

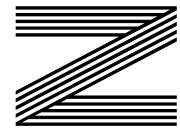
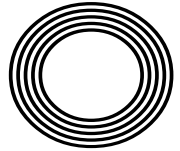
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

Emma
RADUCANU

The tennis star writing her name in the history books



FREE

Photo credit: Photo Image Press/Shutterstock

SEELEYBUILD LTD

EVER
DREAMED OF
LIVING IN A
HOME BUILT
JUST FOR
YOU?

CELEBRATING
10 YEARS IN
BUSINESS!

BASED IN THE HEART
OF SUFFOLK...



Call Seeley Build today
on **01394 432028** or visit:
www.seeleybuild.com

NEW BUILD CONSTRUCTION

Working with our
trusted architects and
tradespeople, we can take
your home from concept
to reality.

EXTENSIONS & CONVERSIONS

We can transform
older and delapidated
properties into the
home of your dreams by
extending or converting.

INTERNAL RENOVATIONS

Whether as part of a
whole build, or just a
refurbishment of an
existing home, we can
bring your interiors to life.





Editor's notes...

OCTOBER 2021



Sean Purcell, Editor-in-Chief

Hello and welcome to this month's edition of **VISION** Woodbridge. If you are like me, you probably found yourself glued to the television a month ago watching tennis on a Saturday night. I don't find myself watching tennis very often, but I, like many others, felt that history was in the making. Watching Emma Raducanu, a little-known 18-year-old British player who had powered through to the finals of a major tournament not conceding a set, was now the only thing I had on my mind. And what a joy that match was. It was exciting to see two new stars of tennis battle it out in front of a global audience, and the level of maturity shown was greater than that of many long-serving tennis players.

Whether it is someone like Emma, or Cristiano Ronaldo, or even Walt Disney, whose most famous park is celebrating an important anniversary this year, I am reminded that potential, talent and genius should be recognised and honoured to ensure that the child who loves tennis follows their dreams; that the teenager who is passionate about football continues to play whether they make it or not; and that the adult who has ideas about how to change the world feels brave enough to give it a go. The world needs positive messages right now, and that's what we continue to promote in **VISION**. Have a phenomenal month.

Sean Purcell

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmag.co.uk/woodbridge | woodbridge@visionmag.co.uk | 01255 564056

[@WoodbridgeVMag](https://twitter.com/WoodbridgeVMag) [@WoodbridgeVMag](https://www.facebook.com/WoodbridgeVMag)

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

BOOK THIS SPACE

CALL 01255 564056 TO GET YOUR BUSINESS SEEN BY MORE THAN 13,000 READERS MONTHLY



ESSEX & SUFFOLK
WINDOWS | DOORS | CONSERVATORIES

GET IN TOUCH ON
01206 679507

TRANSFORMING HOUSES INTO HOMES

Offering excellent value for money on windows, doors and conservatories.



Trusted building partners & experts



Value at the heart of every project



Over 15 years of Experience & skill

Why choose E&S Windows, Doors and Conservatories?

With our attention to detail, we thrive to continue to deliver the **best quality possible** for all our customers in the Essex and Suffolk area.

www.essexandsuffolkwindows.co.uk





A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929. With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC

R. W. CURLE
ELECTRICAL CONTRACTORS
Established 1959



- ✓ Domestic, Commercial, Industrial
- ✓ Portable Appliance Testing (PAT)
- ✓ Agricultural & Horticultural
- ✓ Church Installs/Periodic Inspections
- ✓ Periodic Testing & Inspection
- ✓ Temporary Power for Events
- ✓ Electric Vehicle Charging Points
- ✓ Solar Photo Voltaic Installations



NEED AN ELECTRICIAN?

Call us on **01728 688444**

With over 60 years experience, we are a family run business providing high-quality customer service at competitive prices to both new and long-standing customers across Suffolk and East Anglia.



Portable Appliance Testing (PAT)



Periodic Testing/ Inspection



Electric Vehicle Charging Points

01728 688444

info@curle.co.uk
www.curle.co.uk

Wadd Lane
 Snape
 Suffolk
 IP17 10N



JAMES
BRINDLEY
CRAFTED
CONSTRUCTION

CARPENTRY | JOINERY | EXTENSIONS | NEW BUILDS | CONVERSIONS

01394 382264 | 07739 113907 | JAMESBRINDLEY00@GMAIL.COM

Quality Fireplaces at Affordable Prices

Gas | Electric | Woodburners



Suffolk's Largest Fireplace Showroom



01473 211337 | 07983 535844
sales@ipswichfireplacecentre.co.uk
21-23 Holywells Road, Ipswich IP3 0DL

MODERN CLASSICISM:

Making the old new again



Photo credit: Unsplash under Creative Commons, @lileathomewithemma, @Nattuzzi

Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

Use accessories to add detail: One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

Make your dining table an inspiring centrepiece: The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

Create texture without expensive architecture: Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

Don't forget the natural details: While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.



HOME & DIY



White delight

White is white, right? Well, no actually. There are in fact many different shades of white paint that you can choose for your home.

UNDERSTAND UNDERTONES

There are two main categories of white paint: cool whites and warm whites. The former have a bit of a blue undertone whereas the latter will be yellowish. You should never mix warm and cold whites in a room as this can leave the space feeling disjointed.

CONSIDER LIGHTING

If you have ever brought home a tester of white paint only to find it looks completely different on your walls than in the shop, this is most likely down to lighting. Again, this is because of conflicting undertones. For example, if you have warm lighting in a room, you should opt for warm whites, and if you have cool lighting, you should pick cool whites.

PICK THE RIGHT FINISH

The finish you choose for your white paint should be dictated by your lifestyle. For instance, if you have children or pets, you should opt for a glossy or semi-gloss finish as these are easy to wipe down. Alternatively, if you can keep your walls smudge-

free, you are safe to go with a matt paint.

BEST WHITE SHADES FOR EACH ROOM:

Living room

- > Good natural light: Cool white with a hint of orange or gold.
- > Poor natural light: A warm white such as honey or primrose white.

Bedroom

- > Good natural light: Cool white with a hint of teal or moss.
- > Poor natural light: Warm white with tones of cream or peach.

Bathroom

- > Good natural light: Cool white such as pearl, almond or a duck-egg blue.
- > Poor natural light: Warm blue-white or white with a hint of purple.

Kitchen

- > Good natural light: A cool white with a touch of fresh pastel green or blue.
- > Poor natural light: A warm white with a hint of lavender, mauve or amethyst.

SUFFOLK STOVES



WOOD BURNING, MULTI-FUEL, GAS & ELECTRIC STOVES & FIREPLACES, INSTALLATIONS, ALTERATIONS, SERVICING & CHIMNEY SWEEPING.

PLEASE VISIT OUR SHOWROOM TO VIEW OUR EXTENSIVE RANGE OF STOVES AND ACCESSORIES

01728 648362

**GARDEN HOUSE FARM
MIDDLETON (B1122)
SAXMUNDHAM
SUFFOLK, IP17 3LU**



Haxley and Ruffles

Roofing Contractors

CHIMNEY REPAIRS
NEW ROOFING
ROOF REPAIRS
LEAD WORKS



0800 025 7367

07850 230234 - haxleyandruffles@gmail.com

FROM ACCOUNTANTS TO ZUMBA TEACHERS

You'll find them and everything inbetween in...



ADVERTISE NOW
For just
£180
+VAT per year
AND BE SEEN BY OVER 13,000 READERS MONTHLY...

THE VISION LISTINGS

CONTACT US TO FIND OUT MORE

Your
Monthly
Lifestyle
Magazine



HOME & DIY

Find your

FLOORING

Are you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

CARPET: Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

PORCELAIN TILES: Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

SOLID TIMBER: Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

LAMINATE: Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

LINO AND VINYL: Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

CERAMIC TILES: Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

LUXURY VINYL TILE (LVT): A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.





HOME & DIY

Wonder WASHING

Did you know that your washing machine can be used to clean a whole host of items other than just your clothes? Why not take these for a spin...

Mop heads: Have you smelt your mop head recently? If not, you may be in for a shock. Fortunately, removable mop heads can simply be popped in the washing machine on their own with a drop of bleach. Once clean, squeeze out any excess water and leave to dry.

Small toys and stuffed animals: It's surprising just how grubby your child's plastic toys and favourite stuffed animals can get, but before you decide to surreptitiously throw them out, why not give them a good clean in your washing machine? For plastic toys, place in a mesh bag and wash, and for stuffed animals, wash on a gentle cycle.

Patio furniture cushions: If your patio furniture cushions can fit in your washer and leave room for the machine to spin, then you can wash them in there. It really is that simple. If your machine is too small, you could take your cushions to a local laundrette instead.

Pillows: Although you may wash your pillowcases once a week, how often do you honestly wash the pillows themselves? Ideally you should be doing this twice a year and, although feather pillows need to be washed by hand, most foam-filled or synthetic ones will be just fine on a gentle cycle in the washing machine.

Reusable canvas bags: If you are doing your bit for the environment and using reusable shopping bags, you should know that these can be easily cleaned in the washing machine. If your bag is made of canvas or nylon, wash on a hot cycle before running through the dryer once clean.



FOR ALL YOUR PLUMBING & HEATING NEEDS

With over 25 years experience, we take pride in our friendly and professional service, covering Woodbridge and the surrounding areas.

- ✓ Oil & Gas Servicing
- ✓ Repairs & Replacements
- ✓ Full Heating Installations
- ✓ Bathroom Installations
- ✓ Landlord Safety Checks



ABBS PLUMBING & HEATING SPECIALISTS

07791 033532
abbs1977@gmail.com



VACUUM SERVICE & REPAIR

ALLVAC

Kirby & Dyson Specialists



Have your vacuum collected, serviced and returned at your convenience for just

£35

All makes and models

Call Paul Layton on
01379 871095
or 07866549642

HANDY PAUL Woodbridge



OUR SERVICES INCLUDE...

- ✓ Decorating
- ✓ Flat Packs
- ✓ Carpentry
- ✓ Plumbing
- ✓ Electrics
- ✓ Maintenance & Repairs

Fully Insured & DBS Checked
35 Years Building Experience

01394 388384

07503 776339 | paulkrust@outlook.com



Electrical Contractors

all domestic and commercial installations and repairs carried out



01394 380 557

info@eastgreenenergy.co.uk
www.eastgreenenergy.co.uk



5 ALTERNATIVE USES FOR HAND

sanitiser



If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

1. TO CLEAN YOUR EYE/SUNGLASSES
Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.



2. TO POLISH SILVER
Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.



3. TO CLEAN YOUR KEYBOARD
Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.



4. TO REMOVE STAINS
If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.



5. TO REMOVE STICKER OR GLUE REMAINS
Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20-30 minutes, then rub the surface firmly until the glue comes off.



PRICES FROM £250

AFTER  **BEFORE**

PRO SPRAYS

WHAT A DIFFERENCE A SPRAY MAKES!

 **@prosprays @ProSprays www.prosprays.co.uk**

0800 001 6257

Unit 8, 61 Olympus Close, Ipswich, Suffolk, IP1 5LJ

*Made to order Timber Windows & Doors.
Designed to reflect your homes natural beauty,
Built to last a lifetime*



WHITE STORKS
WINDOWS & JOINERY

www.whitestorks.com
01206 919331

RIVERVIEW GARDENING

Garden & Grounds Maintenance

Providing all aspects of garden and grounds maintenance to both domestic and commercial customers.

*Ride-on Mower Available
Green Waste Removed*

Experienced | Qualified | Insured

07779 152936 • 01394 823798
riverviewgardening@gmail.com

ACORN TREES TREE SURGERY



OUR TREE SURGERY SERVICES INCLUDE -

- Tree Felling · Section Felling · Crown Lifting
- Crown Thinning · Crown Reduction
- Dead Wooding · Hedge Maintenance
- Stump Grinding · Firewood Processing

T: 01473 405427 M: 07747 697901

E: INFO@ACORNTREESIPSWICH.CO.UK

WWW.ACORNTREESIPSWICH.CO.UK



UK's #1 Drainage & Emergency Plumbing Company

No Call Out Charges • Fixed Prices
24/7 Service • 365 Days a Year

01394 300040
anglia@draindoctor.co.uk

www.draindoctor.co.uk



Martlesham Fencing & Gardening Services

New fencing & repairs

All types of fencing supplied & fitted

Gardening projects & maintenance

Call Kevin on 07943853860
martleshamfencing@gmail.com
www.martleshamfencing.co.uk



Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12-18 inches:**
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18-24 inches**
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24-36+ inches**
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.

Build a bug hotel

Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

HOW TO BUILD:

Step 1: Choose your location: Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

Step 2: Build the framework: If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

Step 3: Fill the gaps: Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

Step 5: Plant flowers: If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.



OIL TANKS SUPPLIED AND INSTALLED



Enjoy professional installation from TRS - a trusted family business most often rated 10/10 for quality, service & value.



- Oil tanks in stock now
- Choice of plastic or steel
- Professional installation
- Existing oil transferred
- Your old tank removed

01362 687144



We are the region's leading oil tank supplier and have a proud reputation for customer service.

99% recommend us **reference line**

We remove your old tank for recycling

MADE IN BRITAIN STEEL TANKS CUSTOM MADE WWW.TANKREPLACEMENTSERVICES.CO.UK



FIRE & SECURITY



HOW SECURE IS YOUR HOME OR BUSINESS?



Why not come and see us at our offices in Martlesham Heath to see how we can help?

Our Services Include:

- Domestic & Commercial Security
- Intruder Alarms (some systems can be monitored by APP or Police)
- Fire Systems • Fire Extinguishers
- Emergency Lighting / Signage
- Access Control • CCTV Systems



Call us or visit our website to discuss your requirements

01473 621641
www.tasecurity.co.uk
info@tasecurity.co.uk



BRINGING THE COFFEE SHOP TO YOU



Order Your Coffee Now!



www.angliacoffeesolutions.co.uk

Quote
"VISIONFREE"
 in the checkout
 comments for
 a free sachet
 of Dolchenza
 filter coffee



Enjoy Our Work From Home Pack...

Due to the current climate, people have missed out on great tasting coffee. Treat yourself to our range of beans, filter coffee, teas and cafetieres. Our work from home pack includes a stylish 8 cup cafetiere, stainless steel measuring spoon, 5 sachets of Dolchenza and 10% off your next order.

Order the "Work From Home Pack" now on:
www.angliacoffeesolutions.co.uk/online-shop



FOOD & DRINK

UNUSUAL FRUIT OF THE MONTH:

Atemoya

If you like piña coladas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good.

For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol. Atemoyas are also very high in vitamin C,



**THE
RED LION**
WOODBRIDGE



GREAT FOOD. GREAT DRINK. GREAT ATMOSPHERE

Richard and Sarah welcome you to this recently refurbished public house in the heart of Woodbridge. Open all day, 7 days a week for great food and drink.

01394 548327

PUBLICAN@REDLIONWOODBRIDGE.CO.UK
90 THOROUGHFARE, WOODBRIDGE, IP12 1AL

PAINT YOUR OWN POTTERY

**BIRTHDAY PARTIES
TODDLER TIME
GIFT MAKING
VOUCHERS**

/craftycoffee
1b Hamilton Rd,
Felixstowe
01394 270224

foulgers.dairy
01473 784999
www.foulgersdairy.co.uk

BACK TO GLASS

**RECYCLE
REDUCE
REUSE**

The essentials, delivered direct to your door!

Foulger's Dairy have been serving the people of Suffolk & Norfolk for over 80 years. More people are now going 'back to glass', and receiving their milk and essential groceries direct to their doors!

Want milk and groceries delivered straight to your door? Want to support local farmers? Want to do your bit for the environment? Call us on 01473 784999 or email doorstep@foulgersdairy.co.uk

PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



FOOD & DRINK

Photo credit: familyfreshmeals.com



Are you SUFFERING with SAD?

Although many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping for longer periods of time
- > Struggling to get up in the morning
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgy foods.
- > Irritability
- > A lack of energy
- > Sleeping during the day
- > Weight gain

WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

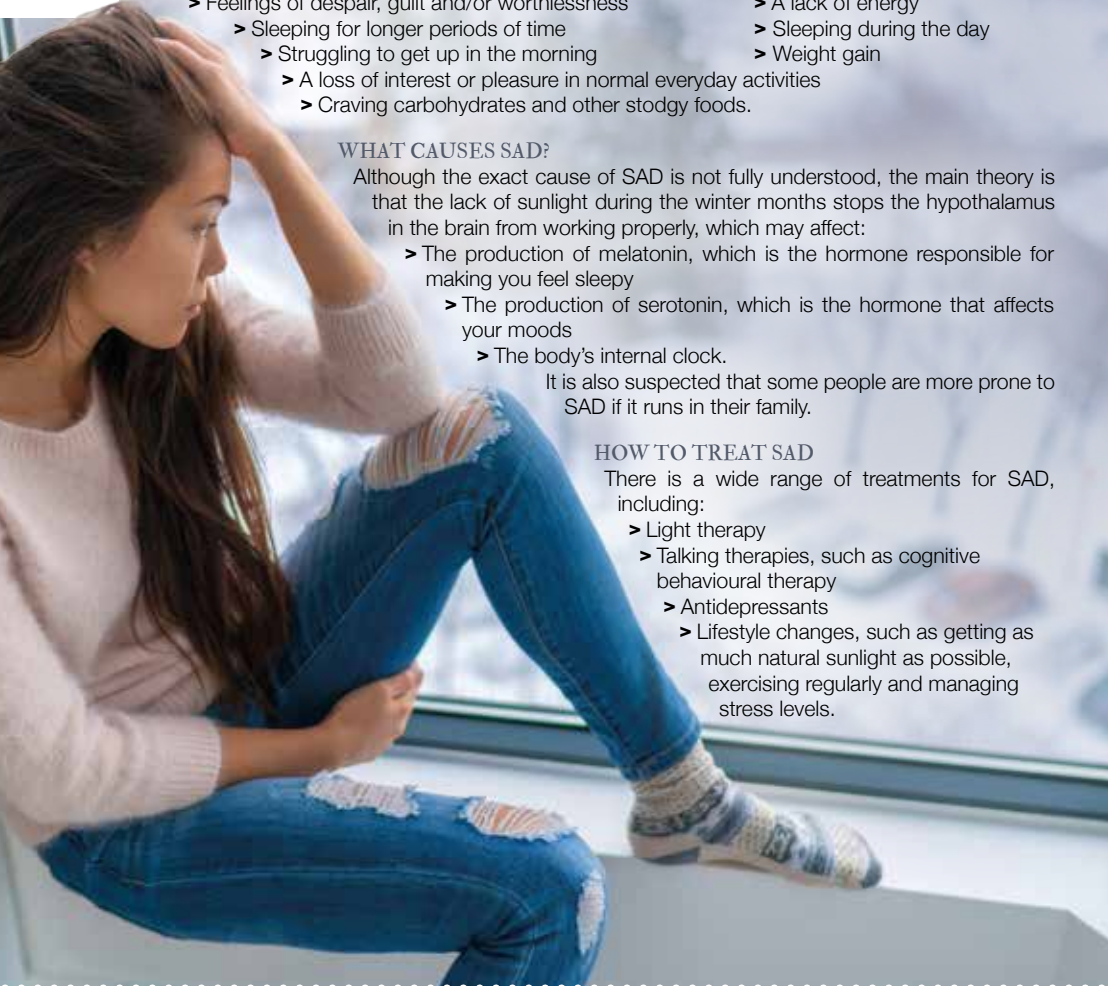
- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.



WOODBRIDGE PHARMACY

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.

OPEN 7 DAYS A WEEK

Monday - Friday: 9am - 6pm, Saturday: 9am - 5:30pm, Sunday: 10am - 4pm
Unit 1, 11 Thoroughfare, Woodbridge, Suffolk IP12 1AA. 01394 382006

We Dispense NHS & Private Prescriptions | Professional Lifestyle & Healthcare Advice
Wide Range of Over the Counter Medicines | Traditional Remedies
Stockists of Premium Beauty Brands | Delivery Service Available

WOODBRIDGE PHARMACY CLINIC

TUFFOUR PHARMACY GROUP

Community Led approach to Healthcare



PARK VIEW

– CARE HOME –

Are you taking steps to look for care for your loved one?

Take the next step to Park View Care Home

Park View is a state of the art, luxurious care home overlooking the magnificent gardens and grounds of Chantry Park near Ipswich.

Our philosophy is quite simple; to provide the very highest standard of care and quality of life to each person at Park View.

We provide residential, nursing and specialist dementia care to elderly ladies and gentlemen, this full complement of services means that elderly residents changing needs can be met throughout their stay with us.

- State of the Art Development
- Residential, Nursing & Dementia Care
- Private Dining/Hospitality Services
- Short & Long Term Care
- Beautiful Accommodation Throughout
- Individualised Care Plans
- Specialist Care Design Features
- Internet Wifi
- Activities, Hobbies and Clubs
- Stunning Landscaped Gardens

Please contact Sharon Bowen
Customer Relations

Telephone 01473 228 890



1 CHANTRY CLOSE, LONDON ROAD, IPSWICH IP2 0QR
CUSTOMERRELATIONS@PARKVIEWCAREHOME.CO.UK



RED ALERT

HEALTH & FITNESS

CANCER SIGNS YOU SHOULD NEVER IGNORE

EXCESSIVE FATIGUE: There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.

SUDDEN BRUISING: Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

PAIN THAT DOESN'T GO AWAY: Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.

SKIN CHANGES: We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.

UNUSUAL TOILET ACTIVITY: Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.

CHRONIC COUGHING OR DIFFICULTY SWALLOWING: Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.

ABNORMAL PERIODS OR BLOATING: From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.



RADUCANU



TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock



Beer beauty

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

Beer facial mask - to promote younger-looking skin

You will need: ½ tsp beer | 1 egg white | 1 drop of almond extract

How to make: Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

Beer nail soak - to strengthen brittle nails

You will need: 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

How to make: Mix all the ingredients together | Dip your nails in the solution for 15-20 minutes | Repeat two or three times a week.

Beer foot soak - to soften hard skin

You will need: A bowl of warm water | Half a bottle of beer

How to make: Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10-15 minutes | Dry your feet and apply foot lotion.

Beer hair rinse - to repair damaged hair follicles

You will need: 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

How to make: Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

Beer bubble bath - to soften and smooth skin

You will need: An olive-based liquid soap | Half a cup of beer

How to make: Mix the soap with the beer and add to running water | Soak for as long as you like.

Top tip: For optimum results, use an organic beer.



WANT YOUR ADVERT HERE?

CALL TODAY ON
01255 564056
TO BOOK

EAST SUFFOLK YOGA & WELLNESS STUDIO

Join our Wellbeing Community
Yoga
Meditation
Relaxation with Sound

We also provide:
Sound Spa with Neal's Yard products
Resin Art and Jesmonite workshops

learn something new with UK Holistic Training

www.eastsuffolkyoga.com
www.ukholistictraining.com

@eastsuffolkyoga



ACROSS *the* ROOM
Meet · Date · Love

Personal Introductions The Original Dating Agency

- Find Love through a trusted source, est. 1991
- Age Group 35 - 80s
- Guaranteed Introductions
- Free Information Pack
- High Success Rate in Suffolk

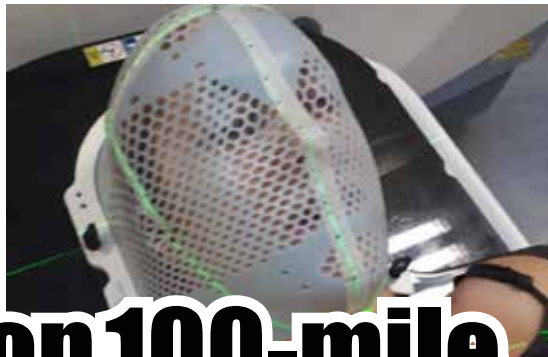
Call for a friendly chat and a free brochure. Visit us in Needham Market, Suffolk

01449 722800
www.acrosstheroom.co.uk



LOCAL NEWS

from your neighbourhood



Mum takes on 100-mile challenge to thank charity

A mum-of-four from Woodbridge, who has been given the all-clear after being diagnosed with cancer last year, is taking on a 100-mile challenge this month to give back to Macmillan Cancer Support.

After suffering a seizure on May 9, 2020, Amy White, 33, was diagnosed with cancer and had to undergo both radiotherapy and chemotherapy, which finished in August this year.

Now, Amy has received the fantastic news that the treatment has worked and she can get back to living her normal life.

She said: "I am very grateful for all of the support that I have received from my family, my four amazing children and my very supportive husband. Macmillan

Cancer Support has also been great and helped us all throughout this.

"I am completing a 100-mile walk during the month of October for Macmillan Cancer Support and if you would like to support me, any donation you make to my challenge will be greatly appreciated and will help them to support more people affected by cancer.

"Live your life as best as you can and don't take it for granted, because you never know what will happen. Be happy and treat everyone the way you want to be treated."

Amy began her challenge on October 1 and has already raised more than £1,000. To donate, visit www.facebook.com/donate/390239905882674

IT HAS TO BE SLIDEROBES®

LIVING BEDROOM HOME OFFICE UNUSUAL SPACES



For those who've spent a lifetime in pursuit of perfection

Home | Showroom | Online

01473 465 002 | 1 Goddard Rd, Ipswich, IP1 5NP | www.sliderobes.com



Town map unveiled after years of planning

LOCAL NEWS



The first new map of Woodbridge was put in place in September.

Revitalising the existing town maps has been on the agenda for Choose Woodbridge, the business and tourism association, for some time, and it is thrilled to finally reveal the first map.

The previous maps were designed seven years ago, and since then there have been significant changes and developments in the town.

Choose Woodbridge was keen to bring these maps up to date. With the help of the People and Places initiative through East Suffolk Council, it was able to obtain the funding to proceed with the project.

Choose Woodbridge engaged the help of the previous map designer, John Roberts, a renowned local artist, to recreate the map.

A spokesperson for Choose Woodbridge said: "While the desire to renew the maps spans two or three years, we were set back by the pandemic. Nevertheless, the aim has finally been achieved.

"Upon the first installation, it was encouraging to see visitors and tourists viewing the map, looking for the attractions Woodbridge has to offer.

"Our thanks to all those who have helped and supported this project."

Cricket club celebrates first place championship win

Woodbridge Cricket Club 1st XI, led by Scott Button, had an astonishing year, going unbeaten and winning all its games to finish first in Two Counties Cricket Championship Division 8.

This is the second straight promotion following the rebuild project undertaken in 2019.

Leading the way with the bat this season has been a mixture of experience and youth, with Daniel Vihm just pipping junior section graduate, Marcus Smith, in the runs scoring charts. These two were supported by Nilantha Herath, Darren Grimes and Ali Bailey.

Experience well and truly took the day when it came to wickets, with club legend Graham Deere leading the way with 23 wickets. Young bowlers, Julian Edwards and Warren Cutting, ably supported Graham with 16 wickets apiece.

Woodbridge 2nd XI, led by club stalwart Angus Smith, finished a very respectful fourth in Two Counties Division 9. This was achieved with an extraordinary run of 11 wins in the final 12 games, which shows real potential ahead of a promotion challenge in 2022.

Girish Mahajan, Uday Kumar and Andy Linford led the way with the runs, while George Wade, Girish and Simon Denny were the main wicket takers.

Woodbridge Cricket Club is excitedly looking forward to the 2022 season and would implore anyone aged 14 through to senior (their eldest player is 71) who wishes to play cricket, to please get in contact via www.woodbridgecricketclub.co.uk

Football club's family fun evening raises £2k for charity

Woodbridge Town Football Club hosted a family fun evening last month, with the highlight being a match between a Woodbridge Town Legends side and a Brafe Engineering XI.

While the Brafe side put up a good fight, the Legends team won 4-1. However, the real winner on the night was Macmillan Cancer Support, as more than £2,000 was raised for the charity through gate receipts and the raffle.

The first team has had a fantastic start to the season in the league.

While they fell at the first hurdle in both the FA Cup and FA Vase, their league form is really encouraging.

In other news, the ladies' team find themselves in a division with just seven other teams after a reshuffle of the league.

A spokesperson from Woodbridge Town said: "The ladies just want to play football; they sadly face several blank weeks, so are often on the lookout for friendly matches.

"They play their home matches at Notcutts Park, with matches kicking off at 2pm on a Sunday."



Photo credit: Woodbridge Town FC



News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside



LOCAL NEWS

First, I must congratulate our former deputy town clerk, Greg Diaper, who has just been appointed as Woodbridge's town clerk. Greg was appointed as deputy clerk a few years ago and has grown in stature ever since, so it's no surprise that he has now been appointed as our clerk and responsible financial officer. The search now begins for a new deputy clerk, so if you are interested, contact the town council for details of how to apply.

Elsewhere, the public hearings about Sizewell C continue, as do those about the other energy infrastructure projects in the Greater Aldeburgh and Leiston area. We are very lucky in having councillor Robin Sanders representing Woodbridge Town

Council at those hearings. Robin has a wealth of experience and qualifications in civil engineering, which he brings to bear on protecting Woodbridge from the impacts of these developments if they were to go ahead.

Looking forward, Remembrance Day will soon be here, and Woodbridge Town Council will be organising three events in conjunction with the Royal British Legion (RBL). On Saturday, October 30, the RBL will be holding its annual Poppy Parade along The Thoroughfare. It will leave its premises at 11.40am before halting at its poppy stand near The Cake Shop. It's always a very moving occasion so I hope to see lots of people there.



Students enjoy conference

During last month's Model United Nations Club (MUN) at Woodbridge School, which is already proving very popular, students had the opportunity to simulate a United Nations press conference.

Small groups were each assigned a country and the activity involved researching key political, social and economic events.

This research was presented by each group from the point of view of its country's government, and groups were asked to answer questions about that research in a press conference.

Highlights included the French government

representative group being forced to justify the limited ambitions of its resettlement scheme for Afghan refugees, while representatives of the Taliban government of Afghanistan were questioned regarding their claim that violence is not their policy.

A spokesperson for Woodbridge School said: "It was a superb effort by all involved. Well done to all who attended and presented. A particularly good activity for students in their last two years of secondary education, with universities valuing MUN extremely highly when considering applications. Students can join us every Tuesday at 1.45pm."

Take Your Business & Life to the Next Level...

“ We are now a much-improved business across all departments. I am no longer required to be in the centre of everything. We’ve allowed departments greater focus and job satisfaction. We are now engaging with the right customers, which has had a positive effect on profit. ”

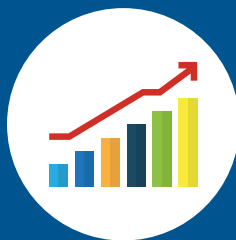
Clare Garrod, Stonewall Security

When you grow your business, you create jobs and a purpose for many people. You also grow your wealth and freedom to take time out and enjoy it.



6 months

Guaranteed ROI within the first 6 months or we'll refund the difference.
(ask about Ts and Cs)



3,500

Strategies and tactics to take your business to the next level.



97%*

Clients recommend ActionCOACH to a friend or business associate.



97%*

Clients said their Action Coach makes a positive difference to their lives.

**Findings of September 2020 survey of 821 UK ActionCOACH clients by independent research agency, WorkBuzz.*

seanpurcell@actioncoach.com

<https://colchester.actioncoach.co.uk>

ActionCOACH
BUSINESS COACHING



News from

Councillor Caroline Page

The County Councillor for Woodbridge



LOCAL NEWS

As I write, drivers are queuing for hours or touring empty petrol stations looking for fuel – and we’re increasingly concerned as to how key workers can manage to work. I do hope that by the time you read this, the situation has been resolved.

However, while it continues, many things become clear: most importantly, our utter panic at the thought of having no petrol. We live in a society that’s wholly reliant on this vital fluid.

Some of this panic is justified. Care and home nursing is generally provided by companies or central hubs, rather than by people living locally. Teachers, nurses, fire officers and shop workers across the country find it increasingly difficult to afford to live near where they work.

And, of course, the emergency services have no option but to speed out if lives are to be rescued.

However, we who live in the country are told that public transport companies consider many vital routes ‘economically inefficient’. Nobody would use a bus, they contend, because everybody drives. Worse, children are prevented from walking or cycling to school because cars make the roads unsafe. It’s a

vicious circle.

Maybe this crisis will make drivers look at the plight of non-drivers with greater understanding. There’s nothing like being in the same boat. And maybe both will be equally concerned as to where we are without public transport to rely on.

And although in Woodbridge we still have our lovely high street, Suffolk has lost many village shops because it is so much easier – and cheaper, we think (forgetting the cost of tax, insurance, petrol) – to drive to a supermarket. ‘Progress’ has sent us back to an updated version of the early 19th century, where a man in a cart would deliver your goods from town – only these days ours come by internet and van.

If this crisis does anything, maybe it should make the government look at how to improve the way our society works, so that we live and work more locally and sustainably. The petrol-driven engine is a wonderful servant, but a terrible master.

In other news, my monthly drop-in surgeries are back in Woodbridge Library on the third Saturday of every month, 9am-11am.

Council to use eco-friendly fuel

East Suffolk Council (ESC) is taking proactive steps to reduce its impact on the environment by switching to eco-friendly fuel for its fleet of vehicles.

Last month, ESC’s cabinet unanimously agreed to ditch diesel and switch to a certified palm oil-free hydrotreated vegetable oil (HVO). This will cut its carbon emissions by around 90 per cent.

HVO is an advanced renewable and sustainable fuel that offers up to 90 per cent reduction in carbon emissions compared to diesel. It provides the most immediate solution when it comes to reducing ESC’s carbon emissions.

Councillor James Mallinder, ESC’s cabinet member for the environment, said: “East Suffolk Council has pledged to put the environment at the heart of everything we do and to become carbon neutral by 2030. In doing so, we’re committed to making radical changes to our operational assets. With the move to a fully electrical fleet some way off, moving to cleaner



and more sustainable fuel is the best way to tackle one of our biggest polluters and dramatically reduce our carbon emissions.

“I strongly believe that making changes such as these to how we operate will make a big difference over time and help build a legacy for future generations.”



HAUNTED

HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places? From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

THE JAMAICA INN BOVENTOR, CORNWALL

Fancy a fright with your favourite tippie? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tingling sounds.

CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.



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.

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

LOCAL INDEPENDENT TRAVEL ADVISOR

travel counsellors →

Gayle Chase - 01473 851440
gayle.chase@travelcounsellors.com

D.J. MACKENZIES LTD



OPEN FOR BUSINESS AS USUAL

Independently owned accident repair centre in Woodbridge. We have been repairing accident-damaged vehicles to our very high standards for 35 years.

01394 386625

mail@djmackenzie.com
Smithfield, Melton Rd, Woodbridge IP12 1NG

M & R CARS
WOODBIDGE



- Local Taxis • Fixed Price Fares
- 24hr Airport & Long Distance Specialists
- Sporting Events • Nightclubs
- Corporate Accounts Welcomed
- 6 seater people carriers • 8 seater minibuses
- Wedding Car Service • Courier Service

01394 386661

info@mandrcars.co.uk

FRAMLINGHAM
MOTORHOME HIRE

Motorhomes and Campers for Hire

- Swift Suntor 590RL
- Auto-Roller 707
- Chausson Flash02
- Joint150
- Chausson Flash09
- Chausson Flash08



PRICES FROM JUST
£300

01728 746238 framlinghammotorhomehire.co.uk

GB X

UK ✓



PLATING UP

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.



MOTORING



HOWDY COWGIRL

Spotted at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

DETERMINE YOUR BUDGET: As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

PICK A STYLE: Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

SELECT A MATERIAL: The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

CHOOSE A COLOUR: You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

CONSIDER EMBELLISHMENTS: The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

STYLE TIPS:

- > Nearly all cowboy boot styles match well with blue or black jeans
- > If you wear short dresses or shorts, choose a boot that stands lower on your leg
- > High- or low-standing boots look good with skinny jeans or leggings
- > Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.



SPECIALISTS IN STERLING SILVER

Silver Sun Jewellery




NEW STORE NOW OPEN!

53a Thoroughfare, Woodbridge, IP12 1AH

T: 01394 382114

E: silversunjewellery@gmail.com

Open: Mon-Sat 10am-5pm
Sundays by Appointment

ANGLIA INDOOR KARTING

01473 240087



Children's HALF TERM FUN!!

Grand Prix Formats • Team Endurance
Group Private Hire • Arrive & Drive
Kubz Circuit For Children • Cadet Club
Kids Activity Days • Birthday Parties

sales@angliakarting.com
www.angliakarting.com

YO _ R ADVERT HE _ E

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO ADVERTISE

Your Monthly Lifestyle Magazine **VISION**

t: 01255 564056
e: woodbridge@visionmag.co.uk
w: www.visionmag.co.uk/woodbridge



Country-Rock Singer

Available for Pubs, Clubs and Private Functions

07884 243539
info@maninthehatmusic.co.uk

KEEP CALM AND ENJOY FIREWORKS

Although you and your family may love Bonfire Night, it can be an extremely distressing time for your pets. Fortunately, there are ways that you can keep your pets calm during firework season.

HOW TO CALM DOGS DURING FIREWORKS

- > Walk your dog during the day so that it does not need to go outside when fireworks are going off
- > Close your windows and curtains to muffle the sound of fireworks
- > Put on some music or the TV to help mask the loud noises
- > Create hiding spaces where your dog can feel safe.

HOW TO CALM CATS DURING FIREWORKS

- > Try to keep your cat inside when fireworks are being set off
- > Create hiding spaces in your home
- > Make sure your cat is microchipped so that if it does become startled and escapes outside, you can locate it if it goes missing.

HOW TO CALM SMALL PETS SUCH AS RABBITS AND GUINEA PIGS DURING FIREWORKS

- > Partly cover outside cages with blankets so that an area of their home is hidden and soundproofed
- > Provide bedding that your small animals can burrow into
- > Consider bringing them indoors – if you choose to do this, take your time and make sure you do so gradually, so that they can get used to the new environment.

HOW TO TREAT A FIREWORK PHOBIA

As many as 45 per cent of dogs in the UK suffer with a firework phobia. To desensitise your dog to fireworks, follow the below steps:

1. Play a recording of a fireworks display at the lowest possible volume several times a day
2. Pair the sound with things your dog likes, such as treats, cuddles or games
3. Slowly raise the volume and continue to offer rewards
4. If at any point your dog becomes scared, lower the volume until it feels comfortable.



WHY YOU SHOULD BE AWARE OF GAZUMPING

Buying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

1. LINE UP A SURVEYOR

Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.

2. OBTAIN A MORTGAGE IN PRINCIPLE

If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.

3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET

As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.

4. GET A LOCK-IN AGREEMENT

A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.



What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct

- > Increases employee retention rates
- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.



Accounting you can count on



MJB Avanti understand the difficulties businesses face when it comes to keeping on top of the numbers. Our financial focus provides clients with:

- A firm eye on financial goals.
- Steady hands to navigate ever-changing legislation.
- A confident, plain-language voice to make the complex clear.
- Insights to inform key decisions and financial planning.

Your accountant should do a lot more than just report on how your business is doing.

We help to identify opportunities to improve your bottom line and support you in trying to realise your goals!

MJB Avanti provide a professional service delivered with a friendly approach.

Our services

- Bookkeeping & Accountancy
- Corporation & Personal Taxation
- Payroll & CIS
- Budgeting, Forecasting & Business Valuations
- Company Secretarial Compliance
- Tax Planning & Advice

When it comes to your numbers, we're here to help. Get in touch today.

- 📞 01473 558866
- ✉ enquiries@mjb.co.uk
- 🌐 www.mjb.co.uk





Resident Ready

Preparing your property for sale or let

At Resident Ready, our mission is simple; to prepare your property ready for occupancy – whether you're a holiday home owner, a landlord looking to let it on the rental market, or a vendor looking to sell it on the open market.

The manner in which your property is presented can have a huge bearing on the value of the property – and the price that any potential new occupants are willing to pay. In addition, properties that are well presented are much easier to sell or let than those that are not.

Tel 01394 383 921 or 07999510523

Email info@residentready.co.uk

visit our website to check out our services

www.residentready.co.uk



Woodward Markwell
CHARTERED INSURANCE BROKERS AND
INDEPENDENT FINANCIAL ADVISORS

FREE FINANCIAL HEALTHCHECK

Free of charge, without obligation

Are you ready for what the future holds?

We're your local, Independent Financial Advisors, and can help you prepare for whatever life throws at you. Our services include:

- Pensions
- Retirement Planning
- Retirement Advice
- Inheritance Tax
- Investments/Savings
- Health/Protection

Tom Crowther BA (Hons) FPFIS
Your Local Advisor - Woodbridge



Contact Tom directly on:
01473 408425 / 07395796800
e: crowthert@wmibl.co.uk

YOUR ADVERT WOULD LOOK GREAT RIGHT HERE

CALL 01255 564056 TODAY
TO BOOK THIS SPACE



MARCUS WEBB

01473 712703
07733420611

marcus@tlchimneys.co.uk

SUFFOLK
NORFOLK | ESSEX



Music TO YOUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.



Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

Photo credit: Shutterstock.com
sokomir/Shutterstock.com



Sometimes things go wrong and you don't know which way to turn or what help you need

Gotelee Solicitors LLP have been established in Suffolk for well over a century. We are the largest purely Suffolk law firm and proud of its heritage in the county.

Our friendly, local solicitors are here to help you as individuals and with your business, with a host of legal matters, including buying and selling property, making a will, setting up Powers of Attorney and trusts and planning. Whatever the structure of your business, whether a family business, start-up or established company, you need trusted advisors - a team to call upon and use as a sounding board, develop strategy with and go to for solutions. Whatever the issue you are facing, we can help.

To make an appointment, call us on **01394 388605**
or email enquiries@gotelee.co.uk

PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead?

With many designs to choose from and ideas to suit all ages, see our favourites below.

FRANKENSTEIN PUMPKIN

YOU WILL NEED: Green, black and white acrylic paint | A paintbrush
HOW TO MAKE: Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



SPIDERWEB PUMPKIN

YOU WILL NEED: White and black acrylic paint | 1 large paintbrush | 1 small paintbrush
HOW TO MAKE: Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



MONSTERS INC PUMPKIN

YOU WILL NEED: Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue
HOW TO MAKE: Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



Photo credit: Pinterest, Wilkinson, www.wccbcharlotte.com

COMETH

The hour



Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

THE BARONESS

CELEBRATING THE FIRST PARALYMPIC TRIUMPHS OF MANY IN THE LIFE OF BARONESS TANNI GREY-THOMPSON DBE, DL

There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.





PUZZLES & TRIVIA

PUZZLES

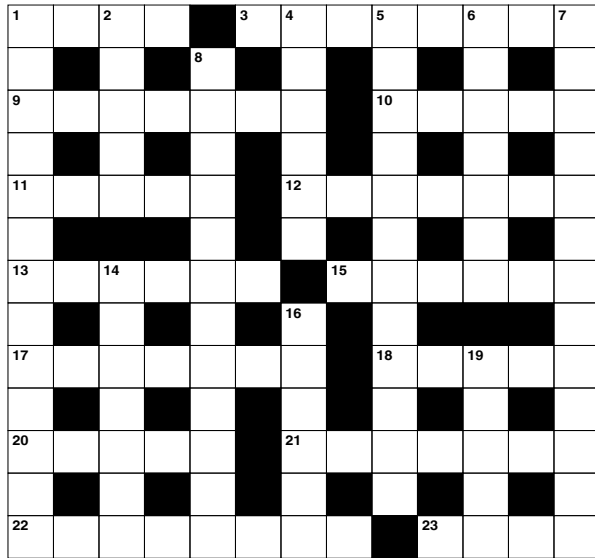
Answers: see end of The VISION Listings

ACROSS

- 1. Four-wheeled vehicles (4)
- 3. Vessel for molten metal (8)
- 9. One of the planets (7)
- 10. Shadow (5)
- 11. Raves (5)
- 12. Undoing a knot (7)
- 13. Room attached to a church (6)
- 15. Bow and arrow expert (6)
- 17. Nasal opening (7)
- 18. Smallest quantity (5)
- 20. Where one finds Rome (5)
- 21. Turned over; became very angry (7)
- 22. Gibberish (8)
- 23. Wet with condensation (4)

DOWN

- 1. Violation (13)
- 2. Become ready to eat (of fruit) (5)
- 4. Expressing regret (6)
- 5. Circle amount (anag) (12)
- 6. Infantile (7)
- 7. In an inflated manner (13)
- 8. Short tale told to children (7,5)



- 14. Support or strengthen (7)
- 15. Common edible fruit (5)
- 16. Fissures (6)

DID YOU KNOW?

► It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green

► It's estimated that there are more Indian restaurants in the UK than there are in Mumbai

► In 2015, NASA astronauts on the International Space Station sampled outrageous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten

► It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted

► Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out

► White potatoes are around 80 per cent water.

SUDOKU

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

ONE SMALL STEP FOR YOU,
ONE GIANT LEAP
FOR YOUR BUSINESS



Photo credit: Ciengier/Shutterstock

IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your
Monthly
Lifestyle
Magazine



t: 01255 564056

e: woodbridge@VISIONmag.co.uk

w: www.VISIONmag.co.uk/woodbridge

Simon Warrington Home Maintenance

Kitchens • Bedrooms • Bathrooms
Plumbing • Maintenance
Doors • Flooring • Tiling
Emergency Plumbing

Est. 2004

01394 448095
07739 390802

simonwarrington@icloud.com



SUPPORT LOCAL BUSINESSES



Please let your local businesses know
that you saw them first in... **VISION**

BIN CLEANING

Domestic & Commercial
Any Size - Any Colour

When were your bins last cleaned?
Uncleaned bins are a breeding ground
for harmful bacteria.



Chemical Free
Environmentally Friendly

Book your clean today at:
www.vipbincleaning.co.uk

email: ipswich@vipbincleaning.co.uk
or call us on: 07768 477000

BPC BRICKYARD PAVING CO.



HANDMADE PAVING SLABS

Unique concrete and stone paving
slabs and edging to suit every garden

01473 741358

info@brickyardpaving.co.uk

SUFFOLK FLOOR RESTORE

**Floor cleaning and
sealing for natural
stone and porcelain**

*Restore your hard floors to
their former glory!*

07736 000665

sfr6450@gmail.com



**Need Your
Boiler Replaced?**

ENGINEERS | SERVICE | REPAIRS

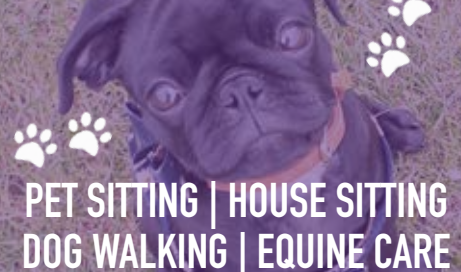
0345 053 9448
info@marshallgas.co.uk

WANT MORE BUSINESS?

CALL 01255 564056
TODAY TO ADVERTISE



WOODBIDGE PET CARE & EQUINE SERVICES



PET SITTING | HOUSE SITTING
DOG WALKING | EQUINE CARE

Follow us on Facebook or call
07928 660534

ADVERTISE

your company here



Call
01255
564056

ask for Sean

R. W. CURLE

ELECTRICAL CONTRACTORS

Local Electricians with over
60 years experience.
Domestic, Commercial &
Industrial

01728 688444
info@curle.co.uk

going **STRONG**. Small businesses
y. em going... S
t or m
e. nor
Sr heart
go. nness
y. Kee use a **VISION** advertiser
of the today
es are the the econor
Small busi are the heart
going **STRONG**. Small businesses
y. Kee them going **STRONG**

Small businesses are
the *heart* of the
economy...
use a **VISION** advertiser
today

ACCOUNTANTS

AVANTI GROUP UK LTD

With robust systems and friendly proactive approach, we are your local accountancy solution providing services, support, and advice. 01473 558866 | enquiries@avantigroup.uk.com

ARCHITECT

STEPHEN HART ARCHITECT

Feasibility, design, conversions, refurbishments, extensions, planning. Our Principle RIBA Architect Stephen Hart has over 40 years' exp. stephen.jc.hart@gmail.com | 07980 899153

AUTCARE

D.J. MACKENZIES LTD

Independently owned accident repair centre in Woodbridge. We have been repairing accident-damaged cars to very high standards for 35 yrs. 01394 386625 | mail@djmackenzie.com

BUILDERS

G. CULF BUILDING & ROOFING

Offering the full range of building services, including roofing and groundworks. Over 40 years' experience. Call for free quote. 07778 650147 or 01986 875550

JOIN THE LISTINGS... for just **£180** +VAT per yr

CARPENTRY & JOINERY

DEBEN INTERIORS

Over 30 yrs' exp in kitchen fitting. High-quality paints/materials for all furniture refurbs, building work, kitchen construction projects. 07774 287420 | dventiors@sky.com

CLEANERS

MAID2CLEAN (SUFFOLK) LTD

Need some help with your cleaning, ironing or both? Would you like a vetted and insured maid to clean your home? From just £13ph. 0800 878 6388 | suffolk@maid2clean.co.uk

ELECTRICIANS

WRIGHT ELECTRICAL SERVICES

All types of electrical work undertaken. No job too big or small. NICEIC registered. Contact Stuart Wright. 07880 707010 | 01473 431882 | wrightelectricalservices@hotmail.co.uk

R.W. CURLE ELECTRICAL ENGINEERS

NIC-EIC registered electrical engineers and contractors, serving all of Suffolk since 1959. Domestic, commercial and industrial. info@curle.co.uk | 01728 688444

FLOORING

SUFFOLK FLOOR RESTORE

Floor cleaning and sealing for natural stone, brick and marble. Restore your hard floors to their former glory. Contact Bruce Copping on 07736 000665 or sfr6450@gmail.com

FLORISTS

TRIANGLE NURSERY LTD

A family business flower wholesalers, fresh & dried flowers, florist tools & accessories to trade & non-trade. Click & collect available. www.trianglenursery.co.uk | 01394 385832

FUNERALS

E.B. BUTTON & SONS

Independent, family run funeral directors since 1875, providing the highest standards of service and care to families in times of grief. info@ebbutton.co.uk | 01394 382160

GARDENERS/LANDSCAPERS

RIVERVIEW GARDENING

All aspects of commercial/domestic garden/grounds maintenance, one-off or regular work. Experience, qualified, insured. riverviewgardening@gmail.com | 07779 152936

GUTTER CLEARANCE

DREAM DRAINS

Professional and mess-free gutter clearance service for residential and commercial buildings of all sizes. Prices start from £39 + VAT. 01394 548548 | info@dreamdrains.co.uk

LAWN MOWERS

MELTON MOWERS

Lawnmower sales, servicing, and repairs. Book your winter service now. 01394 382983

PAVING

BRICKYARD PAVING

Bespoke paving slabs and edging in Woodbridge, Ipswich, Stowmarket & surrounding areas. All products handmade for over 20 years. info@brickyardpaving.co.uk | 01473 741358

PAINTER & DECORATOR

IAN PRICE PAINTER & DECORATOR

Over 18 years' experience. Interior/exterior decorating, City & Guilds (level 3) qualified. Free estimates and advice. 07805 003123 | 01728 668994 | www.ipdecorating.co.uk

KARL WHIGHT

Specialist in modern and period properties. More than 30 years' experience. 07967 802762 | 01728 688300 | k.whight258@btinternet.com

PEST CONTROL

COMMAND PEST CONTROL

Commercial, agricultural, domestic pest control throughout the eastern counties and beyond. Service you can depend on. 01787 248049 | sales@commandpestcontrol.co.uk

DISCOUNT PEST CONTROL

Mice, Rats, Moles, Rabbits etc. NO CALLOUT FEE, NO VAT. Doing great since 1988! Grundisburgh | 01473 735168 | www.discountpestcontrol.org

PET CARE

WOODBIDGE PET CARE & EQUINE SERVICES

Family run business. We provide all pet care including dog walking, pet sitting, small animal boarding, house sitting and all equine care, including holiday care. 07928 660534

PRE-SCHOOLS/PLAYGROUPS

ST MARY'S PLAYGROUP

Offering various sessions for 2-5 year olds from 8am to 6pm. Burkitt Road, Woodbridge, IP12 4JJ. 01394 610220 | stmarysplaygroupwoodbridge@gmail.com

RECRUITMENT

SUMMER FIELD WORK

Looking for a flexible work? You choose which days you'd like to work. Now until November. www.summerfieldwork.com | 01728 491001

RESTAURANTS/PUBS

RED LION (WOODBIDGE)

Newly renovated, stunning Grade II listed pub and restaurant right in the heart of Woodbridge, offering a wide and varied menu. 01394 548327 | publican@redlionwoodbridge.co.uk

ROOFING

SPF FELT ROOFING

Roofing contractor with over 30 yrs' experience. Call for a free roof check and no obligation estimate. All work is guaranteed. New roofing and repairs. 01473 716559 | 07868 261719

HAXLEY & RUFFLES

New roofing, roof repairs, lead works, chimney repairs. All work carried out with 10-year guarantee (terms apply). 0800 025 7367 | 07850 230234 | haxleyandruffles@gmail.com.

SECURITY/FIRE

TA SECURITY

Intruder alarms, CCTV, fire systems, fire extinguishers, etc. FSA and BAFE accredited. Domestic and commercial work undertaken. 01473 621641 | info@tasecurity.co.uk

SHUTTERS/BLINDS

COUNTRY BLINDS & SHUTTERCRAFT

Locally based specialists in high quality window shutters and blinds. Call us to arrange a free site visit on 01728 633129

TANKS/FUEL STORAGE

TANK REPLACEMENT SERVICES

Oil tanks supplied/installed, choice of plastic or steel. Region's leading tank supplier, a proud reputation for customer service. 01362 687144 | www.tankreplacementservices.co.uk

TAXIS

M&R CARS

Local taxis, fixed price fares, 24hr airport & long distance specialists, 6 seater and 8 seater cars available. 01394 386661 | info@mandrcars.co.uk

VACUUM CLEANERS

ALLVAC

All makes/models of vacuum cleaners serviced and repaired. Collection and return service. Prices from just £29.95! 01379 871095 | 07866 549642 | paulayton1971@gmail.com

WILL WRITERS

SUFFOLK WILL SERVICES

Friendly & professional advice from the comfort of your home. Based in Ipswich, & cover all of Suffolk. Contact Helen Algar today. Info@suffolkwillservices.co.uk | 01473 808499

JOIN THE LISTINGS...
for just **£15** +VAT per month

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

CHARLES CLARKE
& SON
BUILDERS LTD
GRUNDISBURGH, SUFFOLK



New builds | Extensions | Conversions

Since 1857

www.charlesclarke.co.uk | 01473 735317