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Editor's notes...

MAY 2021



William Taylor, Editor

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

If I had a pound for every time someone told me that print media was dying, I'd have packed up long ago. Not only because I'd be very rich, but probably also because that myth had finally driven me into submission.

Now all I do is politely nod, let them have their opinion, and then get on with doing the thing I love... building magazines.

As of this month, **VISION**Woodbridge is no longer an island. We are now part of a much wider group of **VISION** publications that includes the already thriving **VISION**Frinton-on-Sea and the soon-to-be-launched

VISIONManningtreeMistley.

Myself and Sean Purcell, the owner of **VISION**Frinton-on-Sea, have joined forces to bring you **VISION** magazines throughout other villages and towns across Suffolk and North Essex. We've brought together our collective experience and thriving publications under one roof.

VISION is proof that while some forms of print media may be struggling, good quality, hyper-local news and lifestyle still has its place firmly in the communities it represents.

Here's to a new and exciting era.

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

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WILLIAM & KATE:

Ten years on

Looking back to celebrate William and Kate as they reach the milestone of their 10th wedding anniversary.

When asked, Prince William and Kate Middleton, the Duke and Duchess of Cambridge, would doubtless suggest their first decade together as husband and wife has been wonderfully happy, uplifting and rewarding... albeit not without its challenges.

To most couples in the early throes of wedded bliss, the faint cry of babies and the bringing on of previously untapped levels of tiredness is a challenge enough. Yet it is to the couple's unending credit that they have never swayed away from their other royal duties, while having the ambition to pursue new challenges and initiatives. They are every bit the exemplars of people wanting the best for themselves, their family and those around them.

In isolation, those challenges of early parenthood – when we saw the arrival of Prince George in 2013, Princess Charlotte two years later and, most recently, Prince Louis in 2018 – are considerable, yet in recent years family events have compounded further the complications of life. The Prince Harry and Meghan Markle spat, notably, has left a devastating scar across how we perceive the Royal Family; then there's been the controversy of Prince Andrew and his links to Jeffrey Epstein; while the recent passing of William's grandfather, Prince Philip, Duke of Edinburgh, has further shrouded the institution at a time when the rest of the nation is finally managing to pull away from the darkness.

Regardless, the April 29, 2021, anniversary reaffirms the couple as a modern inspiration. The ceremony, 10 years ago, was a typically lavish affair, albeit laced with the style and individuality that William and Kate have wanted to imprint in the way they go about their duties.

Former Archbishop of Canterbury Rowan Williams conducted the ceremony, as 26 million UK viewers watched it live. The Royal Family and the Middletons picked up the bill for almost 2,000 guests, with 300 special invitees going on to an evening dinner hosted by Prince Charles.

Naturally, the day went off without issue, and their work as a couple was only just beginning. Few would disagree now that, during an era when criticism of the royals has been fervent, William and Kate uphold the value and purpose of the Royal Family, even if others in the clan are less proactive.

Over the past decade, the prince has committed huge amounts of time to mental health issues, as well as opening up to a more mainstream audience with his love of sport; while the Duchess of Cambridge's elegant embracing of the mum role model is notable for the familiarity it has with Princess Diana and her boys.

More than anything else, William and Kate speak to the world with the shutters up. Rarely have a royal couple been so close to the people, with honesty, humility and even the ability to laugh at themselves.

It gives all of us hope that not only will the Windsors overcome this recent spate of negative events but, more than that, with William and Kate excellent exemplars, the institution of marriage – itself in decline – once again has those to uphold its values.

"We have always loved being married," says William. "I think we are more in love now than before, and we both truly feel we have found a soulmate who will be there forever."

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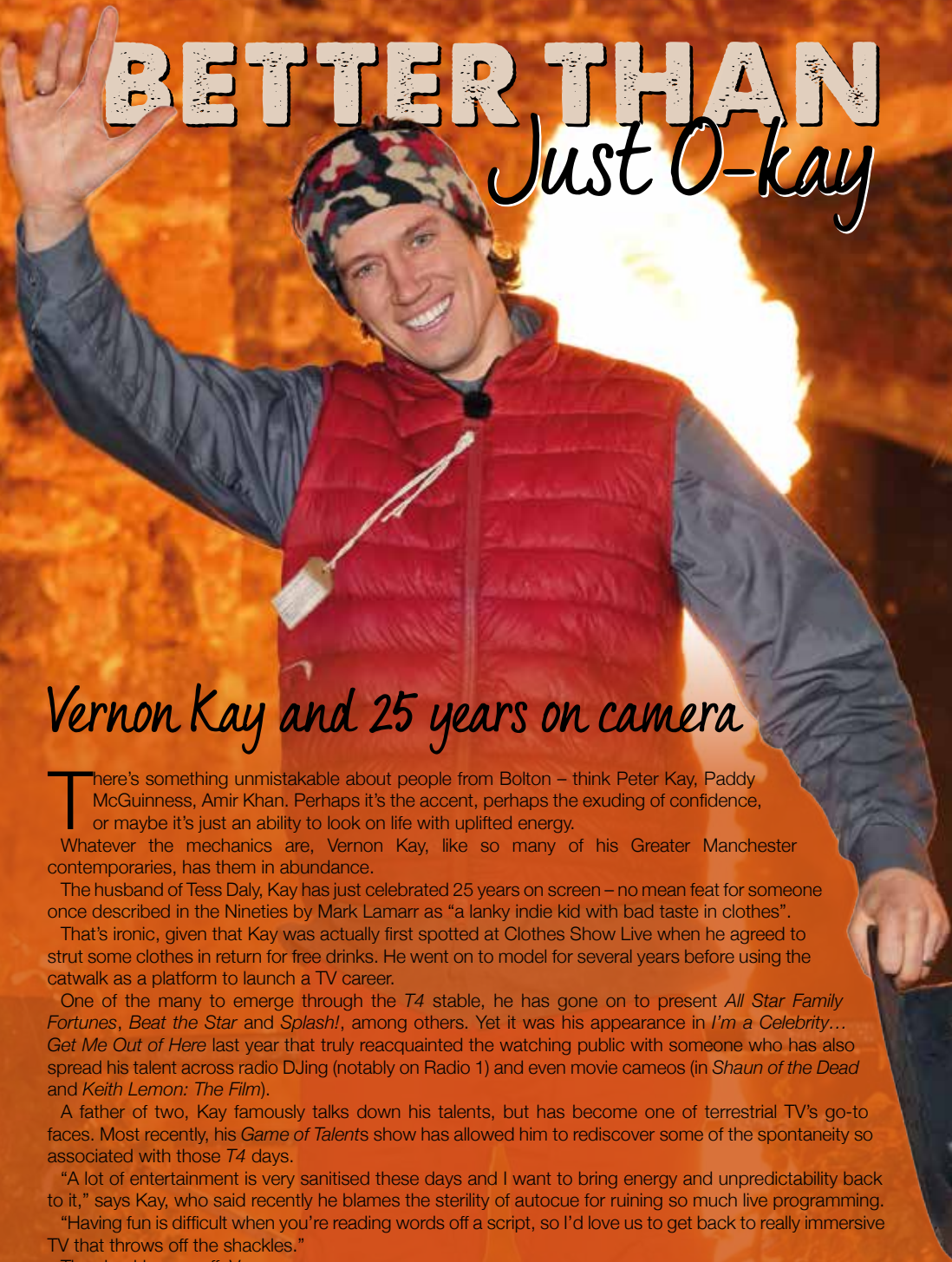
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FLYING DISPLAYS DAILY

BETTER THAN *Just O-kay*



Vernon Kay and 25 years on camera

There's something unmistakable about people from Bolton – think Peter Kay, Paddy McGuinness, Amir Khan. Perhaps it's the accent, perhaps the exuding of confidence, or maybe it's just an ability to look on life with uplifted energy.

Whatever the mechanics are, Vernon Kay, like so many of his Greater Manchester contemporaries, has them in abundance.

The husband of Tess Daly, Kay has just celebrated 25 years on screen – no mean feat for someone once described in the Nineties by Mark Lamarr as “a lanky indie kid with bad taste in clothes”.

That's ironic, given that Kay was actually first spotted at Clothes Show Live when he agreed to strut some clothes in return for free drinks. He went on to model for several years before using the catwalk as a platform to launch a TV career.

One of the many to emerge through the T4 stable, he has gone on to present *All Star Family Fortunes*, *Beat the Star* and *Splash!*, among others. Yet it was his appearance in *I'm a Celebrity... Get Me Out of Here* last year that truly reacquainted the watching public with someone who has also spread his talent across radio DJing (notably on Radio 1) and even movie cameos (in *Shaun of the Dead* and *Keith Lemon: The Film*).

A father of two, Kay famously talks down his talents, but has become one of terrestrial TV's go-to faces. Most recently, his *Game of Talents* show has allowed him to rediscover some of the spontaneity so associated with those T4 days.

“A lot of entertainment is very sanitised these days and I want to bring energy and unpredictability back to it,” says Kay, who said recently he blames the sterility of autocue for ruining so much live programming.

“Having fun is difficult when you're reading words off a script, so I'd love us to get back to really immersive TV that throws off the shackles.”

The shackles are off, Vernon.

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Photo credit: Camelot



Dedicated nurse wins big in National Lottery game

A Woodbridge nurse, who has worked tirelessly throughout the COVID-19 pandemic, has won big in the National Lottery, winning £10,000 per month for a year in the Set For Life game on April 15.

Teresa Robinson, 65, matched five main numbers with her ticket and now has plans to retire and buy a home in the Caribbean with her partner, Charlie Hobson.

Ms Robinson revealed that she and Charlie, a self-employed builder, were at home drinking tea when they realised their ticket was a big winner.

She said: "When I scanned my ticket and heard the

winning sound, I expected to see enough for a little treat for our supper. Not for a second was I expecting £10,000 a month for a year.

"I was bouncing off the walls, but Charlie, calm as you like, looked at it and simply said, 'I knew we'd win it one day', gave me a kiss and went outside to carry on building our extension!"

Teresa has been a nurse for more than 35 years. She admitted that the celebrations were quieter than they would have hoped owing to work commitments.

She called her two daughters to tell them the fantastic news, before confirming the win with Camelot.



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Photo credit: Suffolk Police



Police join virtual run to honour murdered Met officer

Members of Suffolk Police have taken part in a virtual 10k run from their headquarters to Woodbridge Rugby Club, in memory of Matt Ratana, a Metropolitan Police sergeant who was murdered while on duty in London last year.

On both April 18 and April 25, officers and staff completed the course with participants from their local community.

Police forces from around the country will be taking part in the Ratana 10k throughout April to raise money for the Ratana Foundation, which was established to 'improve life's experiences through rugby' for young people.

Matt Ratana was a rugby player and coach at the East Grinstead Rugby Club. The foundation aims

to support local training and invest in providing equipment and facilities for rugby clubs across the UK, New Zealand and South Africa.

Speaking ahead of the event, Deputy Chief Constable Rachel Kearton said: "This is a tremendous cause that serves as a tribute to police officers who have tragically lost their lives on duty. Officers and staff who are taking part in the Ratana 10k will do so at their own pace to raise awareness of the incredible work of the Ratana Foundation, which promotes wellbeing and inclusivity through sport.

"We are very grateful to Woodbridge Rugby Club for allowing us to finish at the club, where we will enjoy a celebratory drink in line with COVID-19 regulations and toast our fallen colleagues."

Bar owner fined for breaching restrictions

The owner of a bar in Woodbridge has been issued with a £1,000 fixed penalty for breaching COVID-19 restrictions.

As part of the government's four-step roadmap, businesses in the hospitality sector were able to reopen on April 12, with outdoor service only.

After members of the public raised concerns, an officer from East Suffolk Council's Food and Safety team visited A Listers in Quayside and found that the bar was serving customers in a marquee that did not meet COVID-19 regulations.

The owner was advised that he needed to either stop using the marquee or open up at least 50 per cent of the marquee's walls to meet legal requirements.

However, when the council officer returned for a second visit, she found that the marquee was still not correctly set up, resulting in the £1,000 fixed penalty.

Mark Sims, East Suffolk Council's food and safety manager, said: "All businesses have a legal duty to keep their workers and others safe from harm, and this includes complying with the COVID-19 rules for their type of premises."




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LOCAL NEWS

Photo credit: Woodbridge Town FC



Woodpeckers raise more than £2,800 for charity

Following a 2,500-mile fundraiser for Families in Need (FIND), players and staff from Woodbridge Town FC visited the charity's facilities in Brazier's Wood Road to hand over a cheque for £2,896.49.

The fundraiser created some friendly competition at the club, with the ladies' team leading the way throughout the challenge, only for the men's first team to pip them to the post by 18 miles.

The challenge was the brainchild of joint first team manager, Leon Moore, who said he was blown away by the incredible generosity of sponsors in supporting

the charity.

Meanwhile, football club friendlies and county cup competitions are currently being concluded. Matches are taking place behind closed doors, but keep an eye on the club website at www.woodbridgetownfc.com and on Woodbridge Town FC social media pages for updates on when spectators will be able to return.

At the time of going to print, it is hoped that the next season will start on time, with the league announcing the season opener on the last weekend of July.

Cricket club returns as restrictions ease

After 20 long and torturous months, Woodbridge Cricket Club (WCC) will return to league action next month, with the 1st team and 2nd team starting their respective league campaigns.

After the 2020 league season was cancelled due to the COVID-19 pandemic, WCC's last league game was a promotional sealing fixture against Copdock and OI 3rd XI on August 31, 2019.

The recent relaxing of lockdown measures has led to optimism that a full season will go ahead in 2021. WCC hope to continue where they left off in 2019 and secure another promotion at 1st XI level. The newly relaunched 2nd XI is looking for a respectful top half of the table finish in their first season of league cricket for four years.

WCC is a developing club offering cricket to players of all abilities and experience levels aged 14+, playing predominantly Saturday league cricket, with a mid-



week T20 team playing in the Suffolk T20 Cup.

The club has begun weekly pre-season training at Woodbridge School and is welcoming new players or members.

For more information, email WoodbridgeCricketClub@gmail.com

Police confirm woman was murdered

LOCAL NEWS



Photo credit: Google Maps

Officers were called shortly after 6.15pm on Saturday, April 10, to reports that two adults had been discovered deceased at a property in Woodbridge.

Subject to confirmation at formal inquest proceedings, the two people have been identified as Sally Metcalf, aged 68, and Jonathan Metcalf, aged 72, both of Cumberland Street, Woodbridge.

Home Office post-mortem examinations were carried out on Sunday, April 11, and concluded that Mrs Metcalf died as a result of compression of the neck. Her death is being treated as murder.

Mr Metcalf was found to have died as a result of hanging. His death is not being treated as suspicious.

Officers have carried out further enquiries, but they do not believe anyone else was involved.

Former Mayor of Woodbridge, Clare Perkins, who lives on Cumberland Street, said: "They were a couple who did amazing things for the town and community.

"All of us in Cumberland Street are in a state of disbelief. It's tragic, absolutely tragic."

Both Mr and Mrs Metcalf were dedicated volunteers at the National Trust, with Mrs Metcalf working as a volunteer manager at Sutton Hoo.

Anyone with information about this incident is asked to contact Suffolk Police, quoting reference 17853/21.

Student awarded prestigious music scholarship

A Year 13 student at Woodbridge School is one of only a handful to have been awarded a choral scholarship at Queens' College, Cambridge.

Nathaniel, from Kesgrave, will be starting at Queens' College in September 2021 to read Biological Natural Sciences, joining the world-renowned Chapel Choir on a choral scholarship under Ralph Allwood MBE.

Nathaniel said: "Woodbridge School is what really started my singing journey, as I had never had proper lessons before coming here.

"Much of the credit must go to Miss Weston, my singing teacher at the school, for all the hard work she puts in."

Emma Kent, director of music at Woodbridge School, said: "We are so proud and excited for Nathaniel. He is a credit to himself, his parents, Miss Weston and the music department.

"This is only the second time in my career that someone has achieved a choral scholarship to Cambridge. Many have tried, but only a handful are chosen. Nathaniel's tremendous achievement is a real tribute to Miss Weston and her work with the choirs here."

Restaurant gifts free burgers to mark national holiday

A restaurant in Woodbridge has celebrated a national holiday in Turkey by handing out homemade beefburgers and fries, completely free of charge.

The director of Blue Salt Wood Fired Grill and Smoked Oven offered the meals on April 23 as a way of celebrating Turkish National Sovereignty and Children's Day, and said he was delighted to be able to do so.

Children up to the age of 15 could get their hands on the free food, and hundreds of people turned up to accept the gesture of goodwill.

On its Facebook page, a spokesperson for the restaurant said: "As we missed World Children's Day on November 20 owing to lockdown, we have decided to provide 300 free beefburgers with fries to mark April's Sovereignty and Children's Day.

"We hope this can have a really good impact on all of us in Suffolk."

The restaurant owners also thanked the local businesses who supported them on the day, including their meat supplier, Direct Meats, and Suffolk Signature Balloons, who donated free balloons to decorate the restaurant.






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HOW TO CLEAN YOUR
Curtains

Did you know that you should be cleaning your curtains at least once a year and preferably once every three to six months? Although this may not sound like a lot, can you honestly remember the last time you gave yours a good wash? If not, don't worry. Discover below how to clean your curtains in five simple steps.

STEP ONE: Remove all the hooks and curtain weights and loosen the heading tape. If you are worried about the fabric shrinking, you may want to let down the hem. Take outside and shake well to remove any dust.

STEP TWO: Check the washing label of your curtains to see if they are machine washable. If they are made using a lightweight fabric such as cotton, they probably are. However, if they are large and heavy you may want to have them dry cleaned or wash them by hand. This is also the case for curtains made from velvet, wool, silk or chenille.

STEP THREE: If machine washable, place your curtains in your washing machine and add your usual detergent. Set the machine to either a "delicates" cycle or a cool wash with a slow spin to avoid damage.

STEP FOUR: If you want to iron your curtains, you should do this while they are still damp. Work lengthways, on the wrong side, stretching the fabric gently to prevent seams from puckering. If not, simply hang to dry either outside if the weather permits or inside until they are at least 95 per cent dry. Do not rub or wring out your curtains.

STEP FIVE: Thoroughly dust and clean your curtain tracks, windows and sills before hanging your clean curtains back up. You should also try to incorporate a weekly curtain vacuum into your cleaning schedule to keep them in tip-top condition for longer.

NEXT MONTH WE'LL TELL YOU HOW TO CLEAN YOUR BLINDS



5 alternative uses for nail polish remover

Did you know that nail polish remover is not just for nails? Oh no, it can be used for a whole myriad of other purposes around the home.

1. To shine your shoes

Although you may be wary about using acetone on your prized shoe collection, as long as you only use it on patent shoes, you are completely safe. Simply dip a piece of kitchen towel in nail polish remover and gently buff to remove unsightly scuff marks.

2. To clean your china

If you are an avid tea drinker, your china may be prone to the odd mark or two. Remedy this by scrubbing these stubborn stains with a cotton bud soaked in nail polish remover. Wash as normal before using.

3. To remove paint from your windows

Painting your windows can inject a new lease of life into the interior and exterior of your home. However, flicks of paint on your glass are a hazard of the job. Remove any wayward paint by applying acetone, letting it settle for five minutes and then rubbing away with a damp cloth.

4. To dissolve superglue

Got a bit overenthusiastic with the superglue? Don't stress. Nail polish remover will quickly and easily unglue your hands or unclog the cap of your glue. Just apply to the affected area for instant results.

5. To get rid of ink stains

Whether you have spilled ink on your fabric sofa or your child has come home from school with their shirt covered in pen marks, acetone will save the day. Mix one part nail polish remover with two parts water and dab at the stain with a soft cloth.

Other uses:

- > To sanitise your beauty tools.
- > To clean blades – dip a cotton bud in the remover, apply and rinse with soap and water.
- > To smooth minor watch scratches – drop a tiny amount onto a cloth and gently buff affected area.



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WHY BUY A beanbag?



HOME & DIY

If you are wanting to update the furniture in your home without breaking the bank, you may want to consider investing in bean bag furniture. Synonymous with comfort and cosiness, the benefits of bean bags are numerous.

1. LOOKS STYLISH

Furniture for your home needs to look the part as well as feel it. Luckily, bean bags come in a wide variety of colours and designs, meaning you are guaranteed to be able to find one that complements your home's interior. Plus, you can accessorise your bag with cushions and throws in the same way you would a sofa.

2. OFFERS PORTABILITY

If you have a small home or limited space in your living room, a bean bag is a great option as it can be moved from one room to another with ease, owing to its lightweight nature. It can also be stored away when not in use.

3. EASY TO MAINTAIN

Bean bags come in a wide variety of different fabrics, meaning you can pick the perfect one for

your needs. Choose from faux leather that is super-easy to clean, cotton that is long-lasting, and even waterproof and UV resistant material for outdoor use.

4. SAVES YOU MONEY

Even with the seemingly never-ending furniture shop sales, it is still expensive to buy a new three-piece suite for your home, with prices potentially running into the thousands. Fortunately, bean bag furniture is extremely cost efficient and you can choose from single chairs, loungers, three-seaters and more.

5. IMPROVES YOUR HEALTH

If you suffer with either muscle or joint pain, then bean bag chairs can help you by moulding to your individual shape and offering optimal support. They can also help to relieve tension headaches and correct poor posture.

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INVINCIBLE houseplants

If you are looking for a hassle-free houseplant, either for yourself or as a gift for a friend, we have got you covered. Discover the below five houseplants that are virtually indestructible, even for those with a history of plant abuse.

1. DEVIL'S IVY

Incredibly popular, this hardy houseplant is stunning to look at with its unmistakable marbled leaves, and it has the added advantage of not needing much water or light. A great choice for popping on a bookshelf to brighten up your next Zoom meeting, but make sure you keep it away from children and pets as all parts are toxic.

2. SNAKE PLANT

Also known as mother-in-law's tongue, this houseplant is incredibly forgiving and therefore ideal for beginners. In the wild, snake plants can go a long time without seeing rain so they do not need frequent watering. Available in a range of different sizes, choose to place one on your home office desk or in a more impactful position in the hallway.

3. CAST IRON PLANT

This aptly named houseplant thrives on neglect and can even be grown in the dark, making it an excellent choice for rooms that do not provide much natural light. Recognisable by its deep-green glossy leaves, unfortunately, when grown indoors, you are unlikely to see its creamy purple flowers.

4. ZZ PLANT

The ZZ plant, or zamioculcas, is used to putting up with long periods of drought and can therefore survive if given to a frequent forgetful waterer. A graceful and elegant plant, place in a white-walled room for maximum impact.

5. CORN PLANT

If you are after a commanding but undemanding houseplant, then look no further. The corn plant, aka dracaena fragrans, grows tall and strong, even without your help, and may even deliver small, white flowers.



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HOME & DIY

Reed & BAMBOO interiors



HOW TO INCORPORATE REEDS AND BAMBOO INTO YOUR LIVING SPACES

We're more accustomed to seeing reeds and bamboo in outdoor settings, be they Mediterranean beachscapes, rustic country idylls or even Amazonian environments. And yet, the intensity of the recent trend that celebrates bringing the outdoors indoors has, inevitably, reached these attractive, affordable, hardwearing and versatile materials.

Bamboo, in particular, is en vogue. As a room divider it's smart and flexible; as stair rails it offers definition, detail and strength; while for picture frames and wall panels there is a smoothness and shapeliness that invites other items.

There's even been a move towards bamboo ceiling panels, harking back to thoughts of Asia and the Orient.

The real stepping stone to using bamboo comes in being able to alter our perception of what this evergreen perennial actually looks like. In its raw form it's long, light and stubborn, but breaking

down the base material to narrower, or slimmer and shorter strands means embracing devastatingly beautiful decorations, particularly when it comes to lampshades, with bamboo offering excellent delivery of light.

And going back to that idea of strength, consider chairs, headboards and storage furniture, with each piece offering a brightness that pulls into focus echoes of northern territories such as Scandinavia and Canada.

What's more, because bamboo is a sustainable material, it's a green option. And with that comes easy maintenance – cleaning is simple, quick and stress-free.

Reeds are often regarded as more economical than the trusty bamboo. They don't come from the same plant, but can mimic colour, strength and style by being weaved together – often reinforced by wire. The look is great and, if anything, can allow ambitious interior designers to intensify the detail on show.



MAY BIRTH FLOWER OF THE MONTH:

Lily



The May birth flower is the delicate and sweetly scented lily. Available in a wide range of vibrant colours, each shade conveys a different meaning. Planted as bulbs, lilies are perfect for containers and flower borders, making them a great choice for small and large gardens alike.

What does the lily symbolise?

As mentioned above, the lily holds many different meanings which are dependent upon its colour:

- > Pink lilies symbolise femininity and admiration
- > Red lilies represent love and passion
- > Orange lilies convey confidence and energy
- > Yellow lilies are used to say thank you
- > White lilies portray purity and rebirth

What does this birth flower say about you?

If your birth flower is the lily, you are said to be practical, with the ability to tackle even the most challenging situations. Contrary to the toxic lily flower, you are sweet, tender and with a huge capacity to love, meaning that others always feel safe in your company.

How to grow lilies

Lilies are planted as bulbs and are ideal for placing in containers or in sunny borders. There are two main types of lily that you can choose from: Oriental lilies and Asiatic lilies. The former give off an intense aroma and are large in stature, whereas the latter are available in a wide variety of vibrant colours but are sadly unscented.

Lily bulbs thrive in moist, acid soils, so if placed in a container, be sure to add ericaceous compost.

Do lilies come back every year?

Lilies are perennial flowers which mean that they will return year after year. Requiring minimal care if planted correctly, make sure you do not overcrowd your bulbs and place in full sun where possible.

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GARDENING

GARDEN OF LIFE

MOISTURE *in the air*

In the final part of our 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 role of moisture in this wondrous ecosystem.

While we may bemoan the washing getting wet when we forget to bring it indoors, the cycle of moisture in our gardens is perhaps nature's greatest wonder of them all. Consider it – we've all gazed out across our lawns or poked around a plant on a window ledge and known that when nature either dries out or floods, the end is nigh.

On a local level, moisture in our plant soil is the difference between a flowering plant and a wilting one; or perhaps a ripe, juicy tomato and one that fails to develop.

On a national, mass-market scale then, getting the moisture content right means looking after the production of every variety of crop, for both human

and animal consumption.

And yet, controlling moisture goes far beyond even that, because the density of water in the soil is vital in regulating the exchange of water and heat energy between plants and the atmosphere, via evaporation. This leads to the production of weather patterns all across the world, and especially determines levels of precipitation.

Even on its way into the atmosphere, moisture is stabilising our climate, plus helping animal life that's dependent on perspiration to regulate internal body temperature – something that's key to survival.

It all adds up to the fact that the humble bit of soil around your petunias is, in the most minute of ways, contributing towards the maintenance and welfare of the flora and fauna and of people's lives in towns, villages and cities all across the world, whether their fear is flash floods, droughts or even potential starvation.



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A PRINCE

among men

CELEBRATING THE LIFE OF HRH PRINCE PHILIP, DUKE OF EDINBURGH

Meticulous, measured, majestic and more than a little eccentric... and that was just the funeral procession – HRH Prince Philip departed these strange shores just two months short of his 100th birthday, leaving behind a partner so hopelessly and publicly bereaved, and a nation of admirers wondering who could live up to the Duke of Edinburgh's lofty lovability.

Rarely is someone's passing met with almost universal solemnity and respect. It appears we all admired Prince Philip for different reasons – his faithful devotion to Queen Elizabeth II; his stolid determination to affect positive change; his humorous tendency to stray over the boundary of political correctness; or perhaps simply because he embodied so wholly that 'grandad' figure. Whatever it is, whatever it was, he had it, and in the stuffy silliness of modern media, he was exactly the antidote so many of us needed.

On Saturday, April 17, Prince Philip was laid to rest. In a ceremony he planned and choreographed himself, his coffin was lifted onto the back of a modified Land Rover Defender. Decorated in a stunning matt

Photo credit: Tim Graham/Shutterstock



Photo credit: Tim Rooke/Shutterstock

bottle green, the hearse was Philip's own creation, while various other touches clearly bore the mark of a man who wanted to slip away with energetic, original reflections of life, not the formal bleakness of most ceremonies.

There was the empty seat on the carriage, decorated with his blanket, flat cap, whip, brown gloves and pot containing a sugar cube for the ponies; then his military cap and sword on a coffin adorned with the most beautiful personal standard flag which referenced his overseas roots, family name and Edinburgh Castle. Meanwhile, various other marine references were present during the ceremony, each a nod to his cherished naval career, which came to an end in 1951.

In truth, there was so much of this special life to be celebrated. He was born on June 10, 1921 in Corfu, his family holding both Greek and Danish royal heritage. Banished from their homeland, he spent parts of his early life in France and Germany before settling in Britain.

It wasn't an easy childhood – his mother was admitted to a psychiatric institution, and he was separated from his family after landing in the UK. He studied at Cheam School before relocating to Scotland. He served in the British Navy during the Second World War, despite members of his family effectively fighting for the opposition as part of the Axis.

He denounced his Greek and Danish titles and adopted the surname Mountbatten – from his mother's side – so he could marry Princess Elizabeth in 1947 at Westminster Abbey, eight years after they had first met.

He was doted on by his four children – Prince Charles, Princess Anne, Prince Andrew and Prince Edward (Prince Edward will now take his title) – and never wavered from his role as the Queen's consort... in fact, the longest in royal history. A passionate supporter of everything she did, he also undertook his own projects, notably the Duke of Edinburgh's Award which, to this day, continues to promote youth achievement across many different disciplines.

He enjoyed polo, boat racing, piloting aeroplanes, painting and antiques, and while deteriorating health in recent years proved concerning, it was supposed he had recovered from a recent stay at St Bartholomew's Hospital; yet he slipped away peacefully on April 9, 2021 at Windsor Castle.

In total, almost 14 million of us watched the Duke of Edinburgh's funeral, and even the staunchest anti-royal must have pitied the senior Windsors being forced to display their grief in public. Such are the realities of a state funeral, and so it is conditioned that the only follow-on from a life played out in the public eye is a memorial on the same terms.

Prince Philip was born of a different time and a different generation of royalty, yet he fit so wonderfully into modern-day society and brought joy to many.

His unique, charismatic, eccentric take on the world is something we just don't see very often these days, with most public figures keeping their cards close to their chests for fear of repercussions.

His truly one-of-a-kind presence will be sorely missed by the Royal Family, the nation and the world.



Jicama

The jicama, also known as a Mexican yam bean, is a starchy root vegetable that is recognisable by its thick, brown skin and turnip shape. Low in calories and sweet in taste, this veg makes a great alternative to the humble potato.

WHAT DOES JICAMA TASTE LIKE?
The jicama has been described as a cross between a potato and a pear owing to its distinctive flavour which is both nutty and sweet. Its flesh is juicy and crunchy and, because it has a fairly mild taste, it blends well with other flavours.

WHAT ARE THE HEALTH BENEFITS OF JICAMA?
The perfect vegetable for people with diabetes, the jicama is naturally low in sugar but still sweet to taste. It is also high in fibre, a great source of vitamin C and low in fat and calories.

IS JICAMA SAFE TO EAT?
It is worth noting that only the root vegetable of the

jicama plant is safe to eat, as the rest, including the beans and flowers, contain rotenone, a natural insecticide that can be toxic to humans in high doses. You should also remove the brown skin before consuming.

HOW TO USE JICAMA
> Slice thinly and add raw to a vegetable salad or Mexican fruit salad for added crunch
> Sauté with other veg such as broccoli and carrots
> Use as a substitute for water chestnuts in a stir-fry
> Bake in the oven or place in an air fryer for healthy chips

HOW TO STORE JICAMA
The most important thing to remember when storing jicama is that you must keep it dry, as any moisture can cause rot and mould. Store unwrapped at room temperature if still whole or, once cut, wrap tightly in cling film and store in the fridge for up to one week. Alternatively, wrap a whole jicama in foil and freeze for up to one year.

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FOOD ALLERGY

AWARENESS WEEK: May 9 - 16, 2021

An annual event, Food Allergy Awareness Week aims to raise awareness of different food allergies and to improve public understanding of what can sometimes be a life-threatening condition. From cow's milk to peanuts, eggs to shellfish, discover the most common food allergies in the UK below.

Peanuts

Peanut allergy affects around one in 50 children and has seen a significant increase in cases in recent decades. Typically developed in early childhood, symptoms of a peanut allergy usually occur within minutes of contact and can include nausea, shortness of breath and skin reactions such as hives, redness and swelling.



Cow's milk

Affecting mostly babies and young children, a cow's milk (protein) allergy is usually outgrown by the age of five. Common symptoms include swelling of the lips or tongue and breathing difficulties, and these can occur within minutes or many hours after ingesting.



Eggs

Another allergy that is much more common in young children than adults, an egg allergy can mean being allergic to all forms of egg, or only to loosely cooked and raw egg. Egg allergy symptoms include skin inflammation, sneezing, runny nose and shortness of breath and/or chest tightness.



Shellfish

The most common allergy in adults, around 60 per cent of people experience their first allergic reaction to shellfish once they have reached adulthood. Shrimp is the most prevalent shellfish allergen for both children and adults. Allergic reactions to shellfish can be unpredictable, with common symptoms including swelling of the lips, mouth, tongue, throat and face.



What is an anaphylactic shock?

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger, such as an allergy. Symptoms include:

- > Feeling faint
- > Wheezing
- > Clammy skin
- > Collapsing or losing consciousness
- > Difficulty breathing
- > A fast heartbeat
- > Confusion and/or anxiety

If someone has symptoms of anaphylaxis, you should use an adrenaline auto-injector if they have one and call 999 immediately.

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Hello hay, FAREWELL FEVER

As the weather gets warmer and the pollen count grows, hay fever sufferers across the nation lament. If you are already in the throes of a hay fever attack, you don't have to turn to over-the-counter medications. Instead, try one of the below natural remedies.

VITAMIN C

A natural antihistamine, vitamin C can be found in oranges, lemons and grapefruits, as well as red bell peppers. As vitamin C cannot be stored in the body, you need to offer consistent and low doses to support your nasal lining and minimise the effects of hay fever.

HONEY

If you know anyone who sells local honey, then this is the perfect hay fever remedy for you. With the ability to desensitise your body to other pollens, the bee pollen found in honey can help to significantly reduce the most common hay fever symptoms, including a runny nose and persistent sneezing.

GARLIC

Known for boosting your immune system, garlic can also act as a decongestant which can help to alleviate minor hay fever symptoms. This potent plant is also an anti-inflammatory and a good source of quercetin, a natural antihistamine.

PETROLEUM JELLY

Not just a lip saviour when the weather turns cold, petroleum jelly has been praised by hay fever sufferers for its ability to trap pollen before it enters the nose. Simply apply a thin layer inside your lower nostrils to prevent your symptoms from becoming any worse.

CHAMOMILE TEA

High in antioxidants, as well as being a natural antihistamine, chamomile tea can be drunk to act as an anti-inflammatory agent. Alternatively, choose to place cooled teabags on swollen, red eyes for an instant calming effect.

CHILLI PEPPERS

Chilli peppers contain capsaicin which, when eaten, opens up the nasal passages, helping to reduce congestion caused by hay fever.



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In addition, we will continue offering the Covid Antibody tests in our on-site clinic, testing by using a small sample of finger blood to see if you have antibodies against the virus.

If foreign travel restrictions are lifted from May 17th as planned, our new, private Travel Clinic will be available to offer advice as well as malaria, yellow fever and other World Health Organisation recommended inoculations as required by certain countries. Book your appointment early to ensure you are vaccinated in time for travel.

As summer approaches, our new Allergy Clinic will be able to help alleviate the misery of allergic reaction without the lengthy wait for an NHS appointment. We also stock a full range of antihistamine medication for over-the-counter purchase without prescription.

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REBUND REGRET

how to move on properly after a failed relationship

When a relationship comes to an end it can be a traumatic and sad experience, with statistics showing that most of us will experience the feeling at some point in our lives.

While time is undoubtedly the greatest healer, there are a few useful techniques and ideas that can let light come through on even the very darkest days of a relationship break-up:

1. Draw a line: It's easier said than done, but the thing that makes failed relationships so painful is the brain's desire to relive happier times. While assessing what went wrong is something you will probably need to do at some point, if you feel the relationship is beyond repair you should save the soul-searching for further down the track, instead looking to draw a line in the sand.

When you can tackle the ins and outs, avoid viewing history with rose-tinted glasses by writing a list of both the bad and the good aspects of the relationship.

2. Sever ties: The temptation when a relationship goes bad is to attempt to stay in touch in the hope of repairing or, worse still, staying friends. Both can be tricky – things happen for a reason – and you may find yourself not just prolonging that yearning for your ex, but also holding back on meeting someone new.

3. Stay busy: Keeping the brain active and distracted is an important route towards moving forward. Look for new challenges or embark on a fresh project as a way of distracting the mind away from painful thoughts.

4. Focus on your own health: The dopamine buzz we receive from exercise is a great antidote to feelings of despondency that might arise out of a split. Exercise and other steps towards building health and strength will aid recovery as well as serving to focus on 'the you', which after a painful split is important and, undoubtedly, what you deserve.



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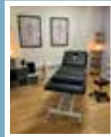
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REDUCED RISK OF ALZHEIMER'S AND PARKINSON'S

Drinking two or three cups of coffee a day can reduce your risk of developing dementia and Parkinson's disease. Plus, for the latter, it can help you control your movements.

INCREASED FAT-BURNING ABILITIES

There is a reason why caffeine is found in nearly every fat-burning supplement, and this is because it has the ability to boost your metabolic rate by between three and 11 per cent and potentially increase fat-burning by up to 29 per cent.

IMPROVED PHYSICAL ABILITIES

Caffeine increases epinephrine, also known as adrenaline, in your body, which can help to improve physical performance by between 11 and 12 per cent.

DECREASED RISK OF DEPRESSION

The drinking of coffee is linked to positive emotions such as pleasure, satisfaction, calmness and happiness. In fact, a study by Harvard found that the risk of depression in

women decreased as their caffeinated coffee consumption increased.

WHAT IS THE COFFEE DIET?

Popularised by the book *The Coffee Lover's Diet* by Dr Bob Arnot, the coffee diet is based around the idea that health and longevity is enhanced by a high intake of antioxidant-rich coffee. The diet is said to help boost your metabolism, burn fat, block calorie absorption and decrease your appetite.

HOW IT WORKS

- Drink a minimum of three cups of light-roast coffee per day
- Avoid adding milk or sugar
- Replace one meal with a home-made, high-fibre, green smoothie
- Stick to 1,500 calories per day
- Avoid highly processed foods



HEALTH & FITNESS



FASHION

REACH FOR *Retro*

Forget spending a fortune on a new wardrobe this season – simply dig into your cupboards and pull out some pieces that are back in fashion.

SUPER-STATEMENT TROUSERS

Ditch your skinny jeans and leggings, because this season it is all about the high-waisted, wide-legged trousers. A huge trend in the Eighties, this is the perfect style for anyone who likes to feel comfy in their clothes while also being fashion-forward.



ALL THAT GLITTERS

If you were a huge fan of disco, then you will be thrilled to know that glitter is back! From Louis Vuitton's stunning silver suits to Balmain's super slinky sparkle dresses, the catwalk will be lit up with glitzy, glittery glam.

TOP OF THE CROPS

Not for the faint-hearted, crop tops are making a huge comeback. Best matched with a loose blazer and high-waisted skirt or jeans – ideal if you love your tum, but not your hips! – this is the ultimate throwback look for when the heat rises.



POWER PUFF SLEEVES

You may have to reach right back into your wardrobe to find this look; the ultimate symbol of Eighties glam. That's right – puffy sleeves are back, and this time they mean business. Whether summery and voluminous or structured to create that classic silhouette, this is a big, bold trend that's here to stay.



SHEER LUCK

Incredibly versatile, this is a fantastic trend for almost every body shape. Whether you want to emulate Seventies beach chic with patterned maxi-dresses and a bikini peeking through, Nineties grunge with a see-through loose layer over a tight minidress and chunky boots, or simply a semi-sheer camisole under a blazer, this is a great way to reveal a little extra flesh while still remaining modest.

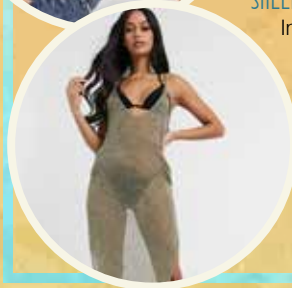


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RICE, RICE baby

When you rinse rice before cooking, chances are you let the water simply run down the drain. However, you may think twice about wasting this leftover liquid when you discover its many beauty benefits below.

two drops of fractionated coconut oil and massage into your face and neck.

Hair conditioner: For those with dry or brittle hair, apply rice water and a few drops of lavender essential oil after shampooing, leave for 10 minutes and rinse with cold water.

Nail treatment: To help your nails grow faster, soak them in a bowl of rice water for five minutes once a day. This can also help to reduce the signs of ageing on your hands.

HOW TO MAKE YOUR OWN RICE WATER
> Rinse ½ cup of uncooked rice to remove any dirt or impurities
> Place the rinsed rice in a bowl and cover it with two cups of water
> Swirl and leave to soak for 30 minutes
> Strain the rice and set aside the water
> Store the rice water in an airtight container. It will keep for one week in the fridge.

WHAT MAKES RICE WATER BENEFICIAL?

Rice water is packed with vitamins, minerals and amino acids which are all needed for maintaining healthy skin, hair and nails. It contains ferulic acid, an antioxidant that helps to nourish skin and nails, as well as allantoin that has healing properties. For your hair, rice water contains inositol, which strengthens your follicles and reduces surface friction.

BEAUTY USES FOR RICE WATER

Facial cleanser: Give your skin a boost of goodness by pouring rice water onto a cotton pad and massaging over your face, both in the morning and before bed.

Acne treatment: Apply to spots to help reduce redness to act as an astringent and to prevent future breakouts.

Age spot treatment: If you suffer with age spots or skin discolouration, mix 1 tsp of rice water with



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Buy or Lease?

The ins and outs of buying versus leasing, and which one you should choose

The trend in modern motoring, certainly where new cars are concerned, is to lease rather than buy. The advantages of leasing speak for themselves – you'll need to put down only a small amount of money upfront, your monthly payments can be configured according to the budget you set out at the start, and you have the option of upgrading the car every few years so you're always rocking about town in the latest model.

There's also the reassurance of knowing that if something goes wrong with the vehicle, you'll be covered by the manufacturer's warranty; and that fear of the unexpected, when you hear that horrible, grinding sound... well, it's someone else's problem!

You'll also find that road tax can be covered, and you may even get the vehicle delivered to your door.

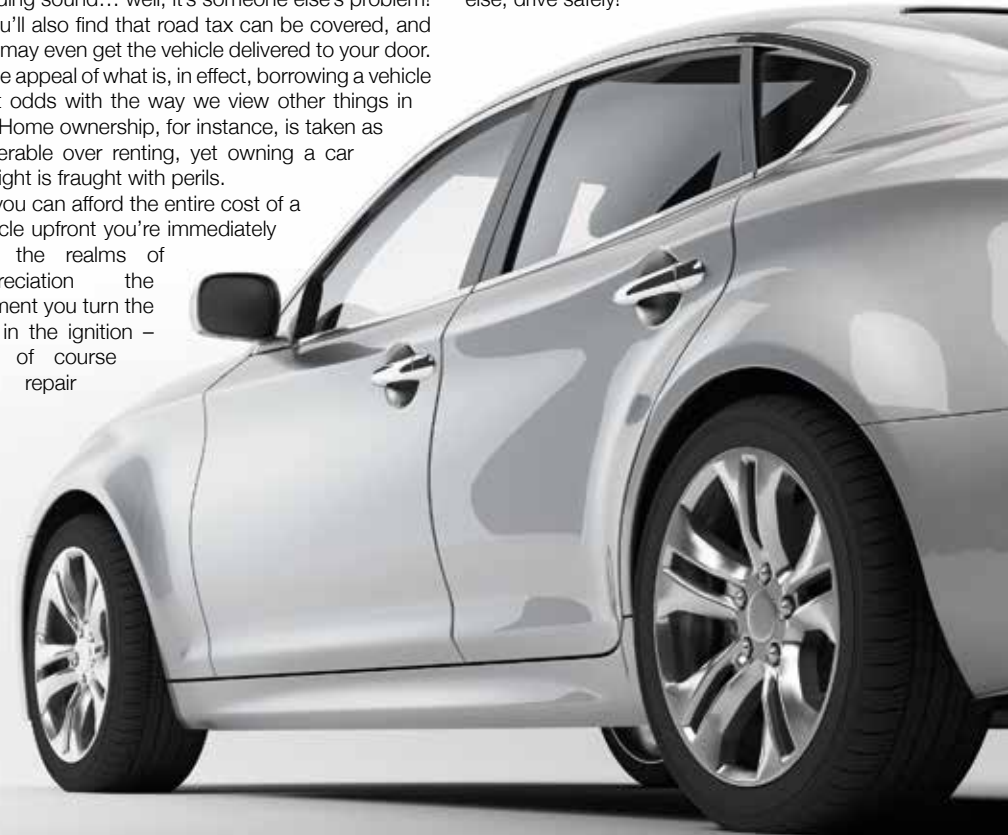
The appeal of what is, in effect, borrowing a vehicle is at odds with the way we view other things in life. Home ownership, for instance, is taken as preferable over renting, yet owning a car outright is fraught with perils.

If you can afford the entire cost of a vehicle upfront you're immediately into the realms of depreciation the moment you turn the key in the ignition – and of course any repair

bills fall to you and you only.

That said, you won't have to subscribe to any mileage limitations, nor will you be dealing with broker fees. And while many pay for new cars through PCP (personal contract purchase) or HP (hire purchase) finance, you do have a potentially substantial asset ready to be cashed in when you decide you want to switch to another vehicle.

Buying over leasing very much comes down to personal circumstances – what's right for you will be wrong for someone else. As ever, do the maths and, more than anything else, drive safely!



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HISTORY

★ THE STORY OF ★

BONNIE & CLYDE

Two destructive lives combine to fuel a potent love story



The glamorisation of Bonnie and Clyde in modern culture is certainly at odds with the murder and robbery spree that led to the FBI pursuing them and, ultimately, effecting their fatal end in 1934.

Having first met four years earlier, Bonnie Parker and Clyde Champion Barrow had both already been on the wrong side of the law, and the signs were there of the peril they could cause to the unsuspecting, not least when Bonnie helped Clyde smuggle a gun into prison in 1930, when he was locked up for a robbery charge. He escaped but was recaptured, yet remarkably was released just 18 months later.

Their crime spree began in earnest in 1932. Joined by three other criminals, they undertook a number of robberies, escaping capture by any means possible. Indeed, by the time their criminal lives were brought to a halt, it's said they had murdered at least 13 people.

As well as seeking financial gains, the couple sought to break convicts out of jail, notably cohort Raymond Hamilton from Eastham State Prison Farm at Waldo, Texas, who was serving sentences totalling in excess of 200 years.

By the middle of April 1934, the FBI had traced the pair to a remote part of Louisiana following the couple's theft of a motor vehicle. Posters were distributed to police staff throughout various states and the hunt was on.

Intelligence suggested they were due to return to the location of a party that was held near Sables in Louisiana two days previously. On May 23, 1934, officers from the county and neighbouring Texas converged to create an ambush on the side of a highway, concealing themselves in bushes. Bonnie and Clyde appeared in a motor car and, unable to turn and flee, were killed instantly as more than 100 shots rained through the front windscreen of the vehicle.

Photo credit: Everett/Shutterstock



QUIDS IN

How to make money back on your online purchases

While the three lockdowns we've endured since March 2020 may not have done much for our mental health, they have at least, as very small consolation, given new energy to consumerism. From shops and online retailers needing to find new ways to connect with a marketplace unable to act in the same way as before, to huge quantities of dormant pre-lockdown stock needing to be shifted, it's a good time to be on the lookout for deals.

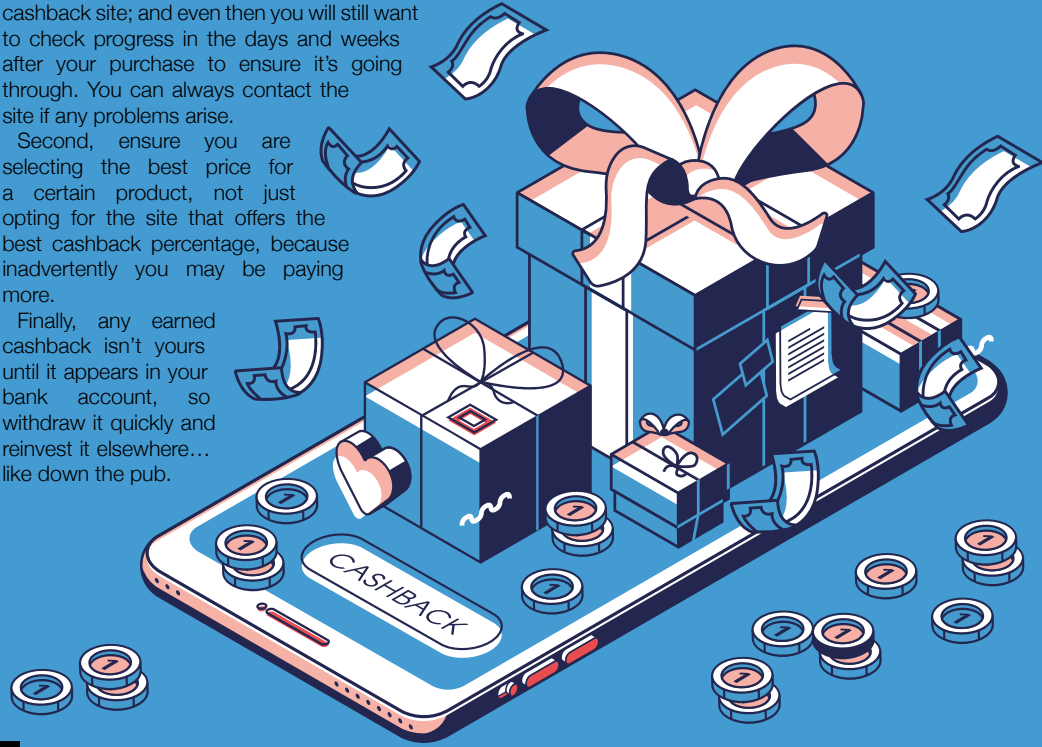
Sure enough, in a world that is more driven than ever towards consumerism, online tracking of purchases through cashback sites can provide an additional useful bonus to purchases – they might even determine which retailer you buy from in the first place.

Sites such as Quidco and TopCashBack advertise cashback offers from thousands of retailers. Simply follow the link to Nike, Next, New Look or whoever has a product you desire, and make a purchase, which will be tracked using cookies. You will have been given a percentage cashback level – usually between one and 10 per cent. A few weeks later, that cashback will appear on the platform, ready to be withdrawn into your bank account or converted into a gift card.

There are a couple of operational points worth noting. First, the tracking process isn't 100 per cent fail-safe – you must make sure you link through the cashback site; and even then you will still want to check progress in the days and weeks after your purchase to ensure it's going through. You can always contact the site if any problems arise.

Second, ensure you are selecting the best price for a certain product, not just opting for the site that offers the best cashback percentage, because inadvertently you may be paying more.

Finally, any earned cashback isn't yours until it appears in your bank account, so withdraw it quickly and reinvest it elsewhere... like down the pub.



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MJB Avanti: Spotlight on Self Employment



Another tax year has closed and MJB Avanti advise early submission of your records for tax return completion, but do you know which records you should be maintaining if you are self-employed?

Perhaps it's the first year you are completing a self-assessment tax return, read our handy guide to the records you should keep and how long you must keep these for.

If you are self-employed as a sole trader or as a partner in a business partnership, then you must keep suitable business records as well as separate personal records of your income.

For tax purposes, the business records must be held for at least 5 years from the 31 January submission deadline for the relevant tax year. For example, for the 2019-20 tax year where online filing was due by 31 January 2021, you must keep your records until at least the end of January 2026. In certain situations, such as when a return is submitted late, the records must be held for longer.

If you are self-employed you should also keep a record of:

- All sales and income
- All business expenses
- VAT records if you're registered for VAT
- PAYE records if you employ people
- Records about your personal income

Grant details if you claimed through the Self-Employment Income Support Scheme because of coronavirus

You don't need to keep the vast majority of your records in their original form. If you prefer, you can keep a copy of most of them in an alternative format, as long as they can be recovered in a readable and uncorrupted format. For example, a scanned PDF document.

If your records are no longer available for any reason, you must try and recreate them letting HMRC know if the figures are estimated or provisional. There are penalties for failing to keep proper records or for keeping inaccurate records.

Remember, early submission allows you to financially plan for any tax liability!

If you have queries about self-assessment or need to submit a tax return to HMRC, call the team at MJB Avanti 01473 558866.

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TECHNOLOGY

SMART savings

As well as offering convenience, did you know that smart technology can actively help you to save money?

Check out the best budget-busting smart gadgets for your home below.

BLINK – The Mortgage Magnet

Launched this spring, Blink is a free fridge magnet that flashes to let you know about better mortgage deals. Simply sign up to Dashly, a mortgage comparison site with a difference, and your new magnet will alert you when a better deal becomes available.

Possible savings: £2,620 per year

LEAKBOT – The Leak Detector

Did you know that one in three households experiences a leak each year? Avoid this costly occurrence by investing in a LeakBot, a handy device that clips to your mains water supply pipe and detects leaks. If you have insurance with Neos, Aviva or Legal & General, you can get a LeakBot for free. Retail price of £149.

Potential savings: £633 per detected leak

HYDRAO – The Water-Saving Shower Head

If you love a long shower but don't like the high water bills that come with one, the Hydrao shower head is the smart gadget for you. Using water more economically than a standard shower head and with a light that changes from green to red when you've used 50 litres of water, this device costs £62.

Potential savings: £135 per person per year

DRY:SOON – The Heated Aired

For those who rely heavily on their tumble dryer, this money-saving smart device is exactly what you need. Costing just 6p per hour to run, compared to 36p per hour for a tumble dryer, the Dry:Soon heated ainer has the ability to slash your drying costs. Retail price of £149.99.

Potential savings: £51 per year based on twice weekly usage

TAPO – The Smart Plug

Only £8.99 to buy, the Tapo plug allows you to remotely turn on and off appliances such as fans, electric heaters and dehumidifiers, saving you money and helping the environment.

Potential savings: £128 per year



Time to Spring Ahead...

By **JULES BUTTON**
Woodbridge Emporium

Things are beginning to change and just like the flower buds in the garden, we are all cautiously opening up, ready to enjoy sunnier days.

At the Emporium we are excited to be opening the doors again and welcoming customers back to the shop.

Time hasn't stood still in the bookshop and the shelves are weighed down by new and exciting titles, like False Value by Ben Aaronovitch and Girl in the Walls by A. J. Gnuse.

If you're on the lookout for something a bit special, our collection of signed books has grown considerably over lockdown. The bookcase is stuffed with the likes of Kate Mosse, Stacey Solomon and Edward St Aubyn.

And after a winter of murder mysteries by the fireside what could be more uplifting than a peek into the natural world through the eyes of great nature writers such as John Lewis-Stempel and Peter Wohlleben? This is the time to pick up your Suffolk guidebook, put on your walking boots and head into the great outdoors.

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



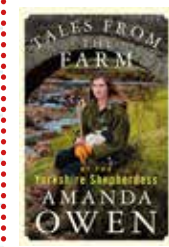
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WIND IN THE WILLOWS
Russell Punter, £9.99 (Graphic Novel)



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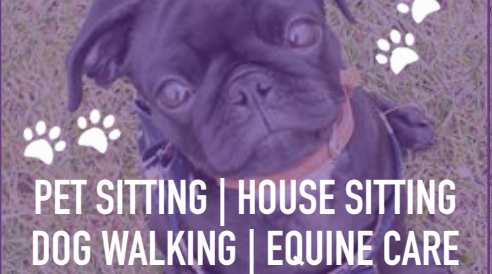
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WORDLADDER: BACK, BARK, BARN, DARN, DAWN, DOWN



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

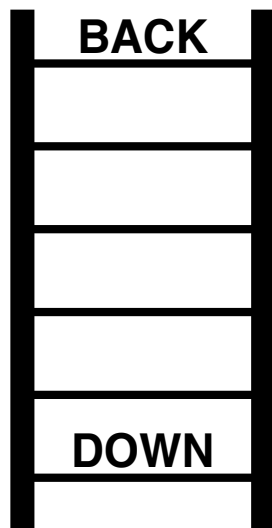
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- ▶ QUIRK
- ▶ QUITE
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DID YOU KNOW?

- ▶ Lots of plants are used as dyes. For example, teabags and stewed onion skins
- ▶ According to Guinness World Records, the tallest planted tree was a Eucalyptus regnans planted in Dunedin, New Zealand. It measured 82.25 metres on November 15, 2018
- ▶ Pollen from trees provides essential food for bees in the early spring
- ▶ Orange carrots were created by crossing various other colours of the vegetable
- ▶ Seeds can be dispersed in several ways. Some of the most common are the wind, water and animals
- ▶ The stem of a plant is used to transport water and nutrients to different areas
- ▶ Mushrooms have their own immune system

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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