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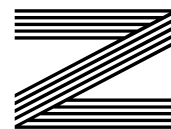
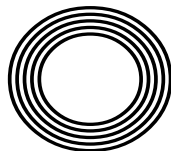
150 years of The FA Cup

**ANNIE MAC**

Radio DJ steps down after 17 years

*Laura*  
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Presenter back in the limelight with new series of Love Island



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# Editor's notes...

JULY 2021



William Taylor, Editor

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

I don't know about you, but there's something that just really bugs me about the word 'staycation'. Call me picky, but it seems to be one of those new words that really doesn't serve any purpose, other than to annoy people.

What really irks me about it, though, is the misuse of it to describe a UK-based holiday as opposed to going abroad.

So, is it not a holiday anymore unless you get on a plane? Are good old English market towns such as Woodbridge not good enough?

I think the reason why it bothers me so much is because my entire childhood was built upon UK holidays, and now I've got young children of my own, we enjoy nothing more than a week down in Cornwall or a weekend up in Norfolk - we've just got back from one, in fact.

These aren't 'compromises' where we've been forced to stay in the country because of COVID-19 - no, they're memories we make for a lifetime.

Anyway, rant over, and three cheers for the good old English holiday, and three cheers for Woodbridge.

Have a great month.

*William Taylor*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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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# BRIDGE

# TOO FAR?

**IT HAS BEEN JUST 50 YEARS SINCE LONDON BRIDGE WAS SOLD AND MOVED TO LAKE HAVASU CITY, ARIZONA. BUT HOW AND WHY DID THIS COME ABOUT?**

As far as the architecture of London goes, 50 years seems like only a very short period of time. For context, other recognisable landmarks in the capital built at the start of the same decade, the 1970s, include Euston Tower and the Barbican Estate, with the likes of the Lloyds Building and NatWest Tower built only a few years later.

So it's astounding to consider that the London Bridge that we know, love and recognise – the elegant five-line concrete box girder bridge that connects Monument on the north bank to London Bridge station on the south – has only been in place for five decades. It's even more astonishing that its forerunner now spans a small conurbation in the desert of western Arizona.

That a London landmark which had been in place since its construction 130 years previously ended up being dismantled, one brick at a time, shipped 4,000 miles around the world and reassembled, is one of those eccentric curiosities we would most likely expect of the Victorians. But this happened just eight years before Margaret Thatcher came into power. London would never look the same again.

In fairness, the old London Bridge had seen better days. Although it had survived the Luftwaffe's rain of bombs during Second World War, structural issues caused by ageing, combined with the increased weight and frequency of traffic, meant the bridge was sinking into the Thames at a rate of one inch every eight years. Surveyors were left querying the affordability of renovations.

At first, it seemed the bridge might have to be broken up and scrapped. But a city councillor by the name of Ivan Luckin decided he would capitalise on London's historical reputation by heading abroad to market the 1,000ft construction.

While the peculiar proposal largely fell on deaf ears, it did pique the interest of eccentric American businessman, Robert McCulloch. An industrialist who had made millions through oil and motorisation,

he was keen to market Lake Havasu City, which sits equidistant between Phoenix and Las Vegas, as a global tourist destination. In need of a talking point and a centrepiece that would define both his and the city's ambition, he agreed to purchase London Bridge for the not inconsiderable sum of \$2.4million.

The bridge was subsequently dismantled, with workers numbering each individual granite brick and carefully marking its position on the huge structure. It travelled to North America via the Panama Canal, before landing in Long Beach, California. It was then transported in trucks to its final destination.

The bridge, which originally spanned a section of desert before the growth of the city, was reinforced with a steel shell in order to circumnavigate the same issues over weight of traffic that had brought about its demise in the first place. On October 10, 1971, it was finally opened to a flurry of fanfare. London's Lord Mayor attended and a banquet comprising the meal that had been served when the bridge was first constructed back in 1831 was prepared.

While McCulloch died in 1977, his bridge over the desert lives on, with the attraction bringing an estimated two million visitors to Lake Havasu City each year.





## THE LEGENDARY RADIO 1 DJ ANNIE MAC MOVES ON TO PASTURES NEW AFTER 17 YEARS

There can be little disputing the impact Annie Mac has had on our understanding and appreciation of dance music over the past two decades.

Having joined Radio 1 as a producer back in the early Noughties, the Irish DJ breathed fresh energy into an ailing electronic music scene, overseeing a number of breakthrough genres, including dubstep, trap and drill, while continuing to celebrate the house and techno sounds that have defined a generation.

Yet now, at 42, the pioneer has announced she is leaving behind two decades of influence in order to focus on more private ventures, including writing a book and spending time with her family.

There is also the small matter of her podcast work, and of course the return of live gigs – both of which go to show that a DJ cannot spend too long out of the spotlight. That said, we might assume a

musical legacy that has educated, informed and inspired is now coming to an end – for now, at least. Annie wrote on her Instagram page that she would be coming back to radio broadcasting when the time was right.

The Dubliner first got her foot in the door at the BBC working as a broadcast assistant on the Steve Lamacq show. By 2004, she had her own slot, *Annie Mac's Mashup*, and for the past six years has presided over the weeknight *Future Sounds* show.

Always one to push boundaries and extol the virtues of music across genres well beyond the norm, the famously curly-haired Annie has, among other things, hosted *The Culture Show* and *Top of the Pops*. She is also the curator of AMP Lost & Found Festival.

Now, a new set of sounds awaits this airwaves innovator, and no doubt we'll be tuning in.

Photo credit: Dawn Fletcher-Park/SOPA Images/Shutterstock



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Family and friends take on hike in memory of beloved Tom

A woman who lost her fiancé to lymphoma earlier this year will be taking on a hike to raise money for Cancer Research UK.

Tom Marjoram, who was an engineer from Woodbridge, passed away in February at the age of just 27. He has been described by his fiancé, Molly Patchett (pictured above with Tom), as "the most wonderful and funny person".

Molly, Tom's dad, Steve, and a group of Tom's best friends will be climbing Scafell Pike in August to raise funds for Cancer Research UK.

Molly said: "In February 2021, our wonderful Tommy sadly lost his fight with lymphoma. He was only 27-years -old and was the most amazing, generous, kind-hearted, bravest, strongest, funny, loving person.

"Tom and his dad had climbed Snowdon and Ben Nevis, and Scafell Pike was next on the list. Myself, his dad, and best friends Ryan, Bayley, Willis, Rory, Mahdi, Joe and Phil will be climbing Scafell Pike on August 10 in memory of Tommy and to raise money for this wonderful charity.

"Tom went through many treatments and trials, and if it wasn't for the continued research into this awful disease, then we may not have had him for as long as we did. Cancer is happening right now, which is why I'm fundraising right now for Cancer Research UK. There's no time to lose."

The fundraiser has already reached more than £6,000. To donate, visit [fundraise.cancerresearchuk.org/page/scafell-pike-hike-for-marji](http://fundraise.cancerresearchuk.org/page/scafell-pike-hike-for-marji)



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# Rugby Club adds pitches to meet demand

After a successful fundraising campaign, Woodbridge Rugby Club (WRC) has purchased land adjacent to its pitches at Bromeswell, near Woodbridge.

The land, which surrounds Faith Baptist Church, will accommodate three new pitches and ease overcrowding from the nearly 500 youth members training and playing there on a Sunday morning.

WRC chairman, Tim Johnson, said: "This time last year, we kicked off the 'buy the church land' appeal, which was supported generously by our members in what was a difficult year for any fundraising.

"I'd like to thank club members who rallied around. Simon Bennett's 1.25 million steps raised more than £3,000, Julie Oliver ran a total of a half marathon and raised more than £1,000, the half term rugby camp

led by Steve Wilding, Claire Cole and her team raised more than £1,300, the Fat Boys Club raised £1,000, and a number of private donations."

The project will be the last for club fundraiser and campaigner, Bob Double. In a challenging year for raising funds, Bob identified the available grants and pushed through the applications. He leaves after enabling a transformation of the club's facilities over the past 10 to 15 years.

The club is busy adapting the land for rugby. Groundsman Gary Sykes and his team have much work to do to make the land suitable. The next phase – buying the church building – will be reviewed as the club focusses on its priorities post-pandemic.

To keep up with the club, visit [woodbridgerugbyclub.co.uk](http://woodbridgerugbyclub.co.uk)

# Grandmother celebrates 100th birthday



A grandmother from Woodbridge celebrated her 100th birthday at Highlands Care Home in Suffolk with a garden party attended by some special guests.

Bette Nuttall, a grandmother who has lived in Suffolk for more than six decades, was reunited with her family, including her young great-granddaughter.

To celebrate her special day, the Highlands Care Home in Woodbridge, where Bette lives, and her family organised a special birthday party for her in the garden, including a birthday cake with 100 candles.

When asked the secret to a long and happy life, Mrs Nuttall said: "I have just always eaten really well and kept healthy. I have always been active and exercised a lot all my life."

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# Make Alde Valley Academy Your First Choice!

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.

Awarded "Good" Ofsted rating with "Outstanding" student behaviour in 2017, Alde Valley Academy really is the school of choice!

**Open evening: Tuesday 5th October 6-8:30pm - "School of Choice"**





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

Many people will be aware that we are receiving new residents in Woodbridge this summer. Fourteen families – that’s up to 42 people – will be living here while their claims for asylum are considered. This is because the Home Office has awarded a contract to Serco to provide safe and secure housing to families claiming asylum from danger or war in their home countries. These families may stay from a few months to a few years, depending on how long their individual cases take. They will come from various countries with various histories.

The families will be living in 14 flats in the redeveloped former police station in Grundisburgh Road, Coppers Yard. Serco only provides the accommodation; their ongoing support will be provided by the charity Suffolk Refugee Support.

The suddenness of this news has caused a little anxiety in the town for both residents and councillors. However, when people understand the reality behind

these families’ arrival here, and the kinds of things they have been fleeing, they also show a heart-warming desire to help.

When people say Woodbridge is “the best place to live in the East”, it’s not just because of the look of the town; it’s because it has a warm and sympathetic heart. And warm hearts help people to adapt to a new country. My husband had an eight-year-old child from Aleppo arrive in his class a couple of years ago. He was “already a wizard at maths, determined to learn English fast, and immensely liked by his classmates”. Apart from finally reaching a safe place, his parents were overjoyed that their children could now go to school in safety and have a normal childhood at last.

If you have any general questions, Woodbridge Town Council has agreed to be a point of contact. For more information, email [townclerk@woodbridge-suffolk.gov.uk](mailto:townclerk@woodbridge-suffolk.gov.uk)

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Photo credit: Woodbridge Town FC

**Club look ahead to new season**

Woodbridge Town FC have resumed training, and by the time you read this, there will be just a few pre-season friendly matches to go before the league campaign starts on July 31.

On Saturday, July 17, Framlingham Town are the visitors. Woodbridge will host Little Oakley on Tuesday, July 20, at 7.30pm, and the final friendly game is against Halstead Town at Notcutts Park on Saturday,

July 24, at 3pm.

As part of the Under-18s preparation for the new season, manager Liam Scopes is currently recruiting new players. With a clear pathway to first team football, this is a great opportunity. Players can contact Liam on 07368 840135 for further information.

To keep up to date with the club, please visit [www.woodbridgetownfc.com](http://www.woodbridgetownfc.com)





News from  
**Councillor Geoff Holdcroft**  
*Town Councillor for Woodbridge Riverside*

Although I was a little premature in hoping that COVID-19 restrictions would be lifted in June, it really does look like they will be lifted from mid-July. Here's hoping that the weather will improve too, to allow us to make the most of a restriction-free summer.

As I have said before, it has been very disappointing that so many of the regular summer events, e.g. Woodbridge Regatta, that we all enjoy, have had to be cancelled, but many are striving to fill those gaps. One initiative that I am involved in is the Deben Summer Festival 2021, which will run from Saturday, August 7, to Sunday, August 15. As I write this, the full programme is yet to be announced as various people and organisations come

together to put on events to celebrate our wonderful area that borders the River Deben.

Two of the organisations I belong to, Woodbridge Town Council and Woodbridge Lions Club, will be putting on events on Saturday, August 14, and Sunday, August 15 respectively, so take a look at the website [www.debenfestival.org](http://www.debenfestival.org) to see what's planned and when.

After a long period of using Zoom for meetings, Woodbridge Town Council has finally resumed face-to-face meetings, although it's rather strange meeting in St Mary's Church. It may be a great space for soaring hymns, but the acoustics for speaking and hearing are difficult, so we are very much hoping that our return to the Shire Hall comes sooner rather than later.



# Free parking for vaccine staff

To support the COVID-19 vaccination programme, East Suffolk Council (ESC) will continue to offer free parking for healthcare staff working in vaccination centres in Woodbridge.

During the emergency response period, a government scheme enabled NHS workers, health and social care staff and NHS Volunteer Responders to access parking concessions in council-owned car parks and on-street parking bays.

This national scheme expired on June 21. However, ESC will continue to provide free parking for vaccination staff and volunteers until the easing of COVID-19 restrictions, currently expected on July 19.

Councillor Norman Brooks, East Suffolk's cabinet member for transport, said: "The rollout of the vaccination programme across the country has been incredible and we want to continue to support healthcare staff and volunteers who are working tirelessly to deliver vaccinations to East Suffolk residents."

The extension to the parking pass only applies to those working at vaccination sites and does not extend to wider health and social care staff. Health and social care workers who need to park in resident parking zones can register for permits, known as carer vouchers, at [www.eastsuffolk.gov.uk/parking](http://www.eastsuffolk.gov.uk/parking)

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HOME & DIY

# Keeping those ANTS AWAY

Ants can be a real nuisance in the home during the summer months, but that doesn't mean you have to stop them dead in their tracks with a harsh chemical pesticide. There are more natural, yet equally as effective ways to deal with these pesky pests.



**CITRUS FRUITS:** Ants hate the strong smell of citrus fruits such as orange, lemon and grapefruit, making them the perfect deterrent. Rub the peels of these fruits

on your windowsills and doors or spray lemon juice directly onto all the entry points in your home.

**WHITE VINEGAR:** The effects of vinegar on ants are twofold. First, they don't like the smell, and second, it removes the scent trails that they use to get around your home. Simply wipe down your countertops, cupboards and any other places where you have spotted ants with a 50-50 mixture of white vinegar and water.

**CHALK:** Although no one is 100 per cent sure why this method works, drawing a line of chalk in front of the spot where the ants are entering your home acts as a barrier that they won't cross. Some say it is because ants don't like the calcium carbonate in the chalk, whereas others say it interrupts their scent trails – either way, it works.



**COFFEE GROUNDS:** Ideal for keeping ants out of your garden and other exterior areas of your home, all you need to do is sprinkle your used coffee grounds on the worst-affected areas. It is worth knowing that the scent of coffee repels not only ants, but also cats.



**HERBS AND SPICES:** There are several herbs and spices that repel ants, including cinnamon, mint, chilli pepper, black pepper, cayenne pepper, cloves and garlic. Simply sprinkle or place in any areas where you have seen ants. Placing bay leaves in drawers and containers is also highly effective.





HOME & DIY

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### HERB SCISSORS

While we all believe we can chop herbs with the flourish and finesse of Michel Roux Jr, in truth, having a pair of multi-bladed herb scissors at hand is a much more sensible way of ensuring equal consistency and flavour in our food. Simply chopping into herbs with the scissors will instantly produce a spray of greenery ready for use.

### FOOD VACUUM SEALER

It looks like something you'd expect to find in the local stationery superstore, but this natty vacuum sealer will do wonders for preserving the freshness of your food.

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### WINDMILL WATERMELON CUTTER

Simple and incredibly satisfying, this watermelon cutter powers through watermelon flesh to produce neat cubes of fruit ready to be enjoyed.

### BUTTER SPREADER KNIFE

For so long, spreading hard butter has accounted for the destruction of innocent pieces of bread, yet this three-in-one spreader knife – with holes that sail through even the hardest, most stubborn piece of butter – will bring smoothness and joy back to break times.

### ICED COFFEE MAKER

With the warmer days, many of us will be reaching for iced coffees, and this clever gadget from HyperChiller can produce a cooling caffeine drink in minutes without it being watered down.



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## CREATING THE *perfect* GREEN KITCHEN



HOME & DIY

Using the colour green is one of the biggest kitchen trends at the moment, and here is how you can get it right.

### DARK GREEN

If you want to use dark green in your kitchen, it needs to be done carefully. Because it is such a deep colour, it will look dramatic, but it will also not reflect light to make it seem warm and welcoming. Make sure that the room has a lot of light so you can achieve this.

Keep windows plain and undressed to let in as much natural light as possible. You should also use a pale colour for backsplashes as a contrast. Warmer accents like brass, gold and copper for details will help to bring some warmth into the room.

### GREY-GREEN

If dark green seems like too much for you, then you might want to go for a lighter grey-green option. This is warmer than some options when it comes to grey and can bring a sense of peace to the space.

Adding wood tones for extra warmth is a good idea. You might also want to pair it with white fittings like cabinets and sinks to bring in even more warmth. For a little bit of contrast, add in black accents to bring it all together.

### GREEN ACCENTS

To incorporate green into your kitchen without making it the main aspect, there are many avenues you can take. You can do this by adding green accents or pieces to the decor, such as lampshades, artwork or tableware. If you have a kitchen island, you may want to paint the island green instead of the walls or cabinets.



Photo credit: Wickes via idealhome.co.uk, Matt Artropus via idealhome.co.uk, plainenglishdesign.co.uk





# STEP UP *in style*

Make the most of your staircase with our top design ideas for summer 2021. From the simple to the elaborate, there is something to suit all spaces, budgets and tastes.

## GO DARK AND DRAMATIC

Although you may think that staircases need to be light and airy, if you want to create an imposing and sophisticated area that demands to be seen, then painting your woodwork either black or dark charcoal grey is the way to go. Contrast with white walls for a chic and contemporary look.

## CREATE A GALLERY WALL

A gallery wall is a highly popular option when it comes to decorating a staircase. For the best results, choose matching frames and pictures with a clear theme, such as your pampered pooch, your child's artwork, black and white family photos, or art deco pictures.

## MAKE A STATEMENT WITH SPINDLES

Often overlooked, your staircase's spindles provide the perfect opportunity to update your staircase. Whether you opt for a bold colour matched with a natural wood handrail, or you go wild and paint each spindle in a different shade, make sure you keep the rest of the staircase white for maximum effect.

## WALLPAPER YOUR TREADS

If you don't fancy carpet or it's a bit out of your price range, why not brighten up your staircase treads with some boldly patterned wallpaper? Choose eye-catching graphics and add further pops of colour in the hallway or on the wall, focusing on primary colours for best results.

## LAY AN OMBRÉ STAIR RUNNER

Stair runners are a great way to add warmth and colour to your wooden stairs without covering them completely with carpet. If you are not a fan of patterned stair runners, an ombré version is the ideal choice for you, offering a fun and fresh look without being too overpowering.




Photo credit: Brent Darby via idealhome.co.uk; blog.omysa.com; psoterjackca; Chris Everard via idealhome.co.uk; dulux.com; Jake Curtis via idealhome.co.uk; Katie Lee via idealhome.co.uk; ecoverellmo.com; domno.com



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**DIY  
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Keep your shoes organised with this simple and unique  
DIY shoe storage – made out of PVC tubes



Keeping the whole household's shoes organised might seem impossible. With your family and friends going in and out of the house multiple times a day, the mudroom or entrance of your home can quickly end up accumulating a messy pile of shoes, flip-flops, trainers, football boots, dancing shoes and so on. If you have not yet found a solution that suits the needs of your family and your home's design, but you have DIY skills to spare, why not trying creating your own shoe storage out of PVC pipes?

**WHAT YOU'LL NEED**

- PVC tubes – at least 6 inches (15cm) in diameter
- 220 grit sandpaper
- Handsaw or hacksaw to cut the tubes
- Soap, hot water and a sponge
- Adhesion primer
- Paint
- Wallpaper strips (optional)
- PVC glue

**HOW TO CREATE YOUR SHOE STORE**

1. Cut the PVC tubes into 10–12 lengths of 10–12

inches (25–30cm) each.

2. Smoothe the tube sections' edges by using 220 grit sandpaper.
3. Wash the tube sections with hot water and soap to eliminate any dust or debris.
4. Apply a layer of adhesion primer to ensure your painted shoe storage will withstand daily wear and tear.
5. Once the adhesion primer is dry, paint the tubes and apply wallpaper strips (if desired) – depending on the kind of style you are looking to achieve.
6. Leave small horizontal sections unpainted and without wallpaper on each tube so that you can glue together the different sections.
7. Once both the paint and wallpaper glue are dry, apply a line of PVC glue on the section of the tubes left unpainted.
8. Glue the sections together to create your desired design.
9. Keep the glued sections in place with clamps until the glue is dry.

Now you can start enjoying your DIY shoe storage creation.

Photo credit: diyprojects.ideas2live4.com





HOME & DIY

YOU'RE

# oil I need

**O**live oil is a storecupboard staple for most households, being used to roast veggies, drizzle over salads, rustle up home-made hummus and so much more. However, you may not know that its uses extend beyond cooking...

### To shine stainless steel

If your stainless steel items are looking lacklustre, all you need to do is put a dab of olive oil onto a soft cloth and rub to help prevent streaks, water spots, tarnish and corrosion. Finish by buffing with a dry cloth. A dab of olive oil can also be used to slow down the tarnish of silver items.

### To remove sticky labels

Getting sticky labels off glass, plastic and wood can be a nightmare. Fortunately, by saturating the paper labels in a few drops of olive oil and leaving for 15 minutes, you should be able to peel them off with ease.

### To protect wood

Any wooden items that you have in your home can be nourished and protected with a light coating of olive oil. Simply let the oil sit for five minutes and buff with a soft cloth to prevent cracking and discolouration.

### To silence squeaky hinges

Whether you have a squeaky door, window, cabinet or appliance, a few drops of olive oil on the hinges is all that is needed to silence the squeak in a matter of seconds.

### To remove water rings

Water rings don't have to spell disaster for real wood and can easily be removed with just a little bit of warm olive oil. Apply gently to the affected area with a soft cloth and then buff with a dry one. Ideal for also repairing small scratches.

### To condition leather

Buff any leather items in your home with a few drops of olive oil and a cloth and enjoy softer, more supple leather furniture, gloves and shoes.



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GARDENING



# Forest Feast

*A basic guide to foraging*

Not only is foraging a brilliant way to explore and learn about the great outdoors, but the food you pick is also healthy and organic. Plus, chances are you'll be cutting down on your weekly food bill. Here are five tips for food foraging:

**ONE: Be brave.** From garlic to mushrooms, berries to nettles, dandelion to seaweed, one of the attractions of foraging is appreciating the variety that exists on our doorsteps, so be brave and bold in what you choose.

**TWO: Be certain.** Everything you pick, however small and seemingly insignificant, is taking away from the flora and fauna, so be absolutely certain that what you're choosing is edible before you take it.

**THREE: Be careful.** Some parts of nature's rich bounty just won't agree with the human constitution. Mushrooms generally get referenced as the items we should be most careful about foraging, but hemlock, foxgloves and the ominous fool's parsley are all to be swerved.

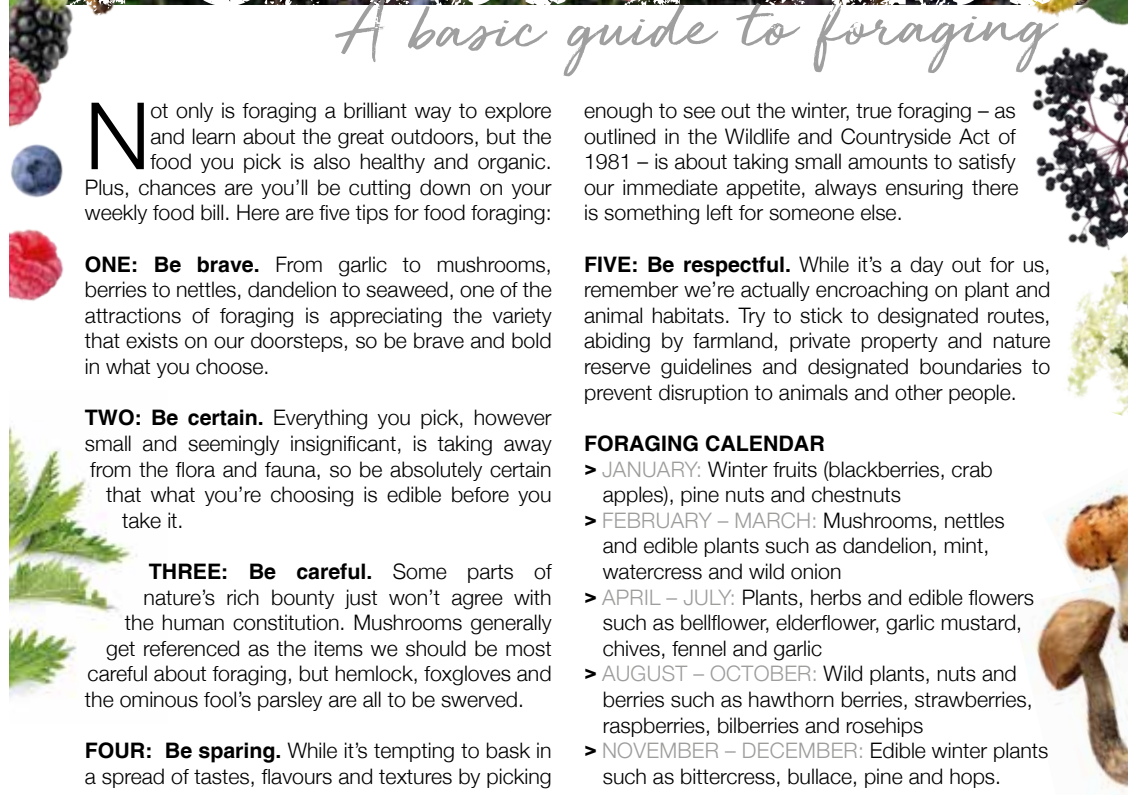
**FOUR: Be sparing.** While it's tempting to bask in a spread of tastes, flavours and textures by picking

enough to see out the winter, true foraging – as outlined in the Wildlife and Countryside Act of 1981 – is about taking small amounts to satisfy our immediate appetite, always ensuring there is something left for someone else.

**FIVE: Be respectful.** While it's a day out for us, remember we're actually encroaching on plant and animal habitats. Try to stick to designated routes, abiding by farmland, private property and nature reserve guidelines and designated boundaries to prevent disruption to animals and other people.

## FORAGING CALENDAR

- > **JANUARY:** Winter fruits (blackberries, crab apples), pine nuts and chestnuts
- > **FEBRUARY – MARCH:** Mushrooms, nettles and edible plants such as dandelion, mint, watercress and wild onion
- > **APRIL – JULY:** Plants, herbs and edible flowers such as bellflower, elderflower, garlic mustard, chives, fennel and garlic
- > **AUGUST – OCTOBER:** Wild plants, nuts and berries such as hawthorn berries, strawberries, raspberries, bilberries and rosehips
- > **NOVEMBER – DECEMBER:** Edible winter plants such as bittercress, bullace, pine and hops.







# Find your perfect GARDEN ROOM



If you are considering building a garden room, it is important to understand the different types and the benefits of each.

### POTTING SHED OR GREENHOUSE

If you are into gardening or want to learn more about it, then having a designated potting shed or greenhouse can be helpful. A room like this can help you break into the world of gardening or expand your interest in growing different kinds of plants. If you have a small garden with minimal planting space, this is a good option for you, as you can grow a lot in one area.

### PURPOSE-BUILT GARDEN ROOM

A purpose-built garden room is a more expensive option for those looking for some more living space. This style can work with any type of house. It is the most versatile option as it can be used for different purposes, such as a home office, a place to entertain friends, a playroom for children, a home gym, a garden kitchen, a lounge bar area or even a guest room. Also for this option, you may want to consider adding a water and electricity supply, which will allow you to add components such as a sink, fridge/freezer, TV, computer, lighting, electronic gym equipment and so on, depending on your needs. With a purpose-built room, you will have to ensure that you have a strong foundation for more stability; if not, this will need to be created.

### POP-UP TENT

A pop-up tent is a great, affordable option for those looking for something quick to assemble that is also easy to remove. They come in many different sizes to suit different gardens. It can be a playroom for children, a place to entertain friends, a place to keep plants safe from the elements, or even for camping. This option is mostly suitable for the summer months.

### SHEPHERD'S HUT

A shepherd's hut can be used as a place to entertain guests when you grill or cook outdoors. This type of garden room works best with country-style homes. You could use the hut to create a guest house, a chill-out zone, hobby room or home office. This option also requires a foundation to be added underneath.

Photo credit: Harrison James Contemporary Garden Rooms via housebeautiful.com, rajtentclub.com, cotswoldcottages.co.uk

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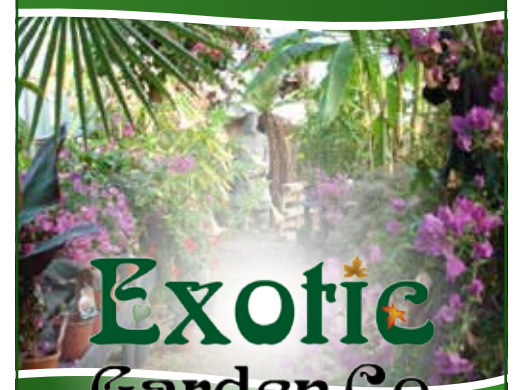
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# We're loving LAURA

## WHO CELEBRATES A DECADE ON TERRESTRIAL TV

Laura Whitmore is the perfect example of someone who knows when to split. The Irish presenter has worked across multiple TV projects over the past decade or so, preferring to stand up and embrace new challenges rather than playing it safe.

As fresh-faced and dynamic as any of the new wave of TV presenters on the circuit, despite having spent more than 10 years in the spotlight, Whitmore has returned with the new series of *Love Island*, which began on June 28.

Set in Mallorca, the six-week bounty of dating, dirty dealing and dodgy dalliances has become an institution on British TV. The last series, in 2019, pulled in an audience of more than four million – with viewers keen to take a somewhat voyeuristic glance at the love lives of others.

“It’s escapism, isn’t it?” Laura says. “I think some viewers are living out holiday fantasies; others are just interested in the ins and outs of romance, of flirting and, dare I say it, sex.”

“You certainly have to be a special type of person to be on the show, though it’s been proved time and time again that the rewards are all there for anyone brave enough to take the plunge.”

Having an ability to step into the unknown and risk disappointment is certainly true to who Laura is, so in that sense she is the perfect presenter for the show. The 36-year-old struck gold when she applied for an MTV Pick Me campaign in 2008, with victory securing her a role on *MTV News*.

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“WE ALL NEED TO BE PUSHED AND TESTED FROM TIME TO TIME. YOU GET NOTHING FROM SITTING BACK AND RESTING ON YOUR LAURELS.”

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Landing the *I’m A Celebrity... Get Me Out of Here! NOW!* role in 2011 was Laura’s first introduction to reality TV, one that she held onto through stints on *The Hit* (on RTÉ Two) and the *Eurovision Song Contest Semi-Finals*, right through to appearing in the 14th series of *Strictly Come Dancing*.

“*Strictly* was a really interesting shift because it was good to put myself back in the firing line,” she says. “I think that’s a good lesson – we all need to be pushed and tested from time to time. You get nothing from sitting back and resting on your laurels.”

Away from the camera, Laura wrote Sunday Times Bestseller *No One Can Change Your Life Except For You*, a book about fear, hope and inspiration. She also recently had her first child with husband, Iain Stirling, who narrates *Love Island*.

“What’s a priority right now is ensuring work doesn’t interrupt the time we want to spend with our baby,” Laura commented recently.

First spotted out and about with her new daughter, Stevie Ré, in March, Laura is clearly the proudest of mums: “It is a wonderful next step for us and while we are very public people – it’s the nature of what we do – we do want to be able to grow our family with a sense of privacy.”

That’s certainly more privacy than will be afforded to those *Love Island* contestants this year.







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*Unusual veg of the month:*

# Cardoon



Considered a delicacy in Mediterranean countries, the cardoon is a large, stalky vegetable that is closely related to the artichoke. Although it takes some time to prepare, its tender texture and distinctive flavour make it well worth the wait.

**WHAT DOES IT TASTE LIKE?**

With a similar, yet slightly more bitter taste to an artichoke, the exact flavour of a cardoon will be dependent on its growing conditions and maturity. For a sweeter cardoon, opt for the lightest in colour.

**IS IT GOOD FOR YOU?**

The cardoon is a nutrient-rich vegetable that contains protein, fibre, carbohydrates, calcium, potassium, iron and a whole host of important vitamins. It is also low in calories and boasts high levels of folic acid.

**HOW TO PREPARE**

> Peel off the spines and thorns on each side of the cardoon using a peeler

- > Gently remove the outer portion of the stalk as you would with celery
- > Cut into ½-inch pieces and soak in water and lemon juice to avoid browning.

**HOW TO COOK**

Cardoons are typically used in a similar way to artichoke hearts and can be steamed, braised, sautéed, blended into a soup, added to a stew and even eaten raw. Many recipes call for cardoons to be pre-cooked for 15 minutes in boiling water to remove bitterness.

**WHERE TO BUY**

Cardoons can be found in farmers' markets from midwinter to early spring. Alternatively, choose to grow your own. Cardoons can be planted outside from late April until August/September.

**HOW TO STORE**

Store whole unwashed cardoons in the vegetable drawer of your fridge for up to one week. Cooked cardoons will last up to three days in an airtight container in the fridge. Brined and canned cardoons can last up to one year.



FOOD & DRINK





# HOW TO PACK THE PERFECT PICNIC

Whether you rely too heavily on your local deli or you tend to throw in whatever you can find in the fridge, to help you celebrate National Picnic Month, we are going to show you how to plan the perfect picnic.

## PREP YOUR PICNIC

The simplest way to make picnic prep more manageable is by preparing your main dish ahead of the day. Then you can simply divide the dish into portions once seated and ready to eat. Great options for picnic mains include quiches, tarts, tortillas, pies and picnic loaves.

## PROVIDE PORTABLE SNACKS

No picnic would be complete without an array of easy-to-carry and fuss-free snacks. As well as all the usual suspects, such as sausage rolls, sandwiches and chicken drumsticks, why not be a bit more adventurous and try empanadas, falafel or smoked salmon scotch eggs?

## RUSTLE UP SALADS AND SIDES

When it comes to picnic salads, it is best to focus on more robust dishes, such as potato salad and pasta salad, which will not wilt or become damaged in transit. Dips such as hummus, and even a mackerel pâté, are all great options and can be enjoyed with crudité's or sliced pitta breads. Other delicious sides include boiled eggs sprinkled with chilli powder and garlic salt, or orzo and mozzarella salad.

## PICK PICNIC-FRIENDLY PUDDINGS

Puddings for picnics are notoriously tricky, although there are a few tried and tested desserts that will save the day, such as traybakes, loaf cakes, brownies and cookies.

## DON'T FORGET DRINKS

Whether you want boozy beverages or virgin varieties, you need to pack something to sip on in the sun. Choose from family-friendly options such as mint iced tea or fruit-infused lemonade. Alternatively, for a tippie that packs a punch, you can't go wrong with a classic Pimm's, a wine-based spritzer or a convenient cocktail in a can.



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# LONDON'S Top 10 attractions



What better way to celebrate our return to some normality than by ticking off London's best tourist attractions? A lack of overseas travel means that, in 2021, these iconic hotspots will be less busy and more accessible than ever.

- TEN: Borough Market**  
Based in Southwark, this iconic centre for high quality food and sustainable production has been pulling in admirers for almost as long as London has existed and dates back to the 12th century.
- NINE: Natural History Museum**  
Showcasing modern science interspersed with taxonomy and biodiversity, the Natural History Museum, based in South Kensington, is a maze of walkways and corridors that continues to enchant adults and children alike.
- EIGHT: St Paul's Cathedral**  
Sir Christopher Wren's London masterpiece, St Paul's, is an example of architectural and ecclesiastical excellence dating back well over a thousand years.
- SEVEN: Victoria and Albert Museum**  
Design, art and style come to the fore at the V&A in a celebration of culture and craft from the UK and beyond.
- SIX: Westminster Abbey**  
The setting for every royal coronation since 1066, Westminster Abbey is one of the most important Gothic buildings in England.
- FIVE: The British Museum**  
A celebration of more than two million years of human history and culture, and it's free to enter.
- FOUR: National Gallery**  
Towering over Trafalgar Square, the National Gallery is also free to visit, showcasing some of the finest artists from the UK and overseas.
- THREE: Churchill War Rooms**  
This popular attraction allows visitors to explore the offices where Winston Churchill and his team plotted Britain's fight against the Nazis during Second World War.
- TWO: Tower Bridge**  
Take in stunning panoramic views over the Thames from Tower Bridge's walkway and explore the atmospheric Victorian engine rooms.
- ONE: Tower of London**  
And finally, a fortress, a palace and a prison all in one – learn how royalty reigned in London over the course of a thousand years.

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# HELLO EVERYONE...



**My name is Gayle and I am your personal Travel Counsellor here in Woodbridge.**

I am delighted to announce, that every month from now on, I will be writing an article in **VISION** Woodbridge about my most recent travels to give you all some inspiration.

It has been a difficult couple of years for those of us with that hunger for adventure, but now things are getting back to normal, it's time to start planning our next holiday!

I will also be giving tips and advice on how to navigate your way through all the requirements that are currently needed for travelling abroad. For this month's edition, I would like to introduce myself.

I have been in the industry for over 25 years. As well as working for a High Street Agent for many years, I have also worked overseas and taught BTEC Travel & Tourism. For the last 8 years I have been running my own business under the Travel Counsellors franchise from my own home.

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In the next edition I will be talking about my recent trip to Portugal. Following that I have lots of other trips planned that I will be sharing with you such as a Day trip on the British Pullman train, a short UK Cruise on board the Queen Elizabeth and a Summer break to the gorgeous Island of St Lucia so do look out for those.

**In the meantime, for any holiday advice, please do not hesitate to contact me by email on [gayle.chase@travelcounsellors.com](mailto:gayle.chase@travelcounsellors.com), or call me on 01473 851440.**

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# PROTECT YOUR SKIN from UVA and UVB rays



BEAUTY

**W**e all know the importance of using sunscreen, not just when the sun is shining, but all year round. However, do you know what sun protection factor (SPF) you should be using for your skin type? And whether your make-up contains SPF?

## Why is SPF so important?

A good sunscreen will block the harmful effects of the sun's UVA and UVB rays, which can wreak havoc on the health of your skin, causing not only premature fine lines and wrinkles but also an increased risk of skin cancer. When buying sunscreen for the body or face, look for two things: the SPF, which protects your skin from UVB rays, and the UVA rating, which ideally should be five stars. In the UK between March and October you should wear at least SPF30 with a four-star UVA rating. However, for maximum protection, wear SPF50 with a five-star UVA rating.

## SPF by skin type

**OILY SKIN:** Many sunscreens that offer a high SPF tend to be thick on the skin, causing already oily skin further issues such as blocked pores and blackheads. Prevent this by opting for an oil-free sunscreen or using a lightweight moisturiser with SPF included.

**SENSITIVE/ACNE-PRONE SKIN:** Avoid sunscreens that have too many chemicals or unnecessary ingredients, such as fragrances and preservatives. Instead, choose a non-comedogenic sunscreen or a mineral powder sunscreen that feels weightless on the skin.

**DRY SKIN:** Dry skin sufferers can benefit from an SPF serum which simultaneously protects and hydrates the skin. Alternatively, try a dry oil spray with SPF, although this will need to be applied several times a day for maximum protection.

## Does make-up with SPF work?

Skin experts state that you need 1-1.5tsp of sunscreen to adequately protect your face from the sun, so it is highly unlikely you are applying sufficient foundation to use this as your sole form of protection. Plus, most SPF make-up only protects against UVB rays, not against harmful UVA ones, which can cause skin cancer.

**BEST SPF MAKE-UP:** Charlotte Tilbury Magic Foundation | bareMinerals Original Foundation | Broad Spectrum SPF 15 | L'Oréal Paris True Match Super-Blendable Compact Make-up | Neutrogena Healthy Skin Compact Make-up.

Remember, make-up should be worn as a second line of defence against the sun, after your chosen UV protection product.

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# Time to PLANK

The pursuit of perfect abs can feel like a distant dream - but not anymore. Love it or hate it, planking provides a fast and effective way to strengthen your core, shape your waist and create amazing abs. Check out these four plank variations that guarantee to deliver.



### 1. THE REACHER PLANK

Ideal for building control and strengthening your core muscles, take this move slowly for maximum results.

- > Start in the plank position with your palms touching the ground and your arms straight
- > Reach one arm forward until your elbow is straight
- > Bring your arm back down to the ground
- > Repeat with your other arm.

### 2. THE HIP DROP SIDE PLANK

Work your side muscles, also known as your obliques, as well as your abs with this plank variation.

- > Lie on your side with your elbow directly under your shoulder and your forearm on the ground in front
- > Stack your legs on top of each other and lift your body off the ground
- > Slowly drop your hips towards the ground, as low as you can, and then raise them.

### 3. THE WALKDOWN PLANK

Great for building up strength to do push-ups, the walkdown plank is like a moving plank.

- > Begin in the plank position with your forearms touching the ground
- > Slide one hand back and place it under your shoulder
- > Push up with that arm and repeat with the other arm
- > Now you are in the push-up position, reverse the steps to lower yourself back into the plank pose.

### 4. THE REVERSE PLANK

Providing a full body workout, this final plank is a tough one.

- > Sit tall on the floor with your legs extended in front of you
- > Place your hands behind you, either on the floor or on a foam roller
- > Lift your hips, forming a straight line from heels to shoulders
- > Add an optional tricep dip or leg raise if you want more of a challenging move.

Photo credit: gethealthyu.com





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# Natural IMMUNITY

## THE FOODS YOU SHOULD EAT TO BOOST YOUR NATURAL IMMUNITY

Having a good immune system helps fight off infections and maintain your health, yet it can sometimes be confusing knowing which foods we should be consuming to take our body's natural protection to the next level.

Here are four consumables that will have a positive effect on your immune system as part of a healthy diet and lifestyle.

**GARLIC:** Highly nutritious, low in calories, full of vitamins, laced with nutrients and perfect for combatting sickness and the common cold, garlic also lowers blood pressure and reduces cholesterol. There's even evidence to suggest the antioxidants it contains can prevent long-term diseases such as Alzheimer's and dementia.

**VITAMIN C:** Most of us know vitamin C is number one when it comes to fighting off infections, yet we still don't regularly take supplements.

Vitamin C is an antioxidant that helps the body grow, develop and repair, maintaining your body's natural defenses.

**STEAMED BROCCOLI:** Some of us don't like our greens, but a bit of broccoli or spinach as part of a healthy meal or drink (spinach is especially good in smoothies) can really boost immunity. Steaming broccoli (not boiling) is also thought to be the best way of keep the nutrients in. Both of these green options are loaded with vitamins, minerals and nutrients.

**YOGHURT:** Another good option is yoghurt, which can be added to cereal, shakes or eaten by itself. Look for Greek yoghurts with live and active cultures, and choose natural rather than flavoured. You can also add fruit and a little honey to make it taste even better.

These options might not stop you getting ill, per say, but they will boost general immunity and give you the best chance of warding off seasonal nasties. Start today!



HEALTH & FITNESS





# Sound baths

Over the past few years, researchers have confirmed that meditation can have several benefits on the mind and body, from stress reduction to reducing chronic pain symptoms. If you've enjoyed the benefits of regular meditation practice, you will love sound baths – an alternative to mindfulness meditation.

### WHAT TO EXPECT FROM SOUND BATHS

Sound baths are a meditative experience that involves 'bathing' your mind and body in sound waves. These sound waves are produced by instruments such as singing bowls or gongs, but they can also come from percussion or chimes.

Similar to mindfulness meditation, sound baths have powerful relaxing effects. The sound waves affect the brain, causing it to enter the alpha state – a state of heightened consciousness but deep relaxation. This state of mind is the same one that occurs during meditation and relates to reduced stress, peace of mind, focus and calm.

### HOW TO CREATE A SOUND BATH AT HOME

Creating a sound bath at home is easy. Start by creating a relaxing, peaceful nook in your home. Ideally, you should be warm, comfortable and away from distracting noises. You can also improve the atmosphere by lighting a candle, using natural scents and lying on pillows and blankets.

Singing bowls are the most common healing instruments used for sound baths. To create a vibrating, relaxing sound, press a mallet on the outer surface of the bowl's rim and move in a slow, circular motion. To control the sound, create the motion using your entire arm rather than just the wrist. If you have never tried a sound bath before, asking someone else to play the singing bowl for you can help.

Alternatively, if you are alone, you can try a virtual sound bath. To do so, head to your favourite online yoga platform or YouTube, select an expert practitioner and pick your preferred meditation length. Make sure you are comfortable and using high-quality headphones to get the greatest benefits from your meditation practice.



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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 17<sup>th</sup> 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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FASHION

# HOW TO SAFEGUARD YOUR sunglasses

Protecting your eyes from the sun's powerful rays is a must, but don't forget that you also need to safeguard your sunglasses from both accidental damage and general wear and tear.

refrain from breathing on them and wiping, as this can cause deterioration.

### *Do not leave in the car*

Leaving your sunglasses in your car on a hot day can cause the lenses to delaminate, making them less effective in protecting your vision from the sun. Particularly avoid placing them on the dashboard, where heat is more intense.

### *Don't place on top of your head*

Although you may like how this looks, placing your sunglasses on your head can cause the screws to loosen and fall out. Plus, it can damage the nose-pads.

### *Don't take designer sunnies to the beach*

If you have spent a lot of money on designer glasses, you may want to wear them all the time. However, the combination of sand granules and seawater is a major hazard. Sand can scour away at the lenses and delicate hinges, while the salt in seawater can cause lasting damage to metal components and lens coatings.

### *Protect from scratches*

Whether you have plastic or glass lenses, you should always store your sunglasses in a hard case to protect them from scratches. If you do not have a hard case, a microfibre pouch is your next best option.

### *Remove smudges*

Sunglasses are prone to smudges from sun cream, make-up and your skin's natural oils. To smooth away smudges, rinse your glasses under warm water and, using your fingers, apply a few drops of mild washing-up liquid. Rub gently, rinse and dry with a microfibre cloth.

### *Avoid harmful cleaners*

Never use rubbing alcohol, vinegar or any other standard household cleaners on your sunglasses, as these can potentially damage the lenses. Also





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# 150 years of the HIGHWAY CODE



MOTORING



The Highway Code is something everyone is familiar with – but only a few know where it comes from and what it first looked like.

Every driver in the UK has looked through the strict set of rules that make up the Highway Code at least once. However, only a few know its history and how it has changed over time. First introduced in April 1931, the original Highway Code looked a lot different from the one we know today.

The one-penny, 24-page-long booklet was the first attempt to reduce the whopping 7,000 fatalities occurring every year on the road – at a time when there were only 2.3 million motor vehicles circulating in Great Britain.

The first edition of the Highway Code contained some advice modern drivers will be familiar with – such as being mindful of others and always putting safety first. However, the original Highway Code did not mention mirrors (as they weren't a requirement for motor vehicles at the time) and recommended drivers sound their horn while overtaking.

Most of the pages of the original booklet were dedicated to describing hand signals to be used by drivers, pedestrians and police officers – recommendations that are today collected on a single page of the 189-page modern Highway Code.

The changes in motor technologies and road design led to the introduction of new colour illustrations, a dedicated section to motorway driving, and road sign diagrams – even if there were

only 10 described in the second edition.

Although these facts might sound curious to today's drivers, the modern Highway Code still contains some unusual rules. For example, under the Road Traffic Act 1998, it is illegal for drivers to splash pedestrians with puddles, sleep in their car if drunk, and pay at a drive-through using their phone.

Undoubtedly, the Highway Code will continue to adapt to any future changes in technology and the road environment, but so far, the results of its introduction have been impressive. Today, while the number of cars in the UK has skyrocketed to 33 million, fewer than 1,700 people are killed on the road annually.

Original



Current

Photo credit: [www.gov.uk](http://www.gov.uk), [www.driving.org](http://www.driving.org)



# WHAT CAN £250,000

buy you in each region in England?

Have you ever wondered where you can get more bang for your buck when it comes to property investment? With the extension of the stamp duty holiday until September on home purchases below £250,000, let's see what you can buy on or under budget in each region.

**NORTH EAST:** Asking prices in the North East have increased by 5.4 per cent in the last year, seeing one of the biggest changes across the country. However, you can still purchase a 3-bedroom property for a little more than £150,000.

**NORTH WEST:** Boasting the biggest price increase, up 7.3 per cent in the last 12 months, the average asking price for a 3-bedroom property in this region is £193,357. Expect to be able to find a 4-bedroom detached new build under the £250,000 threshold.

**YORKSHIRE AND THE HUMBER:** With prices up a modest 2.8 per cent, the average price of a 3-bedroom property is £188,538. Head to Bradford or Kingston upon Hull for the cheapest homes in the region.

**MIDLANDS:** The East Midlands is another fast-selling region and you can find some beautiful 3-bedroom detached homes in sought-after, semi-rural areas such as Sutton-on-Sea for around £245,000.

The West Midlands is one of the regions that takes the least amount of time to find a buyer (on average 65 days). You can purchase a 3-bedroom semi-detached house in the popular area of Maypole for £250,000.

**EAST OF ENGLAND:** The third most expensive region in the UK, you can still find some areas where your budget will stretch that little bit further, such as in Norwich where you can get a 3-bedroom detached home for £250,000.

**SOUTH EAST:** After London, this is the most expensive region in the UK, with the average asking price of 3-bedroom properties being £372,655. However, we did find a 3-bedroom end-of-terrace house for sale in Deal, Kent, with an asking price of £250,000.

**SOUTH WEST:** With prices rising by 3.4 per cent in the last year and the average asking price of a 3-bedroom property at £291,861, head to the county of Somerset to find 3-bedroom terraced properties within budget.

**LONDON:** Surprisingly, London is the only region to experience a drop in prices in the last 12 months. However, the average price of a home is still twice the national average. Barking and Dagenham and Bexley are the cheapest boroughs in London, where you should be able to find a 2-bedroom flat within budget.

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# The Surge of CONNECTED FITNESS

The pandemic caused gym closures – but it hasn't stopped people from looking after their health and fitness... the home gym market just thrived

Over the past few years, the home fitness equipment market has been expanding steadily, with an annual growth rate of 2.75 per cent. But the pandemic – and related gym and sports centre closures – has been the game changer no one could have foreseen.

Today, the market for fitness apps – which was valued at a little more than \$3.3million at the beginning of 2019 – is predicted to grow by 25.6 per cent annually up to 2025, reaching an impressive valuation of more than \$13million.

So, apps and home gym equipment – such as Sweat, the Echelon Fit Bike, Runkeeper, MapMyRun and Strava – have been gaining a larger percentage of the market. But it is the Peloton phenomenon that investors are still marvelling at. As home-bound, health-conscious consumers started to invest in the firm's treadmills and stationary bikes, Peloton reported a 172 per cent surge in sales, translating into Peloton shares (NASDAQ: PTON) being up by 220 per cent.

The firm reports that the number of subscribers skyrocketed by 113 per cent by the end of June 2020, hitting the 1.09 million mark – and it is expected to reach a whopping two million by September 2021.

Peloton apps and virtual classes, which currently have more than 1.6 million subscribers, are not the only

'connected fitness' tools to look out for. The sector, which provides a safer, more accessible way for consumers to reach their fitness goals, is expected to report a compound annual growth rate of 31.2 per cent and reach a staggering \$5.96billion by 2025. Combining a consumer's digital life and fitness goals, home gym equipment, online workouts and fitness apps are taking over the market and reshaping the health and fitness industry.







SPORT



Photo credit: Buy/AP/Shutterstock

# That Cup that FLOWETH OVER

CELEBRATING 150 YEARS OF THE FINEST DOMESTIC KNOCKOUT COMPETITION OF THEM ALL

Living in the UK, we can end up taking for granted many things that, to us, seem relatively customary, and the FA Cup arguably falls into that category.

Yet when you hear of overseas players having spent a childhood enthralled by the trials and triumphs of our most famous domestic knockout competition, the true status of the cup comes to the fore. We may have grown more complacent about a tournament that welcomes in almost 900 club sides every season, yet the FA Cup is truly a competition we should feel proud to marvel over.

July 20 marks the 150th anniversary of the FA Cup being formed. The competition began in 1871, with 15 teams allowed to enter. The final, which attracted a modest crowd of 2,000 people, saw Wanderers triumph over Royal Engineers.

In the modern game, COVID-19 notwithstanding, the semi-finals and final at Wembley are watched by crowds in excess of 85,000, and while other competitions – notably the Champions League –

have wrestled some of the attention away, the competition retains huge importance for clubs of all sizes.

Over the years, it has given us tremendous, defining memories. The famous White Horse (Billie) Final of 1923 was notable for its crowd of an estimated 300,000 people inside Wembley; while the Stanley Matthews showpiece in 1953 saw the legendary footballer lead Blackpool to a 4-3 cup success against Bolton Wanderers.

The 1981 final saw Ricky Villa score a memorable Wembley goal to see off Manchester City, and seven years later the crazy gang defeated the culture club as Wimbledon stunned Liverpool 1-0. Of course, giant-killings on the road to Wembley (think Sutton United, Hereford United, Colchester United, Wrexham and more) are part of the fabric of this great competition.

The FA Cup may have had to evolve over recent years, but its value remains.



FA Cup White Horse Final 1923



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SPORT

# THE BRITISH

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# OPEN 1921

### HOW THE 1921 BRITISH OPEN PAVED THE WAY FOR ONE OF THE BIGGEST COMPETITIONS IN GOLF

On the face of it, the 1921 British Open was nothing special. Last month marks a century since Jock Hutchison strode onto the immaculately manicured lawns at St Andrews to shoot a final-round 70 and force a play-off. There, he was matched against Roger Wethered, an Oxford student who had to be persuaded to stay for the eliminator as he had a prearranged cricket match to attend. As it was, Hutchison lifted the coveted trophy and won £75 in prize money.

In truth, the most notable player in the tournament was American Bobby Jones. Widely regarded as the best amateur the game ever produced, the then 19-year-old succumbed to his questionable temperament – one that he'd tame in later years – on the final round, causing him to rip up his playing card in disgust. He was instantly

disqualified. What was truly notable about the 1921 British Open wasn't the Open itself, nor a side tournament organised by a local newspaper, the Glasgow Herald Tournament, on June 7. In fact, it was a simple 10-a-side 'warm-up' at Gleneagles the day before that has become so significant. Designed to help visiting Americans shake off the rigours of a long boat trip across the Atlantic – including Hutchison, who had emigrated to the States from Scotland some years before – the visitors were pitted against their British counterparts.

The contest consisted of five foursomes in the morning and 10 singles matches in the afternoon, with the Brits emerging victorious. The rivalry captured golf enthusiasts' imaginations. Subsequent battles took place in the years that followed, until 1927, when the contest was formalised and given the title of the major sponsor, Samuel Ryder... and the Ryder Cup was born.



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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

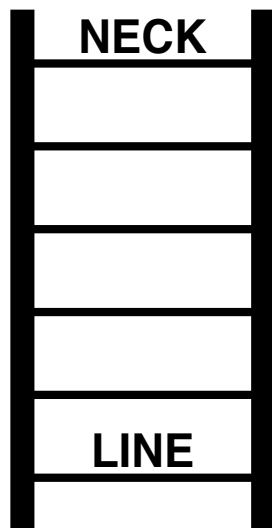
- ▶ BUCHANAN
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- ▶ MADISON
- ▶ MCKINLEY
- ▶ MONROE
- ▶ NIXON
- ▶ OBAMA
- ▶ REAGAN
- ▶ TRUMP



## DID YOU KNOW?

- ▶ You can tell the outside temperature by counting the chirps of a cricket. Count the number of chirps in 14 seconds and add 40 to get a rough temperature in Fahrenheit
- ▶ The coldest temperature recorded on Earth was -89.2°C in Antarctica in 1983
- ▶ During a heatwave, the temperature can make train tracks bend, often causing delays
- ▶ The rainfall in Kerala, India, was red in July 2001
- ▶ Damage caused by Hurricane Andrew in Florida caused captive pythons to escape
- ▶ Some frogs are noisier before rain arrives as their croaks are reflected and magnified by the low clouds
- ▶ Earthworms come up closer to the surface when it rains

## 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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