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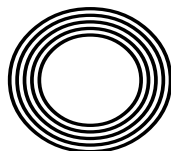
*Dry January*

The best places to visit

**LEARN THE BASICS**  
of British Sign Language

*Frankie*  
**DETTORI**

The jockey's racing success in the saddle



**FREE**

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JANUARY 2022

# Editor's notes...



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Woodbridge. I know you are reading this later in January, but I'd like to start by wishing you a happy New Year. I hope you had a great Christmas and New Year with those that matter and that your January has started well. If, like me, you couldn't help but be impressed by the achievement of Rose Ayling-Ellis from the recent series of *Strictly Come Dancing*, it may have made you think more about those who are deaf or hard of hearing. The show gave a platform for an oft-neglected community, demonstrating their talents and capabilities, which have not been as recognised as they should be.

This month's issue has a timely article on British Sign Language (BSL), something that I believe should be more widely taught. Just like any language, understanding the basics can bridge divides and make people feel more included. At a local level, places like Lexden School's Unit for Hearing Impaired Pupils help ensure that children who are deaf or hard of hearing can access the same high-quality education as any other pupil. I hope that Rose's achievement is the start of more prominence for the deaf community in 2022 and that we all begin to take BSL more seriously as a way of showing support and inclusivity at a local level.

*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

Inside pages recyclable

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We can offer support to parents in dealing with any issues that arise in raising a deaf child.

The Enhanced Provision is staffed by Teachers of the Deaf, teaching assistants who are specifically trained to work with deaf pupils, and a midday assistant. All of these sign to a minimum of BSL 1, most to BSL 2.

Our signing choir is open to children across the school so they can sign too!



Children wear radio aids in class to give them the best access to the teacher's voice and all mainstream classrooms have sound field systems which enhance the quality of sound.

Children have opportunities to work with a Teacher of the Deaf on a daily basis.

**What OFSTED says:**

*"For pupils in the hearing impaired unit, individual needs are precisely met. Adults provide a language rich environment so pupils build their vocabulary and reading skills. Work demonstrates good progress and pride in their learning."* (2018 report)

Contact Kate Purcell

Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS

01206 573519

[uhi@lexden.essex.sch.uk](mailto:uhi@lexden.essex.sch.uk)

# British Sign Language

## basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

### WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

### WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

### UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:



Photo credit: british-sign.co.uk

### BASIC BSL SIGNS:

#### 'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



#### 'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

#### 'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

PLEASE/ THANK YOU



#### 'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

#### 'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

SORRY



FIND OUT MORE ABOUT BSL AT [WWW.BRITISH-SIGN.CO.UK](http://WWW.BRITISH-SIGN.CO.UK)



# HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

## 1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

## 2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

## 3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

## 4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

## 5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

## 6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



1



2



3



4



5



6



## A helping hand with your trip at our Cotswolds Travel Clinic

**After many months of travel restrictions for those entering the UK or wishing to travel abroad, BenCrest Chemist can offer a helping hand with your plans for holidays and trips overseas this year thanks to our Cotswolds Clinic services.**

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We also offer rapid antigen tests, or Lateral Flow Tests, which give results after just 30 minutes for those who have already had the Covid virus and wish to check that they are no longer infectious, or as a speedy test for those without Covid symptoms before socialising or for their own peace of mind.

In addition, our staff can advise on other travel vaccinations and preventative medication such as malaria treatment as may be required for other countries, as well as providing over the counter medication and supplies such as sun creams or sting and bite relief to ensure your trip is as safe and comfortable as possible.

For more information or to book an appointment with our Travel Clinic please call us or visit us in store. We look forward to welcoming you!

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# VERY PERI

Colour  
of the year  
2022



Photo credit: elonastrenka/Shutterstock.com, www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

### What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

### What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

### How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



# Update your BATHROOM on a budget

The beginning of a new year is one of the most popular times for home renovations. But don't worry if you are feeling the pinch from Christmas, as our below interior design tips promise to transform your bathroom for less.

**Paint the ceiling:** Instead of just repainting your bathroom walls in the same uninspiring shade, customise the space by adding a pop of colour to the ceiling. All you need is paint in your chosen colour, a stepladder, a roller and a brush.

Make sure you put down an old sheet first to protect your flooring, and opt for bathroom paint as this is designed to prevent mould and has a washable finish.

**Add new storage:** If your bathroom is more cluttered than calming, then why not look into some new storage solutions? Open shelving is cheap and can make your bathroom feel more spacious. Alternatively, you could repurpose an old ladder to use as a rustic towel rail.

**Replace the shower curtain:** You will be surprised at just how effective a new shower curtain can be at uplifting the overall feel of your bathroom. Incredibly cheap and with many designs to choose from, we recommend that you go bold with a bright colour or statement style.

**Renew wooden flooring:** Wooden flooring has become increasingly popular in bathrooms as homeowners embrace a more natural look. If your wooden floor is looking a little tired, a quick coat of paint or wood stain will instantly update the space. For a cosy feel, opt for a darker colour, and to open up the room, go light.

**Invest in indoor plants:** One or two well-placed houseplants will instantly transform your bathroom into an indoor oasis. From shower plants to trailing plants, a bit of greenery can turn a cold and clinical space into one that feels alive. Choose plants that don't mind a humid atmosphere, such as asparagus fern, spider plants and Chinese evergreen.

Photo credit: Future PLC/Colin Poole, Future PLC/Matthew Williams, Future PLC/Jamie Mason, Future PLC/Claudia Dulak via www.idealhome.co.uk

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ALTERNATIVE USES FOR

# peanut butter

Whether your child loves peanut butter sandwiches or you can't get enough of satay sauce, peanut butter is a store cupboard staple for many families in the UK. But did you know that it can also be used to overcome a whole host of household hurdles?

*To clean leather:* Shop-bought leather-cleaning products can be expensive. Luckily, peanut butter can be just as effective at restoring your leather goods to their former glory. Simply apply in a circular motion and buff away with a clean cloth.

*To lure mice:* Mischievous mice and creepy crawlies cannot resist peanut butter, which is why it makes the perfect pest bait. Smear a small amount near entrances or cracks in the wall, wait for them to get stuck, and then remove from your home. Or place a spoonful on a humane mouse trap.

*To deodorize your home:* If you have cooked fish and you can't get rid of the smell, peanut butter is the ideal antidote. All you need to do is add a spoonful into a frying pan, gently heat, and the odour should disappear in a matter of minutes.

*To eliminate squeaks:* Run out of WD-40? Peanut butter is a highly effective lubricant for fixing squeaky hinges or drawers. Just apply a small amount to the area and marvel as its natural oils banish the squeak.

*To remove adhesives:* Both gum and glue can be a nightmare to remove from surfaces in your home. However, with just a dab of peanut butter, you can easily wipe away these sticky substances. Apply a small amount to the affected area, leave to sit for a few minutes, and then wipe away with a clean cloth.





# Stylishly SUSTAINABLE

Are you a conscious consumer? Check out the top sustainable homeware brands for 2022 below and spruce up your home while simultaneously limiting your impact on the environment. Who knew spending your money could feel so good?

## AERENDE

The brainchild of Emily Mathieson, former travel writer for *The Guardian* and Condé Nast, Aerende was founded in 2016 with the aim of offering ethical and locally produced homeware items. From gorgeous candles to stunning wooden kitchenware, all Aerende products are produced in low-volume batches and are designed to improve as they age for enhanced longevity.

## AESTHETE LABEL

Launched during lockdown, this vegan lifestyle and homeware brand offers minimalistic interior design products that won't break the bank. Browse its online store and discover a selection of handmade ceramics, candles and nature-themed photographic prints.

## NOVE LIGHTING

NOVE is a British lighting company that is committed to using natural materials and traditional crafting techniques. Cork features highly in its designs, with founder Kirsty Saxon having fallen in love with this sustainable material during her many visits to Portugal. In fact, 'nove' means nine in Portuguese, as this how often you can harvest cork trees.

## MÅEMARA

If you want to help protect the ocean from landfill-bound plastic and hazardous waste, then this is the ethical homeware brand for you. Founded in 2019, Måemara offers a wide range of stylish homeware items, such as cushions and beanbags, as well as green botanical print tote and cosmetic bags.

## RISE & FALL

A hater of fast fashion, Rise & Fall was created with the goal of making luxury shopping accessible for all. Offering its members up to 80 per cent off high-end homeware products, including bed linen, duvets and throws, £3 from every bed sheet sale goes directly to the youth homeless charity, Centrepoin.



# Swooning over Kimberly

One of the most important things to know about Kimberly Duran, the face behind Swoon Worthy, is that she is 'obsessed with interiors'. And it certainly shows.

Swoon Worthy is a delightful interiors blog that features pretty pastels, quirky details, and tonnes of style. It's a mix she calls "eclectic boho glam" – a style we're completely on board with.

## Meet Kimberly Duran

Kimberly describes herself as "a design-obsessed DIYer, an award-winning UK interiors blogger, a freelance writer, a professional candle-maker, and a crazy cat lady".

Kimberly's home is filled with pink, florals, and stylish gold detailing – the modern boho girl's dream. She may describe it as "artfully arranged clutter", but if that's what clutter looks like, sign us up.

## Making your home Swoon Worthy

Kimberly's style is very accessible and versatile. You could make it work in your bathroom, kitchen, living room – anywhere that needs a touch of glam. She works to a budget, with a lot of DIY ideas you can easily recreate in your own home. To recreate her look, take a look at the following tips:

## Keep rooms light and airy

There's a recurring theme throughout Kimberly's home, and that's plenty of light. All of the rooms are painted white or in light neutrals, which creates the illusion of space. The colour comes in the accent details, which include plenty of pinks, greenery and the occasional pop of colour.

## Display all the way

A lot of decor experts will tell you to put clutter away, but when your clutter is as pretty as Kimberly's, you're going to want to display it. Choose items that fit with your colour scheme to create a stylish kitchen that looks far from messy. From your crockery to cookbooks, it all looks good laid out for everyone to see.

## A touch of gold

Something that Kimberly does very well is to use gold in her decor to add a touch of luxe and glamour – which is exactly what modern boho is all about. Gold decor is very popular and affordable at the moment; however, you can always upcycle existing pieces with gold spray paint for a budget-friendly upgrade.







## The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter. While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months. Check out some budget-friendly ways of giving your bedroom a winter makeover.

### CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

### EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

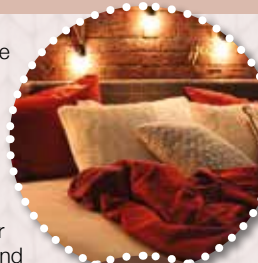
### SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

### EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



## Family's appeal to help boy fight brain tumour

A family battling to help their son, who is being treated for a serious brain tumour, has raised more than £16,000 for a new treatment.

Yoan Zhivkov, eight, who attends Kyson Primary School in Woodbridge, was diagnosed with a rare brain tumour last year.

When Yoan started to have painful headaches, he underwent an MRI, which revealed a tumour in his brain. He was rushed to Addenbrooke's Hospital and underwent surgery on March 5, 2021.

The surgery went well, with 90 per cent of the tumour successfully removed.

The family found out a month later that Yoan had an H3 K27M-mutant diffuse midline glioma – a very rare and aggressive tumour. The median survival rate is less than one year from diagnosis.

After his headaches returned, Yoan underwent another MRI, which revealed that the tumour was growing.

His family has continued searching for alternative treatments and has discovered the existence of a new medicine called ONC201, which they believe could help Yoan. Unfortunately, the medicine is very expensive, so the family is urgently appealing for donations so Yoan can begin the treatment as soon as possible. At the time of writing, their GoFundMe page has raised more than £16,000.

Yoan's mother, Monika, said: "There's nothing more horrifying than the thought that you can lose your child and that you can't help him."

To donate, search 'help Yoan in his fight with tumour' on [www.gofundme.com](http://www.gofundme.com)





Photo credit: Woodbridge Town Council

# Improvements to playground prove popular

Woodbridge Town Council's (WTC) new play equipment on Kingston Field, which opened to the public just before Christmas, is proving popular with users.

From the number of visitors to the area, WTC believes that the new adventure play boat, tractor, accessible roundabout, and sensory activity board have been well-received.

WTC is aware of the issues with flooding and mud at the main gate, and the third part of their programme to update the field this year, which started with the renewal of the bridge over the Kingston stream, will hopefully rectify the issue.

On Monday, January 10, contractors started work to install a footpath from the two entrances over the stream.

# Man pleads guilty to burglary of farm shop

A man has admitted the burglary of a shop in Woodbridge. On December 17, Thomas Nicholls, 30, of Brightwell Close, Ipswich, appeared at Suffolk Magistrates' Court, having previously pleaded guilty to burgling Marlesford Farm Café and Shop (pictured).

Two bottles of apple juice and a Save the Children charity tin were taken.

Nicholls admitted to taking the apple juice, but not the charity tin.

Magistrates gave Nicholls unconditional bail. He will be sentenced at Ipswich Crown Court later this month.



Photo credit: Google Maps



FITNESS  
*by Ashley*

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# Tax increase expected as council to finalise budget

Woodbridge Town Council (WTC) is asking for residents to give their views before it finalises its new budget.

A small increase in council tax – currently forecast as less than 20p per week for a Band D household – is expected in order to cover the cost of major works.

These include WTC's investment in Kingston Field, which saw a new pedestrian bridge and new pathway created and enhanced play equipment installed.

WTC is also considering making a substantial investment in Elmhurst Park, including the provision of

a Changing Places toilet and increasing the range of accessible children's play equipment. Funding is also being allocated for a sensory garden.

In considering plans for the coming months, WTC's proposals include the creation of a community garden and the installation of a 20mph scheme, having already jointly funded design work on the scheme.

Before WTC finalises the new budget, it would like to hear the views of residents. Please send your comments by email to [deputytownclerk@woodbridge-suffolk.gov.uk](mailto:deputytownclerk@woodbridge-suffolk.gov.uk)

# Prisoner who failed to return has been located

Suffolk Police have located a man who failed to return to a Woodbridge Prison after being out on a temporary release licence.

Robbie Burton, also known as Paul Burton, 46, was reported as missing on Friday, December 10, but police located him and he was arrested in Southend-on-Sea on Friday, December 24.

Burton, who is serving a five-year sentence at HM Prison Hollesley Bay for burglary and fraud offences, has now been returned to the prison system.

Police would like to thank the media and the public for their help with the matter.

Photo credit: Suffolk Constabulary



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# Husband killed wife before committing suicide

A hearing last month found that a man strangled his wife in their Woodbridge home before taking his own life.

Sally Metcalf, 68, and her husband, Jonathan Metcalf, 72, were found dead in their home on April 10, 2021.

At the hearing in Ipswich last month, Suffolk coroners found that Sally was killed unlawfully and

that her husband committed suicide.

Richard Card, Sally's brother, alerted the police to attend the couple's home in Cumberland Street, Woodbridge, after he had failed to hear from her.

Sally died from compression of the neck, according to a post-mortem examination.

The cause of death in Jonathan's case was listed as suicide.

## Travel agents face hardship due to restrictions

A travel agent in Woodbridge has been hit hard by ongoing travel restrictions.

Deben Travel, which will be celebrating its 10th anniversary this month, has faced a number of previous challenges, but the COVID-19 pandemic has been its toughest so far.

Since COVID-19 brought international travel to a near standstill in March 2020, travel restrictions, the introduction of testing, and countless other hurdles have led to many travel agencies seeing a nine per cent reduction in their earnings compared to 2019.

Many of Deben Travel's customers have rescheduled their travel arrangements, while some have opted for a refund.

As they hear of changes to a country's entry requirements, the travel agents contact those due to travel with the updated rules and guide customers through what they may need to do. In some instances, entry requirements for the UK have changed, so the



agents have contacted their customers overseas, arranging tests and assisting with paperwork.

Lee Hunt, director of Deben Travel, said: "We appreciate the need to restrict some international travel if that is what the science deems appropriate to protect our country, but these decisions must go hand in hand with government financial support, as the government has supported hospitality and other struggling sectors of the economy."

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# FRANKIE DETTORI

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”







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## WITH YOUR ECO-FRIENDLY OUTDOOR SPACE

When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space. Make your garden more sustainable with the following tips.

### USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden pallets, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



### SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



### CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



### MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.



### GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.



GARDENING



# Destination DRY!

THE BEST PLACES AROUND THE  
WORLD TO SPEND DRY JANUARY



**D**id you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

## SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

## MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

## PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

## THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

## MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

## TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.

# HELLO EVERYONE...

Having recently returned from the epic trip onboard the Adults Only Virgin Voyages, Scarlet Lady, I wanted to share my experiences.

I must admit I was a little wary of Virgin Voyages as they have heavily advertised that they are focused on attracting those individuals who have not/do not want to cruise. I love cruising so was worried it would be a bit too "out there". How wrong I was!!

The vibe onboard is very laid back. During the day there are lots of activities ranging from acoustic sessions, board games to make up classes and lots of health and well being choices.

Around the pool, the vibe was chilled with low level music being played.

The shows I saw were brilliant. So different to anything I have seen before! I loved the 80s show complete with hula hoops and lots of neon clothing!

We stayed in a Sea Terrace (balcony) cabin which was turned into a twin. It was spacious with a good size balcony that comes with a hammock.

This ship is 100% one for foodies. With all speciality dining included we enjoyed experimental food with paired wines in the Test Kitchen, Korean BBQ food, stylish Mexican flavours in Pink Agave, fine fish & steak dining in The Wake, and a bottomless Prosecco brunch!

This is on top of The Galley food market, low key pizza, hot dogs & tapas options and a truly fabulous ice cream parlour (to reiterate, this is all included, I do not think I have ever eaten as well on a cruise ship!). There was also lots more we didn't get to experience as there was no way we could have got around all the eateries during our short stay, but we tried!

As part of this amazing experience I got to swim with Pigs in the Bahamas, visit Virgin Voyages own beach club on the exclusive island of Bimini in the Bahamas and also see the alligators in the Everglades. Plus, we spent a wonderful evening on South beach Miami and visited the chilled Bayside area of Miami.

I really did fall in love with Scarlet Lady and would go back on her tomorrow if I could!

Scarlet Lady's sister ship, Valiant Lady is sailing around the Med in the Summer and has some amazing itineraries including overnight stays in Ibiza and Mykonos!

Get in touch and let me tell you more about this great cruise line and the wonderful itineraries available!

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**All hail the BACON BUTTY!**

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

**HISTORY OF SANDWICHES**  
The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

**HOW DOES THE NATION LIKE THEIR BACON BUTTIES?**  
More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

**HOW TO MAKE THE ULTIMATE BACON BUTTY**  
While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.  
**You will need:** A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.  
**How to cook the bacon:** Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.  
**How to make:** Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via [foodclub@wearebrazenpr.com](mailto:foodclub@wearebrazenpr.com)







# LOVE YOUR LIVER

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

## What does the liver do in the body?

The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

## How to take care of your liver

**Cut down on alcohol:** One of the jobs of your

liver is to process any alcohol you drink. If you drink more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

**Top tip:** Take three days off from drinking alcohol every week to give your liver time to repair itself.

**Maintain a healthy weight:** A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

**Top tip:** Focus on long-term changes rather than quick weight loss.

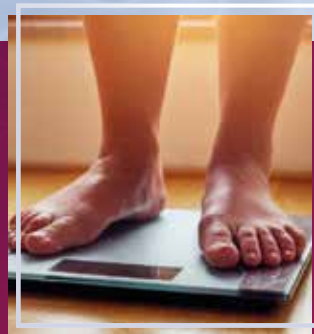
## Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

**Top tip:** Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.

## Best liver-protecting foods and drinks

- ☛ **Coffee** – contains antioxidants
- ☛ **Black and green tea** – improve enzyme levels and reduce fat deposits
- ☛ **Grapefruit** – reduces inflammation
- ☛ **Red and purple grapes** – reduce inflammation and prevent damage
- ☛ **Beetroot juice** – reduces oxidative damage and increases detoxification.



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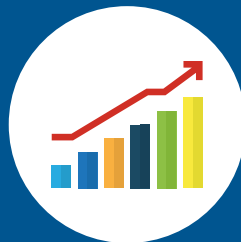


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BUSINESS & PROPERTY

KNOW YOUR  
**WHY**



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.**

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

*More information:*

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)





If you are thinking about adding to your home, you may be wondering about the difference between an orangery and a conservatory. While they can both provide you with a versatile and attractive space, there are several key differences between the two structures.

#### WHAT IS A CONSERVATORY?

A conservatory is characterised by:

- > Having half of each side wall made from glass
- > At least three-quarters of its roof made from any type of translucent building material or clear glass
- > Being built against the wall of a house with a closing door or window
- > A standalone heating source that is separate from the main house.

#### WHAT IS AN ORANGERY?

An orangery can be defined by:

- > Large, tall windows on one side – usually south-facing
- > A brick or stone structure
- > A flat roof with a central glass lantern that can span part or all of the roof
- > An independent heating source, such as a stove.

#### WHAT IS THE DIFFERENCE?

One of the key differences between a conservatory and an orangery is the roof. As mentioned above, a conservatory must have at least 75 per cent glazing on its roof. An orangery, on the other hand, tends to have a standard roof. A conservatory is seen more as a mid-point between your home and your garden, whereas orangeries are more visually comparable to an extension as they can be stand-alone or built against the side of your property.

#### BENEFITS OF A CONSERVATORY

More natural light | Better view of your garden  
| More affordable | More relaxed vibe | Long lasting | Can be used all year round.

#### BENEFITS OF AN ORANGERY

More elegant look | Better insulation | More consistent temperature | Reduced glare and sunlight | Long lasting | Can be used all year round | Adds more value to your property.

# CONSERVATORY VS Orangery



## "Iconic Property For Sale"

This month our featured property is situated in the popular development known locally as Melton Park, surrounded by 50 acres of park and woodlands complete with a golf course.

This property was purchased by the current owners in 2004, who then spent the next few years, sympathetically converting and extending this iconic, building. No expense was spared on this conversion and many original features have been retained, whilst incorporating modern facilities including a sprinkler system.

The immediate area has something for everybody to enjoy from walks in the woods to a game of golf. Just across the road is the Ufford Park Hotel and Leisure centre complete with swimming pool, gym, and golf centre including a driving range.

The double front doors open into an entrance hall with stairs to the first floor, WC/Cloak room and door to the Kitchen /Breakfast room with adjoining utility room. The "L" shaped lounge complete with fireplace wraps around the central octagonal dining room.

In the centre of the first floor is an impressive octagonal landing with fitted shelving and featuring the original water gauge. Doors lead off to the master bedroom with ensuite, 2 further bedrooms and the family bathroom.

The second floor provides access to the wrap around roof top with potential to convert to a roof terrace (subject to planning).

The remaining tower provides flexible accommodation currently comprising, study, family bathroom, bedroom and music room. Outside there is off road parking to the front and a small courtyard style seating area to the rear with 'fire escape' stairs leading from the roof area.

## Going from strength to strength....

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

Tim Said: "2021 was an exciting year for me, and I have been overwhelmed with the support I have received from my home town of Woodbridge, I have been lucky enough to visit some amazing properties in the town which will be hitting the market later this year. Being self employed has allowed me the freedom to be creative with my property marketing, incorporating video tours, 3d walk troughs and embracing social media which has opened buyers minds who may never have thought of moving to the Suffolk countryside before seeing one of my ads"

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

these three little words sum up his agency perfectly.

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

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

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





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TECHNOLOGY

HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES,  
INHALERS OR PILLS

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."

Photo credit: waterloo.ca/COBIONIX



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# Electric avenue

**WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?**

**W**e are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

## Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

## Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).

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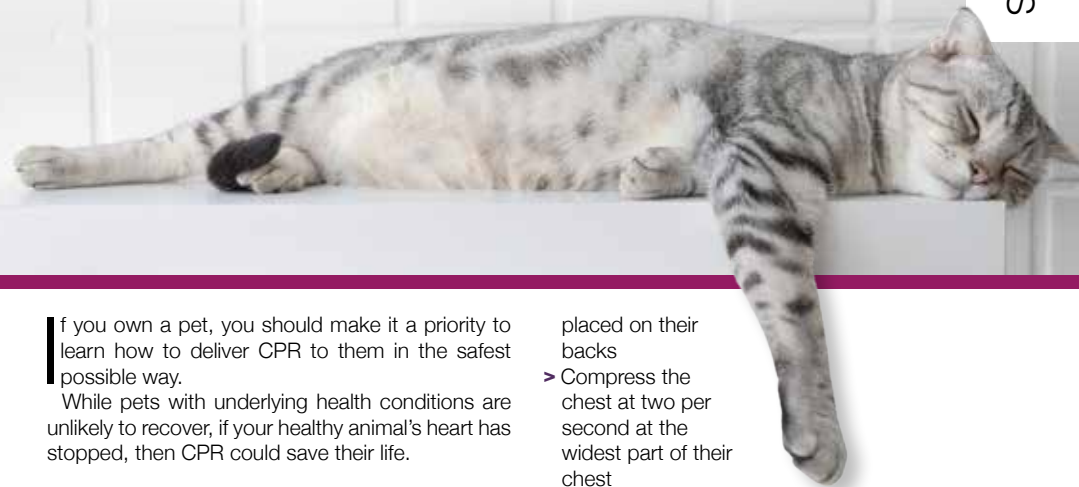
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## HOW TO PERFORM CPR ON PETS



PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way.

While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

### HOW TO CHECK IF YOUR PET NEEDS CPR

#### 1. Check their airway:

Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.

#### 2. Check their breathing

Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.

#### 3. Check their circulation

Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

### HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

placed on their backs

- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

**TOP TIP:**  
Use the beat of the song *Staying Alive* to keep the right pace







# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

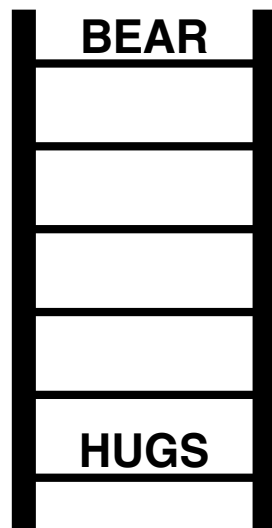
- ▶ BARN
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- ▶ COOP
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- ▶ HIVE
- ▶ HOLE
- ▶ HOLT
- ▶ KENNEL
- ▶ LAIR
- ▶ LODGE
- ▶ NEST
- ▶ PADDOCK
- ▶ ROOST
- ▶ SETT
- ▶ STABLE
- ▶ VESPIARY



## DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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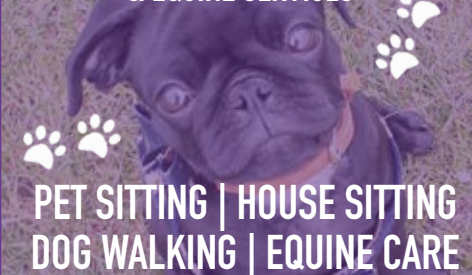
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