics believe these sorts of moves tend to pander mostly to the whims of the minority. What's more, in forcing people to divert away from sensible, rational, everyday terms, the result is the creation of a splintering of and bitterness between groups – something that wasn't present in the first place.

The US Twitter storm around apparent offence at the term 'female' – the inference being it should be 'woman' or 'girl', because 'female' is apparently used in a derogatory fashion – blew itself out a few days later when the very same 'woke' authorities suggested 'woman' was no longer appropriate owing to the inference it categorised the fairer sex as the 'woe of man'.

Clearly, we have gone too far. The hope is that Twitter, the virus that has caused this political correctness storm, is also the antidote, because there is a concerted uprising of those who just want to get on with their daily lives without constantly checking over their shoulders... But for goodness sake, don't tell the UN.

Written by James Evans



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: James Parkinson Facebook

James puts his best foot forward for Air Ambulance

A man from Woodbridge went on a 50-mile charity walk last month in aid of the East Anglian Air Ambulance (EAAA).

James Parkinson, who is a keen cyclist, was forced to spend 12 weeks off his bike after a major crash earlier this year. While he was recovering, he started walking, exploring the network of footpaths out of Woodbridge.

In late summer, he half-jokingly discussed walking from Woodbridge to Norwich with a close friend.

He said: "After that first conversation, the more I started thinking about it, the more seriously I took it and it grew into a serious plan. Having spent time pondering over maps, I started piecing together a route. Initially I was going to walk it just to challenge myself, but decided I wanted to use it as an opportunity

to raise funds for the East Anglian Air Ambulance."

James said he chose to raise money for EAAA because he enjoys exploring rural back lanes, bridleways and byways. He said if accidents happen in these locations, vehicular access is limited or not possible.

He said: "Additionally, coming from a farming family, I occasionally hear about agricultural accidents. These sometimes happen in inaccessible locations, and having access to East Anglian Air Ambulance could make all the difference."

Complete with kit, James managed to raise £3,210 for EAAA and said he was incredibly grateful for all the support and donations received.

You can still show your support and donate. Visit eaaa.org.uk/sponsor-our-kit

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School celebrates launch of new Astro Pitch

Hockey players at Woodbridge School can now benefit from a state-of-the-art, all-weather Astro Pitch which was unveiled last month.

The school celebrated with a ceremony attended by Shona Norman, headteacher, Clive Schlee, chair of governors, and the school's head of hockey, Mariette Rix, South African field hockey player and double Olympian in 2008 and 2012.

Senior pupils took to the new Astro for the very first time and were joined by Miss Norman, who opened the pitch officially by passing the first ball.

Miss Norman said: "We consider it essential to provide first-class sporting facilities and opportunities

for our pupils and the local community, too."

Rix, head of hockey at the school, said: "Anticipation built over the last few days, as pupils could see the work quickly reaching an end; excitement grew to get to use the new surface for the first time... and it lived up to what we hoped it would be.

"It was a special moment for senior pupils to be the first out on the pitch and to enjoy playing so much. Smiles, speed, skills and lots of tricks were to be seen everywhere. We are lucky with the young people we get to work with every day, and yesterday they showed me again why we are so proud of them all."

The pitch will also be available for private hire.



Photo credit: Paul Leach

Tough start for Woodpeckers

Woodbridge Town FC started the season with three tough away games.

They narrowly lost all, with scores of 1-2 at Kirkley & Pakefield, 1-2 to Norwich United and 3-4 at Haverhill Rovers.

Upcoming home fixtures include:

- > October 17 vs Thetford
- > October 24 vs Kirkley & Pakefield

> November 4 vs Whitton
Supporters are reminded, as the COVID-19 situation develops, to please check the club website and social media pages for any updates.

Tickets are available to purchase in advance via the website to avoid queuing at the cash turnstile and to guarantee entry as capacity is limited owing to COVID-19 restrictions.



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Popular restaurant to remain closed



A popular restaurant in Woodbridge, which was due to reopen this month, is to remain closed.

Staff from Prezzo on Church Street shared their disappointment with customers last month on Facebook.

A post on the Woodbridge Community Group read: "We're really sorry but we have decided to postpone re-opening our Prezzo due to the unknown effects of the new government regulations, which will mean we will no longer proceed with the opening that we had hoped in October.

"Obviously, we are disappointed, and I cannot give you a future opening date at present. Thank you for your patience, thank you for your understanding and your support."

Man facing drugs charges after police raids

A man from Woodbridge has been charged with conspiracy to supply class A drugs after police raids in seven locations, including Melton, last month.

Police raided separate addresses in Essex, five premises in Ipswich and one in Melton on Wednesday, September 16.

Four men were arrested on suspicion of conspiracy to supply class A and B drugs and money laundering. A 29-year-old woman was also arrested at the Melton address on suspicion of possession with intent to supply. She was taken to Martlesham Police Investigation Centre and subsequently released under investigation.

The other four males were taken to Martlesham Police Investigation Centre for questioning. Marley Bagley, 24, of Beadon Way in Woodbridge and the three other men were all charged with conspiracy to supply class A drugs from July 10, 2019, to September 16, 2020.

Bagley and two others were also charged with conspiracy to supply class B drugs from July 10, 2019, to September 16, 2020. All four appeared before Ipswich Magistrates' Court on September 18 and were remanded to appear before Ipswich Crown Court on October 16 for a second hearing.

Officers seized a number of items including three vehicles – a Range Rover, Audi and Mercedes – around £65,000 in cash, a quantity of suspected class A drugs and a large amount of cannabis.

Artists set to brighten up autumn

Art lovers in Woodbridge and beyond are being invited to Woodbridge Art Club's autumn exhibition at its clubhouse on the Woodbridge river front near the Tide Mill.

Those who prefer to view at home can log into the art club's website at woodbridgeartclub.org.uk

The exhibition is open from 10.30am until 3.30pm on Saturdays and Sundays from October 17 until November 1 and includes paintings, art photography, pottery and lacework. COVID-19 security measures are in place and the club accepts payment by card.

The online exhibition will feature the same artworks and the opportunity to arrange purchase of them.

You can find updates on the exhibition, club news and lots of pictures on the Woodbridge Art Club's website as well as its Facebook page.





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New antique shop set to make past the present



The owner of a new antiques shop coming to Woodbridge later this year says she hopes the shop opening will bring some positivity to the town. Teresa Potts will be opening Theatre Street Antiques in the British Red Cross building after she was granted planning permission in August.

She and her husband Jamie have already been trading online for a number of years and Teresa said she can't wait to open for business.

She explained: "Antiques are booming at the moment as people want to reuse and recycle. Hopefully people will view the shop opening as uplifting – it's not all doom and gloom out there. People are more cautious and don't necessarily want to go to major retailers at the moment.

"The older stuff is better quality and people want to buy something like it. They don't make it like they used to any more. We've had a lot of positivity from other local businesses. We're a stone's throw from the town centre so if we can bring some extra footfall, that's all well and good. My husband's a fisherman and we have three small children, so this is a real labour of love for us."

For more information, go to @pottsvintagetraders on Instagram.

The letter read: "The relatively small number of children who have been in direct prolonged contact with the confirmed case will have received an individual letter and phone call and will be staying at home for 14 days."

As a response to the case, the school introduced general use of face coverings for staff and students in communal areas, including school corridors and breakout areas.



Photo credit: Charmaine Berry



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Teen to stand trial in the New Year

A teenager from the Woodbridge area who was charged with attempted murder after a 15-year-old boy was shot on his way to school in Kesgrave last month will stand trial in January.

The boy, 15, was arrested by armed police in Ipswich on September 7, just hours after the shooting. He was also charged with possession of a firearm with intent to endanger life and possession of a firearm with intent to cause injury.

The teen has already appeared in court and is next due to appear on December 7.

Meanwhile, the victim, who was shot in the head, has regained consciousness in hospital.

He remains in intensive care at Addenbrooke's Hospital.

COVID-19 case confirmed at local school

A "relatively small" number of students at Farlingaye High School in Woodbridge were told to stay at home for 14 days last month after a confirmed case of COVID-19.

Headteacher Andrew Sievewright sent a letter to parents in late September offering an update. Staff are monitoring the situation and working closely with Public Health England.





News from

Councillor Caroline Page

The County Councillor for Woodbridge

Walking a daily route around Kyson Point really highlights the changing seasons. Here I watched the bare branches grow green, spring arrive step by step – and now autumn is well advanced, the leaves falling. We locked down just before the spring equinox with the days getting ever longer. We're now well past the autumnal equinox, the days are getting shorter and soon British Summer Time will be over.

I've already seen the martins swooping and twittering, gathering to go back to their winter home. I was so excited when I saw them in April – and it seems so recently. Yet most martins live less than five years. A whole summer, two broods of chicks, must seem an enormous time to them. And how much longer one summer must seem to a butterfly. There have been so many in this extraordinary year: peacocks, painted ladies, commas, ringlets... Yet some butterflies have life spans of days, this summer their lifetime. Lucky to

have a nice one, if there's only one.

However, some things live so much longer than we do. When they have no leaves you really notice the size of tree trunks, and soon, leafless, they will come into their own again. In March, before the nesting birds beguiled me, I'd take a string to measure and age particularly big ones. It really made me think. Trees that were saplings at the time of Trafalgar or Charles I's execution or when Shakespeare was a lad.

Looking down over Martlesham Creek is a lone gnarled oak which thrust from its acorn when Richard III fell off his horse. It's 550 years old – and still alive. Imagine the people who have passed beneath it, their thoughts and actions, domestic, political, philosophical, plain dull. Those in doublets, those in smocks – and all like us.

Let's measure our lives by experience – enjoying each year as if it were our only one and learning from it as if we had 500 years to play with.

Bid backed for charging points

The CEO of a company that provides electric vehicle charging points for homes and workplaces has welcomed an investment of £300,000 in rural Suffolk.

Suffolk County Council announced last month that it will be installing 100 fast charging points across the county.

Linda Grave of EV Driver at the Deben Mills Business Centre built the first accessible pay as you go electric vehicle (EV) charging network in Suffolk and offers consultancy services.

She said: "It's great to see the government and local councils getting behind the EV revolution. We need more publicly accessible EV charging to go alongside home and workplace chargers, where 80 per cent of all charging will take place. It's imperative that we have the right charge units in the right places and they can be easily accessed by all.

"We need to educate and build confidence, so that drivers can switch to EVs safe in the knowledge that they can charge at all destinations. Suffolk is a great place to live and breathe and the switch to EVs will help us keep it that way."

There have already been expressions of interest for charging points from around 20 suitable sites.

For further information on Plug In Suffolk or to apply to join the network, visit www.greensuffolk.org/plug-in-suffolk



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News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

As I sit down to write this month's column, I hear the news that next year's Suffolk Show has been cancelled. This really does demonstrate how much our lives will still be affected by the COVID-19 crisis well into 2021 and possibly beyond. As chairman of the Woodbridge Regatta Association I will have to start thinking about whether next year's Regatta can go ahead as we all hoped, to be bigger and better, or should we start to plan for a scaled-down version, or not at all?

Woodbridge Town Council has made the decision to relocate this year's Remembrance Day from the Cenotaph on Market Hill to the Bandstand in Elmhurst Park, where hopefully we can remember all those who made the greatest sacrifice, without putting anyone else at risk.

We are now well into the budget-setting season at the council and are carefully considering all the work we are currently undertaking as well as new projects we would like to do to improve the town. As ever, there are some hard choices to make, but of course that's what we were elected to do. No doubt as the budget gets refined I will be able to say more about what decisions have been taken, but of course you can always join one of our finance meetings or full council meetings using Zoom to see the decision-making process in action.

And just a reminder that the work of Woodbridge Town Council's Emergency Response Group still continues; if you need help just call 01394 383599 or email emergency@woodbridge-suffolk.gov.uk

Alternative therapy comes to town

Scientifically proven to aid healing and boost performance, red light therapy is already being used by top athletes and the rich and famous, but now is affordable and available in Woodbridge.

From injury recovery to clinical depression, there are more than 4,000 published papers on the effects of light therapy. None of them has shown detrimental effects; most show remarkable benefits.

Thrive Light, based at the Woodbridge Complementary Health Centre, is the first centre in Suffolk to offer the revolutionary red light therapy.

Steve Peck is a coach, physiotherapist and owner of Mental Health and Training and is looking forward to welcoming clients.

He said: "It's been a goal of mine to make this therapy available to everyone rather than the few. I have seen the benefits a series of sessions under this specific red light can make, not only in terms of accelerated healing but also to relieve stress and improve mental health."

For more information or to book an appointment, visit thriveilight.co.uk

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LOCAL NEWS

Photo credit: Wendy Aiken Photography



HOME & DIY

BRUSH UP ON DIY



Be honest. When you purchase a paintbrush from your local supermarket or DIY store, do you actually have any idea how to choose the right one for your particular project?

Don't worry, you are not alone. Fortunately, we are here to show you how, plus how to care for your brushes so that they last for the duration.

CHOOSE THE RIGHT BRISTLE

Paintbrushes are available in two different bristle types: synthetic bristles, or natural bristles that are made from animal hair. If you are using paint that can be cleaned off with water, you should choose a brush with synthetic bristles. However, if you are using an oil-based paint or varnish, a natural bristle brush is better.

CHOOSE THE RIGHT SIZE

This may seem obvious, but if you are painting a small area such as a skirting board, then you should choose a smaller brush for more precise control. If you are painting a wall, you will most likely be using a brush for cutting in and should opt for a 2-3-inch brush; any bigger and you will struggle.

CHOOSE THE RIGHT SHAPE

If you look at paintbrushes closely, you will notice that the bristles are either cut at an angle or they have square ends. As a general rule, angled-tip brushes are best for painting trim or cutting in, and square ends are ideal for wider, flatter surfaces.

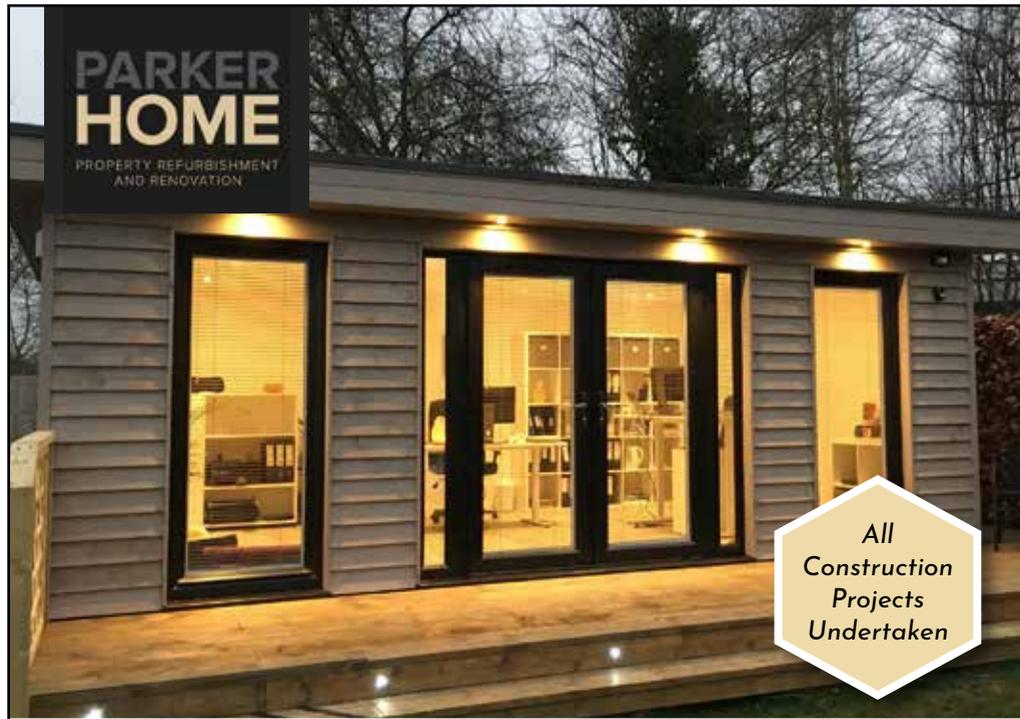
HOW TO CLEAN YOUR PAINTBRUSH

> WATER-BASED PAINT

Scrape off any excess paint | Wash the brush in soapy water | Rinse the bristles in clean, cold water | Wrap the brush in heavy paper and fasten loosely with string

> SOLVENT-BASED PAINT

Wipe the brush clean of excess paint or gloss | Swirl the brush in a jar of white spirit | Leave to soak for 2 hours or longer | Wipe the brush clean with newspaper



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HOME & DIY



Radiate SOPHISTICATION...

...with these *DIY* radiator covers



Undoubtedly, radiators serve a purpose in your home, but why do they have to be such unattractive space wasters? Thankfully, a well-placed radiator cover can work wonders for hiding your heater without withholding the warmth.

which can be simply stretched across the front of your radiator cover frame.
Top tip: Soak the cane in water first to make it softer and more malleable.

THE 'PERFECT PALLET' RADIATOR COVER
If you are looking for a raw style that will cost you virtually nothing, then this is the DIY radiator cover for you. The wide slats allow for maximum heat transmission, and you can choose to paint your pallet or simply leave it in all its rustic glory.
Top tip: Be sure to thoroughly remove any spills to avoid unpleasant smells when your radiator heats up.

THE 'SPACE-SAVING SEAT' RADIATOR COVER
If you are lacking seating options in your home, then this multipurpose radiator cover can help you. All you need are 15-20 vertical hardwood slats to create an L-shaped radiator cover that doubles up as a bench.
Top tip: Add a few pillows across the top for added comfort.

THE 'CLEVER CANE' RADIATOR COVER
Cane is the ideal material for building a radiator cover as it will effectively hide your radiator while at the same time allowing heat to easily pass through its fibres. You can find cane webbing in sheets or rolls, either of

THE 'IKEA SLAT BED BASE' RADIATOR COVER
You can purchase an IKEA slat bed base for as little as £20 and repurpose it to create a stylish and multifunctional radiator cover.
Top tip: Use the additional table surface as a pop-up bar and you'll never have to go to the pub again.
Photo credit: Lantiv via thespruce.com, rhythmofthehome.com, erikstenbaum.com, projectophile.hiles.wordpress.com



HOME & DIY

THE Grandmillennial GRAB



WHO SAID NOSTALGIA WAS DEAD? NOT THE MILLENNIALS, THAT'S FOR SURE

If there's one thing we should know by now about interior design, it's that nothing is ever off limits, and that certainly applies to the mixing of styles, trends and ideas.

Across styles such as Japandi and mid-century modern, interiors take the best from supposedly contrasting looks to produce colour and texture, while stimulating the mind.

Millennials have been unfairly labelled as adopting only modern, run-of-the-mill design, yet the grandmillennial look turns that concept on its head, with modern, contemporary elements enriched with chintz, crochery, ornate patterns and antique furniture you'd expect to see at your grandparents' house... hence the name.

The idea is that we take up-to-date walls, floors, furniture and fabrics and drop in elements that scream sentimentality, respect the tastes of our elders and take us back to times of simpler design.

To pull off this look, think about ornate lampshades, consider select pieces of antique furniture and even throw in a Toby Jug. Perhaps even lay out a doily or two, if you dare.

There are no rules, no exceptions, and only the power of your imagination can hold you back when it comes to pulling off the look.

Embrace worn-out upholstery, floral prints, draped covers and a splash of patterned wallpaper.

And try to tell a story in what you do – of people, places, eras and fashions. Heck, even pop in for a cup of tea with a local octogenarian in the hope of inspiration.

There is perhaps one warning, though – don't go overboard. The idea is to retain a modern feel while patterning your living space with a sensible number of well-selected additions. Go too far and your front room, bedroom or hallway may look like something out of a 1950s episode of *Coronation Street*, and nobody wants that.



Photo credit: livingetc.com

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GO GREEN

How to make your home more efficient and save on your monthly bills

Whether you are planning to take advantage of the Green Homes Grant Scheme announced in July or not, it can be a good idea to look into ways in which you can improve the energy efficiency of your home, both for the environment and for your bank balance.

What is the Green Homes Grant Scheme?
The aim of this scheme is to enable homeowners and landlords to upgrade their homes or properties with energy-saving features. You can apply online from September for vouchers worth up to two-thirds of the total cost, although those with low incomes will be eligible for 100 per cent funding.

Solid wall insulation
If your home was built before 1920, it might have solid walls, rather than cavity walls, which are highly unlikely to be insulated. You can choose to have either internal or external insulation completed, with the latter helping to warm colder rooms in your home and alleviate damp.

Savings per year = £225*
LED and CFL lights
Lighting accounts for roughly 15 per cent of an average household's electricity bill, so making the decision to install energy-efficient bulbs can save you a decent amount of money.
Savings per year = £100



Triple glazing
Most homes in the UK are now double glazed, but if you want to save even more money on your energy bills, you may want to consider investing in triple glazing, which has the added benefit of noise reduction.
Savings per year = £105*

Install a water meter
If you find your water bill creeps up every year, you may want to think about installing a water meter, as this will encourage all members of your family to reduce their water usage.
Savings per year = £55*

*based on an average semi-detached house

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How to spider-proof your home

Whether you suffer with arachnophobia or you simply don't like the thought of lots of hairy eight-legged creatures scuttling around your home, you should aim to both repel and remove spiders as humanely as possible.

Make a natural spider-repellent spray

There are several herbs and essential oils that are said to ward off spiders, including lavender, citrus and cinnamon. However, the aromas that spiders hate the most are eucalyptus, tea tree and peppermint. Fill a bottle with five drops of your preferred oil, add a shot of dish soap and top up with water. Spray around your windows, doors and any dark corners where spiders may be lurking.

release spiders from your home. A vacuum spider catcher is simple to use and traps any spiders safely in a long tube. Alternatively, you could try a window catcher, which is great for reaching spiders in tricky corners or on the ceiling.

Clean regularly

Spiders do not like to be disturbed, so the best way to encourage them to vacate the premises is to clean and tidy up as often as possible. Although they are not attracted to food, they are to dead insects, so remove these quickly, as well as any old spider webs or egg sacs.

Block any cracks

Spiders love to build their webs in any nooks and crannies that they can find in your home, so it's a good idea to block holes and cracks in your walls.

Myth: Conkers keep out spiders.

In fact, you would need to fill your whole home with these nuts to make any difference!

Use a spider catcher

Although you can, of course, use the tried and tested glass-and-piece-of-card technique, there are other humane ways in which you can safely catch and

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5 unusual USES FOR...

Did you know that an estimated 14.2 million people enjoy Coca-Cola in the UK? Offering an irresistible combination of sugar and caffeine, it's not hard to see why this carbonated soft drink is one of our favourite brands. But flavour and effect aside, it also has several other handy uses in your home.

1. CLEAN YOUR TOILET

If you have any stubborn stains in your toilet that you just can't shift, simply pour in some Coca-Cola, leave to sit for one hour and wait for the fizzy drink to work its magic. When you return you will find that the phosphoric acid has dissolved the stains, leaving you with a gleaming toilet.

2. LOOSEN RUST

Whether you have some rusty bolts in your home or your tools have seen better days, Coca-Cola can bring them back to their original glory. Simply submerge in a small bowl of Coke, leave for 24 hours and scrub with a non-metal pad.

3. DE-ICE YOUR WINDSCREEN

Is there anything more frustrating than having to wait for the ice to melt off your windscreen on a winter's morning? Fortunately, you will no longer have to. Just pour a can of Coke over the affected area and immediately the ice will turn to slush.

4. CLEAN YOUR WINDOWS

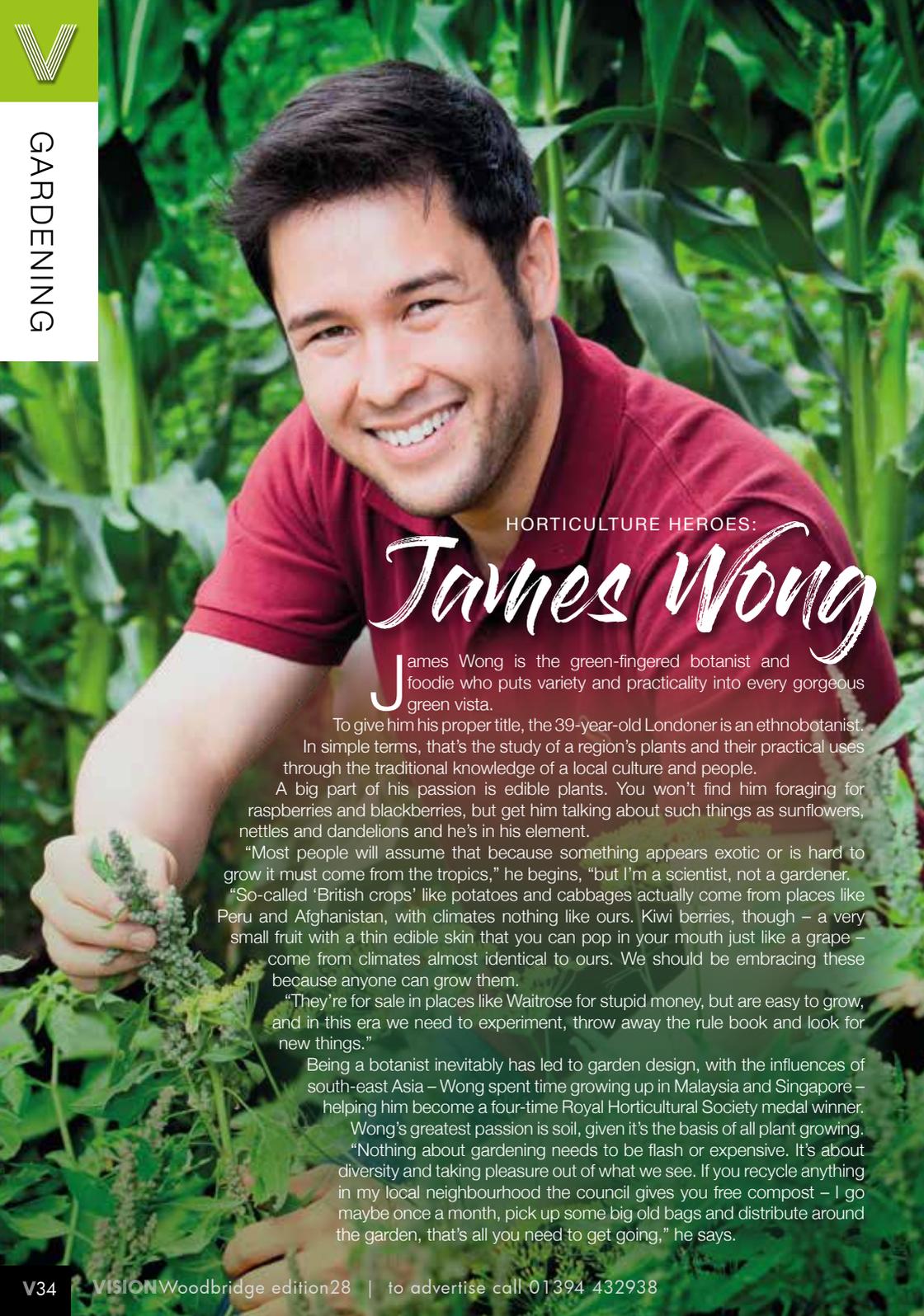
Do you yearn for streak-free windows? Coca-Cola contains citric acid, meaning that it is a great alternative to lemon-based cleaning products. All you need to do is pour the fizzy beverage into a spray bottle and then get wiping.

5. REMOVE MILK STAINS

Milk can be a nightmare to get out of clothing, but thankfully, by saturating the item in Coca-Cola for five minutes before washing it, you will find the stain lifts easily.



HOME & DIY



HORTICULTURE HEROES:

James Wong

James Wong is the green-fingered botanist and foodie who puts variety and practicality into every gorgeous green vista.

To give him his proper title, the 39-year-old Londoner is an ethnobotanist.

In simple terms, that's the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people.

A big part of his passion is edible plants. You won't find him foraging for raspberries and blackberries, but get him talking about such things as sunflowers, nettles and dandelions and he's in his element.

"Most people will assume that because something appears exotic or is hard to grow it must come from the tropics," he begins, "but I'm a scientist, not a gardener.

"So-called 'British crops' like potatoes and cabbages actually come from places like Peru and Afghanistan, with climates nothing like ours. Kiwi berries, though – a very small fruit with a thin edible skin that you can pop in your mouth just like a grape – come from climates almost identical to ours. We should be embracing these because anyone can grow them.

"They're for sale in places like Waitrose for stupid money, but are easy to grow, and in this era we need to experiment, throw away the rule book and look for new things."

Being a botanist inevitably has led to garden design, with the influences of south-east Asia – Wong spent time growing up in Malaysia and Singapore – helping him become a four-time Royal Horticultural Society medal winner.

Wong's greatest passion is soil, given it's the basis of all plant growing.

"Nothing about gardening needs to be flash or expensive. It's about diversity and taking pleasure out of what we see. If you recycle anything in my local neighbourhood the council gives you free compost – I go maybe once a month, pick up some big old bags and distribute around the garden, that's all you need to get going," he says.



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OCTOBER BIRTH FLOWER OF THE MONTH

Marigold

GARDENING

If you were born in October, your birth flower is the vibrant marigold. Native to the Mediterranean, this plant is also known as the 'herb of the sun' owing to the fact that its flowers open when the sun is shining. Incredibly versatile flowers, marigolds can be used as bedding plants or grown in containers.

What does the marigold symbolise?

With its intense orange colour, it's hardly surprising that the marigold symbolises both passion and creativity. In medieval England, the leaves and flowers of the marigold were combined with ground egg shells and added to heated ale as a treatment for the plague. Whereas, in Mexico, they are the official flower for the *Día de los Muertos* – the Day of the Dead – as their scent is believed to help guide the spirits from the cemetery to the altars.

What does this birth flower say about you?

If your birth flower is the marigold, you are said to be a warm and inviting person who has the ability to brighten any day. You are full of drive and are often the one that others turn to for advice or help. Personal growth is also important to you.

How to grow marigolds

Marigolds enjoy full sun and grow well in both dry and moist soil. You can plant marigold seeds directly outdoors in spring once the threat of frost has gone, or start seeds inside for up to eight weeks before planting outside. These flowers require little maintenance and only need watering if the weather has been dry for more than two weeks.

Fun facts about marigolds

- Marigold flowers are edible
- Marigolds are a natural insect repellent
- They contain carotenoids that can lower your risk of heart disease and some cancers



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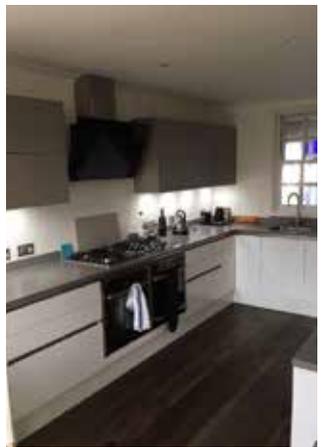




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GO GREEN – Bewildering arrays of colour don't sit well with Japanese garden design. Instead, focus on the blend of greens; explore texture over colour, and appreciate the shape of plants rather than obsessing over size.

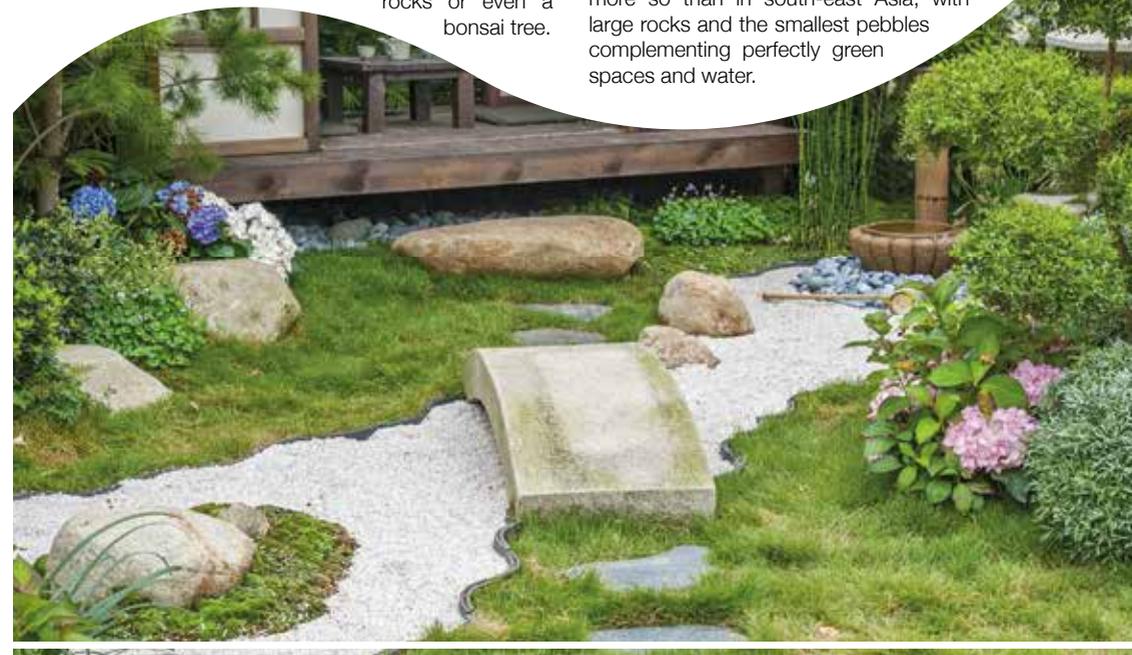
PERFECT PRUNING – So much of the art behind this unique horticultural mood is in constant styling, reshaping and pruning. Gracious curves and sharp edges intertwine, with plants bending around rocks and guiding the eye around.

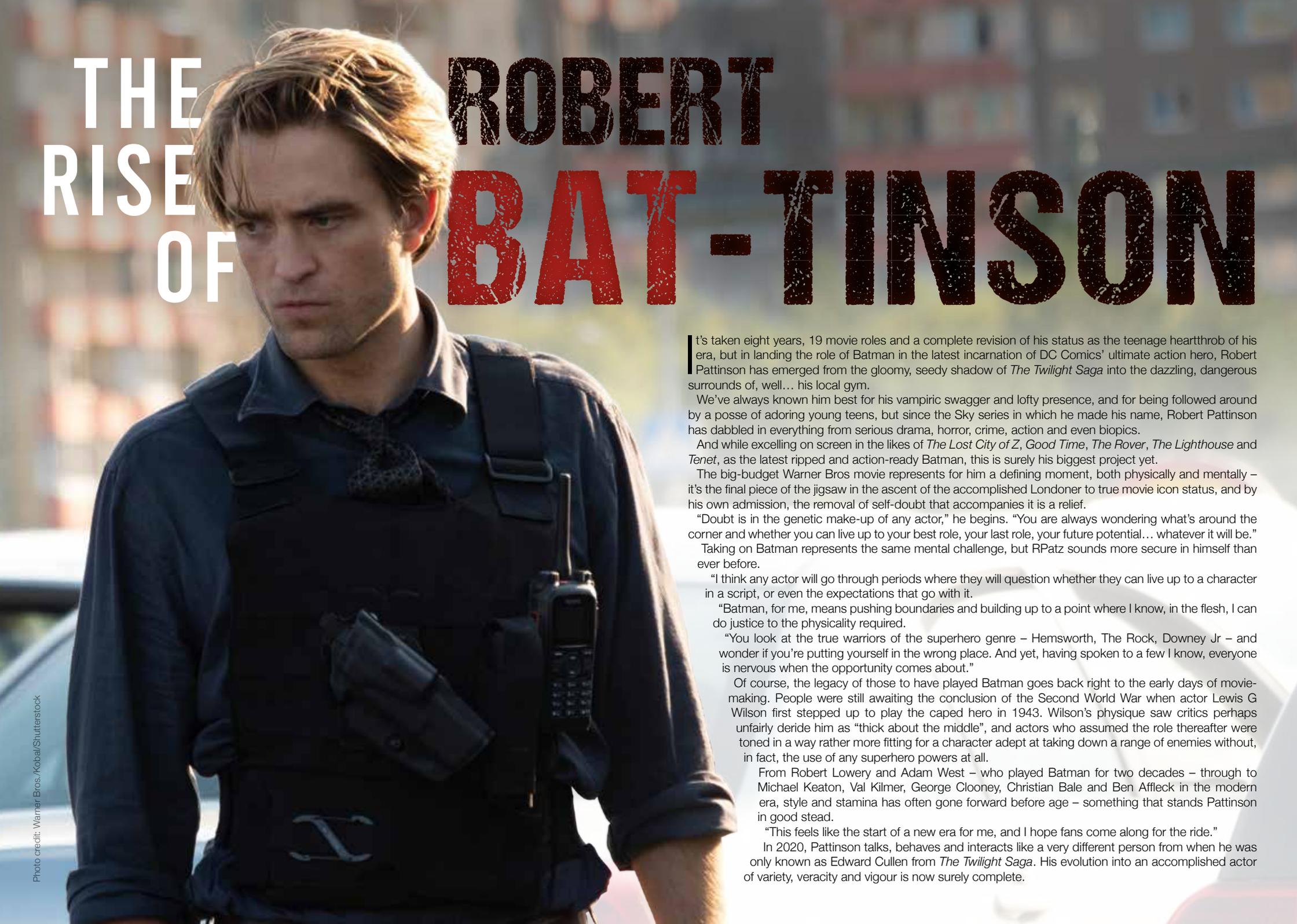
WATER WONDER – Whether it's a simple trickle of a small stream or a pond decorated with lily pads, the sight and sound of water is a key part of the equation.

NATURE'S KNACK – The Japanese have a strong respect for Mother Nature, and will encourage the build-up of moss and other elements that weather and climate bring about. While not letting the garden be reclaimed, you should certainly allow a natural imprint to work its way in.

OPEN SPACES – Detail is everything, and nothing focuses the eye on this better than open space with a focal point, such as a small statue, collection of rocks or even a bonsai tree.

STONE COLD SOBER – The use of stone is a big thing in garden design, and never more so than in south-east Asia, with large rocks and the smallest pebbles complementing perfectly green spaces and water.



A photograph of Robert Pattinson in a dark tactical vest with a radio and a handgun, looking off to the side. The background is a blurred outdoor setting.

THE
RISE
OF

ROBERT BAT-TINSON

It's taken eight years, 19 movie roles and a complete revision of his status as the teenage heartthrob of his era, but in landing the role of Batman in the latest incarnation of DC Comics' ultimate action hero, Robert Pattinson has emerged from the gloomy, seedy shadow of *The Twilight Saga* into the dazzling, dangerous surrounds of, well... his local gym.

We've always known him best for his vampiric swagger and lofty presence, and for being followed around by a posse of adoring young teens, but since the Sky series in which he made his name, Robert Pattinson has dabbled in everything from serious drama, horror, crime, action and even biopics.

And while excelling on screen in the likes of *The Lost City of Z*, *Good Time*, *The Rover*, *The Lighthouse* and *Tenet*, as the latest ripped and action-ready Batman, this is surely his biggest project yet.

The big-budget Warner Bros movie represents for him a defining moment, both physically and mentally – it's the final piece of the jigsaw in the ascent of the accomplished Londoner to true movie icon status, and by his own admission, the removal of self-doubt that accompanies it is a relief.

"Doubt is in the genetic make-up of any actor," he begins. "You are always wondering what's around the corner and whether you can live up to your best role, your last role, your future potential... whatever it will be."

Taking on Batman represents the same mental challenge, but RPatz sounds more secure in himself than ever before.

"I think any actor will go through periods where they will question whether they can live up to a character in a script, or even the expectations that go with it.

"Batman, for me, means pushing boundaries and building up to a point where I know, in the flesh, I can do justice to the physicality required.

"You look at the true warriors of the superhero genre – Hemsworth, The Rock, Downey Jr – and wonder if you're putting yourself in the wrong place. And yet, having spoken to a few I know, everyone is nervous when the opportunity comes about."

Of course, the legacy of those to have played Batman goes back right to the early days of movie-making. People were still awaiting the conclusion of the Second World War when actor Lewis G Wilson first stepped up to play the caped hero in 1943. Wilson's physique saw critics perhaps unfairly deride him as "thick about the middle", and actors who assumed the role thereafter were toned in a way rather more fitting for a character adept at taking down a range of enemies without, in fact, the use of any superhero powers at all.

From Robert Lowery and Adam West – who played Batman for two decades – through to Michael Keaton, Val Kilmer, George Clooney, Christian Bale and Ben Affleck in the modern era, style and stamina has often gone forward before age – something that stands Pattinson in good stead.

"This feels like the start of a new era for me, and I hope fans come along for the ride."

In 2020, Pattinson talks, behaves and interacts like a very different person from when he was only known as Edward Cullen from *The Twilight Saga*. His evolution into an accomplished actor of variety, veracity and vigour is now surely complete.




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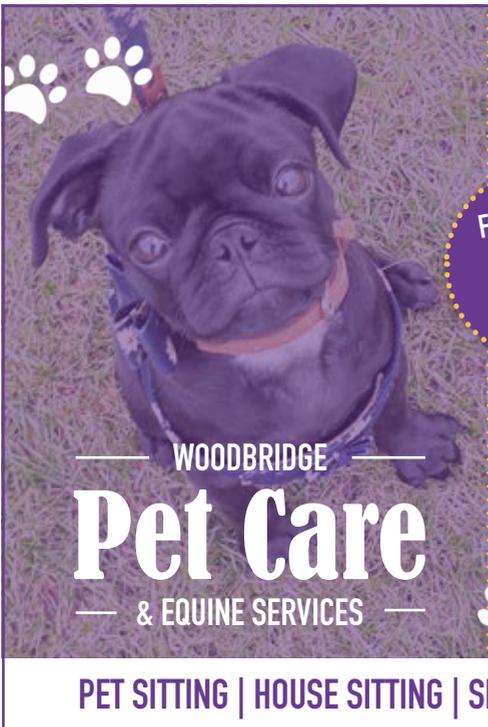
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Vetting process

Things to consider... when choosing a good vet for your pet

Word of mouth

Whether your passion is a dog, cat, budgerigar or Burmese python, pet owners are a social community and rarely shy away from sharing opinions, both positive and negative. The pet parents among us will always be the best source of reviews, so jump on social media and see who is well rated locally.

Read the paw print

Pet healthcare is often pricey, so transparency is key when it comes to vets and finances. It is always wise to have pet insurance, but you also need to check that your vet is willing to cooperate with your policy provider to provide a seamless, stress-free service. In the event of having no insurance, make sure you're happy with the potential fees.

Listen to your animal instinct

The best care often means feeling comfortable and happy from the minute you walk in the door, so visit your prospective surgery and make sure it

suits you and your pet. Perhaps you have a place that specialises in care for gregarious guinea pigs, or maybe it's the welcome that wins you over. Clean bowls of water, blankets and toys for anxious animals are all good signs your pet will be in good hands.

Follow the pack

A busy veterinary practice is generally a good sign that it offers decent care for reasonable prices. So as long as it isn't so oversubscribed that you can't get an appointment, don't be put off by a little paw traffic.

Stay on your turf

We all know that medical emergencies rarely fit a sociable timetable, and is vital to know that you can get your pet the help it needs any time, day or night. This means not only choosing a practice that you can get to easily, but also one that can facilitate emergency care without you having to venture too far afield.



PETS



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the isle of Wight

Forget long slogs to foreign lands – holiday utopia could be much closer to home, because it's alright on the Isle of Wight.

With so many holidays abroad having restrictions and a quarantine period once you return to the UK, a good, less-stressful option could be to look for a break closer to home.

A short hop on the ferry across to the Isle of Wight could be just the ticket, and here's why:

Tube train: Speaking of tickets, the Isle of Wight's first unique tourist attraction is the former underground train that connects those arriving on the mainland at Ryde Pier Head to Shanklin, some eight and a half miles away. The British Rail Class 483 rolling stock dates back to 1938.

Alum Bay: While Alum Bay gets most of the publicity, from Colwell to Compton, Sandown to Shanklin, so many of the island's sumptuous, sandy beaches are a delight to behold.

The Needles: These iconic chalk stalks and resplendent lighthouse have always been a major tourist draw, as well as sparing the lives of countless sailors.

Blackgang Chine: A piece of the Wild West, a voyage into a fairy wonderland, or perhaps something else... Located in the south of the island, the amusement park is the oldest in the UK, having first opened in the 1840s, and will transport kids and adults alike back to a simpler age.

Freshwater Bay: So typical of the history hiding behind the island, Freshwater Bay's serenity disguises the caves pirates used to hide their wares in, situated at the foot of the cliffs.

Osborne House: For those who like their history to be rather more regal, sample Queen Victoria's favourite retreat, which remains almost untouched from when it used to welcome dignitaries over 100 years ago.

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THREE HAUNTING HALLOWEEN COCKTAILS

Put the boo in booze with these creepy cocktails that will make your hair stand on end. Literally. From a spooky smoking potion to a colour-changing creation, these Halloween drinks provide both a trick and a treat.

TEQUILA TERROR

You will need:

2 oz 100% agave silver tequila • 1 oz lemon juice • 8 blackberries • 5 sage leaves • 1 tsp maple syrup • 1 dash orange bitters • Dry ice

How to make:

Bash the blackberries and sage in a cocktail shaker until broken down and fragrant • Pour in the tequila, lemon juice, bitters and maple syrup • Give it a good shake • Pour over a cube of dry ice

Safety tip: Do not drink the cocktail until the dry ice has completely dissolved



Photo credit: wickedspatula.com

BLACK MAGIC

You will need:

2.5 oz black vodka • ¼ oz lime juice (freshly squeezed) • ¼ oz simple syrup • Ice • Pearl white edible dust (can be found online or at craft shops in baking aisle)

How to make:

Add syrup, lime juice and vodka to a cocktail shaker • Fill with ice to the liquid line • Vigorously shake for 30 seconds • Add a dash of pearl dust to the bottom of a martini glass • Pour and serve



Photo credit: elietalk.com

PURPLE RAIN

You will need:

Blue butterfly pea flowers • 3 oz cranberry juice • 1/3 cup gin • 1.5 oz elderflower liqueur (rose or violet also work well) • Juice of half a lemon • Ice

How to make:

Make a pot of blue pea flower tea and allow to steep • Leave to cool and freeze into ice cubes • When frozen, crush in a blender • Add the cranberry juice, gin, liqueur and lemon juice into a cocktail shaker half filled with ice • Shake vigorously • Fill two glasses with ice and divide liquid between them • Top with blue crushed ice and watch as it turns purple



Photo credit: supergoldenbakes.com



FOOD & DRINK



Return TO YOUR ROOTS *part 1*

With the weather turning colder, now is the time to shift away from salads and, instead, embrace more robust and hearty vegetables. Whether you are harvesting the veg yourself or you have opted for shop-bought, the below guide will help you make the most of your roots this autumn.

TURNIPS

A member of the brassica plant family, turnips are high in fibre, making them great for gut health. They also contain antioxidant and anti-cancer properties.

HOW TO STORE: Always cut off the greens of turnips before storing in the fridge. Lifespan: two to three weeks.

HOW TO COOK: With their delicate, sweet flavour, turnips make a great mash. Alternatively, use as a substitute for potatoes in dauphinoise.



CARROTS

These much-loved staples are cheap, versatile and contain carotenoids that are known for their ability to boost your immune system and protect your skin from sunburn.

HOW TO STORE: Cut their tops off and store them in a cool place such as the lowest shelf in your fridge. Wrap in a damp towel for prolonged crispiness. Lifespan: four weeks.

HOW TO COOK: Avoid boiling carrots; instead, look to roasting them with honey, grating them raw into a salad or stir-frying them.



PARSNIPS

Parsnips are incredibly high in fibre and are also a great source of folate that is needed for a healthy brain and nervous system.

HOW TO STORE: Store in the same way as carrots but avoid placing near apples or pears, as this gives them a bitter taste. Lifespan: three to four weeks.

HOW TO COOK: You can roast parsnips in the same way you would potatoes. They also work well in a gratin, to bulk out stews or grated into hash browns.



Look out for *part 2* in next month's edition where we will explore the beautiful beetroot, amazing artichoke and the super versatile sweet potato.

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V

KIDS

**HOW TO ENJOY A
SOCIALLY
DISTANCED
HALLOWEEN**

As traditional trick or treating may be cancelled this year, unless you want some seriously disappointed children, you may want to look into alternative ideas for celebrating Halloween as a family. Don't worry, there will still be lots of sweet treats to be enjoyed!

HOST A VIRTUAL PARTY
If you normally host a massive Halloween party for all your family and friends, why not use your new-found knowledge of Zoom to host a virtual party instead? Adults can enjoy some spooky cocktails and a chat, whereas the kids can show off their costumes and even play Halloween games such as bobbing for apples via the app. Alternatively, you could host a virtual scary movie night or virtual Halloween sleepover.

ORGANISE A NEIGHBOURHOOD DECORATION PARTY
In the same way that neighbours got together to decorate the outside of their homes and the local streets for VE Day, you could bring the local community together to put up some creepy decorations. That way, instead of trick or treating, children can enjoy a spooky walk on Halloween.

SET UP A HALLOWEEN PHOTO BACKDROP
A great way to make dressing up for Halloween fun despite restrictions, one or more local families could host a Halloween photo backdrop at the end of their driveway or in their front garden. Children can then take turns coming up to get their photo taken, creating long-lasting memories of Halloween 2020.

DECORATE A FACE MASK
A fun Halloween activity for children of all ages. Either buy some plain disposable face masks or make your own and then get your children to decorate them. Some great Halloween-themed decorative ideas include creepy grins, animal faces or pumpkin patterns.

OTHER IDEAS INCLUDE:

- Bake some sweet treats
- Visit a pumpkin patch
- Carve a pumpkin face

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CHECK mate!

If you are looking for a fashion trend that checks all the boxes, then look no further. The traditional checked pattern was seen across multiple AW20 collections including Saint Laurent, Miu Miu, Versace and Michael Kors.

Not sure how to make this print work for you? Don't worry, everyone and anyone can rock this form of plaid.

CHECKED SHIRTS

A checked shirt should be a key staple in everyone's wardrobe, never going out of style and providing a quick and simple way to look effortlessly stylish. Ideal for layering when the evenings turn colder; try adding an open-buttoned checked shirt over a plain tee for a chic and comfortable look.

CHECKED COATS

With the ability to suit both men and women, an oversized checked coat is a must-have this winter. Wear over layered knitwear, a tailored suit or even a party dress; this style of outerwear is incredibly versatile. For those who love to stand out from the crowd, choose a bold and colourful check such as red, yellow or green. Alternatively, monochrome check will always look classy.

CHECKED ACCESSORIES

If you are a little worried about trying out this trend, you may want to try starting with one checkerboard item such as a pair of black-and-white checked heels or a checked scarf. But make sure you don't sync the checks of your accessories with the checks of your clothes – this is never a good look!

CHECKED TROUSERS

You don't often see women wearing checked trousers, but when you do they nearly always look fabulous. So, why not give this daring look a go yourself? Pair with a hoody for a sporty touch, with a chunky sweater for a casual daytime look or with a silk shirt and leather jacket for instant edginess.

Photo credit: asos.com



FASHION





BEAUTY

Are you BLUSHING yet?

With summer over, you are probably ready to banish the bronzer and bring on the blush. But do you know what type of blush is best for you?

Powder Blush

If you are not quite ready to give up that natural, sun-kissed glow that you have enjoyed over the last few months, then powder blush is the ideal choice for you. Available in a variety of colours, including red, pink, orange and peach, powder blush is long-lasting, easy to blend and offers a matte finish. Ideal for acne-prone and oily skin types.

Cream Blush

If you are looking for a dewy, fresh-faced finish, then cream blush can help you to achieve this. Arguably the best choice for those with dry skin, this type of blush lasts for around five to six hours and can be seamlessly blended into your skin. Be sure not to overapply or you risk a greasy-looking finish.

Shimmer Blush

Available in soft shine or a glittery formula, shimmer blush can set you up for the day and prepare you to party. It's great for highlighting your cheekbones. Make sure you build this blush up gradually to avoid a major make-up mishap. Shimmer blush can be used on any skin type.

Gel Blush

Although this type of blush is mostly recommended for the summer, it can be used to softly transition into autumn, allowing you to enjoy a healthy colour for longer. Best for light to medium skin tones, gel blushes can be easily blended with just your fingertips.

Tinted Blush

Otherwise known as cheek stain, tinted blush has become increasingly popular in recent years owing to its extreme long-lastingness and quick-drying formula. Plus, it can double up as a lip stain. Remember, less is more with this product.



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BEAUTY

Love your LEFTOVER PUMPKIN

Don't throw away any leftover pumpkin from Halloween. Instead, pump up your beauty routine with these four DIY pumpkin beauty recipes that are guaranteed to give your skin and hair an autumnal glow.

BEAUTY BENEFITS OF PUMPKIN

Healthy skin: Pumpkin is full of vitamin A, zinc and antioxidants that are essential for healthy-looking skin.

Healthy hair: Pumpkin seed oil is antibacterial and antifungal, helping to maintain a healthy scalp and strong hair follicles.

PUMPKIN MOISTURISING FACE MASK

You will need: 200g pumpkin purée | 1 tbsp honey | 2 tbsp brown sugar | ½ cup yoghurt

How to apply: Stir all ingredients together | Evenly coat your face with the mixture | Leave for 10–15 minutes | Rinse with warm water

PUMPKIN LIP SCRUB

You will need: 1 tsp pumpkin purée | 2 tsp sugar

How to apply: Mix ingredients together | Massage onto clean lips | Wipe off | Finish with a coat of hydrating lip balm

PUMPKIN HAND CREAM

You will need: 50g pumpkin purée | 1 tsp olive oil | 1 tsp honey

How to apply: Mix all ingredients together | Spoon a generous blob into your palm and rub into your hands | Rinse with warm water

PUMPKIN DEEP CONDITIONING TREATMENT

You will need: 50g pumpkin pulp without seeds | 50g raw coconut oil (liquefied) | 50g raw shea butter (solidified) | 25g vegetable oil or olive oil | 1 tbsp oatmeal powder

How to apply: Separate seeds from pumpkin pulp | Add oils, butter, oatmeal powder and pulp to a bowl | Mix well and then blend in a blender until a smooth consistency is achieved | Apply to damp, clean hair and massage into scalp | Leave for a minimum of 10 minutes | Rinse with warm water

Don't throw away the leftover pumpkin seeds; instead, roast them for a tasty snack. They are great for encouraging hair growth, as they contain iron and L-lysine which both help to prevent excessive hair shedding.



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HEALTH & FITNESS

STOP TOBER

How to help someone with an addiction

With Stoptober already under way, we thought it would be a good time to offer a few words of wisdom for those supporting a loved one with an addiction.

DON'T BE AN ENABLER

There is a very fine line between supporting someone with an addiction and actively enabling them. While you may want to help your loved one by carrying out household tasks, lending them money or apologising for their actions, this can actually stop them from making positive changes in their lives. Sometimes you need to let someone reach rock bottom for them to start their own personal recovery journey.

BE COMPASSIONATE

Although you don't want to stray into enabler territory, that doesn't mean that you can't treat your loved one with compassion as they struggle with addiction. In fact, studies have shown that negative social support is one of the biggest barriers for entry to treatment.

ENCOURAGE HEALTHY HABITS

Addiction is linked to not only poor physical health, but also mental well-being, with common mental health issues such as anxiety and depression being greatly amplified by alcohol or substance dependency. Ways in which you can promote overall good health and well-being include encouraging healthy eating habits and regular exercise, as well as establishing a positive daily routine.

DON'T FORGET YOURSELF

Supporting an addict can be an exhausting and often fruitless process, so it is vital that you take the time for self-care. Think of this not as an act of selfishness but as a means of self-preservation. Focus on doing something you love and make sure you take care of your own physical and emotional needs.

DO...

Focus on building trust • Be honest • Respect their privacy

DON'T...

Threaten with ultimatums • Criticise or name-call • Expect too much too soon





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We could all be forgiven for feeling a little less than motivated right now. That being said, there comes a time when we need to stop languishing and start flourishing. Now is that time...

SET THE TONE FOR THE DAY

How often do you wake up on the wrong side of the bed and let that negativity continue throughout the day? Why not instead start your morning with a few enthusiastic affirmations? Even a simple, "Today will be a good day", can work wonders.

FOCUS ON THE GOOD

Although you may find it difficult at the moment to find joy in everyday life, by focusing on the good things, however small they may be, you will start to find yourself feeling more motivated and less eager to hide away from any of life's challenges.

LAUGHTER REALLY IS THE BEST MEDICINE

When you laugh, the body releases two types of

chemicals: endorphins and dopamine. Endorphins help you feel happy and diminish pain, whereas dopamine, known as the reward hormone, contributes to feelings of pleasure and satisfaction. Finding humour in even the darkest or lowest of moments can help you get through a particularly bad day.

EMBRACE FAILURE

Whether you are struggling to home-school, are completely messing up your latest DIY project or you simply feel that nothing you do at the moment is right, try to focus on what you can learn from your mistakes.

BE PRESENT

If you are struggling with the current lack of routine and worry about not being able to set any short-term goals, other than getting out of bed each day, try focusing on the immediate present. What are you doing at this precise moment that is making you or someone close to you happy?

new mindset → new result





WHAT A racket



Why squash, pound for pound, is a good sport to play

Forget football, turn aside tennis, and golf can get lost – the proven best sport you can play for a total body workout... is squash.

It's a simple game, played in singles or doubles, and involves smashing a rubber ball against a wall in the hope your opponent won't be able to return it within one bounce. Its popularity has continued to grow, despite the fact that television coverage is almost non-existent.

The reason people love squash is because it tests every element of the human body:

> **Reactions:** Players must respond to opponents' attacks in split seconds, often moving into position as soon as their own shots are taken in expectation of where the ball might go.

> **Agility and speed:** From returns on the floor to left and right stretches; from frantic back-peddalling to tearing towards a concrete wall before needing to urgently apply the brakes, squash uses every muscle group.

> **Power:** While some plays can be tickled into winning areas, squash thrives on the idea of smashing the ball into areas an opponent cannot get to.

> **Precision and intelligence:** At the heart of it, the placement of shots will win you the game, and in such a confined space you're testing hand-eye coordination in a way that's measured, intelligent and so much more intense than on a ranging tennis court.

> **Stamina:** Unrelenting and in many cases played in what can resemble a concrete oven, squash demands high stamina for anyone who wants to stay in the game.

There's only one downside to squash, and it's something that any vocal sportsman will have experienced – notably, if you're prone to letting out the odd expletive after a bad shot or missed return, the echoing nature of a boxed in 10-metre x 6-metre squash court will ensure everyone within a half-mile radius can hear you.



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YOUR HOME under the hammer

The pros and cons of auction properties

Daytime reality TV shows have given us a unique insight into the workings of the auction room, but where buying a home is concerned, the stakes are considerably higher than when bidding on a Nissan Micra, or perhaps an antique teapot.

The plus side is that buying a home at auction can save you tens of thousands of pounds. You can also find yourself unearthing some unusual properties that high-street estate agents wouldn't look to market, and as far as renovation projects go, auctions tend to attract every brand of dilapidated property going.

It's also a fast process – when the bidding ends the process kicks off... There's no hanging around for estate agents, and within weeks the property can be yours.

And yet, when buying under the hammer, the

phrase 'buyer beware' certainly rings true. Firstly, the time in between the catalogue being published and the auction itself – typically about three weeks – is all you have to arrange a survey on the property and get a solicitor to check over the legal pack. If you don't take these steps, you're buying blind and that could be costly.

Auctions also require finance to be in place – if you're the highest bidder, you are contractually bound to go through with the process, and on day one that will mean a deposit of 10 per cent.

The other downside is it's easy to get swept along with the cut and thrust of the auction room. Setting a spend limit is sensible, but sticking to it is vital, and can be easier said than done when you sense you are only one bid away from clinching something that will become a home or an investment.



Coronavirus and your retirement income...

Stock 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.



Financial advice made personal

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MJB Avanti; Accountancy Is More Than Just Numbers



We have recently taken on a client who has taken over a High Street retail unit as a going concern which had been run as a newsagent, selling magazines, stationery, some toys, groceries and other convenience goods.

We were able to assist our client with aspects of transferring the employees under the TUPE regulations. We also advised about the general contractual terms related to amounts payable under the contract including the valuation of stock, fixtures and fittings, and the relevance of VAT on the various elements of the consideration.

We worked with our client in advance of the purchase to produce a financial systems operating document setting out the procedures to be followed following completion.

Our client needed to carry out some immediate work on the store prior to starting to trade.

This included deep cleaning the store, the purchase of new shelving units, investment in a new till system, a new CCTV system, and arranging new signage. There were numerous other aspects for them to manage that included the transfer of the alcohol premises licence, staff training and uniforms.

No matter what the spend on these initial costs, consideration will be given to the availability of tax relief on the capital expenditure. A general rule that can be applied is that expenditure on the fabric of the building may often not attract tax relief, unless related to repairs, whereas the purchase of equipment, fittings, and other functional elements of the building, for example the electrical and plumbing systems, will often attract tax relief.

In these very difficult times, we are offering all new clients a free financial review of their business to include a consideration of forecasting and cash flow management.



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The nature of this client's business has required timely bookkeeping and management accounts via approved software, and back office support to maintain their books.

Their expense invoices are sent via Receipt bank, allowing automatic processing through to Xero. The till system links directly to Xero so that daily sales are posted to the client's bookkeeping system. This fits in with the new MTD VAT regulations that were introduced last year.

With any form of retailing operation, it is imperative that a robust financial operating system is put into place – remember cash is king!

MJB Avanti supported the client with up to date management accounts which have been vital in supporting a loan application. The client is now looking at store number two and beyond. We continue to assist the client with funding applications as they aim to replicate their achievements in store two.

How can MJB Avanti help you?

This case study illustrates the various aspects that are brought into focus. MJB Avanti can assist our clients with these aspects including tax planning and advice relating to the fitting out or purchase of a commercial building and advising about the VAT impact of business transfers. In advance of that, we can assist with the due diligence process before you sign the contracts. From a bookkeeping and accounts perspective, we will advise on and set-up cloud bookkeeping systems and ensure timely management accounts.

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ONE FOUR ALL

Is the four-day week a commercial and social experiment that's here to stay?

While none of us needs reminding of the devastation COVID-19 has brought to society, an unexpected upside has been the way we've all been encouraged to reset, recalibrate and readjust.

Businesses and individuals have stripped back processes and preconceptions, but if you think this all begins and ends with Zoom, think again.

While many corporations will insist staff return to a central place of work rather than work from home and lose the valuable mechanics of 'the team', it could be that retaining the sort of four-day week many businesses have trialled has a bit more longevity.

Advantages for the employer:

- > Research shows staff embed processes better on longer shifts (perhaps 10 hours) over four days than they would do across five. This so-called 'super-efficient' mode can be up to 40 per cent more productive.
- > Work needing to be completed in a shorter time frame brings about urgency and removes an

employee's tendency to be distracted (such as checking social media or news sites).

- > The modern nature of the four-day week is great for the image of a business, and staff can still field calls and enquiries on the fifth day.
- > A 'three-day weekend' removes Friday afternoons from the work schedule, notoriously the most inefficient segment of the working week anyway.
- > Overheads are reduced.

Advantages for the employee:

- > 'Four on, three off' means extended breaks.
- > The perception is staff will make the most of their additional day by taking up new pursuits and hobbies, meaning better mental health and greater efficiencies when back in the workplace.
- > A reduction in the cost of travelling to and from work.

The success of a concept widely embraced on mainland Europe is dependent on the business sector and employee buy-in, but the idea of a three-day weekend is a prospect many will relish... even those in charge.



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MOBILE MADNESS

Some 35 years on from the first mobile phone call being made in the UK, we look at the limitations of the first available models.

It was a man named Michael Harrison, the son of former Vodafone chairman Sir Ernest Harrison, who made the UK's first ever mobile phone call. It happened on January 1, 1985, and it's fair to say that, in the 35 years since, we have come quite some distance in telecommunication technology.

Phones these days are powerful computers, with a bewildering array of functions, laser-sharp connectivity and a clarity that can enable you to FaceTime someone on another continent. Suffice to say, in 1985 things were a little more basic:

TALK TIME

The first mobile phones had a talk time of 30 minutes. At that point the battery would die and it would need to be recharged... for 10 hours. And no, it didn't work while charging.

WEIGHT

The latest iPhone weighs in at 188g; compare that to the Vodafone VT1, the first mobile phone, which totalled 4.7kg... that's the equivalent of 25 iPhone 11 Pros.

COST

The first mobile phone cost £1,650 – that's more like £6,000 today when factoring in inflation. And even up to the Millennium, call costs were hugely prohibitive in the UK, with fees of more than 50p per minute for mobile-to-mobile calls. And as for dialling numbers abroad... well, probably better to send a letter.

FEATURES

The first mobile phone was just that – a phone. It offered no additional features. Indeed, not until Nokia's rapid advancement into the market in the late 1990s did phones start incorporating text messaging and games (and yes, by games, we mean snake, and not a lot else).



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MINI WINNERS

Two Suffolk residents have won classic Mini's just a few short months apart. Chris Allitt, of Isleham and Courtney Barker from East Ipswich, both entered the classic car competitions to offer themselves some light relief in the midst of the pandemic.

Chris, 62, who works in the automotive trade himself, entered the competition after a friend hadshared the advert with him.

"Believe it or not, I worked on that exact Mini's engine back in 2015," Chris explained, "I couldn't believe it was now in a competition!"

Chris bought just two tickets at £9 each after seeing that there were only 200 tickets left.

"I don't have a great track record, I never win anything!" Chris said, "I wasn't even watching the live draw, but my friend text me calling me a lucky so-and-so and it was only then I realised I had won!"

The second Mini winner, car-obsessed Courtney Barker, 27, said "I came across the advert on Facebook. I've always wanted a classic Mini."

Courtney bought just two tickets for the 1990 Austin Mini 30 competition not expecting to win.

"I had a missed call and recognised the voice on the message" she said "I rushed back onto Facebook but as they were still filming live I couldn't rewind. When I read the comments and saw everyone saying 'well done Courtney', the penny dropped!"

Bridge Classic Cars who run these competitions have been restoring classic cars since 2004.

"We introduced the competitions this year" explained Craig Ranson, founding Director. "We wanted to give people the opportunity to win their own classic car for just a few pounds."

The competitions started in March this year and so far, 14 people have won classic cars and motorcycles including a 1966 Ford Mustang, a 1988 Porsche 942S, a 1964 MGB Roadster and a 1985 Lotus Esprit Turbo amongst others.

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CARS WE MOCKED IN THE 1980s THAT NOW HAVE ICONIC STATUS

When the shapely, streamlined, smooth curves of car manufacturing in the 1990s came about, the cars we'd been driving over the previous decade suddenly seemed lazy, lumbering, clumsy things that were headed to one place only – the breaker's yard.

Yet those motors that survived the cull are now being brought back to their former glory, with many of us asking if we were perhaps a bit hasty in dismissing these bold, booming examples of classic engineering. These vehicles' price tags – all more than £10,000 – certainly suggest we may have put the handbrake on a little too readily.

TOYOTA COROLLA

Famously uncool in every car showroom the length and breadth of the country when Kylie and Jason were number one, this motor now screams 1980s chic, with its pointing bonnet, nodding headlamps and completely useless sidestep that only served to graze knees upon entry and exit.

FORD CAPRI 2.8

A classic Ford, with a frontage that had Essex written all over it. And if you think the bonnet was big on one of these premium vehicles from a classic era, check out how the Capri tapers into an exhaustive abyss at the rear. A beauty.

ROVER SD1 VITESSE

The Rover was a brand your dad loved as he toured around the south-east flogging double-glazing. A bold, ballsy, impossibly solid motor that said 'family' and 'midlife crisis' in the same breath, the Rover was always sleek and has aged incredibly well, and offers a little peek into the UK's fine motoring magnificence of the era.

RENAULT 5 GT TURBO

For a car that appealed to young drivers while still retaining a small amount of Gallic flair from those famously French roots, the Renault 5 had the lot. A nippy thing that looked ready-pimped on the forecourt and had the engine power to match.

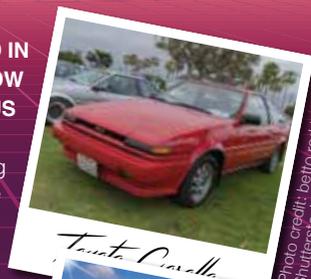


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SPORT

KING OF THE KOP

JÜRGEN KLOPP: THE WORLD'S BEST MANAGER?

Liverpool's narrow opening-day Premier League victory over newly promoted Leeds United provided an interesting array of feedback from pundits suggesting the Reds' profligacy in defence would see them struggle to repeat last season's saunter to a first league championship in three decades.

Perhaps those naysayers have forgotten the fact that Liverpool possess Jürgen Klopp, possibly the world's best manager when it comes to drawing every last ounce out of his squad.

The way he does this is through charisma and unity, and that's obvious to anyone who has witnessed the German in press conference mode – he is charming, charismatic, funny, reflective... yet fiercely competitive at all times.

Klopp's playing career saw him a decent footballer with Mainz who, by his own admission, exceeded the limitations of his talent. That type of personal elevation is what he now expects of his players, and all those at the club. It is a philosophy of unity that begins right at the top and ends with programme sellers and stewards.

The ethos of self-improvement has decorated his own life – he worked multiple jobs through university and his early playing career; then returned to higher education aged 28 while a professional footballer, to gain a diploma in Sports Science.

The simple psychology he emits has transformed 'eight of out 10' footballers such as Salah, Milner, Robertson and Wijnaldum into truly global stars, and the confidence he has in both himself and his troops means the 53-year-old has resisted the urge to splash the cash this summer.

While the doubters will circle, hopeful of a slip from the world's best side, anyone who truly believes Liverpool will sink back again into the also-ran abyss should probably take another look at the talismanic German at the helm, and think again.

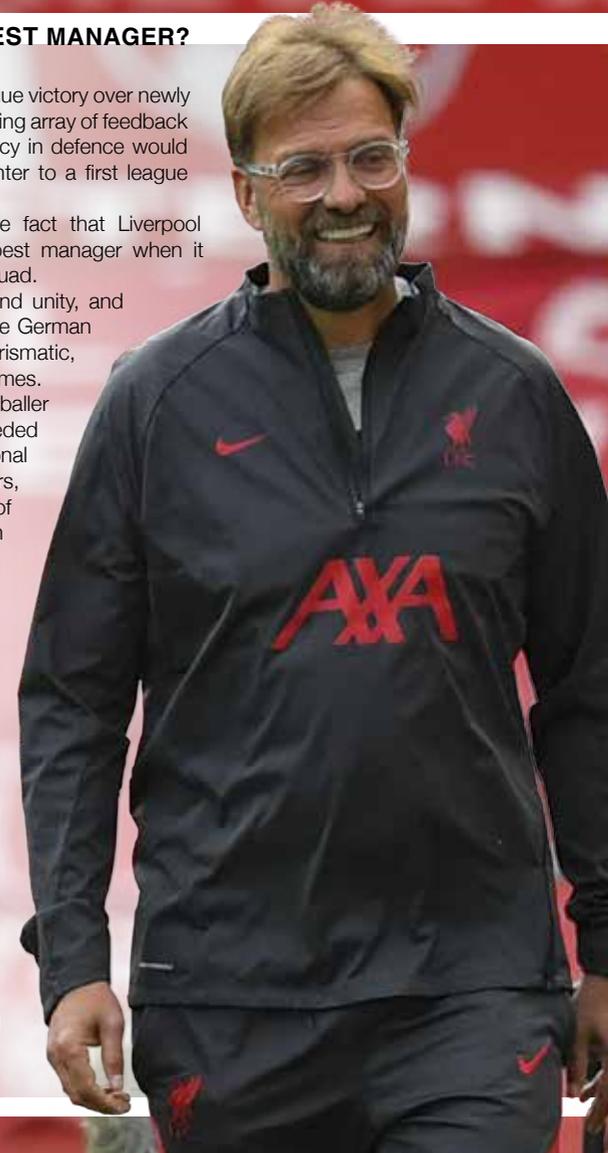


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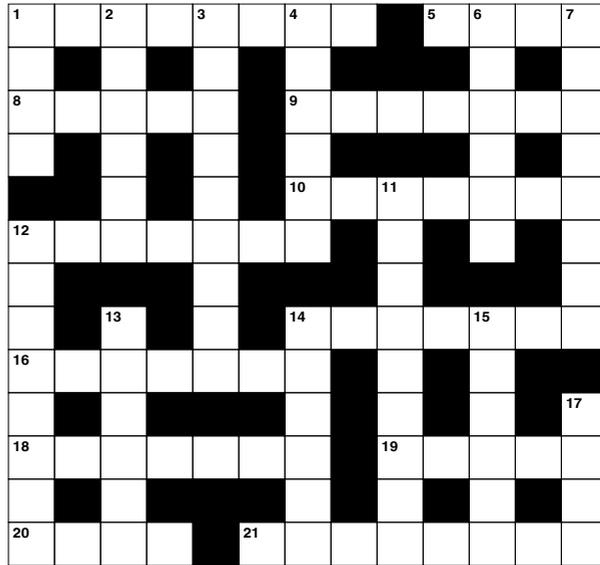
Answers can be found on the Contents Page 4

ACROSS

1. People who consume a particular beverage (8)
5. Cut (4)
8. Paved area (5)
9. Deserved (7)
10. Ideas (7)
12. Long pins (7)
14. Small Arctic whale (7)
16. Gather (7)
18. Biting (7)
19. Immature insects (5)
20. Overly curious (4)
21. Definitions (8)

DOWN

1. Depressions (4)
2. Chant; speak solemnly (6)
3. General erudition (9)
4. Manors (anag) (6)
6. Country (6)
7. Base of a statue (8)
11. Immediately following that (9)
12. Astronaut (8)



13. Entraps (6)
14. Hold close (6)
15. Occur (6)
17. Not as much (4)

DID YOU KNOW?

- ▶ The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought
- ▶ In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass
- ▶ The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins
- ▶ From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear
- ▶ Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

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

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