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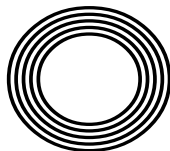
50 YEARS
of Mr Men and Little Miss

Sue Barker

Celebrating the TV presenter's career

SIR RICHARD BRANSON

The billionaire completes out-of-this-world venture



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AUGUST 2021

Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. Well, it's been more than a month now since 'Freedom Day', and I don't know about you, but I've been enjoying having some semblance of normality back. I do say that with slight hesitation, because I realise what we're now experiencing still isn't total freedom and many of us are still incredibly anxious about stepping out into the world again, and understandably so. Having received the second of my vaccinations around a month ago, as well as being still relatively young and healthy, I do feel quite confident and optimistic about getting back to normality. Simple things, like ordering a pint from the bar or being able to attend sports events again, do make a difference. One big event on the horizon for me is the London Marathon, taking place on October 3, 2021. I'm running in aid of a charity called Retina UK, which supports people born with inherited sight loss - a cause close to my heart as two members of my own family have a rare condition called retinitis pigmentosa. Needless to say, any donations would be gratefully received. If you'd like to donate or read more about my challenge, you can do so by visiting uk.virginmoneygiving.com/WilliamTaylorLondonMarathon. Have a great month.

William Taylor

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SPORTING INJUSTICE?

SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'

The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".

A LONG TICKLE?

Celebrating 50 years of the Mr Men
and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Salon group celebrates trio of finalist places in competition

A new hair salon in Suffolk has reached the finals of the British Hairdressing Business Awards 2021.

The team at Quay Street Collective hair salon, Woodbridge, has secured its place in the category for Independent Salon – Business Newcomer Award.

Salon owner, Janene Hawkins-Bush, said: "I am elated that we are finalists after the year we have had. I am so proud of everyone and what they have achieved."

The ongoing COVID-19 pandemic meant that the planned opening of the salon had to be delayed. Mrs Hawkins-Bush, along with business partner, Sophie Thompson, finally opened the new business in August 2020.

Mrs Hawkins-Bush added: "The lockdown gave us time to really work on our strategy and recognise what was important to local people.

"As a dedicated and committed eco salon, we made everyone aware of our environmentally friendly

credentials and this really made an impact with our client base."

Mrs Hawkins-Bush is thrilled that not only has her new salon been recognised in these awards, but so has her barbershop, Sir & Co. in High Street, Aldeburgh, which secured a place in the final for the Male Grooming Salon/Barbershop of the Year. Team member Alex Sullivan, 22, is also up for Best Assistant/Junior of the Year.

Mr Sullivan said: "Reaching the British Hairdressing Business Awards finals is just the icing on the cake. It's been an incredible year for me and for the barbers.

"All I have ever wanted to be is a successful barber, but to have my work and commitment recognised is fantastic."

The British Hairdressing Business Awards recognise the very best in the industry from across the UK. The 2021 winners will be announced at a ceremony at the Park Plaza Hotel in London on Monday, October 4.



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Council approves road safety campaign



Plans to implement 20mph zones across Woodbridge are finally taking a step forward.

The scheme, which was approved by Suffolk County Council (SCC) in February 2017, has now been discussed between County Council Highways, Woodbridge Town Council and county councillor Caroline Page, who has spearheaded the campaign for many years.

Cllr Page said: "This can only be good news for the town following concerns about rat running and safety for pedestrians and cyclists. It is hoped that residents and visitors will have safer access between the town centre and the riverside and that children will be able to walk and cycle safely to school."

A recent petition by parents calling for traffic calming in the Burdett Road area received more than 500 signatures.

Isla McMillan, organiser of the Make Burdett Road Safe petition, said: "We wholeheartedly welcome the development of the 20mph scheme for Woodbridge and we hope parts of the scheme can be delivered sooner than the proposed completion date of 2023."

SCC's in-house design team will now carry out preliminary design work that will cover the extent of the scheme and the measures that will be put in place.

Call for witnesses after driver injured in serious crash

Suffolk police are appealing for witnesses following a single-vehicle collision in Sutton, near Woodbridge.

A man in his 80s has been left in a serious condition after his car, a red Toyota Aygo, collided with a tree on Heather Road at around 2.05pm on Tuesday, July 13.

Police, paramedics and the East Anglian Air Ambulance were called to the scene and the driver was taken to Ipswich Hospital, where his condition remains serious.

Officers would like to hear from anyone who may have witnessed the collision or who has dashcam footage regarding the manner of the man's driving prior to the incident.

Anyone with any information or who saw anything suspicious is asked to contact the Roads and Armed Policing Team at Suffolk Police online at www.suffolk.police.uk or by calling 101.

Support worker retires after 15 years of service

Staff at a nursing home near Woodbridge have bid a fond farewell to a much-loved colleague.

Monica Martin, 62, worked as a support worker at Allonsfield House in Campsea Ashe for nearly 15 years. Colleagues at the care home recently gathered to help Mrs Martin celebrate her retirement.

Mrs Martin said: "I will miss the residents as I loved them like they were my own family. At the end of every shift, I always felt like I had done my best for them all."

Daya and Sumi Thayan, founders of Kingsley Healthcare, attended the celebration and saw Mrs Martin presented with gift vouchers, a garden ornament, flowers and wine.

Judith Morgan-Worrall, home manager, said: "Monica has been a compassionate staff member who really made a difference."

"She will truly be missed by the residents, families and staff."

Mrs Martin, who lives locally and has four children, three grandchildren and three great-grandchildren, is now looking forward to spending more time with her family and in her garden.

For more information about the care home, visit kingsleyhealthcare.co.uk/pages/home/allonsfield-house-luxury-care-home



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News from

Councillor Caroline Page

The County Councillor for Woodbridge

The old Suffolk Coastal Offices on Melton Hill are finally back on the market after five years of boarded windows, weedy courtyards and locked barriers to unoccupied car parks.

Never were there five years when the existence of such a lot of empty space showed up so badly. There it stood, wilfully and wastefully unused in a town that is bursting at the seams – a town where there's nowhere to park, nowhere for people of even moderate means to rent or buy, where every little wedge of extra space is for sale or in the process of development. And the people who grew up in Woodbridge (as did their parents, grandparents and great-grandparents) are increasingly squeezed out.

We need social space – yet all those rooms were locked.

We need parking – yet the car parks were not available.

We had a need for shelter – yet the nearest place for

the homeless was either Felixstowe or Ipswich.

And we've long had a need for ordinary homes for ordinary people: young singles living with their parents; older people wanting to downsize but unable to afford to; disabled people needing specialised accommodation with freedom; and young families wanting to establish themselves here. We need them as much as they need the housing.

Last year, we needed these things more – as key workers living with elderly parents had to isolate, or adult children descended on their parents. That crumbling site could have been put to many uses.

Let's not make the mistake of such deadly inaction again. When we look at getting added value for the people of the district, remember value is not always hard cash. We can sell for a quick buck – or we can develop the site to create social housing to support the people of the area for generations to come.

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Students fundraising for charity

Sixth Form students from Woodbridge helped a local charity raise awareness of its new community project.

A total of 60 students from Farlingaye High School joined forces with Jetty Lane charity for their activity day at its site near Kingston. The charity is aiming to raise £3.5million for a new youth, arts and community centre for the local area.

Pupils threw themselves into the activities on offer, handing out free cake to volunteers and distributing

flyers about the community centre plans.

Jetty Lane trustee, Cordelia Richman, said: "I'm so impressed with the young people. They put so much energy and enthusiasm into the day."

In 2017, the existing youth centre was demolished owing to safety concerns over asbestos. The proposals to build the new community centre were given the go-ahead in 2019, but progress has been hampered by the ongoing COVID-19 pandemic.

To find out more, visit jettylane.org/learn-more



Photo credit: Woodbridge Town FC

Woodpeckers look ahead to upcoming season

Pre-season at Woodbridge Town Football Club has been completed, and the bread and butter of the league has started for the First Team.

Leon Moore, First Team manager, said: "It was a great pre-season for the club. There were some changes behind the scenes with the board and we've also strengthened on the pitch."

"While it was good to get some wins, it was important to get the fitness levels back to where they should be for the new campaign."

Upcoming home fixtures include:

> Saturday, August 28 vs Lakenheath

> Saturday, September 11 vs Woodford Town (FA Vase)

> Tuesday, September 21 vs Gorleston

A further date for the diary is Friday, September 3, as a Woodbridge 'Legends' Team takes on a Brafе Engineering XI. This is a charity event with family entertainment and a BBQ. The match kicks off at 6.30pm.

Macmillan Cancer Support is the chosen charity of local company and club sponsor, Brafе Engineering, as well as Woodbridge Town FC.

To find out more, visit www.woodbridgetownfc.com

News from Woodbridge Cricket Club

Since returning to action in May, the decision to run two sides has turned out to be a great move for the club.

The first team, which is captained by Scott Button, have managed to win all their games this season, making a very strong promotion charge. Skipper Button has installed a winning mentality this season and allowed the players to express themselves when playing. The first team are unbeaten and sit pretty at the top of the table.

The newly formed second team have had some really strong performances this season and have been well led by their captain, Angus Smith. The objective

for this new team was to consolidate themselves in the league and attract some new and old players. Both of these objectives are being met and we hope they continue as the season draws to an end in September.

The second team see themselves sitting in mid-table and are going from strength to strength, with some really encouraging performances.

We are still training at Woodbridge School on Wednesday evenings, from 6pm to 8pm. If you are looking to get into cricket, please come along to a training session, or if you would like any information regarding Woodbridge Cricket Club, please contact WoodbridgeCricketClub@gmail.com

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ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of "the best night's sleep you'll ever have" – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it's a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Photo credit: city.com

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting 'space-inspired' fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what's worse – counting pennies or counting sheep?



HOME & DIY

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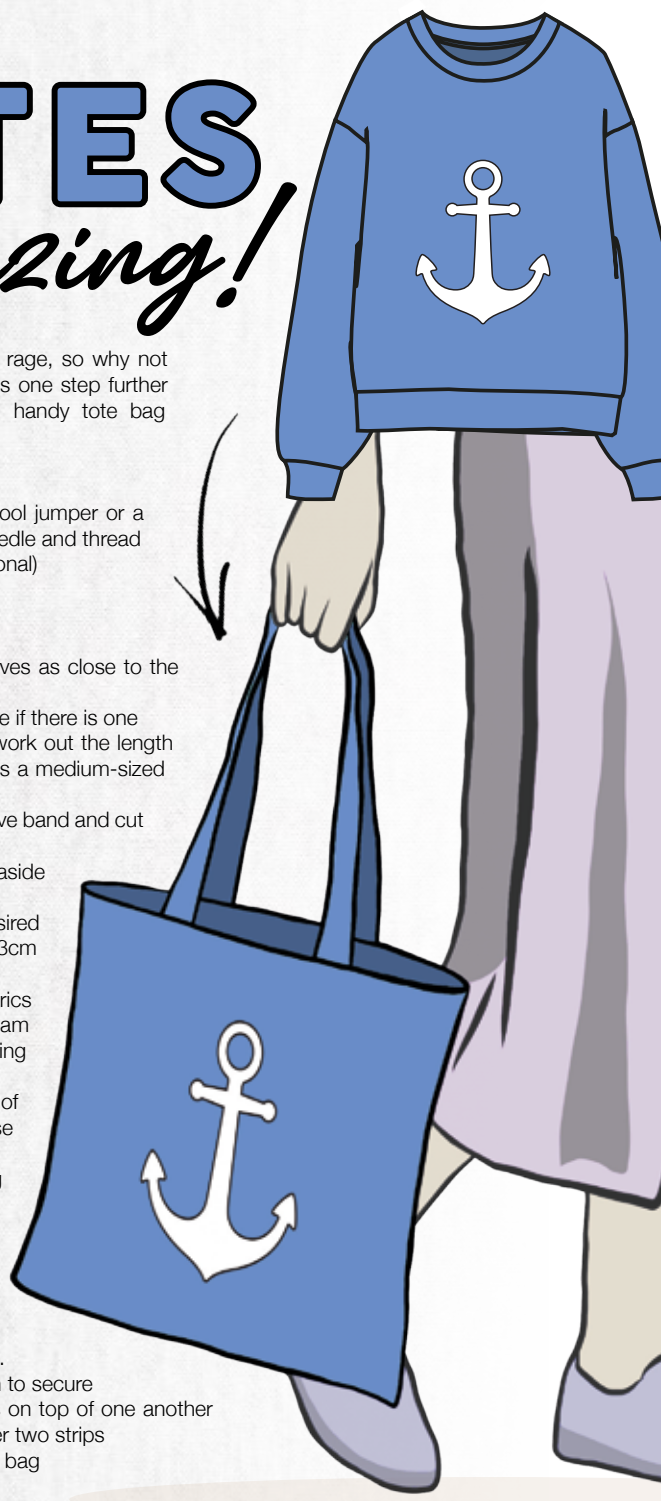
Sustainable fashion is all the rage, so why not take your eco-friendly efforts one step further and create your very own handy tote bag using just an old jumper?

WHAT YOU NEED:

- An old jumper – this could be an old school jumper or a much-loved hoodie that no longer fits
- Needle and thread
- A pair of scissors
- Sewing machine (optional)

HOW TO MAKE:

- > Cut off the bottom band of the jumper
- > Cut off the hood (if applicable) and sleeves as close to the seams as possible
- > Determine the centre of the logo or image if there is one
- > Depending on the size of your jumper, work out the length and width of your tote bag – 35x40cm is a medium-sized bag
- > For the handles, cut and remove the sleeve band and cut the sleeve open along the seam
- > Cut eight strips of 2–3cm width and set aside for later
- > Using the remaining fabric, cut out the desired size of your bag, making sure to add 2–3cm extra on both the width and length
- > Pin the front and back of your jumper fabrics together and stitch using a ½-inch seam allowance, either by hand or using a sewing machine
- > Secure and set the seams with the fibres of the fabric using an iron. Always supervise children during this step
- > Fold in 2cm of fabric at the top of the bag and press, and then stitch the fabric near the raw edge using a zigzag or straight stitch for a seamless opening
- > Make the handles by sewing together two of the strips you cut earlier to create one long strip. Create four long strips in total, using eight strips. Overlap the ends and use a zigzag stitch to secure
- > Take two of the four strips, lay the ends on top of one another and stitch together. Repeat with the other two strips
- > Stitch the handles to the top of your tote bag
- > Voila! Your finished jumper tote bag.



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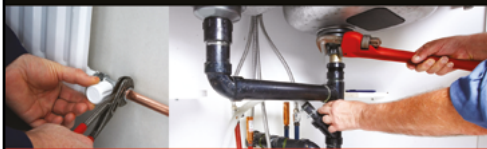
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BRICKING IT

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Most of us know that bricks are brilliant insulators against the cold. In warmer periods, their thermal mass qualities can mean heat is released very gradually over time – something that's perfect for maintaining the temperature of our homes.

However, advances in construction technology are set to take our desire for energy- and cost-efficient warmth to another level.

Scientists have developed a new type of brick that works more like a battery, thanks to fine strands of special conductive polymer fibres, called PEDOTs.

The new bricks, which appear a darkish brown colour instead of the standard red, are coated with an epoxy in order to waterproof them, and are then connected to a power source. The result is that the heat stored within a single brick can power a LED light for 10 minutes.

At present, the technology on offer won't allow the bricks to be used for construction purposes because they contain an acid component in their ingredients, but scientists are looking for alternative constituents that would mean safe and durable building blocks that can be used to power the very homes they act as a border for.

What's more, it's said each brick can be charged 10,000 times without losing any more than 10 per cent of its storage capacity, suggesting longevity when put into a physical, built-in structure.

At present, each brick would cost around £2 to make, though if the necessary adjustments could be made to ensure the product becomes construction-friendly, that cost would be brought down dramatically – as would energy bills.



HOME & DIY



grillo designs:

inspiration

FOR EVERY HOME

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.

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BANISH BATHROOM BACTERIA



HOME & DIY

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

BATHROOM TOWELS

You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.

TOP CLEANING TIP: Always hang up your towels to dry fully after each use.

BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.

TOP CLEANING TIP: Clean on a 40-degree wash and hang to dry.

TOILET BRUSHES

Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.

TOP CLEANING TIP: Rinse after every use for maximum longevity.

SHOWER HEADS

Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.

TOP CLEANING TIP: Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

LOOFHES AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.

TOP CLEANING TIP: Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth



MAKE A STATEMENT

THE STATEMENT VASE TREND THAT'S TAKING OVER HOMES (AND THE INTERNET)

with vases

Vases have always been a practical necessity as something to display your flowers in. Now, it's the vases themselves that are on display.

One of the key home trends of the moment is the statement vase. With the ability to bring new life to an interior, or the perfect finishing touch to your tablescape or shelfie, having some statement vases in your home brings instant style.

From unusual textures and shapes to bold colours, this is one trend that anyone can get on board with.

Discover the statement vase trend and how to make it work in your home.

THE QUIRKY ONES: A cool and quirky vase is a great way to dress up your home. A bold shape draws the eye, making an excellent impression in any space. From your hallway display to your coffee table, a quirky vase will add some style interest to any home.

THE CLASSIC VASE: Just because something is a

classic, doesn't mean it can't make a statement. Traditional style vases, such as busts or a ceramic vase, are gracing Victorian-style homes all over Instagram and Pinterest, bringing an expensive, luxury look without the antique price tag. Choose a smaller vase for a more understated look, or go large if you want to create a bolder, more striking look.

THE BOLD VASE: If you want to liven up your neutral decor, or celebrate your love of colour, then a bold and bright vase is the way to go. There are some incredible pieces to choose from right now, blending vibrant colours with floral patterns to create a fashion-forward look. Keep the rest of your look simple to let the vase do the talking.

Whether you're looking for the perfect centrepiece or a dash of colour, or you want to dress up your space, there's a statement vase out there for you. Flowers or no flowers, your new vase will always have a place in your home.

Photo credit: im.com, Emily Dunsford/Heals via ikinget.com

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PREP YOUR GARDEN FOR

Whether you love to garden or not, there are several jobs that need to be taken care of during the last few weeks of summer if you want your garden to remain intact over winter and thrive come spring.

DIG UP ANNUAL FLOWERS

Although annuals are great for a single season, providing vibrant colours and stunning scents, they do need to be dug up and added to your compost heap before winter.

ADD FERTILISER TO YOUR LAWN

You may not usually fertilise your lawn, but your grass needs this in order to maintain healthy growth. Typically, plants absorb nutrients through their roots, but you can give your lawn an extra boost with a good quality lawn fertiliser such as Growmore Garden Fertiliser.

CLEAN AND COVER YOUR POND

If you are lucky enough to have a garden pond, you should remove any leaves and other gunk before the weather turns cold. You should also cover it with a net to protect against falling leaves and other debris.

CUT YOUR PERENNIALS

Perennials will survive all year round, but they can also dominate your garden over winter if you let them. Avoid this by cutting them back to soil level and disposing of the cuttings to prevent further growth.

DE-WEED YOUR GARDEN

One of the least appealing garden tasks, but if you don't get your weeds under control before winter, you face a mammoth job come spring. Always remove weeds by the root and refrain from using weedkiller near other plants.

PROTECT YOUNG TREES

Young trees need protection during the winter months as they are more susceptible to damage from frost, ice and wind. Tree-guarding wraps are ideal for protecting their trunks.

Photo credit: nomorebirds.co.uk



GARDENING



Scrap that!



If you are looking for ways to reduce waste and save money on fresh produce, then growing scraps – also known as garbage gardening – is the way to go.

Bulb vegetables

Vegetables such as spring onions, leeks and fennel can be grown in a similar way to leafy greens. Cut off the end with the tiny roots so that you have a scrap about one-inch tall. Place root down in half-an-inch of water in a saucer and keep fresh. A supply of shoots will soon appear, which can be immediately harvested. Alternatively, transplant into soil to enjoy these veg indefinitely.

Leafy vegetables

Leafy vegetables that grow in heads, such as celery, romaine and bok choy, are some of the easiest scraps to grow. Cut off the plant's base (around an inch tall), place it cut side up in a saucer and add half-an-inch of water. Water regularly and place in a sunny spot indoors. Leafy scraps will grow on a sunny indoor windowsill all year round or can be transplanted into soil when they show roots.

Root vegetables

When it comes to root vegetables such as beetroots and turnips, you can grow tasty leaves that are ideal for salads and sautés. Just cut off the top, leaving half-an-inch of the vegetable attached, and place cut side down in water in a shallow container so that only the root is covered. Fresh greens will soon appear.

Avocados

This fruit regrows easily in water. Just clean the pit, stick in three or four toothpicks around one-third of the way down from the pointy end and sit the pit on a glass so that the toothpicks support it on the rim. Add enough water to cover the pit's bottom half and refresh regularly. Once the pit has roots and a sprout, move to a container with soil, keeping the top half of the pit above the soil line.



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SPACE IS THE PLACE

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HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.

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FOOD & DRINK

UNUSUAL FRUIT OF THE MONTH:

Kiwano

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

WHAT DOES KIWANO TASTE LIKE?

Th flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.

HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored



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THE ALGARVE



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

Back in June I headed off to the Algarve for a few days. It was an experimental trip as much as anything to see what travel is looking like now.

As Portugal is on the Amber list, the airport experience and the flight itself was quiet. Airport security was a breeze and the plane only a third full with mask wearing and social distancing in place.

The Algarve is Portugal's southernmost region and is known for its Atlantic beaches framed by golden cliffs and golf resorts. With over 3,000 hours of sunshine per year and a low annual average rainfall the it is a perfect destination all year round.

Vilamoura is the best place to stay in Algarve if you're looking for a sophisticated beach holiday that puts the focus on a stunning beach, walks along the atmospheric marina, luxury hotels and golf courses. The marina itself has a lovely vibe when you are wandering around with many places

to stop and grab a drink or a bite to eat whilst taking in the fantastic views. Whilst I was there, the International Boat Show was on and it was eye opening to wander around the Marina looking at all the fancy boats!

I also spent some time in Albufeira. This is the largest, liveliest and most energetic of all the resort towns that line the Algarve coastline. Here you will find everything you need for a fun-packed holiday, with glorious beaches, varied activities and a buzzing atmosphere. As well as this, the Old Town has charming and historic streets lined with restaurants. This once peaceful fishing village is now the Algarve's most popular destination.

With travel opening up more all the time, please don't hesitate to get in touch to plan your own adventures with me and benefit from my caring and expert advice, full financial protection and my award-winning customer service.

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CAR TRAVEL *etiquette*

THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

THE HEAT IS RISING

It's a confident – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.



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A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

YOU WILL NEED:

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

HOW TO MAKE:

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

OTHER CHALK CREATIONS TO MAKE AT HOME:

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.



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MAKEOVER

your mane

Unlike women, most men seem to have an "if it ain't broke, don't fix it" approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

THE TEXTURED CROP

Best for triangle-shaped faces

If you've got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

THE LONG & LAYERED

Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

THE CHERUBIM

Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don't mind a slightly feminine look.

THE MESSY BED QUIFF

Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

THE SWEEP BACK

Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger.
Find out how to perform CPR on an adult below.

HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.
- > Allow the chest to come back up.
- > In line with new COVID-19 guidelines, do not give rescue breaths.
- > Continue to perform CPR until emergency help arrives, the person starts to show signs of life and starts to breathe normally, or until a defibrillator is ready to be used.

TOP TIP:
Use the beat of
the song *Staying
Alive* to keep the
right speed when
performing chest
compressions

**IN NEXT MONTH'S EDITION, LEARN HOW TO
PERFORM CPR ON CHILDREN AND BABIES.**



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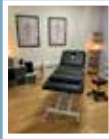
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Recognition for Tuffour Group's Reavley Chemist PLUS Giving Back to the Community

Chemist of the Year Award 2021

One of our Tuffour Group, Reavley Chemist in Burford, is delighted to have been awarded Global Health & Pharma's sixth annual Chemist of the Year 2021 award for Oxfordshire! After serving the local community for over four centuries it is wonderful for our iconic pharmacy to be given recognition as we embrace modern advances in pharmaceuticals and actively participate in supporting ongoing efforts to combat the global pandemic.



We recently sponsored the Oxfordshire Windrush Valley Flower Show with Virgin Hot Air Balloon Flight vouchers for their star raffle prize, helping to raise more funds this year (despite the challenge of lockdowns and unreliable weather) than ever before! A wonderful traditional village fête complete with the Yarnton Band, classic cars, go cart race and dog show, the event supports four local villages with community projects.

In addition, we recently sponsored a drinks event for the new Burford Archive, an important project ensuring the preservation of historical records and documentation of local history for future generations.

Supporting Our Community

Not content with serving locals and visitors in our shops and online, we believe in extending our support to help charitable and local organisations with their invaluable work and activities which benefit the communities where we trade.

As our pharmacies remain key businesses within local communities, we will continue to support local charities and initiatives as our way of giving something back to the people we are proud to serve.

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FASHION

WEDGES

Whether you're lacking in the height department or simply love the look of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?

What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10–15 minutes after wearing.



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Heels



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Stunning Sutton "Forever Home"

A unique five-bedroom family home has recently come onto the market in peaceful Sutton, just a few miles outside Woodbridge.

The property is being listed by Tim Giles of The Agency UK at a very reasonable £645,000, which seems a bargain when you realise what the property has to offer.

Unspoilt scenery all round, five generously sized bedrooms, four bathrooms and half an acre of land.

Add into the equation the highly desirable village location, and close proximity to both Woodbridge town centre and the heritage coast, and you realise this property is a unique and highly desirable find.

You enter property via a carriage driveway with a path to the front door, which opens to the internal porch and the entrance hall with stairs to the first floor and doors to the dining room and fitted kitchen.

The extended lounge has patio doors to the rear and leads to study/bedroom with a door to

the conservatory and the en suite shower room. Adjacent to the ground floor wet room is another reception room currently used as a bedroom.

On the first floor there are three good sized double bedrooms with en suite shower room to the main bedroom and family bathroom.

To the front of the property, the carriage driveway provides ample parking and leads to a large double garage with twin up and over doors, power and light. There is a five-bar gate providing access to the rear gardens.

Outside the conservatory is private garden with a patio and fish pond. The remaining substantial gardens were once used to home a pony. A useful timber shed, green house, and shelter are also in place.

This property offers amazing potential and for the right buyer an opportunity to create an exceptional, forever home.

A Brand New Estate Agency for Woodbridge...

The Agency UK have recently launched their new Woodbridge office, fronted by experienced agent, Tim Giles.

Tim said: "Selling a property properly requires strategy, and whether you want to be in the driving seat or leave everything to me, I can help."

The company takes all the benefits of a traditional agent but adds the motivation of a self-employed business owner who has flexibility to put together a bespoke marketing strategy for each client.

Benefits include having one point of contact throughout the process, who is available in the office seven days a week. Every home is given its own bespoke marketing plan and includes professional photography, videos and a micro-site of its own.

Add to that, truly local expertise and expert negotiation to achieve the very best outcome.

If you'd like to list your property, contact Tim on 01394 330664 or 07977 218786. Alternatively you can email tim.giles@theagencyuk.com



Lie of THE LAND

If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

📍 DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

📍 SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.

📍 RESEARCH THE MARKET

In the same way that you would check out the local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

📍 SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

📍 HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will check for risk of flooding, pollution and subsidence.



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Running a successful restaurant takes more than great food and first class service, in an industry where margins are constantly squeezed, and costs are high you need to have a keen eye on the figures and that's where an expert accountant can set you apart from your competitors.

Ask yourself, why you opened your restaurant? You have a passion for food, a flair for service and a desire to create memories and magic for your customers.

What you didn't see yourself doing...

- Juggling VAT returns.
- Managing complicated payroll including the compliance around staff tip trons.
- Losing hours to laborious bookwork.

As an industry, hospitality is subject to specific tax rules that are complicated to navigate without an expert on your side.

Let's explore VAT as an example

VAT for restaurants is variable from zero rated to standard rated, and this depends on factors such as whether the food purchased was eat in or take away, and whether the food was hot or cold.

Setting up your EPOS system to reflect this can be very time consuming and complicated often leading to errors that must be unpicked when the bookwork is completed.

At MJB Avanti, we understand the continued pressures that your industry faces including increased produce costs following Brexit and the current legislative pressures ensuring you are Covid compliant.

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



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With growth comes the challenges of increased paperwork and payroll, MJB Avanti helped with scalable solutions for our business taking control of these essential but time-consuming tasks allowing us to concentrate on the running of the pubs. I would recommend their paperwork box swap combined with Xero online portal, with just a few clicks we can see our bills that are due, or how much we spend with a supplier.”

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How can MJB Avanti help you?

At MJB Avanti, we work with you to provide financial requirement assessments to assist with securing finance and the preparation involved. This includes a 13 week rolling cashflow forecast, review of business plans and budgets alongside industry KPIs. This is in addition to the statutory submissions required by HMRC and Companies House.

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Looking back on when we first met...



SPORT



HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1-0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2-0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2-1.

Southgate's confidence in his stubborn 5-3-2 formation was upheld in every game. When he switched to a 4-3-3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo credit: Faundo Artzabalaga/POOL/EPA-EFE/Shutterstock

WIN TOGETHER. LOSE TOGETHER. WE ALL STAND TOGETHER.



SPORT



Photo credit: Charlie Forgham-Bailey/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

Super Saturday:

LONDON 2012 OLYMPICS

Each month, we look at some of the most significant events in British sporting history. Proving that good things really do come in threes, we recall Super Saturday at the London 2012 Olympics.

August 4 always had the potential to be one of the defining days of the London 2012 Olympics.

Of course, Team GB had a memorable campaign anyway, accumulating a total of 65 medals, 29 of them gold. But sometimes events come together to produce a compilation of such exhilarating determination, skill and sporting endeavour, that a nation feels truly united.

And so it was at the Olympic Stadium on the first weekend of August when, within a 45-minute period, three British athletes wrote themselves into sporting folklore.

First up was Greg Rutherford in the long jump. The toiling set of leaps eventually ended with him setting a benchmark of 8.31m – one that nearest rival, Mitchell Watt of Australia, couldn't better.

Jessica Ennis-Hill then stepped up in the 800m. The Brit needed victory in the event to take heptathlon gold and led from the start. Having dropped to third by the time the final straight

emerged, she powered home to the roar of a deafening crowd, and gold was secured at 9.02pm.

Confirmation of Rutherford's gold came at 9.24pm, and with the Brit still soaking up the applause from his winning jump, Mo Farah tore past the bell on the final lap of his 10,000m run. Leading into the bend, he powered away from the pack to land the ultimate middle-distance prize – Olympic gold.

Farah's achievement came at 9.42pm. It was an evening – 42 minutes, in fact – of athletics that will never be forgotten and, perhaps, never bettered.



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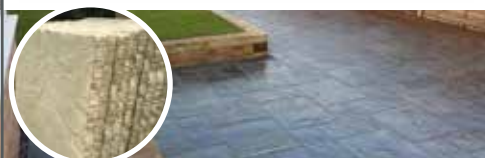
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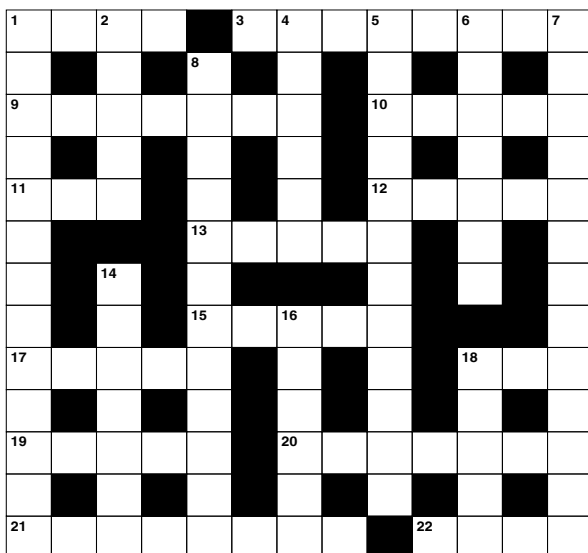
PUZZLES & TRIVIA

ACROSS

1. Bog (4)
3. Difficulties (8)
9. Settled oneself comfortably (7)
10. Flower part (5)
11. Cook in hot oil (3)
12. Mother-of-pearl (5)
13. Name of a book (5)
15. Drives out from a place (5)
17. Up to the time when (5)
18. Cereal plant (3)
19. Mental impressions (5)
20. Not tidy (7)
21. Mobster (8)
22. Young kangaroo (4)

DOWN

1. Making (13)
2. Tarnished (of a metal object) (5)
4. Least polite (6)
5. Efficient (12)
6. Anticipates (7)
7. Obviously (4-9)
8. Decomposition by a current (12)
14. Among (7)



16. Safe (6)
18. Lover of Juliet (5)

DID YOU KNOW?

► As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes

► In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree

► When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin

► Cucumbers are made up of around 96 per cent water, making them the food with the highest water content

► A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'

► Almonds are actually seeds, although many people classify them as nuts

SUDOKU

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

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