



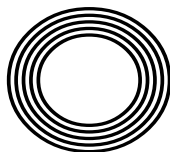
**VIOLET  
FEBRUARY  
BIRTH  
FLOWER**

**MARK WRIGHT MAKING  
HIS FOOTBALL COMEBACK**

*Valentine's Day traditions*  
**FROM AROUND THE WORLD**

*Alisan*  
**HAMMOND**

The TV presenter emerging into the spotlight



**FREE**

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FEBRUARY 2021

# Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. It's beginning to feel like a rather long winter - but by the time our next issue comes around, I'm sure everything will be feeling positively spring-like! I've continued to use my daily outdoor exercise allowance to do a bit more running, and I have to say it has turned into a bit of an obsession. But as I've ventured further and further out, it's alerted me to a pretty major and alarming problem - litter. I was running out towards Wickham Market the other week and I was horrified by the empty drink cans and food wrappers caught up in the hedgerows and ditches.

Not only are these the most hideous eyesore, but they're also a threat to local wildlife. As soon as I got home, I joined a local litter pickers group on Facebook and arranged to get out and pick up as much of that mess the following weekend. Two bin liners later and I'd barely covered half a kilometre of road. I'd like to use this space to urge anyone reading to do the same. Even if you take out one bag to wherever it is you're heading, it will make a difference.

If enough people write in and send pictures of your litter picking adventures, I'll run a gallery in the next issue - send them to [woodbridge@visionmag.co.uk](mailto:woodbridge@visionmag.co.uk) - let's act now.

*William Taylor*

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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 Inside pages recyclable



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A full-page background image of Mark Wright in a red football kit, captured in motion on a green pitch. He is wearing a red long-sleeved jersey with white trim, red shorts, and red socks. The kit features the 'the Pensions' logo and an 'FA CUP' patch. He is wearing white football boots. The background is a blurred stadium setting.

# The WRIGHT STUFF

## HOW ONE OF OUR MOST ADORED REALITY TV STARS WENT BACK TO HIS ROOTS... GRASSROOTS

It's a fantasy that has crossed the mind of every grown man in his late twenties who has a normal, run-of-the-mill, everyday job. It's the thought, 'Perhaps it's not too late to realise every boy's dream and become a professional footballer; perhaps I can still make it.'

That reality TV star and Heart DJ Mark Wright still held those very unfulfilled ambitions is perhaps less of a surprise. He was, after all, on the books of West Ham, Arsenal and Tottenham as a youngster. When released at the age of 18, the left back was picked up by Southend United, but drifted into non-league football as the distractions of nightclub promotion and reality TV came about.

After spells in then Conference with Grays Athletic, Crawley Town and Rushden & Diamonds, the charismatic Essex-born star joined the cast of *TOWIE*. One of the original cast members, he was only with the ITV show a year, but the die was cast, and from *I'm a Celebrity...* *Get Me Out of Here!* to *Take Me Out: The Gossip*, through presenting jobs on *Mark Wright's Hollywood Nights*, *The Bachelor* and *This Morning*, the husband to actress Michelle Keegan has been a permanent fixture on our screens for a decade. And when adding in his Heart radio show duties – a gig he's had since 2012 – it's any wonder he has any spare time...

But what about those football ambitions?

"I've never got over the fact I didn't make it in the game," he says. "And despite everything I achieved elsewhere, being a professional footballer now would top it all."

In October last year, Wright set out to make one final crack at the game he loves, and a call to John Yems, his former manager at Crawley, saw the now 33-year-old invited to West Sussex to train with the club.

The presenter describes the three months that followed as a whirlwind, combining media duties with a punishing physical routine designed to get his fitness up to League Two standards. His every move has been followed by a BBC film crew, whose iPlayer series *Mark Wright: The Last Chance* has proved a huge hit.

"I never had any expectations, but I always knew I'd give it everything I had, and the welcome I got at the club was tremendous from day one."

In December, Wright's dreams moved a step closer – he signed a contract until the end of the season. And being named on the bench for Crawley's FA Cup fourth round clash with Leeds United on January 10, just two days after his brother Josh signed for the club, set up the most impossible of scenarios. Could he make the comeback of all comebacks?

Crawley strode 3–0 up against their star-studded Premier League visitors, on their way to grabbing all the weekend's giant-killing headlines. A perfect day could only be topped by a call to the bench for a substitution. And so it happened... he may have only come on in the 91st minute, he may have only touched the ball

three times, but a dream was realised on that cold Sunday lunchtime at the People's Pension Stadium.

And it doesn't stop there – the Reds are eyeing up promotion from League Two and there will be no resting on his laurels for Mark Wright... a reality star in every sense.





# THE WORLD AROUND US

## Part 4

In the last part of our environmental series, we look at the final key driver in the health and well-being of the planet: global warming.

The phrase 'climate change denier' has become commonplace in conversations about the gradual warming of the planet and the causes of this. Scientific opinion points to humans and our explosion of population, industry and consumption as the real effects of the Earth increasing in temperature by 1° Celsius since 1880.

It doesn't sound a lot, does it? And yet, a one-to-two-degree drop was all it took to plunge the Earth into the Little Ice Age in the Medieval Period.

The platform climate change deniers have generally seen their voices amplified well beyond what they should be. The results of various studies often level out at around the same rate – namely that only two or three people out of 100 will dispute the scientists' theory that humans are the cause of global warming.

With such a large accepting consensus, the drive to combat this gradual warming of Earth has

accelerated in recent years. Equipping ourselves with data, while ensuring we have the ability to interpret it, is vital.

Temperatures across a timespan of a year, five years or even a decade might rise four degrees in one region and drop six in another (which is why anomalies occur, such as Greenland's Jakobshavn Glacier actually increasing in mass since 2016), but overall, there is trouble ahead.

The next, vital step the Earth faces is a willingness of its people to do something about it. For all the UK's action over the past couple of decades, for all the destruction global warming has already contributed, such as coastal erosion, moorlands fires, floods and more, we contribute just 1.2 per cent of the world's total emissions.

It means that, as if it were ever in doubt, a global solution requires a true global investment of action from the planet's inhabitants.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Boatbuilder in the running for national award

A boatbuilder from Woodbridge could be getting some well-deserved recognition later this year after one of his creations was shortlisted for a national award.

Sam Doman, 31, stripped back, polished and waxed a replica of Atlas, a boat from 1949, to make a mould for The Longshore, which bears the imprints of the original larch grain and nail heads. The new boat has a slightly larger sail area of 120 sq ft and is lighter than the original, so it's ideal for trailing.

Sam and The Longshore will be competing for the Spirit of Tradition Sailing Vessel in the Classic Boat Awards 2021.

He was nominated for the award by a local photographer who sent an image to awards organiser *Classic Boat* magazine.

Sam said: "It was a nice surprise to be nominated and it came out of nowhere. The Longshore is made from fibreglass to look like a traditional boat. It's similar to what the old Thames barges would have had to manoeuvre in shallow water and tight spots. I sail it regularly on the Deben."

Sam built The Longshore in the winter of 2018 and first took it on the water in summer 2019. He works in Melton Boatyard.

The winner is due to be announced in the spring.

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# Tributes paid after death of former town mayor



Tributes were paid to a former mayor of Woodbridge after he died last month.

Neil Montgomery was a key member of the town council and Woodbridge Rugby Club. He was mayor of Woodbridge between 2003 and 2004.

Born in 1931, Mr Montgomery enjoyed life in Woodbridge in his retirement. He had worked for BP in Morocco, Canada and the UK.

His daughter Kate said young people were at the forefront of his interests.

She revealed: "He volunteered as a classroom assistant at Woodbridge Primary School as well as being a school governor."

Caroline Page, county councillor for Woodbridge, was among those to pay tribute.

She said: "Neil was extremely community-minded, and this ran through his many interests. Additionally, he was a guide at Sutton Hoo. As well as being devoted to the ancient heritage of Woodbridge, Neil kick-started some of the new; he was the originator of the plan for the popular Woodbridge Skatepark. He will be much missed."

Mr Montgomery was married to Jane and leaves behind three children and three grandchildren.

# Woodpeckers set for epic charity challenge

Since March 2020, to say football has been stop-start is an understatement.

While the players are staying fit, first team manager, Leon Moore, came up with the idea of some friendly competition among the teams, while helping a good cause.

Woodbridge Town FC is raising funds to help support Families in Need (FIND) to offer a lifeline to local people in despair, as well as providing food parcels and personal care items.

As a collective, the Woodpeckers aim to run 2,000 miles in four weeks with a target of raising £2,500.

The captains of the first team, reserves, under-18's and ladies' teams will collect the stats from their respective players each week.

A spokesperson from the club said: "Donations will spur on the players to go that extra mile, and being able to raise money for a charity such as FIND will give a bigger sense of achievement.

"More and more people are finding that they are having to rely on food banks in the current climate, and if we can hit the target it will be a big help for them to continue the great work they do."

To donate, visit [www.justgiving.com/crowdfunding/wtfcfind](http://www.justgiving.com/crowdfunding/wtfcfind)

# Future of iconic building discussed by councillors

Shire Hall in Woodbridge came under the spotlight at a town council meeting last month.

Over the last year, the council has been made aware that significant repairs are likely to be needed to the Grade I listed building.

At the meeting, the council set its budget. Town mayor Sue Bale said it is not yet clear what repair costs for the building will be, so an assumption was made. The town council considered whether it could afford the repairs without increasing council tax disproportionately and whether it would need to take a loan to cover the repairs. Councillors also considered what other options there were if the council were to move out and what other uses there could be for the building.

She added: "These are discussions brought about by consideration of budget deadlines and forward planning. No final decision would be made without full research and consultation."

Councillor Bale said there were no immediate plans to change the current use of the hall.

She said: "If a decision were made to transfer the hall to other uses, the importance of it as a building of huge local importance cannot be overstated."



Photo credit: Abbie Woodhouse

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News from

## Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

Despite being in lockdown since the start of the year, it does feel like spring is just around the corner, both literally and figuratively.

Vaccinations are well under way at the Community Hall and it's been quite a pleasure to be a volunteer marshal in the car park as I get to speak to a lot of people in a four-hour shift, albeit with our masks up.

Despite COVID-19, the work of the council continues as usual, and one controversial matter currently under consideration is the future of the Shire Hall.

The Tide Mill and the Shire Hall are perhaps the two most iconic buildings in Woodbridge, although the Shire Hall postdates the King's Head on the opposite side of Market Hill. Built circa 1575, the Shire Hall started life as Thomas Seckford's courthouse, in the upper storey of a open-sided corn exchange below.

Since then, it has had many uses, culminating in its current use as home to Woodbridge Town Council for the past 34 years; the upper storey is presently leased to the Seckford Foundation.

Prior to moving to the Shire Hall, the town council occupied part of Eden Lodge in Cumberland Street, having been created in 1974 following local government reorganisation.

The two issues facing the council now are first how to pay for the maintenance of the Grade I listed building, and second the configuration of the council chamber and the associated offices suitable for a modern council. There are no easy solutions to these issues, but I would be interested in hearing the views of the town.



## Brass band members still hitting the right note

Members of Martlesham Brass Band have been busy recently, despite all activities being suspended owing to lockdown.

Members have still been playing, and you can catch the latest videos on the Band's Facebook page, all produced by main bandleader Adam Cable.

Members were raising money for charity before Christmas, with carolling collections in Martlesham and Kesgrave raising £336.27. Further donations and online fundraising events have raised in excess of £500. The money will be shared between Ipswich

charities FIND, a food bank and The Bus Shelter, a charity for the homeless.

When band activities fully resume, new members are welcome.

Martlesham Brass was formed in September 1996. In response to demand from brass musicians in the Martlesham area, an organisation was set up with an original membership of 26 musicians and three bandleaders.

For more information, search Martlesham Brass on Facebook.







News from

## Councillor Caroline Page

*The County Councillor for Woodbridge*

So, what happens in mid-February? Two things. Most importantly, the government has promised that by this date the top four priority groups of people will have got their first COVID-19 jab. That is, care home residents and their carers; over-80s and front-line health and social care workers; those aged 75 and over; and the over-70s and people who are clinically extremely vulnerable.

We are lucky to have use of the large airy Community Hall in Woodbridge for residents to get their jab. I know there have been some complaints and concerns about appointments and about supplies running out, but we must remember this is literally the largest vaccination effort in history, run as a partnership by organisations within the county while supplied from outside by companies busting a gut to make enough to supply us, and keep the NHS from being overwhelmed.

At the moment vaccines represent hope.

The other thing we know is that mid-February is dedicated to St Valentine, patron saint of lovers. Fewer people know he is also patron saint of the plague. Don't you think it is particularly appropriate that his day comes at the same time as we have started to make headway against this modern plague of ours?

St Valentine is also, unexpectedly, patron saint of epilepsy. And here I come to something that I am raising with the powers that be. It is great that we have this list of people who are prioritised by need, but there are other forgotten people who support those with needs.

The government has singled out front-line health and social care workers but has forgotten (as ever) about the literally millions of carers who look after the clinically vulnerable behind closed doors.

Family carers need to have their jabs at the same time as the person they are caring for. If not, the NHS loses the benefit.

## Carers lend backing to Tractor Girls

A care home provider in Woodbridge is joining forces with Ipswich Town FC Women by sponsoring the team's training kit for the 2020/21 season.

The Tractor Girls made history last year when they became the first ever tier 4 team to reach the fifth round of the national Women's FA Cup competition.

Sarah's Carers' sponsorship will help the squad build on this success, and Sarah Seaman, founder and director, said she is delighted with the new partnership.

She added: "It's clear to see that the pandemic has presented real difficulties for both the team and their fans. Our brand colours may be pink, but Sarah's Carers is proud to be a 'True Blue'."

The women's squad is creating a special exercise video to help Sarah's Carers' clients to stay active and well during the winter months. The team will also be joining Sarah's Carers care practitioners to help with various tasks.

Rosie Richardson, director of sales at Ipswich Town, said: "The innovative ideas we have begun to explore and opportunities involving the players will help the understanding of how important Sarah's Carers is to the community."



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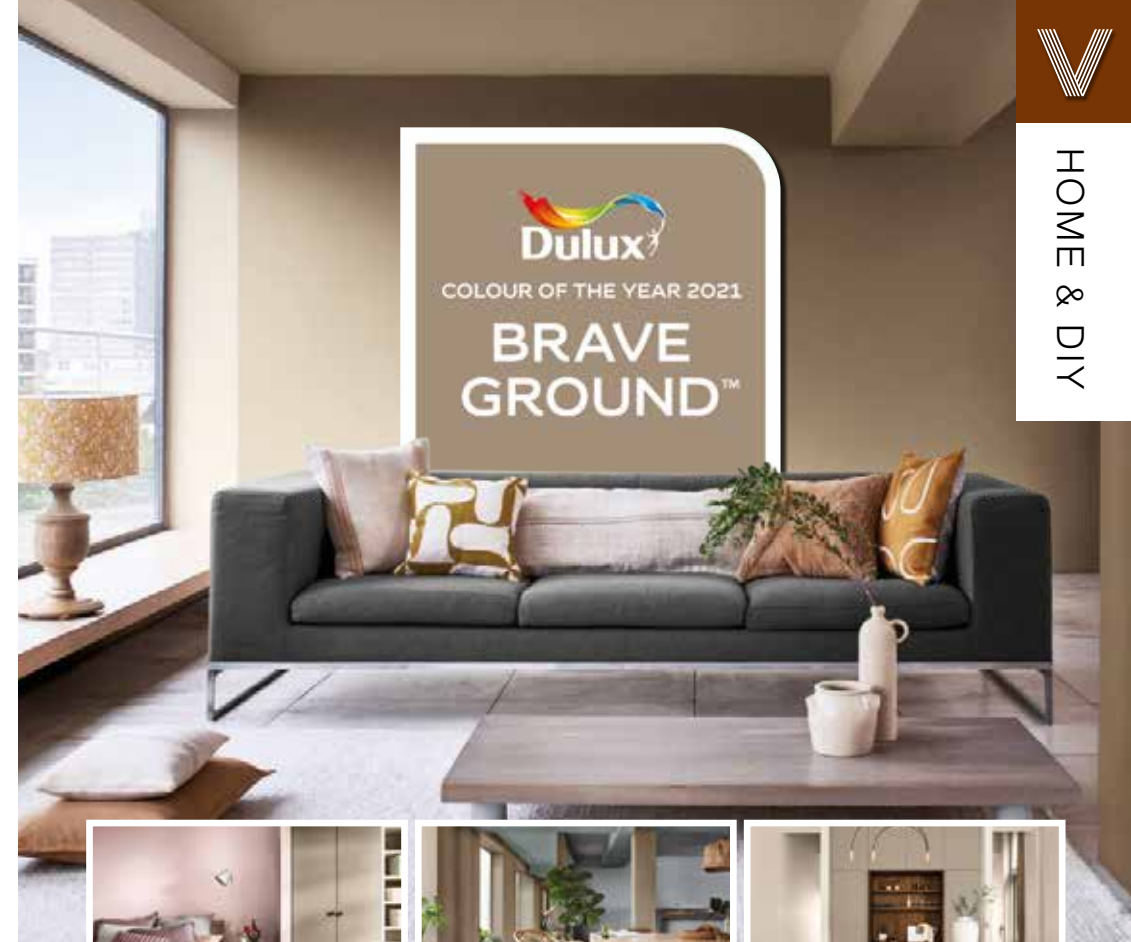
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#### DULUX LOOKS TOWARDS SAFE GROUND IN NAMING ITS COLOUR FOR 2021

There's only one contradiction at play as far as Dulux's Colour of the Year goes – namely that in establishing a tone that speaks quietness, calmness, unassuming peace and tranquillity, the paint manufacturer is treading safe ground and not, as the shade's name implies, Brave Ground.

And yet, despite Dulux failing to state what is courageous about this tone, we can at least revel in its ability to encapsulate the mood of the world. It pleads for calm, reflection and philosophical thoughts, and offers a serenity to interiors that is very different from the intention borne out in Pantone's Colour(s) of the Year.

This warm beige shade is one that will work beautifully when matching with light woods, particularly in the bedroom or living room.

Combined with white it reclines elegantly into the

background, and as a flat shade, it can find itself offset by fabrics and furniture that offer depth and detail.

The tones of grey present in Brave Ground are also earthy enough to take interiors away from the overtly beige patterns of the 1970s that often strayed too far in the way of oranges and browns.

Consider also mixing with pastels, or sharpening the edges with blacks and greys, particularly in cushions, throws, curtains or lampshades. Ultimately, Brave Ground is a colour that will bring lightness while offering a knowing nod to dark luxury.

Indeed, perhaps in adopting a shade that is the very epitome of neutrality, perhaps in offering a platform on which we can place our existing belongings as well as bring in new renovations, Dulux is showing itself to be brave after all.







# Magic MATERIALS



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Econyl chairs



Piñatex furniture

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Already a ubiquitous eco-fabric, Tencel is used by several major design brands linked to both interiors and fashion.

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## ECONYL

Fabric recycling has come a long way since the days of simple reupholstering that saw tired sofas and chairs less reinvented and more clumsily repurposed into something you could palm off to the kids or into the guest bedroom.

Econyl regenerated nylon is made from, you guessed it... nylon waste, and with an emphasis on closing the loop, this brilliant and innovative brand confesses to having an appetite for creating an infinite quantity of new products, but all using existing resources. In short, we've come a long way since the 1980s.

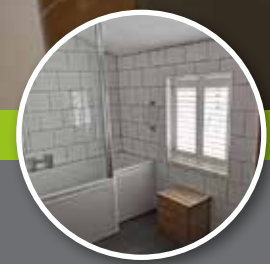
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# Understanding

THE DOS AND DON'TS TO ACHIEVING PERFECT UNDERFOOT CONDITIONS

You think splashing the cash on a swanky new length of carpet is the first and last bit of expense you need to worry about, before someone reminds you that carpet without underlay is akin to a new motor without tyres on the wheels.

It's recommended that you change your underlay whenever you change your carpet – after all, years of wear, tear, and no small amount of gravity will have squashed the best life out of it.

New underlay will provide for you a number of things – firmness, bounce, insulation, noise reduction, preservation of your new flooring, as well as reinforcing the feeling that your new piece of carpet is worthy of something you'd find on the way into a film premiere.

Premium underlay will set you back up to £10 per metre square, though perfectly good brands can be picked up for less than half that. It's true to say the higher quality your underlay, the longer it will, in

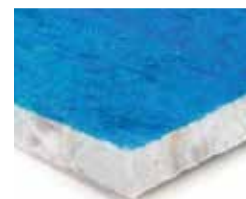
turn, look after your carpet.

Typical depth is around 10–13mm, with a lower grade on the stairs. You'll also have to consider the tog rating – anything higher than 2.5 tog will insulate nicely, though if you have heated floors then switch back down to a lower tog of around 1.0.

As for the fabric, PU foam is the most common underlay on the market. It offers a soft feeling underfoot, is made from recycled materials and is a good insulator. Other types are made from rubber, sponge rubber and crumb rubber, the latter being made from car tyres. Felt and wool carpet underlay also come well recommended.

And if you're fitting wood or laminate flooring, then consult a specialist who can bring forward a range of hardfloor-specific underlays that are lighter and thinner, and respect what is an intentionally solid top layer.

# UNDERLAY



PU FOAM



Sponge RUBBER



CRUMB RUBBER



WOOL FELT

Photo credit: [www.diydoctor.org.uk](http://www.diydoctor.org.uk)





# BETTER SAFE *than sorry*

**W**hether you are investing in home security for the first time or you want to upgrade your existing set-up, the below guide will ensure you pick the perfect home security system for your property.

**Determine the purpose:** The first step in choosing a security system for your home is to determine its primary purpose. There are three types of home security systems: home automation, intruder protection and environmental monitoring.

Home automation is the most advanced option, where all your devices are connected to each other via the internet of things. Intruder protection is designed to protect your home from burglars, and environmental monitoring systems detect anomalies like fire and leaks.

**Choose the right components:** There are many different home security packages on the market and you need to decide which elements you want in yours to make you and your family feel safe and protected. Popular choices include smart

doorbells, motion cameras, burglar alarms, smart lights and window sensors.

**Pick a monitoring system:** If your budget allows it, you could invest in round-the-clock call centre monitoring for your home. Your chosen provider will call you if they notice anything strange or to alert you of a natural disaster. Alternatively, you could use DIY monitoring and opt to receive notifications to your phone.

**Select a network:** Every home security system needs a network to function. You can choose either a wired or a wireless one. Wireless networks are becoming increasingly popular as all they need is a Wi-Fi or cellular connection and they are good to go.

**Decide about installation:** You can either install your home security system yourself or pay a professional to do it for you. Professionally installed systems tend to be more reliable but will obviously cost you more money than doing it yourself.



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PETS



# Perfect Pets FOR SENIORS

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**LEOPARD GECKOS:** A reptile may not be the first pet you have in mind when considering a companion for your older years, but the leopard gecko is actually a fantastic little friend who's also easy to look after. Requiring little more than a cosy, heated habitat in the form of a tank, insect edibles and a bowl of water, these big-eyed beauties are not only calm and friendly, but also happy to be handled by gentle hands.

they are arguably far more desirable to look at than your common or garden goldfish.

**ZEBRA FINCHES:** Originating from Australia, these feathery little friends are fantastic pets for those wishing to bring a little music into their lives. Prone to loneliness, zebra finches crave companionship and require exercise. They're also daytime creatures, so prefer to play in the day and sleep at night.

**TROPICAL FISH:** You may not be able to cuddle a koi carp when you're feeling low, but bright-coloured, beautiful tropical fish are clinically proven to have a calming effect on our minds. From gorgeous, fantailed guppies to bright little neons, you can buy tropical fish in an array of dazzling colours, even creating your own underwater paradise with the addition of ornaments and plants. Tropical fish, of course, require a little more in terms of heating and pumping systems, but

**BENGAL CAT:** They may look like tiny leopards, but Bengal cats are actually incredibly tame and love a cuddle. They are agile and love to play, which means they do need a little space to jump and run around in. However, they're better off being kept indoors, not only because it is far safer there but also because of their high value.





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FEBRUARY BIRTH FLOWER OF THE MONTH:

# Violet

The February birth flower is the vibrant violet. People born in this month tend to be both modest and mild mannered, hence the popular expression "shrinking violet". Sweet violets are regularly found in the UK in woods and hedgerows and are often candied and used to decorate cakes.

### WHAT DO VIOLETS SYMBOLISE?

Violets have been around for centuries and were first cultivated by the Greeks around 500BC. According to Greek mythology, violets were created when one of Artemis' nymphs was pursued by her twin brother Apollo. To protect her, Artemis turned her into a violet, which in turn led to this flower being known to represent modesty.

### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in February, you are said to be wise beyond your years. A private person, you are also prone to being a bit of a dreamer. It can take you a while to warm up to people, but when you do, you are fiercely loyal.

### CAN I GROW VIOLETS IN MY GARDEN?

Violets typically grow in the wild, although they are decreasing in numbers owing to habitat loss, which means if you want to grow them in your garden, you need to recreate these conditions. Violets thrive in winter and spring sun but need summer shade, so their ideal spot is under a deciduous tree or shrub.

Violets will self-sow, but growing your own from seed is a challenge as the seeds need to be fresh. Instead, buy plants during the spring and plant immediately in moist but well-drained soil.

### WHAT PESTS ARE COMMON TO VIOLETS?

If your violet leaves turn yellow, this could be the result of an attack by red spider mites. This pest strikes when your plant becomes too hot or dry.

The best remedy is to defoliate the plant completely.



GARDENING



## GARDEN OF LIFE

FOX IN  
*the box*

In the first of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the faithful fox. Whether out at night or hiding in plain sight, this sly urban dweller has adapted better than any other animal to human environments.

Perhaps we shouldn't be so surprised when we spot a fox meandering its way through the park, across a garden, or even on the pavement outside where we live. These beautiful creatures are, after all, past masters in urban environments, even if they are just as accustomed to survival in the rugged wild.

For all its impressive presence, your average fox will rarely approach humans or animals – chickens, rabbits and guinea pigs notwithstanding. This sly old foe simply wants to hunt for scraps, play, mate and return to its den to rest and tend to its offspring. Only when threatened will a fox move into offensive mode.

The fact foxes have become so much a part of our urban and suburban lives has a lot to do with the way they feed. They'll consume almost anything they find – from fruit and veg, raw and cooked meat, cheese, bread and even dog biscuits. Increasingly brave around humans, they'll often take food for storage, burying it for later consumption.

That means there's little risk in leaving food out for foxes if you're hoping to get a glimpse of these fiery nocturnal beauties, who will happily roam around in the late afternoon as well.

There is a downside, however. From fouling the garden to chewing shoes left outside, to trampling lawns and even digging up deceased pets, if you encourage foxes in, you'll have to go along with their inquisitive, playful habits.



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# Valentine's traditions AROUND THE WORLD

Love is in the air with these beautiful, and in some cases bizarre, Valentine's Day traditions from around the globe.



**SOUTH KOREA:** In this country in east Asia, lovers celebrate the day of love on the 14th of every month. May 14 is the "day of rose", June 14 is the "day of kisses", and there is even a "black day" in April when couples eat black noodles together.



**PHILIPPINES:** Young couples in the Philippines are sponsored by the government to get married as a form of public service. Well, there are worse ways to serve your country.



**GHANA:** Known as National Chocolate Day, February 14 is used to increase tourism in Ghana, one of the largest cocoa-producing countries in the world.



**BULGARIA:** A simple yet highly enjoyable tradition, in Bulgaria, couples young and old celebrate their love by sharing a glass of local wine.



**WALES:** Lovers from Wales celebrate Valentine's Day on January 25, and rather than exchange cards and flowers, they



**SPAIN:** The day of love in Spain falls on October 9 and is known as the feast of Saint Dionysius. On this day, men gift their women a "macadora", which is a marzipan figurine.



**ESTONIA:** Still taking place on February 14 but with a slight twist, Estonians celebrate all relationships on this day rather than just romantic ones.



**JAPAN:** A country that prides itself on being unique, Valentine's Day in Japan is quite unlike anywhere else in the world. On February 14, women buy gifts for men, but men are not allowed to return the favour until March 14, known as the "white day".

## HOW TO SAY "I LOVE YOU":

- > South Korea: Saranghae
- > Philippines: Mahal kita
- > Ghana: Me do wo
- > Bulgaria: Obicham te
- > Wales: Rwy'n dy garu di
- > Spain: Te amo
- > Estonia: Ma armastan sind
- > Japan: Aishiteru

give their partners handcrafted wooden spoons.



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# The infectious personality of ALISON HAMMOND

The presenter who has chuckled, chortled and guffawed her way through almost two decades on camera... and we're all better off for it.

---

The Brummie whose laugh-a-minute approach to presenting has won her admirers across the entertainment world... and we include Harrison Ford and Ryan Gosling in that number.

As if proof were needed that Alison Hammond, while always kind, enthusiastic and respectful, does not subscribe to the idea that celebrities and film stars are unreachable demigods not worthy of our time, in a hilarious 2017 interview for *This Morning*, Hammond charmed and bewildered two of Hollywood's finest in a recording that had more than 12 million YouTube views. You could say she upstaged her two guests by laughing them into submission.

Having first appeared on our screens as a contestant in the *Big Brother* house, Hammond is another example of a reality star who has maximised the possibilities out of what is a very simple and short-lived platform.

She has swept her way through a variety of entertainment shows over the past decade, appearing in *Celebrity Fit Club*, *Celebrities Under Pressure*, *Stars in Their Eyes*, *Celebrity Ready Steady Cook* and many, many more; she has been a panellist on *Loose Women*, and made it to the seventh week of *Strictly Come Dancing* when she partnered Aljaž Škorjanec.

"I've always been someone who wants to grab life by the horns and go for a ride," she laughs. "It's very rare that I'll turn down an opportunity, and if I do it's because it's taking me too far from home and being around the people I love, and those are the ones who must always come first."

And Hammond's reputation as a brilliant reporter on *This Morning* has borne fruit in a way she wouldn't have imagined – in the middle of December 2020 it was announced that she and Dermot O'Leary would take over full presenting duties on Fridays from regular incumbents Eamonn Holmes and Ruth Langsford.

The shake-up is further evidence of a nation embracing those down-to-earth personalities who reflect our own thoughts, ideas and sensibilities.

"A long time ago I realised that to get on in the world you just need to be yourself," she says. "I think in the early days of getting TV work there was a temptation to be the person you thought people wanted to see, and when you do that you lose an edge."

"What people see is what they get, but it is all me – an uplifting, fun, sparky person who treats everyone as equals."

Indeed, geographically, Hammond, 46 in February, has stayed true to herself as well. Despite *This Morning* being filmed at Television Centre in White City, the presenter still lives in 'the second city', commuting to the capital for work. "I couldn't ever leave Birmingham behind – it means everything to me, as do the people."

"It's also my son's home, and I want him to grow up a proud Brummie like me... who likes to laugh."



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Alde Valley, a Waveney Valley Academies Trust school is one of the fastest growing academies in East Anglia.

The partnership of schools has opened up a whole host of opportunities for students. One opportunity is the post-16 education pathway to St John Leman High School with free daily transport for A Level students, to add to the provision of vocational post-16 study on site at Suffolk New College on the Coast.

Student intake for year 7 for September 2021 has increased yet again, being oversubscribed for the second consecutive year from parents' first choice alone, despite Alde Valley

Academy not being the closest school for over 40% of those students. We will expand our ever-increasing transport plan to deliver on the promise to provide cost-effective transport for all families.

The curriculum is broad and balanced with an average class size of 21 students across the school and only 18 in KS4. Community engagement and curriculum enhancement continue to be a focus for the school to enrich the experience and opportunities for our students with links to industry and partnerships.

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NEW OLYMPIC SPORT:

# BREAKDANCING



SPORT

THE NEW SPORT SET TO DEBUT AT THE 2024 OLYMPICS IN PARIS... BREAKDANCING!

While the postponement of the Olympic Games in Tokyo proved one of 2020's most frustrating episodes, hosting the Games this coming summer has at least given the International Olympic Committee (IOC) the chance to run its eye over prospective new sports that could be showcased.

And fans of breakdancing – a pursuit created and styled on the mean, urban streets of New York in the 1970s before being exported to a truly global audience – will be glad of the extra time, albeit the first we'll see of it will be in 2024 when Paris hosts.

A movement centred as much on music as it is dance, there are distant similarities with other performance events at the Games, such as synchronised swimming and dressage.

In the Olympic format, competitors look likely to go up against each other 1v1, as was

the case at the 2018 Youth Olympics in Argentina. The success of the event there, some significant backing by Red Bull and a desire by organisers for the Olympics to speak to a younger, more urban demographic, means breakdancing – or 'breaking', as it will be called in event terms – sailed through the trial on its way to debuting at the world's biggest sporting tournament.

It's also significant that the IOC has embraced breaking despite some of the activity's leading purveyors insisting that it needs to retain its artistic and cultural edge, and shouldn't be bracketed

in with the Olympics' sometimes rather formal take on sport.

Whether breaking will inspire anyone older than the teenage market to take it up is unclear. If it does, expect sales of paracetamol to soar.







# BRUSH UP

## on children's oral health

**F**ebruary is National Children's Dental Health month, so what better time to tackle any tooth-brushing issues your child has?

Discover the top five reasons why your child doesn't want to brush their teeth below. Plus, how you can encourage them to practise good oral hygiene.

### WHY DOES MY CHILD HATE BRUSHING THEIR TEETH?

#### 1. They are sensitive to having their teeth brushed

Some children experience a gag reflex when brushing their teeth that can be unpleasant. Others might not like the feel of the brush against their teeth or in their mouth. Sensitivities are more common in children with autism or attention disorders.

#### 2. They are asserting their authority

If you find yourself caught in a battle with your child every morning and evening when it comes to brushing their teeth and there is no physical reason why they won't brush, they could simply be pushing boundaries.

#### 3. They have become anxious

You may not be able to determine the initial reason why your child started to hate brushing their teeth, but if it has become a daily issue in your household, your child may now feel anxiety around this daily activity.

#### 4. They don't like the taste of the toothpaste

It is always a good idea to ask your child if they would like to choose a different flavoured toothpaste if they do not like the one you are currently buying.

#### 5. They are a picky eater

Children who are picky eaters are more likely to not like the texture and taste of a toothbrush and toothpaste in their mouth.

#### How can I encourage my child to brush their teeth?

- 👉 Stick to a routine
- 👉 Make it fun
- 👉 Provide choice in terms of what products they use
- 👉 Stand behind younger children
- 👉 Allow your child to hold a toy they can squeeze to calm them
- 👉 Offer a reward such as an extra bedtime story



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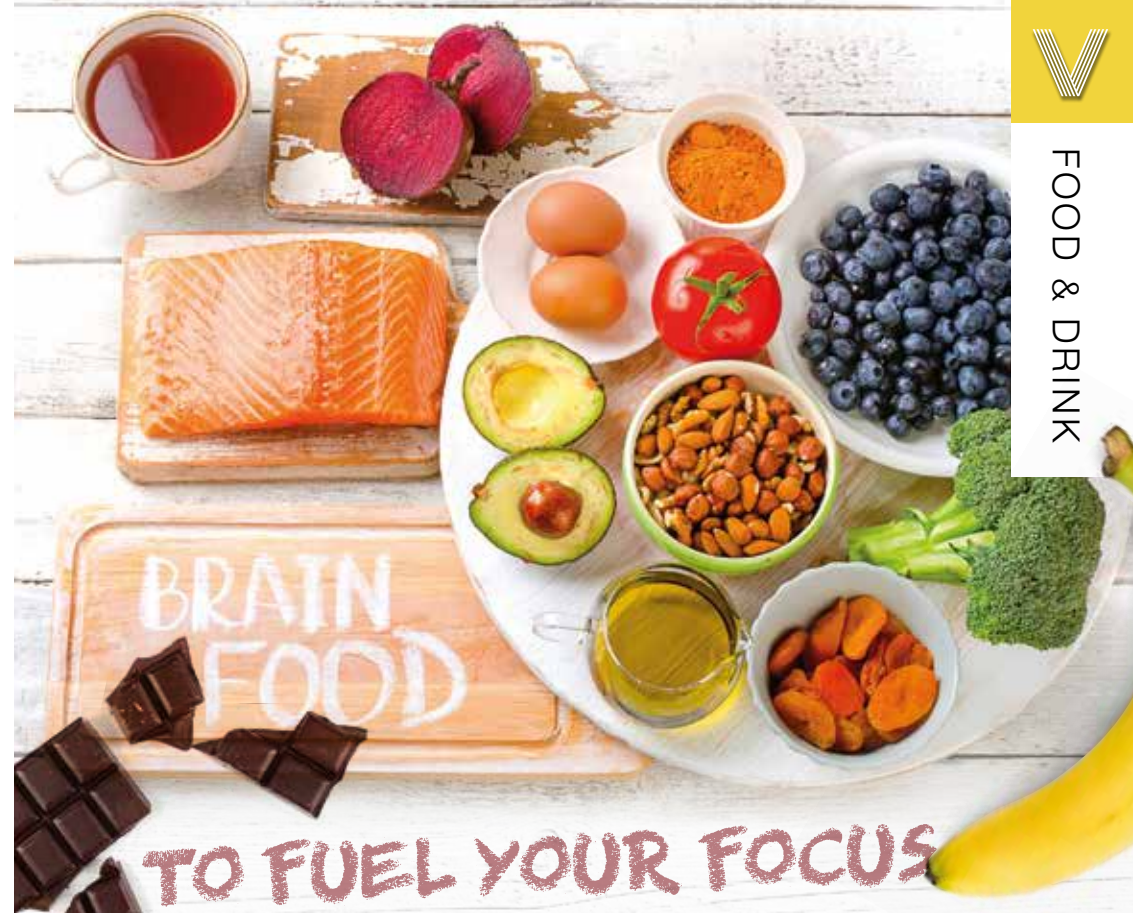
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## TO FUEL YOUR FOCUS

If you are still struggling with getting back into a routine and could do with some help improving your concentration levels, these foods will boost your brain power and motivate your memory.

**SUPER SALMON:** Providing a concentrated source of omega-3 fatty acids, salmon can help to rebuild your brain cells, slow cognitive decline and strengthen the synapses in your brain that are responsible for memory.

**BEETROOT:** A shockingly underused root vegetable, beetroot contains nitrates that increase blood flow and oxygen to the brain, resulting in improved mental performance.

**BANANAS:** Cheap, filling and high in potassium, bananas are the ideal afternoon pick-me-up for times when your concentration levels are waning.

**SPINACH:** Spinach is known as the ultimate brain food and it's not hard to see why. Rich in folate,

lutein and beta-carotene, this leafy green has been linked to the prevention of dementia. Aim to eat three portions a week for optimal results.

**AVOCADOS:** Avocados are a bit like Marmite – you either love them or you hate them. Fortunately for those who fall into the former category, this fruit can fire up your brain cells and keep hunger pangs at bay.

**NUTS:** The best thing about nuts is that you only need a very small serving to enjoy all the benefits of this super snack. Both nuts and seeds are great sources of vitamin E, which is associated with a reduction in cognitive decline. Plus, they contain essential oils and amino acids that help you focus.

**DARK CHOCOLATE:** Because we all deserve a treat from time to time, dark chocolate makes a great alternative to coffee in the morning, having the ability to boost your serotonin and endorphin levels which are both associated with increased concentration.



FOOD & DRINK



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## Espresso Coffee for the Home

Local coffee company enters the capsule market to bring excellent coffee to people's homes and offices.

As more and more of us adjust to working from home, one thing many of us have had to sacrifice is our daily barista coffee. Many offices now have café-standard coffee machines installed, while the commute can often pass a number of coffee shops.

Working from home has certainly brought a stop to that.

Fortunately, Suffolk-based coffee specialists Anglia Coffee Solutions have come up with the answer with the introduction of their new Opal machine and range of pod-based coffees to go with it.

The family business has offered a range of different machines for many years, aimed primarily at offices and small to medium-sized businesses. Yet, it is the launch of the new pods and Columbian blend of filter coffee that is most exciting for the domestic market.

Co-Founder, Matt Collins said: "Like a lot of businesses over the last year, we have had to adapt to the changing needs of our customers."

"With more and more people working from home, we realised the importance of delivering top quality coffee in a way that would be more practical to a single user."

"Our new Opal machine is perfect for this, and as salons, barbers and health spas begin to open up too, it will be great for them also."

Using Nespresso compatible pods, the Opal capsule machine benefits from adjustable temperatures, a silicone brewing chamber and the ability to produce three different drink options.

The company has already made a name for itself by selling its own brand of smooth Italian coffee called Dolchenza, with their "Work From Home" cafetiere kits proving popular last year.

But with working from home looking increasingly like the new normal, the demand for espresso-based coffee grew.

Matt added: "We're a nation of coffee drinkers now, and gone are the days of drinking instant coffee and not worrying what it tasted like."

"Expectations have really risen, and we now have the technology available to produce the very best coffee at home."

At just £129, the Opal machine is hard to beat on price, and its sleek, compact design makes it absolutely ideal for kitchen worktops or home offices.

Packs of Columbian, Ristretto and Decaf pods are available for just £3.50, while the filter coffee starts from £5.

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# NO MEAN FOOT

Why our humble feet may be the lynchpin to overall body health alignment

**N**ever underestimate just how fantastic our feet are – sure, they will get you around the house, to work, or down to the pub, but more than that, they are the lynchpin to overall body health too.

Consider 10 toes, more than 50 bones (that's around a quarter of all those in the human body), and more than 60 joints, plus more than 200 muscles, tendons and ligaments, and it's clear why your feet are the cornerstone to overall body health.

### Mobility

In the most obvious sense, your feet are the tools that move you around. Essential for almost every form of exercise, health and well-being, which begins at ground level.

### Back and joint issues

The way we walk ultimately affects the way the rest of our body functions, and this is no truer than in people who suffer with flat feet. This condition causes a misalignment with the ankle, which can move up through the body into the knees, hips, spine, neck and other joints.

### Balance

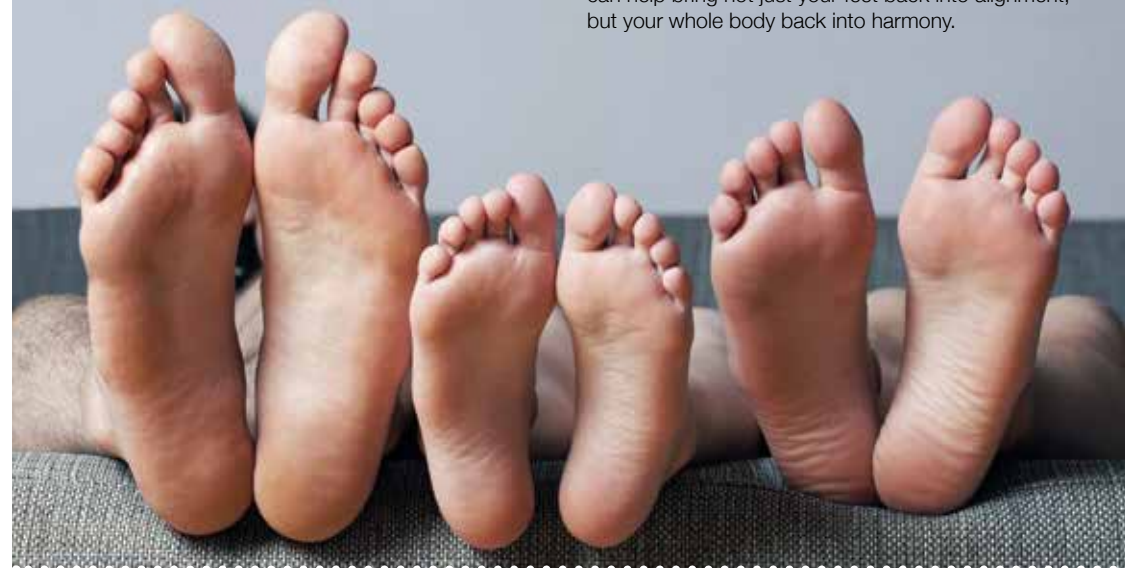
Balance in the human body is finely configured so that any imbalances can have negative effects on general health, from wobbliness through to vertigo-type symptoms.

### Organs

In the most extreme cases, when the mesh of nerves and touch receptors in our feet are blocked, insufficient messages can send disruptive adjustments through the body, including into our organs.

It is for these reasons that looking after our feet is pivotal to good health. Sure, get the pumice stone out in the bath, but more than that, ensure you are wearing properly fitting shoes. That might mean accepting that narrow styles are not going to work for your wide feet, or that perhaps you will need to buy flip-flops with a little more support.

Also consider a whole variety of foot exercises that can help bring not just your feet back into alignment, but your whole body back into harmony.



HEALTH & FITNESS





# *dress to impress* pierre cardin

Remembering and reflecting on the life of designer Pierre Cardin, who passed away in December.

Mention the name Pierre Cardin and a modern generation of fashionistas will most likely point you to a range of smart casual shirts and t-shirts adorning the racks of retailers over the UK, from House of Fraser to TK Maxx.

And yet, to think that the French clothing label should end up in such safe, formal surrounds is to besmirch the work of a designer who fairly revolutionised high-street style in the Swinging Sixties.

Cardin passed away at the end of December having cast an artistic pencil over the fashion world for more than seven decades. His passing was met with genuine sadness by a list of admirers and proteges, including designer Jean-Paul Gaultier, but his legacy is one to be admired and celebrated.

For starters, Cardin was one of the first designers to display a logo on garments, and a self-titled brand logo at that. The idea of giving a piece of clothing its own status well beyond the cuts of cotton or cashmere was something the industry had not seen before, and it led to a host of other licensed products emerging from the Paris-based fashion house, from pens to perfumes, sunglasses to food.

Cardin's idea was to bring ready-to-wear, premium-looking clothes to the everyday market, and at a price that meant people could indulge in the image and grandiosity of the catwalk.

Always looking to be different, he revolutionised design with sharp edges, outlandish curves and stylings that border on architecture as much as clothing. Inspiring so many, he dressed everyone from Bardot to The Beatles, all the while satisfying his own desire to be different.

What we see in so much of today's collections is more than a little influenced by a humble Frenchman with big ideas, Pierre Cardin.

Photo credit: catwalker/Shutterstock.com

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**E**ven with the best will in the world, your car seats will eventually succumb to stains and spillages. Fortunately, if you care for and clean them appropriately, they can be restored to their original glory.

**FABRIC CAR SEATS**

- > The first step when cleaning your fabric car seats is to vacuum the upholstery to ensure the area is free from dirt and debris. If pet hair is an issue, utilise a pet hairbrush to lift the hair before vacuuming.
- > Next you need to apply your chosen cleaner or shampoo. Try not to make the area too wet – damp is best – and then gently rub in the solution with a soft-bristled brush.
- > Top tip: Concentrate on small areas and an even spread of solution to avoid water stains.

**LEATHER CAR SEATS**

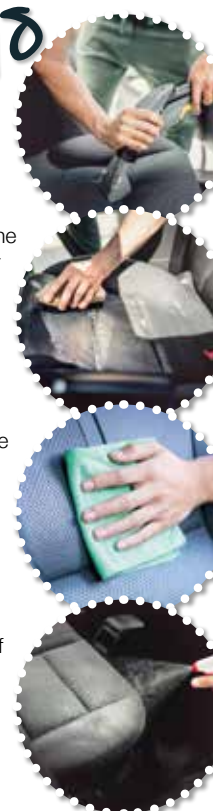
- > Leather car seats are less prone to stains than fabric ones but they are also more delicate and susceptible to abrasions. Therefore, when vacuuming you need to be extra careful and take your time to avoid any scratches or tears. You also need to purchase a leather-specific upholstery cleaner, which often comes as a cream rather than a spray or shampoo.
- > Apply the product and gently rub the area with a microfibre towel.
- > Top tip: The more matt your leather seats appear, the cleaner they are.

**HOW TO DRY YOUR CAR SEATS**

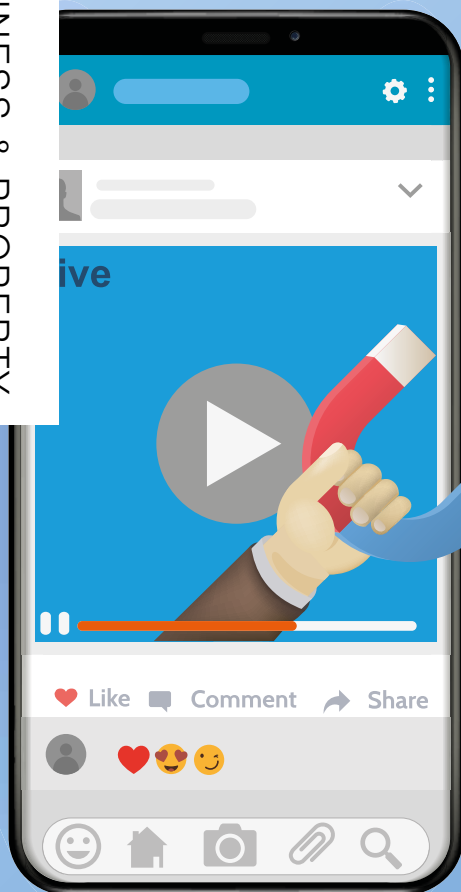
It is always advisable to clean your car seats early in the day and when no rain is forecast. If you can keep an eye on your vehicle, leave your windows slightly open to prevent trapped moisture and let your seats dry naturally.

**HOW TO PROTECT YOUR CAR SEATS**

- > Condition leather seats to prevent cracks
- > Spray fabric seats with a fabric protector



# The Power of Social Media



memes and GIFs. Avoid overly promotional posts.

**Increased interaction:** Video continues to be one of the strongest social media strategies, with an estimated 78 per cent of users watching video content on a monthly basis. Ideal for grabbing people's attention, conveying your brand personality and showcasing your passion as a business. You could even try live-streaming an event.

**Improved customer service:** Although social media can be a blessing for your business, it can also cause a lot of damage if you don't keep an eye on it. Remember that, first and foremost, social media is a customer service channel, so you need to monitor your mentions and keep tabs on your reviews. Always respond to comments asap and deal with any problems via private messaging.

If you only implement one digital marketing technique to boost your business and build brand awareness this year, then make sure it involves social media.

Providing you with the chance to improve customer service, drive traffic to your site and even spy on your competitors, the power of social media should never be underestimated.

**Enhanced engagement:** Social media is the perfect technology for engaging with both your existing customers and potential new ones. Make sure you take full advantage of social capability and encourage interaction through competitions, industry news, tips and advice and humorous

The lowdown on the popular social media platforms:

- > **Facebook.** Best for generating leads and building relationships
- > **Twitter.** Perfect for businesses with a younger audience
- > **Pinterest.** Great for driving sales and for brands with visual appeal
- > **Snapchat.** Ideal for building relationships with influencers and driving brand recognition and loyalty
- > **Instagram.** The best option for e-commerce sites and for telling your brand story
- > **YouTube.** To help you get seen by Google and tap into YouTube traffic

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# Could Your Next New Hire Be Worth A £1000 Boost?

Employers can now apply for a £1000 cash boost to help them take on new trainees.

The new scheme will support young people to gain the skills and experience they need from the very start, helping them to get a job, an apprenticeship, or pursue further study.

The cash boost – which is available until 31 July 2021 – will help businesses with the cost of providing a high-quality work placement for a trainee. This includes providing facilities, uniforms or helping with travel costs. Businesses offering new traineeship opportunities will receive the £1,000 bonus for every trainee they take on with up to a maximum of 10 trainees. Employers can claim the cash incentive for all work placements that have been completed since 1 September.

## What is on offer?

The programmes last between 6 weeks and 12 months, and focus on developing vital employability skills, alongside additional English, maths and digital skills, combined with a work placement lasting a minimum of 70 hours. Young people have completed work placements in a range of exciting industries including construction, education and health and social care.

The launch of the incentive scheme follows the announcement in July 2020 by the Chancellor, as part of his Plan for Jobs, of an additional £111 million investment to support the largest-ever expansion of traineeships so more young people have the skills and confidence they need to get on in life.

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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## Apprentice scheme

This new cash boost is in addition to the apprentice scheme announced last year, which offers employers £2,000 for each new apprentice they hire aged under 25, and £1,500 for apprentice aged 25 and over. This includes taking on an apprentice who has been made redundant. More than 10,000 employers have already taken up the offer, which is available until March 2021.

## Do you need help with your payroll compliance?

Running payroll can be a time-consuming burden, did you know MJB Avanti offer a comprehensive payroll service? We can streamline your processes, minimising your costs and increasing the time you have to work on your business. If you currently run your own payroll, ask yourself what it is costing you each month, and give us a call to see how you can benefit from our payroll services.



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SJP11693e V1 (12/19)

# WINDOW dressing

Tricks that will upgrade your home and help you achieve top market price

**W**hen it comes to making our homes as presentable as possible for sale, there are a few tips and tricks worth putting into practice, and no, just brewing up some fresh coffee won't suffice.

**TIDY HOUSE, TIDY MIND:** House viewers need to imagine their own possessions in your house, so the brighter and emptier your rooms are, the easier it will be for them to make that connection.

It may mean you need to give up a weekend or two to repaint a couple of rooms, and that mass of clutter can find a new home in the loft – or the bin – but the rewards could be huge.

**TIGHT IS RIGHT:** Your house needs to give off a feeling of quality – it will all add to a sense of your potential purchaser stepping up a level when they move in. With that in mind, tighten and make sparkle door handles, taps and bannister rails. No wobbles, no worries.

**A MEAN CLEAN:** While it sounds obvious, any appearance of dust is hugely off-putting for those looking around a home. Paying professional cleaners to really give your rooms a spruce may be one of the best investments you make.

**(VERY) FIRST IMPRESSIONS:** Most people think first impressions are made when someone walks through the front door, but the process begins way before that. Is the lawn mown? Is the front door wiped down? Can you convince your neighbour to move his rusty Ford Mondeo around the corner?

**WEATHER WITH YOU:** Try to book viewings when the sun is there to light up your home. Open windows to let heat and the breeze in, and consider delaying if torrential rain may see your potential buyers soaked through before they even enter the property.



BUSINESS & PROPERTY



# BEAM ME UP



A level of gadgetry once reserved for Bond films or the mind of Jason Bourne might soon be coming your way, with boffins in Israel having found a way of beaming music into the brain without the need for speakers or headphones.

It goes by the name of soundbeaming, and this futuristic audio technique has the ability to transform the way we listen to music, play computer games, watch TV or process satellite navigation instructions forever.

The product is called a Soundbeamer 1.0 and is made by Noveto. It sits on a desktop and beams sound to the user – and not just any sound, but rich 3D, circling and weaving soundscapes that fill the ear, swirl around the head and infiltrate the brain, without really seeming to come from any one direction.

What's more, there are no implants required – simply, the 3D sensing module locates and tracks your ear position and sends audio via ultrasonic

waves, creating sound pockets next to the ear. And because there are no headphones blocking other sounds, you will still pick up what's being spoken in the room, so no need for those awkward taps on the shoulder.

The technology is so new and so advanced that even the company's CEO admits he has struggled to come to terms with it.

"The brain doesn't understand what it doesn't know," he says. "It sounds like a speaker but it is just you who can hear it, and that's quite something for the brain to come to terms with."

"We have other technologies that happen around us that are difficult to comprehend but vital to our lives – the internet is perhaps a good example – and I hope this will come to be regarded in the same way."

As for when we can get our hands on the Soundbeamer – the company hopes that the first will be available for sale by Christmas 2021.



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## Books to Fall in Love With in Feb

By JULES BUTTON  
Woodbridge Emporium

A bookseller's life is not what it used to be! I can't open my Bookshop for people to browse my wares, sniff the books or caress the covers, oh what a horrid time it is!! I so miss the passion and laughter that book loving customers bring to my world but hopefully one day all will be well and lockdown lifted. In the meantime, do please support Independent Bookshops by ordering from their websites.

This month I was very excited to read a friend's debut novel: **The Diary of Isabella M Smugge** by Ruth Leigh. It's about life in a small Suffolk village before lockdown with a protagonist called Isabella. At first, I didn't like this Issy person but by the second chapter I had grown to like her and by the end I was rooting for her. Issy starts to ponder the meaning of life, the Church and Social Media!! If you like Sophie Kinsella or Katie Fforde then this is a book for you. The wit and candour will help you have a few moments of much needed escapism!

I also revisited **Earthsea** by Ursula Le Guin: well, I needed a bit of magic in my life and this is one of the original Magical Realism Fantasy stories. I love it.

**This month I'm offering VISION readers 10% Off all Books on my Website, use code: VISION10**



**THE DIG**  
John Preston, £8.99

Sutton Hoo is the greatest Anglo Saxon discovery in Britain and Preston's recreation is absorbingly brilliant. Now a major motion picture, I encourage you to read the book that started the evocative and engrossing drama of life at an archaeological dig in Suffolk.

**MURDER AT THE MANOR**  
Martin Edwards, £8.99

A British Library Crime Classic Book of Country House Mysteries. Lots of short stories spanning over 65 years. The author unearths hidden gems and masterpieces, ideal for reading one per evening. Did you spot Christchurch Mansion on the cover?



**ENTANGLED LIFE**  
Merlin Sheldrake, £20.00

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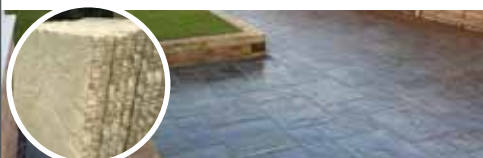


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# PUZZLES & TRIVIA

PUZZLES

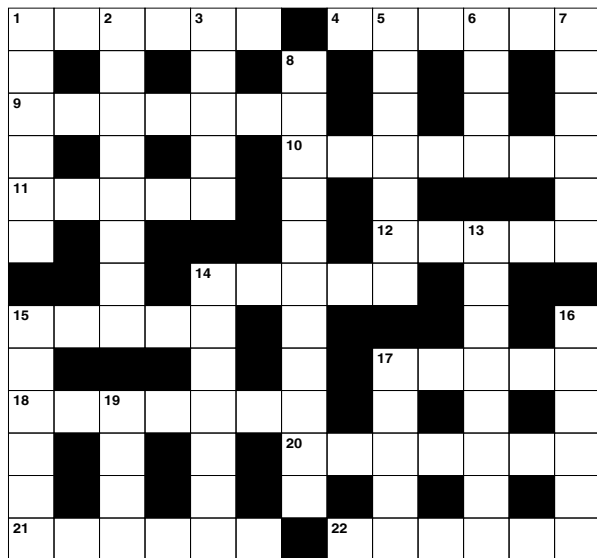
Answers: see end of The VISION Listings

## ACROSS

1. Straighten out (6)
4. Vocalist (6)
9. Animal fat (7)
10. Not friendly (7)
11. Oozes (5)
12. Compassion (5)
14. Expect; think that (5)
15. Word of farewell (5)
17. Wedding assistant (5)
18. Supervisory worker (7)
20. Burdensome work (7)
21. Short choral compositions (6)
22. Entertains (6)

## DOWN

1. Except when (6)
2. Musical pieces for solo instruments (8)
3. Regulations (5)
5. Annoying (7)
6. Large desert in Asia (4)
7. Make less dense (6)
8. Residents (11)
13. People with auburn hair (8)



14. Furthest away (7)
15. State publicly (6)
16. Tremulous sounds (6)
17. Deprive of weapons (5)
19. Speak in a wild way (4)

## DID YOU KNOW?

- ▶ Adélie penguins breed and raise their offspring in Antarctica
- ▶ Puffins can flap their wings up to 400 times a minute. They can fly at around 55 miles an hour
- ▶ The bald eagle, which was once on the brink of extinction, has been the national symbol of the United States of America since 1782
- ▶ Once a flamingo lays an egg, the parents take turns sitting on it to keep it warm. The egg usually hatches in around 30 days
- ▶ The ostrich is the tallest and heaviest of all the birds
- ▶ As a male snowy owl gets older, it turns whiter. Males are often whiter than females
- ▶ Red-tailed hawks can spot a mouse from 30 metres up in the air

## SUDOKU

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



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