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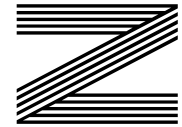
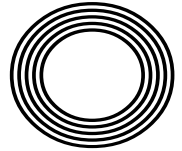
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# Editor's notes...

DECEMBER 2021



Sean Purcell, Editor-in-Chief

Hello and welcome to this month's edition of **VISION**Woodbridge. I can't believe that, as I am writing this, it is a matter of weeks before the end of the year - and what a year it has been! I started this business in September 2020 with one magazine - **VISION**Frinton-on-Sea - and we followed that up with the acquisition of **VISION**Woodbridge in May 2021 and the launch of **VISION**ManningtreeMistley shortly thereafter. We have grown from providing local news, articles of interest and local business advertisements to 5,000 homes and businesses, to delivering more than

15,000 magazines per month!

We strive to listen to our readers, our distributors, and our advertisers, and I continually look for ways to improve and make **VISION** magazine better.

2021 has been a challenging year for us all, but we are starting to see the green shoots of recovery; a successful vaccine rollout, the chance for local businesses to trade again, for our high streets to flourish, and for communities to come together.

Thank you for all your support, your advice and your words of encouragement. Have a phenomenal Christmas and New Year. I look forward to sharing a great 2022 with you all.

*Sean Purcell*

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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# GOOD COP, BAD COP

## WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



**DECARBONISATION.** There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



**1.5°C, NOT 2°C.** Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



**THE ONE-YEAR RATCHET.** Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



**NATURAL RESOURCES.** As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

# CALL 159

**F**raudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

### What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

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- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

### Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

### Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.



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

### Chemist of the Year Award 2021

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



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

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

### Supporting Our Community

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

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

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# OH CHRISTMAS TREE

**G**et ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

**Minimalist metal:** If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

**Christmas crates:** A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

**Teepee tree:** For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

**Light-up ladder:** If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

**Christmas card tree:** Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

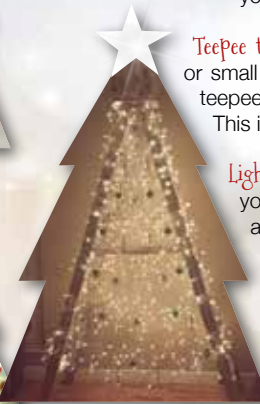


Photo credit: Pinterest





# A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

### CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

**Christmas colours:** Red and green, red and gold, or silver and gold.

### PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

**Christmas essentials:** Gold-trimmed plates, a moss table runner and festive napkin rings.

### CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

**Christmas centrepieces:** Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

### REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

**Christmas decorative details:** Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countmyliving.com, seamstoraidesire.com, blisschristmasblog.com, seayes.com



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HOME & DIY

# MAD about the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

Your home should tell your story. It should make your heart sing when you open the front door

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

Something old, something new, something black, something gold

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

And always some natural wood

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out [www.madaboutthehouse.com](http://www.madaboutthehouse.com) for more interior style tips and advice.

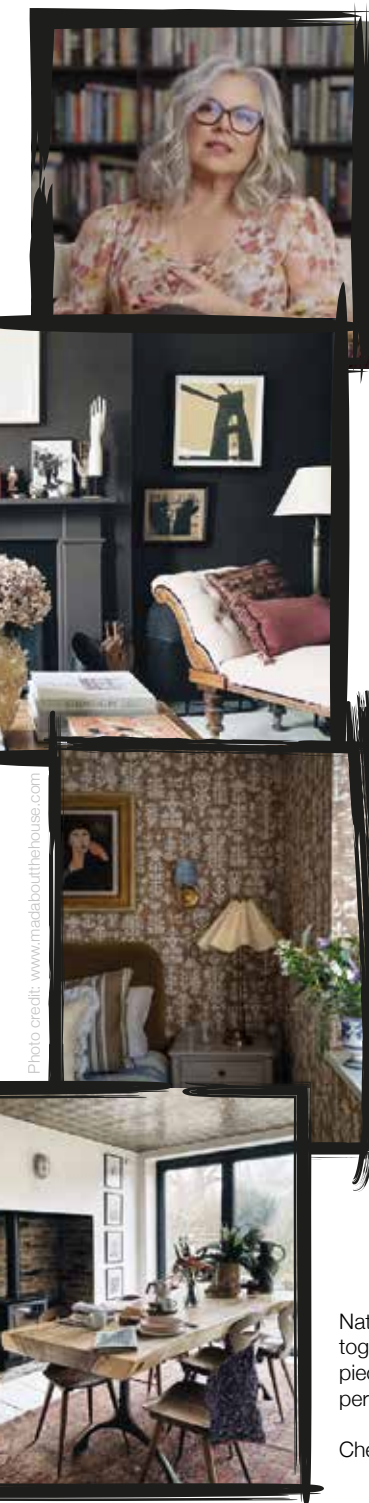


Photo credit: www.madaboutthehouse.com





# Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

**TURN YOUR TREE INTO MULCH:** Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

**USE AS AN ANIMAL HABITAT:** Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

**REPLANT YOUR TREE:** Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

**CREATE EDGING AROUND YOUR GARDEN:** If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

**MAKE A BIRD FEEDER:** Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

**DONATE YOUR TREE:** If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Community unites to light up town for festive season

Woodbridge businesses came together to spread festive cheer after almost two years of COVID-19 disruptions.

Former Woodbridge mayor, Clare Perkins, approached independent businesses and local people via WhatsApp about fundraising for a new set of lights for the town. She was overwhelmed by the response, with some pledging donations of up to £500.

Within two weeks, Choose Woodbridge, the business and tourism association for the town, had raised £3,500 to purchase the illuminations. The amount raised now stands at £6,500, thanks in part to a generous £1,000 donation from Woodbridge Town Council.

The lights are now on display across the town centre, although an official switch-on ceremony was unfortunately unable to go ahead.

Clare said: "With all that's happened over the last 18 months with COVID-19 and the lockdowns stopping

celebrations, I thought we should do something to bring some sparkle to Woodbridge at Christmas and make everyone happy.

"I was so surprised that my idea caught on – all I wanted to do was to try and make Woodbridge sparkle this Christmas."

As well as the town centre lights, Choose Woodbridge is involved in the Spirit of Christmas Son et Lumière event on December 22, which will see the Tide Mill Museum host an evening of magic, music and light.

The lights will be choreographed to music by Jan Pulsford, who has created a piece using the sounds of the mill.

There is still time to donate to the Christmas lights fund to help secure a bigger and brighter display for future years.

Those interested in getting involved should contact Clare at woodbridgechristmaslightsfund@gmail.com

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# Salon wins twice at prestigious awards night

A Woodbridge salon won two prestigious accolades at The Salon Awards on Sunday, November 21. Quay Street Collective, in Woodbridge, was named Most Sustainable Salon and Best New Salon after an incredibly successful first year in business. Co-owner of Quay Street Collective, Sophie Thompson, said: "We had an absolutely amazing night at The Salon Awards 2021, and we came away with two wins. These are amazing achievements

considering we're so new. We were up against some amazing salons, but it just shows that our hard work is paying off." The Salon Awards were set up in 2017 to champion industry excellence and offer the chance for salons, hairdressers and barbers to be recognised for their amazing work. For a full list of finalists, visit [www.salonawards.co.uk/hair/finalists-2021](http://www.salonawards.co.uk/hair/finalists-2021)

# Charity launches new Christmas campaign



A young girl from Woodbridge has appeared in a charity's Seven Wishes for Christmas campaign. Tom's Trust, a charity dedicated to providing support for children with brain tumours and their families, launched its Seven Wishes campaign to encourage people to donate between November 30 and December 7. The campaign features seven Christmas wishes from children affected by brain tumours, including Camille Shave, 14 (pictured), from Woodbridge, who was diagnosed with an ependymoma brain tumour at the age of two years old. Camille's wish is to be more independent and be able to do things by herself. Hayley Shave, Camille's mother, said: "Camille's needs are very specific, and Tom's Trust understands this. Having a child diagnosed with a brain tumour really is every parent's worst nightmare." Debs Mitchell, who co-founded Tom's Trust in 2011 after losing her son, Tom, to a brain tumour, said: "We wanted to launch this campaign to raise awareness of what children are experiencing every day – not just at Christmas – and know that every single wish will resonate with people for different reasons." To find out more about the charity and to donate, visit [www.tomstrust.org.uk](http://www.tomstrust.org.uk)

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# Look out for the hygiene rating stickers this Christmas

Residents of Woodbridge are being made aware of a new campaign which encourages people to look out for the food hygiene rating sticker if they're planning a meal out in the lead-up to Christmas.

East Suffolk Council is launching a new campaign across its social media channels to remind residents and visitors to check the food hygiene rating of a food business before booking.

The food hygiene rating scheme gives information about the hygiene standards in restaurants, pubs, cafés, takeaways, hotels and other food businesses, making it easier for people to choose where to eat or

buy their food.

Food businesses are given a hygiene rating when they are inspected by an environmental health officer from the council, to show how closely the business is meeting the requirements of food hygiene law.

Councillor Mary Rudd, cabinet member for community health, said: "With the festive season coming up, many people are planning gatherings with family, friends or work colleagues at local restaurants, pubs and hotels, and we would encourage them to check not only the menu before booking, but also the food hygiene rating."

## Further funding boost for partnership scheme

Voluntary and community groups in the Woodbridge area are invited to apply for funding to help improve opportunities for young people and community hubs.

The Woodbridge Community Partnership (WCP) is launching a third round of its Small Grant Scheme, which offers funding to voluntary and community groups within the WCP.

The Youth Engagement Grant Scheme offers funding to projects aimed at improving opportunities and services available to young people. This could include providing new activities, fun and leisure, or improving or creating new outdoor spaces or play equipment.

The Village Hubs Grant Scheme offers funding to projects aimed at creating or improving village hubs to the benefit of the wider community. This could include assistance in making premises in the area fit for use

as a community hub or supporting mobile services in bringing provisions to an area.

Councillor James Mallinder, chair of WCP, said: "We are really pleased to launch the third round of our Small Grant Scheme to local community and voluntary groups, making sure support is provided where needed. The scheme is aimed at helping these groups deliver a range of projects, activities and services to support our young people and local communities to improve and enhance the lives of residents."

The schemes, which will be open for applications from November 1 until January 1, 2022, will offer grants between £250 and £2,500.

For full details, go to [www.eastsuffolk.gov.uk/community/community-partnerships/community-partnership-small-grant-schemes](http://www.eastsuffolk.gov.uk/community/community-partnerships/community-partnership-small-grant-schemes)



Photo credit: Helen Kirkman Photography

# Fitness trainers take on Movember challenge

Two fitness trainers raised funds and awareness for men's mental health and suicide prevention through an epic challenge.

On November 13, Luke Read set off at 5am and ran for more than 12 hours, completing 100km by running the 10km route from Melton to Airborne Fit HQ in Brightwell 10 times.

Meanwhile, Michael Jennings, who was recovering from a leg injury, stayed at Airborne Fit HQ and completed 69,000m on the SkiErg machine over six-and-a-half hours.

Each November, the trainers take on a challenge to raise money for Movember, an annual event where participants grow moustaches to raise awareness for men's health issues.

The cause is close to both their hearts, as Luke is a former Parachute Regiment soldier and has seen numerous friends suffer with PTSD.

This year, the pair raised nearly £2,000, smashing their £500 target.

Michael and Luke said: "We are so proud to have raised nearly £4,000 the past two years for Movember.

"Raising awareness for men's mental health is incredibly close to our hearts.

"We have far exceeded our expectations and the generosity has been overwhelming. We are so grateful so thank you to everyone that has either shared our story, donated to our challenge, or simply sent us messages of support."

You can still donate via [bit.ly/3xKSoa6](http://bit.ly/3xKSoa6)

# Council planting trees for Queen's Jubilee

East Suffolk Council (ESC) has donated trees to towns and parishes as part of a UK-wide initiative to celebrate the Queen's Platinum Jubilee in 2022.

ESC is supporting TreeBilee, a project launched by Prince Charles to encourage the planting of trees during the celebration of the Queen's 70-year reign.

As part of its involvement in the project, ESC has purchased 200 oak trees which will be donated to every town and parish council in East Suffolk. This will also contribute towards ESC's vision to create environmentally sustainable communities.

Councillor James Mallinder, cabinet member for

the environment, said: "Tree planting is an important aspect of our environmental vision in East Suffolk and contributes to our climate emergency target to be carbon neutral by 2030.

"Trees are essential in our fight against climate change as not only do they absorb carbon, they can also help to reduce pollution and keep the air clean. Furthermore, trees create environments for wildlife.

"I want to encourage all town and parish councils to get involved in the celebrations."

Town and parish councils are being written to with details of how to join the scheme.



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## LOVE YOUR LEFTOVERS:

# Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

### Christmas Pudding Ice Cream – serves 10

#### You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

#### How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds soft peaks.

5. Fold the cream into the mixture.

6. Pour into a freezer-proof container, cover and freeze until set.

### Mini Christmas Pudding Cheesecakes – makes 12

#### You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

#### How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

### Christmas Pudding Souffle – serves 4

#### You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

#### How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



Photo credits: thefoodpoorkeguide.com, wallrose.com, greaterfrishchers.com

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# ADELE

returns

**A**dele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

*19* earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



# HOW TO WEAR Sheer THIS party season



**B**oth alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

### WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

### COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

### THINK ABOUT YOUR CHOSEN COLOURS

While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

### USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

### EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.

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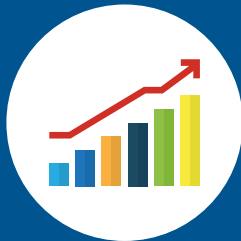


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# BRUCE KING

*on public speaking with confidence*



BUSINESS & PROPERTY



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.**

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

Of course, they didn't know what I was smiling at. The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

Here are three tips, which were the most valuable she gave me:

If you can help them in any way whatsoever, they will truly appreciate you.

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

*More information:*

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)



Did you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

**WHERE TO SELL UNWANTED TECH**  
You have several options available to you when it comes to selling unwanted or unused tech:

**SELL ON THE HIGH STREET**  
Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

**SELL ONLINE**  
Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

**TRADE IN**  
Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

**SELL ON SOCIAL MEDIA**  
More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

**WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH**  
> Remove the SIM card and micro SD card if there is one  
> If using iCloud, sign out before passing on the device  
> Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.

# Woodbridge Property Market Update



I wanted to take a moment to thank all of you in the local community who have supported me since opening my business earlier this year. Asking prices are likely to rise by 5% next year. Quite a bold statement by Rightmove but one I can't help to agree with here in Woodbridge.

Property prices surged through most of last year's lockdown and for much of this year, in common with many other big economies, bolstered by increased demand for space as people worked from home as well as a tax break on purchases. Homes with plenty of space - both inside and out - have been the star performers, as have those properties in well-connected towns and villages with access to the countryside. Hence why Woodbridge has been such a sought after property hotspot.

However, we have averaged around 24% fewer properties coming to market in Woodbridge and surrounding villages if we compare 2021 to 2019. This is an even bigger fall in property availability than the national average, which shows a 16% fall on the level two years ago. However, in October, Rightmove recorded a 14% increase in the number of requests by homeowners for valuations from estate agents, compared with the same period last year, a sign of building momentum.

So, if competition rises with more inventory next year, how do you make sure you benefit from the house price rises?  
It really is all down to timing. If you wait to list your home, you run the risk of coming to the market with lots of competition. Supply and demand will always tip the scale on achieving the best price.

I recommend a simple but effective strategy to the clients I work with to put you in a position to accept the best offer from the best buyer, whilst giving you chance to find your dream home. This puts you in control of the process whilst ensuring you pip your competition to the post for the best buyers in the market.

If you'd like to discuss this strategy, that can take place off-market please let me know. If you're looking for any property-related advice on the local market, please give me a call.

*Tim Giles*

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# Bah Humbug... TAX SEASON IS HERE

The deadline to file your 2020-21 Self-Assessment tax return is fast approaching. Last year over 12.5 million taxpayers were required to complete a Self-Assessment tax return but over 1.8 million taxpayers missed the 31 January deadline.

**The deadline for submitting your 2020-21 Self-Assessment tax returns online is 31 January 2022.**

You should also be aware that payment of any tax due should also be made by this date. This includes the payment of any balance of Self-Assessment liability for the 2020-21 plus the first payment on account due for the current 2021-22 tax year.

## If you miss the filing deadline

then you will usually be charged a £100 fixed penalty if your return is up to 3 months late, regardless of whether you owed tax or not.

HMRC is encouraging taxpayers to complete their tax return as early as possible to avoid getting stressed as the filing date looms. In fact, last year over 2,700 taxpayers submitted their tax returns on Christmas Day with a further 8,500 taxpayers completing their tax returns on Boxing Day.

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**If you are filing online for the first time** you should ensure you register to use HMRC's self-assessment online service as soon as possible. Once registered an activation code will be sent by mail. This process can take up to 10 working days.

**Most COVID support scheme grants** are treated as taxable income in the same way as other taxable receipts and need to be reported to HMRC. This means that if you received a support payment during the 2020-21 tax year, such as the Self-Employment Income Support Scheme, this needs to be reported on your self-assessment tax return. If you received the £500 one-off payment for working households receiving tax credits this does not need to be reported under self-assessment.

**MJB Avanti can help you to file online on time, no fine 01473 558866**



# AROUND THE WORLD ON NEW YEAR'S EVE

Have you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

## SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

## EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

## DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

## RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

## THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

## WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.





## GET FIT WITH

# a hop jump and skip

**Y**ou probably thought your skipping days were behind you, along with pigtails and hopscotch, but maybe it's time to revisit your childhood hobby.

If you're looking for a simple cardio exercise that can boost your fitness and help you lose weight, then skipping could be for you. Loved by boxers and fitness fans alike, it's an essential move to amp up your workout routine.

### WHAT ARE THE BENEFITS OF SKIPPING?

Skipping is fast-paced, high intensity and, best of all, cheap. It's also a good way of burning calories. In fact, an hour of skipping could burn as many as 1,600 calories. You can use skipping to warm up before your main workout, but doing some skipping drills can be an amazing form of cardio that will have you sweating in no time.

Skipping helps improve your strength and co-ordination, and it can help tone multiple areas of your body, including your arms, legs and core.

One of the great things about skipping is that it can be done anywhere, whether you're at home, in the park or even on holiday, as the ropes are affordable and portable. You can also mimic the action of skipping if you don't have a rope – this is often done as active recovery between sets in a workout, helping to keep your heart rate up.

If you live in an apartment or have a small space,

then give cordless skipping a try. Cordless skipping ropes are weighted and feature cool technology that will make you feel like you are skipping without the need for a rope.

### ARE THERE ANY DOWNSIDES?

While skipping has a lot of benefits, there are some downsides too. For people with an injury, skipping could aggravate things, putting pressure on joints and muscles. If you have problems with your knees or feet, you should probably avoid skipping and find other forms of cardio instead.

### YOUR RECOMMENDED SKIPPING ROUTINE

There are all kinds of skipping routines you can follow to help you enjoy a great workout. Beginners will want to aim for five minutes of skipping, while more-experienced skippers can skip for up to an hour. Start with a classic skip, building up to more difficult moves such as a crossover skip.

Mix up your skipping with other cardio moves such as jumping jacks, mountain climbers and burpees. Create your own HIIT (high-intensity interval training) workout with 40-seconds on/20-seconds off intervals to burn calories and get pumped.

Could skipping be the secret weapon in your fitness routine? Why not grab a rope and give it a try?



# INDIGESTION *be gone!*

## SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



**W**hile the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

### PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

### GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

### APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

### FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

### BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

### LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

### WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



### ARTIFICIAL EYES, BIONIC VISION AND OCULAR PROSTHETICS THAT ARE REVOLUTIONISING HOW WE SEE THE WORLD

For people who suffer trauma or serious eye disease, the reality of losing an eye or significant sight can be a harrowing one. In the past, the solution of replacement with a glass eye was the only way of restoring some level of aesthetic appearance.

In 2021, those aesthetics have moved forward significantly. The prosthetic implants involved in eye surgery are at the very peak of artificial eye technology, with a completely natural look and the ability for the patient to resume normal activities, such as driving, swimming and other forms of exercise. They can also apply make-up and mascara to the area without damaging the prosthetic.

Of course, the next level of eye technology is the bionic eye. When science can replace so many other parts of the body, are we really so far away from replacing artificial eyes with fully working machines that restore sight, or even offer it to people who,

from birth, have never been able to see?

Scientists in America are currently working on the bionic eye, although the technology is still in its infancy. It uses a retinal implant to mimic the function of the retina. When connected to a video camera, it converts images into electrical impulses. These, in turn, stimulate existing retinal cells which carry the signal back to the brain for processing.

At present, the bionic eye would produce sight as basic shapes and depth, and in black and white. It would be possible to read a book, though with only 60 electrodes – a fully working eye has a million – the quality of vision is limited.

The good news is this is only the start. Just as the technology behind cochlear implants accelerated quickly to give sound to those who thought their hearing was lost forever, so too may there be a light at the end of the tunnel for those who yearn to be able to see.

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# PHONE FINE

## DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

### HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

### HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games



when stationary in motorway jams and at traffic lights.

### WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

### ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

### WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at [www.gov.uk](http://www.gov.uk)

Photo credit: Chaitonin Patamov/Shutterstock.com; Kaspars Grinvalds/Shutterstock.com



# Wine o'clock DESTINATIONS

Do you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.



Tenerife, Spain



Campania, Italy



Ashford, Kent



Newent, Gloucestershire

**Languedoc-Roussillon, France:** A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

**Tenerife, Spain:** While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

**Campania, Italy:** If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

**Ashford, Kent:** If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenterden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

**Newent, Gloucestershire:** Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.

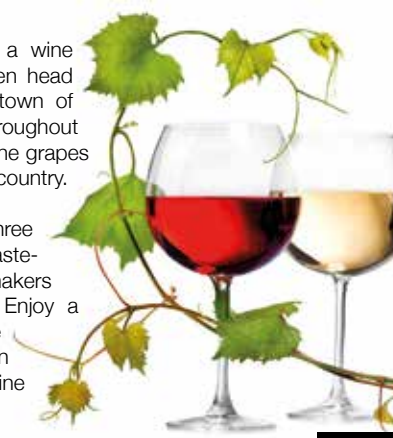


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KIDS

# Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?

A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

### REINDEER FOOD MIX: YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

### HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

### REINDEER COOKIES: YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

### HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

### What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.



# Doggy DOWNTIME

**H**ave you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

## WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

- 1. Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
- 2. Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
- 3. Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

## DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

## HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the [www.dogtv.com](http://www.dogtv.com) website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

## DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.



# PEARL HARBOR

## *remembered*

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

**P**earl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.







BRITAIN'S GREATEST SPORTING MOMENTS...

SPORT

# HEAVYWEIGHT CHAMPION

*of the world: Frank Bruno*

**FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER**

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

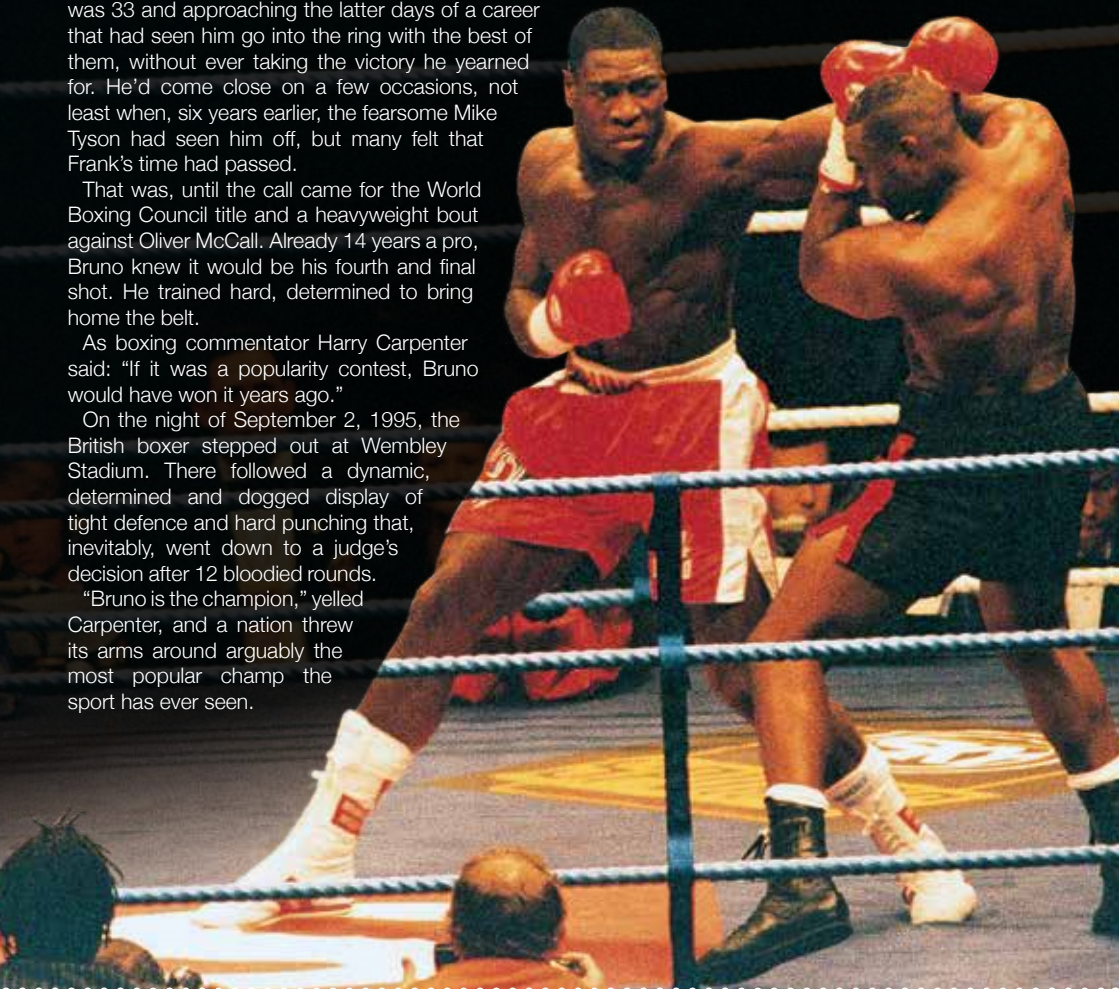
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



SPORT



Photo credit: Tom Oldham/Shutterstock

# Nicola Adams: HEAR HER ROAR

In her riveting new documentary, *Lioness: The Nicola Adams Story*, it's revealed that the boxing champion was both a fighter and a survivor long before she ever stepped foot in the ring.

The 2012 Summer Olympics were remarkable in so many ways for the UK, as host city London became the global epicentre for sporting greatness. Medals were won, young athletes were discovered and legends were forged in the eternal flames of the Olympic torch. But of all the many moments of glory, 29-year-old Leeds native, Nicola Adams, becoming the first female boxer ever to win a gold medal is surely one of the most memorable.

Since her triumphant debut as an Olympian almost a decade ago, the charismatic firebrand has cemented her status as a national treasure. After winning a second gold at the Rio 2016 games, Adams turned professional, where she held the World Boxing Organisation female flyweight title two years in a row and retired undefeated.

Then, in 2020, the LGBT icon made history once

more by starring on the 18th series of *Strictly Come Dancing* as part of the show's first same-sex couple, alongside professional Katya Jones. Sadly, Adams's dancing dreams were cut short when she tested positive for COVID-19.

Yet despite her acclaim, very little has been known about Adams's journey before that momentous day in 2012, until now...

Named after Nicola's nickname in the ring, 'Lioness', the Amazon Prime Video documentary – which is available to watch now – not only features exclusive early footage of her career, but also paints a tragic portrait of her childhood, including a violent father and her mother's struggle as a single parent.

It becomes evident that the boxing ring was a refuge for the young athlete, and though she may have faced many challenges since – misogyny, racism and homophobia all feature in her quest for greatness – it was there in that Leeds boxing club where Nicola Adams found her true self, and several years on, became an inspiration to others.



# PUZZLES & TRIVIA

PUZZLES

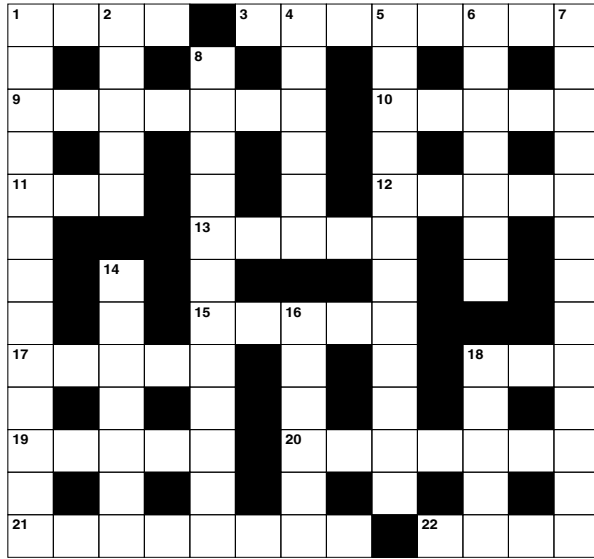
Answers: see end of The VISION Listings

### ACROSS

- 1. Skin irritation (4)
- 3. Assembled (8)
- 9. Allocations (7)
- 10. Small dust particles (5)
- 11. Drivel; nonsense (3)
- 12. Exit (5)
- 13. Long-handled spoon (5)
- 15. Ellipses (5)
- 17. Steep slope (5)
- 18. Intentionally so written (3)
- 19. Buffalo (5)
- 20. Become less intense (4,3)
- 21. On the outer side (8)
- 22. Examine by touch (4)

### DOWN

- 1. Not capable of being restrained (13)
- 2. Destroy (3,2)
- 4. Utterly senseless (6)
- 5. Vagrancy (12)
- 6. Take back (7)
- 7. Rude and discourteous (13)
- 8. Metal device for removing tops (6,6)



- 14. Receiver (7)
- 16. Ratio of reflected to incident light (6)
- 18. Heating apparatus (5)

### DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in Guinness World Records as the most fearless animal on the planet.

### SUDOKU

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

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