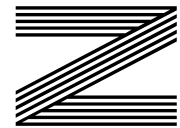
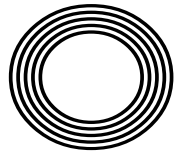


**HOW TO
PERFORM
CPR ON
A CHILD**

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors



FREE

Photo credit: BBC & Nick Eagle

ALEX SCOTT

The sport pundit rising through the ranks

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Editor's notes...

SEPTEMBER 2021



William Taylor, Editor

Hello and welcome to this month's edition of **VISION**Woodbridge. Sometimes I look back at my editor's notes from years gone by to read what I was up to at that particular point in time.

A couple of years ago, almost a year before our Frinton magazine had launched, and Manningtree was not so much as a sparkle in my eye, I was penning my notes for the September edition of **VISION**Woodbridge. I was commenting on what a challenging issue it was to put together, due to so many of our clients being away on holiday in August.

It just goes to show that not a lot changes with some things! I was only grumbling about that the other day. It is what it is, I suppose, and we all deserve a well-earned break after the last 18 months.

I also had a wry smile because at the time, I noted that my daughter was starting nursery, and that we'd just welcomed the arrival of our son. Now, Alice is starting her first year at school and Bobby is the one going into nursery - doesn't time fly!

I hope you enjoy your latest edition of **VISION** this month. As always, if you have any local news you'd like to share, feedback to give, or would like to advertise your local business, do not hesitate to contact me. Have a great month!

William Taylor

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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 Inside pages recyclable



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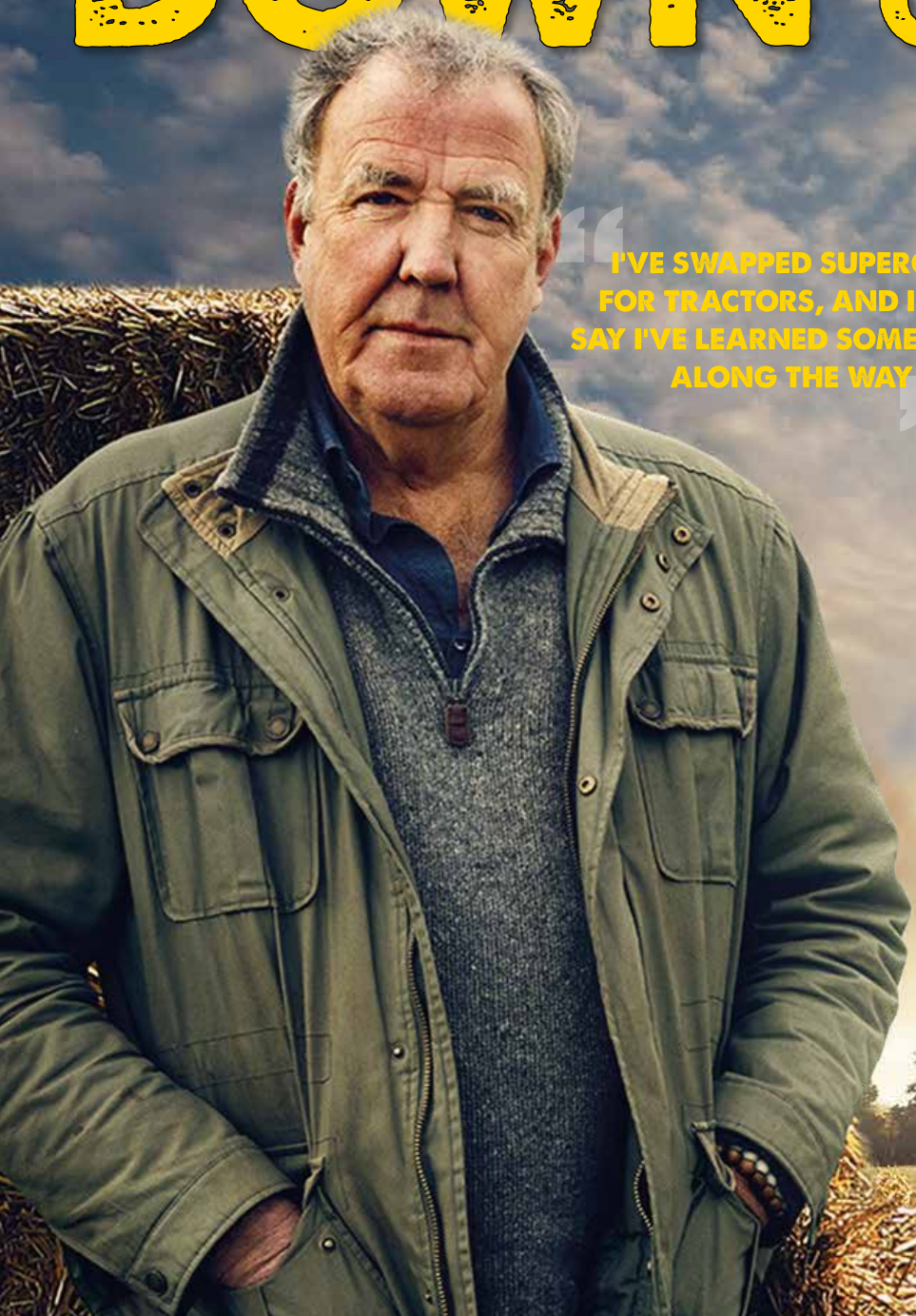
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DOWN ON THE FARM



“I’VE SWAPPED SUPERCARS FOR TRACTORS, AND I DARE SAY I’VE LEARNED SOMETHING ALONG THE WAY.”

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



Photo credit: Amazon Prime Video



HISTORY

Photo credit: Anthony Correia/ Shutterstock.com

REMEMBERING

20 YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world



Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

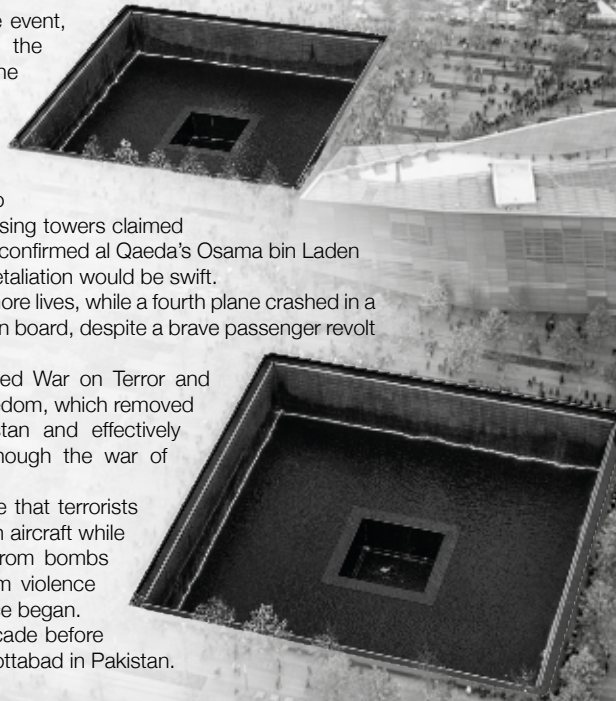
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Simon Ballard

Museum awarded £1k grant to improve accessibility

Woodbridge Tide Mill Museum has been awarded more than £1,000 by the East of England Co-op Community Cares Fund.

The grant – a total of £1,041.50 – will enable the mill to improve accessibility for visitors with special educational needs and disabilities (SEND).

Woodbridge Tide Mill education officer, Heather Sheehan, explained: “The support of the East of England Co-op will help the mill’s trustees allow the biggest possible number of people to learn about the mill, its history, what it does and how it does it.

“This generous grant will enable us to do things such as create an accessible website, including access statements and sensory maps. It will also allow us to develop and launch sensory support backpacks

to assist young visitors with sensory needs, with aids like ear defenders, a magnifying glass, fiddle toys, a museum trail, sunglasses, a torch, a feelings lanyard and a sensory museum map.”

Woodbridge Tide Mill charitable trust chair, John Carrington, added: “We simply could not do this at this time without the support of East of England Co-op. This grant will help us to change the lives of many young visitors. It will help give them the support they need to learn and enjoy the process.

“The board of trustees is determined to make the mill available to the widest possible audience and is very grateful to the East of England Co-op for its assistance with this grant.”

To find out more, visit woodbridgetidemill.org.uk



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Donkeys visit care home to celebrate fundraising cookbook

Residents at Woodbridge Lodge Care Home were thrilled to greet VIP guests as part of the launch of a new community cookbook.

Miniature Donkeys for Wellbeing brings its gentle and friendly miniature donkeys to community groups, voluntary organisations, dementia groups and special needs groups across Suffolk and Norfolk.

Donkeys Saffron and Baby Jack were the lucky visitors to Kingsley Healthcare-run Woodbridge Lodge, in Burkitt Road, Woodbridge, to help launch a new cookbook, *Maude's Makes and Bakes*.

Five residents of Woodbridge Lodge contributed recipes to the cookbook, which is being launched by Miniature Donkeys to raise vital funds to help it carry on its inspiring work.

Sylvia Bennett's recipe is for Victoria sponge; Irene

Mulley for fruit jam; Rosemary Stammers for jam tarts; and Doreen Broom for steamed apple. Sheila Bush, who has sadly since passed away, leaves a delicious bread pudding recipe as her legacy.

Alongside recipes from care home residents are those contributed by supporters of Miniature Donkeys, including celebrity chef and joint majority shareholder of Norwich City FC, Delia Smith; Richard Hughes, chef director of The Assembly House; and Lady Dannatt MBE, HM Lord-Lieutenant of Norfolk.

Kingsley Healthcare's regional operations director, Georgina Johnston, who has contributed a recipe for Welsh tea loaf, said: "As a company, we have been proud to sponsor the donkeys for a second year.

"It's marvellous how the donkeys never fail to bring a smile to people's faces."

Well-deserved recognition for food bank

Members of The Salvation Army Church in New Street, Woodbridge welcomed a special guest recently when the High Sheriff of Suffolk paid a visit to its food bank.

Edward Creasy was in town to present the charity with The Suffolk Award in recognition of its outstanding service to the community during the COVID-19 pandemic.

Major Alan Hill, Salvation Army leader in Woodbridge, said the food bank had been exceptionally busy, delivering around 120 food parcels each week.

He said: "We have been providing whatever was needed, including furniture, as well as food."



Alan also paid tribute to the band of volunteers who helped keep the food bank running during the pandemic.

He added: "We couldn't have done it without them and their willingness to help the community."



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News from
Councillor Geoff Holdcroft
Town Councillor for Woodbridge Riverside

Now that summer – or what we saw of it – is behind us, the work of the town council starts to really focus on building the budget for the next financial year, starting in April 2022.

Although many of our costs are fixed by maintaining the buildings and open spaces the council owns, there are always extra projects that cause some lively debate as the budget finally progresses towards being finalised in January. If you want to see things added to the budget, or even taken away, now is the time to raise your voices. If it doesn't make it onto the list, it's very difficult to find the money from reserves if projects don't get allocated funds during this budget-building period.

COVID-19 restrictions have meant that recent council meetings have been held in Woodbridge Methodist Church's Octagon Centre, but this month we are planning on holding committee meetings back in the Shire Hall – although there is still some doubt about where the monthly full council will be held, so please look at the council's website for agendas and venues.

We have all been pleased that Whisstocks Place has finally come alive this summer, with several markets and festivals being held there. However, littering has become an issue on some days, so please be careful and dispose of rubbish sensibly.

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Buyer needed for office site

East Suffolk Council (ESC) is ready to restart the process of marketing its previous office site to provide much-needed housing.

The former council offices on Melton Hill in Woodbridge have stood empty for five years and, following the end of a contract with the site's original developer, ESC is once again ready to promote the site for sale.

The 3.23-acre site sits in a prime location close to Woodbridge town centre, overlooking the River Deben and with views across to Sutton Hoo.

Councillor Craig Rivett, deputy leader of ESC and cabinet member for economic development, said: "The Melton Hill site was initially sold in 2016. However, that sale fell through and ESC is now ready

to remarket the site with a fresh perspective and with certain expectations from the purchaser."

ESC would like to see any potential developer coming forward forging a close working relationship with the local community and Woodbridge Town Council, ensuring that local people's views are being heard and taken into consideration.

Cllr Rivett added: "Naturally, local people are very interested in what happens to this site and want to see a development that is compatible with its prime location and environment, while delivering much-needed affordable housing, so it will not only benefit the wider community, but also attract new people, such as young families, who can have a positive impact on the local economy."



Photo credit: Paul Leech

Woodpeckers win season opener with a four-goal victory

The league season for Woodbridge Town FC started with a win for the First Team, who played away at Ely in Cambridgeshire.

August then ended with a comprehensive 4-1 victory at home to Lakenheath.

Sandwiched between these fixtures were defeats to Corby Town, Brantham Athletic and Newmarket Town, and a draw at home with Kirkley & Pakefield.

The football club also hosted two charity events, cementing its status as a community club.

The first event was a memorial day, organised by Borussia Martlesham, with matches in honour of local lad, Joe Langfield. The second event saw a

Woodbridge Town Legends team take on a Brafe XI. The evening was the brainchild of Woodbridge Town chairman and Brafe engineering director, Adam Dalby, with proceeds going to Macmillan Cancer Support.

A spokesperson from the club said: "As well as on-field success, it's been pleasing to become more active away from football.

"We've also been able to start hosting parties again. With COVID-19 restrictions lifted, hall hire bookings and enquiries are coming in for wakes, birthdays and anniversaries."

For more information on room hire, visit www.woodbridgetownfc.com/room-hire

Family completes hike in Tom's memory

The friends, fiancée and family of a man who tragically lost his life to cancer earlier this year have completed their hike up Scafell Pike to raise funds for Cancer Research UK.

Tom Marjoram, who was an engineer from Woodbridge, passed away in February aged just 27, and his loved ones have raised more than £9,000 in his memory by taking on the hike last month.

Tom's fiancée, Molly, described him as the "most amazing, generous, kind-hearted, bravest, strongest, fun-loving person".

Speaking after completing the hike, Molly said: "I'm still on a high from yesterday. I honestly pushed myself way out of my comfort zone and it was very tough going, but these guys kept me smiling and laughing



the whole way. "It's been such a lovely couple of days with the best people, and Tom would be so proud of us all and he gave us the best weather. Thank you all so much for your donations; yesterday alone we raised another £400 and it's just incredible."



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HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS



From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner.

Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month



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Boujee BOUCLÉ



If there's one home trend that Instagram can't get enough of, it's bouclé. Cozy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?

Photo credit: nookandfind.co.uk, apacherstore.com, Heals via housebeautiful.com



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LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family

homes don't have to be boring.



EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- Look to your high street, local independant shops or boutiques to find some amazing items.



Photo credit: lovechicliving.co.uk



HOME & DIY



HOME & DIY



ALTERNATIVE USES FOR

VODKA

Have you got a near-empty bottle of vodka gathering dust in your cupboard? If your answer is yes, you will be pleased to know that there are countless ways to use this odourless spirit around your home.

TO DEODORISE CLOTHES: Fallen behind on your washing? Simply spritz your blazer or suit jacket with vodka and marvel as the spirit eliminates smelly bacteria and leaves your clothes odour-free.

TO CLEAN WINDOWS: Getting your windows streak-free can be a challenge, but not anymore. All you need to do is create your own homemade window cleaner using one cup of water, half a cup of vodka and ¼ teaspoon baking soda. Spray directly onto the glass and wipe with a microfibre cloth.

TO REMOVE GREASE: Both straight vodka and a one-to-one vodka-water mix can be used to degrease range hoods, backsplashes and countertops. You can also add a few tablespoons of vodka to your washing-up bowl to cut through the grease on oily dishes.

TO PROLONG THE LIFE OF RAZORS: Banish dull razors for good by cleaning the blade and then soaking in a glass of vodka for 10-15 minutes. Not only does this completely disinfect your razor, but it also helps to remove rust.

TO REMOVE MOULD: Vodka can be used to quickly and effectively clean mouldy spots around your home. Just pour some vodka directly onto the affected area and then scrub with a sturdy brush.

TO PRESERVE PLANTS: Vodka has the ability to inhibit ethylene production, so add a few drops of undiluted vodka to cut flowers or plants to extend their lifespan.

TO REMOVE VOMIT STAINS: Spray diluted vodka directly on to a vomit stain, scrub and then blot dry. Voila! No more nasty stain.



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fragrance zoning

Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance. Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.



HOME & DIY



Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION: Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?
> Add a seasonal wreath
> Invest in new hardware, such as door handles and a letterbox
> Upgrade your lighting with lanterns or a hanging door pendant



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5 Gardens TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG

Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breathtaking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds.

Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



GARDENING

Photo credit: herpest.co.uk, wsh-dorset.co.uk, getinspire.co.uk



Photo credit: gingerhorticulture.co.uk

MANOJ MALDE

FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."

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GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK. Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."

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UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?
When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?
Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish
You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings
Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish
Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.

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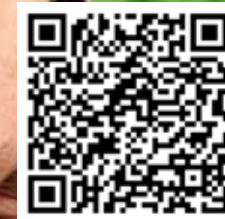
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The Suffolk-based company, who also supply machines to homes and businesses, have seen their popular Dolchenza range really take off in recent years.

Trevor Collins, managing director, believes that since people have been working from home more, they've come to expect a better standard of coffee in their cupboards.

And with Colombia having a reputation for some of the finest beans in the world, it's little surprise that they've now added this blend to their range.

Trevor said: "Colombia is renowned for coffee and there is good reason for it too. Producing 100% Arabica beans means high quality specialty coffee is produced in mass quantities allowing suppliers like ourselves to deliver great taste to your home.

"But this great taste isn't by luck. There are several factors that go into making Colombian coffee taste as good as it does.

"Firstly, the climate is perfect. Perfect soil, a mild climate and the perfect balance of rainfall and humidity help to create a rich flavour. The right climate is a key ingredient for the perfect coffee and this is evident with our Dolchenza Colombian filter blend.

"There are also several aspects including the growing and harvesting process. The coffee trees are surrounded by banana plants and other trees which provide much needed shade. Colombia is also unique in the sense that all the beans are handpicked for quality control."

All of these factors help to build the perfect coffee which can be purchased directly from Anglia Coffee Solutions today.

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SELF-CATERING vs. ALL-INCLUSIVE:

Which one is best?

Holidaymakers tend to fall into two categories: those who swear by the savings of self-catering breaks and those who love the convenience of all-inclusive. But which one is the all-round winner? Let's take a closer look.

PRICE

Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.

All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.

Winner: All-inclusive

CHOICE

Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.

All-inclusive: You are restricted to your hotel unless you want to pay extra.

Winner: Self-catering

ACCESSIBILITY

Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local public

transport to buy provisions.
All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.
Winner: All-inclusive

FREEDOM

Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.

All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.

Winner: Self-catering

SO, WHICH IS THE WINNER?

Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.



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STUNNING ST LUCIA

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

Back in August, I was fortunate enough to be able to take my family to the stunning Caribbean island of St Lucia.

Part of the Windward Islands of the Lesser Antilles, it is located north/northeast of the island of Saint Vincent, northwest of Barbados and south of Martinique.

When you first see St Lucia it's easy to see why it's regarded as one of the most beautiful islands in the Caribbean.

The iconic Pitons give a jaw-dropping backdrop to St Lucia's mountains and beautiful bays. It is constantly voted one of the world's most romantic destinations for honeymooners.

While it's tempting to simply relax and soak up the incredible views, St Lucia's natural landscapes provide the perfect setting for adventure activities.

We zip-lined through the rain forest, enjoyed a

relaxing cruise on a catamaran with two beautiful snorkelling stops at Soufriere and Anse Chastenot, and followed that with lunch at a mountain top restaurant with simply stunning views of the Pitons.

Afterwards we visited the refreshing waterfalls at Toraille and dipped in the super-hot sulphur springs at Soufriere.

Other activities included hiking through the rainforest, driving in a volcano, horse riding on the beach and even making your own chocolate!

St Lucia is actually quite a foodie Island with many different cuisines on offer. Specialities include French Creole and of course freshly caught seafood.

We stayed at a hotel called Coconut Bay which catered for absolutely everyone. There was a family side which had water slides and a lazy river and an adult only side as well as a luxurious butler suite section. The food here was fantastic and we had a very relaxing holiday.

For any holiday advice, please do not hesitate to contact me by email on gayle.chase@travelcounsellors.com, or call me on 01473 851440.

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HOW TO PERFORM CPR

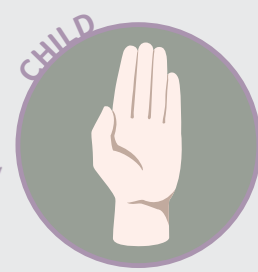
ON CHILDREN AND BABIES



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > 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.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100-120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
 Use the beat of the song *Nellie the Elephant* to keep the right pace





How to RUN SAFELY at night

There is something magical about running at night when the roads are quieter, there are fewer people on the pavements, and the moon is glowing. However, if you are a late-night (or early morning) jogger, you need to make sure you are keeping yourself safe.

CHOOSE A WELL-LIT ROUTE
If possible, pick a well-lit route for your night-time runs, or invest in a running head torch so that you can see any tripping hazards.

DON'T LISTEN TO LOUD MUSIC
Although your running playlist may help keep you motivated, listening to loud music while running at night is extremely dangerous. Instead, leave your headphones at home or use a low-volume setting and stay alert to what is happening around you.

TELL SOMEONE WHERE YOU ARE GOING
Before you set off on your evening run, be sure to tell a family member or friend where you are going and how long you are going to be.

RUN WITH SOMEONE ELSE
If you are nervous about running at night, ask a friend to come running with you or join a local running group. Remember, there is safety in numbers.

WEAR HIGH-VIS CLOTHING
You should always wear high-vis clothing when running at night so that both drivers and pedestrians can clearly see you. Make sure you are visible from the front and the back.



RUN AGAINST THE TRAFFIC
If you prefer to run on the roads rather than in the park at night, make sure you run against the traffic so that you can see any vehicles heading towards you. Always be careful when crossing the road and wait for vehicles to pass before attempting to cross.

TRUST YOUR INSTINCTS
If you feel unsafe, head for a well-lit area or go home. It is always better to be overly cautious than a little reckless.

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Know Your Numbers!

Week 2021

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

How to check your blood pressure

In previous years, Blood Pressure UK set up free checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

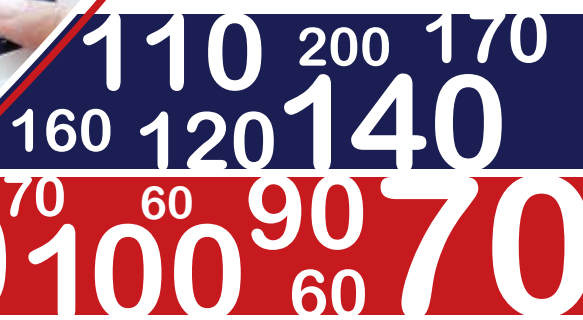
There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- Clinically validated. This means that it has been tested and gives results you can trust
- Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.



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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Brighten YOUR whites



Get your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.



Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.



Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.



Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.



Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.

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"Small Holding" or "Equestrian home"

This month our featured property is a beautiful 4 bedroom family home situated in the village of Stonham amongst open countryside, a stunning location in Mid Suffolk. This certainly is a rare find as the property has never before been to market, it has been in the same family since built in 1945.

This is yet another fantastic property being marketed by Tim Giles of The Agency UK at £750,000 which offers incredible value for money.

The property was originally built as the farm house for a thriving poultry farm. Farming ceased at the property in the 1980's and has been a family home since. A large barn and chicken house (now used as a games room) still remain. Surrounded by 3 acres of land which includes an enclosed paddock complete with double stables, numerous out-buildings, and a pool enclosure with exercise pool.

The property itself has been sympathetically extended by the latest generation and features a large kitchen diner which

is perfect for the growing family, a cinema room with built in surround sound speakers and a spacious study with stunning views over the farmland to the front.

The upstairs does not disappoint either, the main bedroom is south facing with a balcony, perfect for your morning coffee, evening night cap or just simply surveying your grounds. The remaining bedrooms all enjoy stunning views, and the family bathroom is equipped with underfloor heating, bath and shower.

Although the property is situated in a rural location the market town of Stowmarket is close by which has multiple shopping facilities and train station with direct line to London Liverpool street.

With flexible well-presented accommodation, large grounds and an abundance of outbuildings this really is an opportunity to own a stunning piece of the Suffolk countryside.

Going from strength to strength....

Since launching in the Woodbridge and surrounding area in August, The Agency UK, fronted by partner agent Tim Giles has been welcomed and well supported by all.

Tim Said: "It has been a pleasure to be out on the road again, meeting new clients across the county, and being invited to appraise and value some truly magnificent properties which will be hitting the market later this year. Being self employed has allowed me the freedom to be creative with my property marketing, incorporating video tours, 3d walk troughs and embracing social media which has opened buyers minds who may never have thought of moving to the Suffolk countryside before seeing one of my ads"

Tim's marketing slogan is "Property Sold Properly" and

these three little words sum up his agency perfectly.

Using Tim to help sell your home is a decision you will not regret, you will deal with him directly every step of the way, he is available 7 days a week and often works late.

When it comes to property marketing, he builds a bespoke marketing package for every property, which includes professional photos, floor-plans, videos and a personal micro-site for each and every property he markets.

If you would like your property to feature in this space in next months issue or are simply looking for some general advice on the property market please contact Tim on 01394 330664 or 07977218786. email: tim.giles@theagencyuk.com



Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

you may be eligible for a green mortgage.

That being said, you should always compare the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- > Lower rates for people who buy energy-efficient properties
- > Standard mortgages that offer cashback to people who buy energy-efficient properties
- > Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B,



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THE VIKINGS OF WOODBRIDGE

Local brothers bring one of East Suffolk's most established, family-run estate agencies to Woodbridge.

The Vikings have been synonymous with the East Suffolk coast for many years, as have Vikings Estate Agents.

VIKINGS, long established on the East Suffolk coast since 1986 and specialising in property sales and lettings, has recently decided to expand the family-run business into Woodbridge and the surrounding villages – a decision made easy by the fact that owner Jason and his brother, Jamie Scales, have deep family roots in the town.

Jamie, Senior Property Consultant for the business - will be most well-known to the town for his successful football career with Woodbridge Town FC, both as a player and a manager.

He said: "Both myself and Jason are residents of Woodbridge. Our father, David, who retired from the business in 2018, was born and bred in the town.

"I even live in our grandparents' house! So, the family has a great passion and affection for the Woodbridge area.

"When Jason said he wanted to expand the business into Woodbridge and surrounding villages

I became excited by the opportunity to serve the residents in my own community.

"I'm really looking forward to offering clients our unique customer relations ethos that has been the key to our success for the last 35 years – it's all about continuity, being personable, transparent and approachable."

The combination of local knowledge and years of industry experience from the brothers will ensure that Woodbridge residents are getting the best possible service.

"Mix the above expertise with professionalism and you have every reason to have confidence that VIKINGS will be able to provide you with first-class service, whether you're selling, letting or requiring investment advice," Jamie added.

Demand for property in the Woodbridge area is at a premium. VIKINGS therefore requires properties for waiting buyers and tenants alike.

If you are considering selling or letting your home, and would like a bit more information, please feel free to contact Jamie and the team for an informal consultation.



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How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

FOR THE MIND:

- > Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

FOR THE BODY:

- > Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

- > Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.



2.15.25

TIMEX

FLORA LONDON MARATHON 2003

BRITAIN'S GREATEST SPORTING MOMENTS...

KEEP ON RUNNING

DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15:25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.



SPORT



TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet - with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds - the literal flagbearers for the sport's sensational ascent in the modern era.



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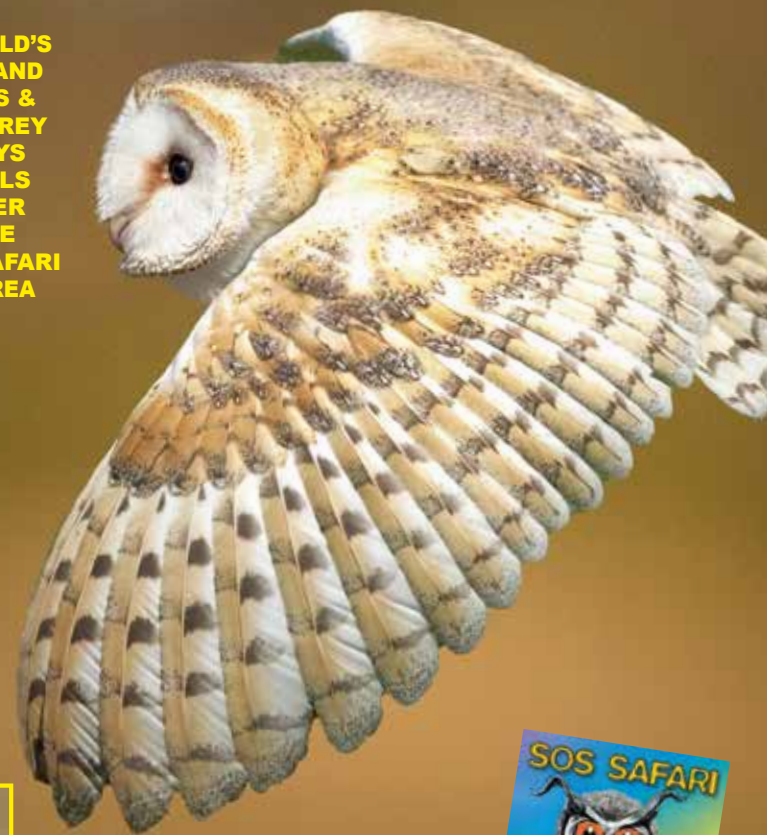
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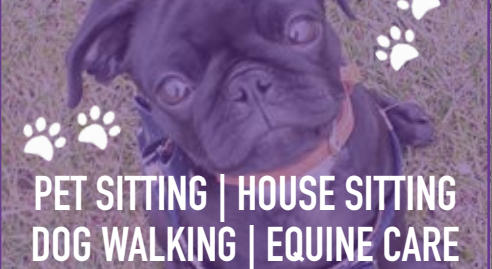
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WORDLADDER: QUIT, SUIT, SLIT, SLIP, SLOP, STOP



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ BUCATINI
- ▶ CAMPANELLE
- ▶ CANNELLONI
- ▶ CAPELLINI
- ▶ CONCHIGLIE
- ▶ FARFALLE
- ▶ FETTUCE
- ▶ FUSILLI
- ▶ GARGANELLI
- ▶ GEMELLI
- ▶ LASAGNE
- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI

I	N	I	L	L	E	P	A	C	C	P	I	A	G	R
I	N	O	T	A	G	I	R	A	I	S	E	E	X	Q
I	L	L	E	M	E	G	M	T	P	A	E	N	I	C
F	S	G	C	S	W	P	T	P	J	S	L	L	N	R
E	W	R	D	T	A	E	I	A	O	X	L	K	P	E
T	M	Y	B	N	H	F	L	P	I	E	A	I	V	M
T	Z	T	E	G	U	I	I	P	N	G	F	N	E	A
U	S	L	A	S	N	T	A	A	U	V	R	I	R	N
C	L	P	I	G	I	M	G	R	B	S	A	T	M	I
E	S	L	U	Z	T	R	H	D	O	I	F	A	I	C
H	L	I	C	S	A	S	E	E	T	J	I	C	C	O
I	N	E	N	G	A	S	A	L	Q	E	D	U	E	T
E	C	O	N	C	H	I	G	L	I	E	P	B	L	T
T	S	Q	I	N	O	L	L	E	N	N	A	C	L	I
I	Z	Z	O	G	N	I	R	T	S	H	D	O	I	A

DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

WORD LADDER

QUIT
STOP

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.

LOCAL & INDEPENDENT

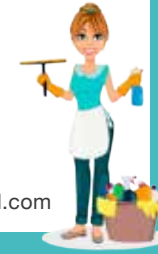
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