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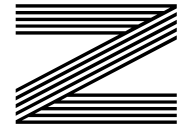
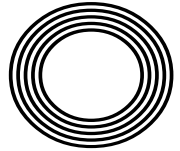
**COVID-19  
HEROES**  
*honoured*

**6 UNUSUAL FACTS**  
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# Editor's notes...

FEBRUARY 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION**Woodbridge. It is that time of the year when the TV schedules start to be filled with some of the old favourites, and there is a comfort to be had in seeing two staple programmes back on our screens last month in *Dragons' Den* and *The Apprentice*.

Pretty much all of my working life has revolved around entrepreneurship, and whilst each show is designed for TV and not truly representative of what it is to run a business, it does at least bring the concept of 'business' to the forefront of our water cooler chats.

In this month's edition, we look at the life of Baroness Karren Brady CBE, one of the most prominent female business leaders in the UK. Not only has she held roles in Premier League football clubs, she is notable for being the youngest ever managing director of a UK public limited company.

She is also a great role model for young people considering the world of entrepreneurship. If you have a young person in your family who is interested in all things business-related, do them a favour and hand them a copy of this month's magazine - you could be the person that starts them on a journey to the very top!

Have a great month in life and business!

*Sean Purcell*

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

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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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# HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

**Sir Chris Whitty:** One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

**Sir Jonathan Van-Tam:** Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

**Dame Jenny Harries:** The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

**Sir Patrick Vallance:** The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.

## DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

### *Valentine's Day was founded on rebellion*

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

### *The x symbol originated in medieval times*

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

### *Valentine's pairings used to be random*

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

### *Juliet still receives love letters on Valentine's Day*

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

### *Henry VIII chose February 14*

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

### *The majority of Valentine's gifts are bought by women*

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

# ...Valentine's Day?

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# EASY PEASY Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

**MAKE YOUR TAPS SHINE:** Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

**DESCALE THE KETTLE:** When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

**CLEAN THE MICROWAVE:** If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

**CLEAN A CHEESE GRATER:** Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

**REMOVE STAINS ON LINEN:** To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.



HOME & DIY



# Your simple guide to WALL PANELLING



**W**all panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

**FIND THE IDEAL SPACE:** Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

**CHOOSE YOUR TYPE OF PANELLING:** There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

**GET YOUR MEASUREMENTS RIGHT:** There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

**BUY YOUR SUPPLIES:** To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

**TIP:** You can get your MDF cut to size at your local hardware store.

**ATTACH YOUR PANELLING:** A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

**FILL IN THE GAPS:** Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

**PAINT YOUR PERFECT FINISH:** With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.

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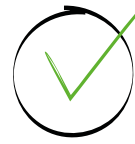
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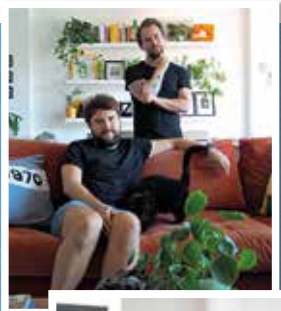
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# The Renting Rules



Tips and tricks from Forward Features on how to make your rented house a home



If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home. Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

### Make a rented space more homely

Rentals tend to favour white or magnolia walls, which can make the space feel cold and impersonal. So David and Mark recommend to add an accent colour. Choose one or two colours to liven things up and create a little depth, using curtains, cushions, coloured vases, or even flower arrangements. You can also add colour and comfort to your sofas with some cosy throws, to help give your home a more personal touch.



### Nail the WFH setup

If working from home has become a long-term arrangement, then you'll need to set up the perfect home office space. In a small house or apartment, this can be difficult, but not impossible. Forward Features recommends keeping things small and compact with multi uses.

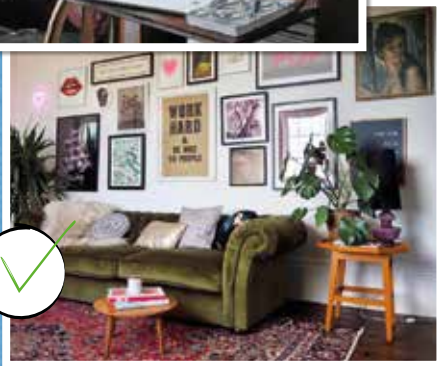
Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.



### Personalise your space with art

Art is a simple and affordable way to personalise your space when your options are limited. Use a combination of standing frames and wall art to help bring a touch of colour and style to your home.

Worried about putting things on the wall? David and Mark recommend Command Strips to combat the 'all holes barred' clause that appears in most rental contracts. Now that gallery wall can finally become a possibility.



Making the most of your rental can be difficult, but thanks to Renting Rules, you can get all the inspiration you need to add some personal touches to your space. Check out the blog at ForwardFeatures.net

Photo credit: forwardfeatures.net, Lisa Dawson via forwardfeatures.net



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AN EASY GUIDE TO

# distressing FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpicks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

### USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

### SAND AWAY

An alternative method to distress furniture with chalk

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

### GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

### APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?

Photo credit: bhg.com, aminecan.com, dododsondesigns.com, nuneired.blogspot.com



Photo credit: SarahAwkwsombe.com



# AWESOME HOME STYLING WITH Sarah Akwisombe



Sarah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah's interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah's décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah's interior design portfolio is edgy, interesting and full of colour. Showing you don't have to stick to traditional looks and colour schemes, she's the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah's looks in your own home include:

**Go back in time:** A lot of Sarah's influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

**Make it fun:** Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

**Don't be afraid of colour:** Sarah's home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah's bold choices inspire you to inject colour into your interiors?



# Healing Herbs & Super Spices

If your four-legged friend suffers with osteoarthritis or any other inflammatory disease, botanical therapies can be used alongside pharmaceuticals to help improve their quality of life.

**TURMERIC:** The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

**How to take:** Sprinkle dried turmeric directly onto your dog's food, approximately 1/8 tsp per day for every 10 pounds of body weight.

**BOSWELLIA SERRATA:** Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

**How to take:** Ingest in tablet form.

**CINNAMON:** Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

**How to take:** Mix powdered cinnamon into their food. Approximately 1/4 tsp twice daily for two weeks for a 50-pound dog.

**HAWTHORN:** If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

**How to take:** Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Claudia Gannon



## Pub tops list of best gastropubs in the country

A Woodbridge pub has been crowned the UK's finest gastropub.

Described as "winsome, warm and witty", The Unruly Pig, on Orford Road, has topped the Estrella Damm Top 50 Gastropubs 2022 list.

Head chef Dave Wall (pictured bottom left) prides himself on his locally sourced, seasonal menus, while owner Brendan Padfield (pictured bottom right) believes the pub's atmosphere reflects his own personality, as he is "a bit of a maverick".

Following a complete transformation, The Unruly Pig has moved up nine places on the list this year, beating

former winner The Sportsman to the top spot.

Brendan told **VISION** Woodbridge: "Shock and awe is what I feel. It's all still sinking in. I woke up and said to myself, 'Did that really happen?'" To say we were surprised is the understatement of the century.

"This is such a prestigious list. To be voted in at number one is therefore a huge honour and a great privilege.

"Head chefs Dave Wall and Karl Green, and restaurant manager TJ Russell, and all the Unruly team have made me so justly proud. This a testament to their dedication, loyalty and sheer hard graft."



Photo credit: Ruth Leach

# Photographer sinks artwork in polluted river

A Woodbridge photographer submerged portraits of local public figures six feet underwater to make a statement about a pressing local problem.

For a month, Ruth Leach sank 20 A2 portraits in the River Deben to highlight the issue of river pollution.

The purpose of the art project is to raise awareness about the condition of the area's rivers in light of the Environmental Audit Committee's recent Water Quality in Rivers report – which revealed that only 14 per cent of English rivers meet good ecological status.

For Ruth's project, 20 residents were photographed, including a councillor, musicians, artists and a dog trainer, at the studio space at Robertsons Boatyard.

The portraits were then submerged in the River Deben, symbolically illustrating how the river shapes local inhabitants as well as how residents impact the environment in return.

The artwork will go on display at Artspace Woodbridge from February 17 to 23.

Ruth told VISIONWoodbridge: "It is hoped that the exhibition of the results will open conversations about our river water quality and pave the way for a sea grass repopulation project on the Deben."

The exhibition will also feature a collection of images captured from kayak on the River Deben.

To find out more, visit [www.artw.co.uk](http://www.artw.co.uk)

# Cricket club invites new players to join in

Woodbridge Cricket Club (CC) is actively looking for new players for the 2022 season, following a successful 2021.

Woodbridge CC runs two Saturday Xi's as well as a midweek T20 side. Last year, Woodbridge CC had a double promotion for the 1st Xi and a 4th place finish for the 2nd Xi. Both weekend Xi's participate in the Marshall Hatchick Two Counties Cricket Championship and the T20 side takes part in the Suffolk T20 competition.

Woodbridge CC is a friendly, welcoming club that values members of all ages and abilities equally, with many different types of social events taking place all year round, ranging from family barbecues to nights out on the town, while maintaining a competitive spirit on the field.

To find out more, email [woodbridgcricketclub@gmail.com](mailto:woodbridgcricketclub@gmail.com) before the 2022 season starts in April.



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LOCAL NEWS

## Village hall awarded £10k grant to renovate roof

A village hall in Woodbridge which offers a huge range of community activities has been given funding towards a new roof.

Following a successful application for funding from the Woodbridge, Melton and Deben Peninsula Community Partnership's Small Grants scheme, Hollesley Village Hall Committee has been awarded £10,000 towards replacing the roof, which was recommended following a building survey in 2019.

Hollesley Village Hall is used by residents and those from surrounding villages for social clubs and activities including karate, yoga, drama and a youth club, as well as providing a base for medical appointments.

Councillor James Mallinder, East Suffolk Council's cabinet member for the environment (pictured centre), said: "One of the Community Partnership's top priorities is the creation of village hubs, and Hollesley Village Hall is an invaluable local asset, already used for a host of community activities attended by an

estimated 1,000 people each month. Many of these activities provide opportunities for meeting others and reducing loneliness. The new roof will enable the hall to continue to be used for years to come."

Gery Bathe, chair of trustees of Hollesley Village Hall Committee, thanked the council for supporting the project to replace the roof and install photovoltaic solar panels.

She said: "Sadly, COVID-19 and the lockdowns prevented many fundraising activities from taking place, so this grant has enabled us to begin the work.

"We are also very pleased to be working in partnership with HMP Hollesley Bay. The contractor has a training arm and prisoners are able to work to obtain roof installation qualifications to enable them to secure a job on their release."

A cheque presentation was held last month, attended by cllr Mallinder and representatives from the Village Hall Committee.

## Council launches grant scheme for charities

Woodbridge Town Council (WTC) has launched its grant scheme for this year.

WTC is offering grants to help charities and voluntary organisations that contribute to the wellbeing of the town and the local economy.

The deadline for applications is May 31, and

applications must be sent to the Town Clerk at Shire Hall, Market Hill, Woodbridge IP12 4LP or emailed to [townclerk@woodbridge-suffolk.gov.uk](mailto:townclerk@woodbridge-suffolk.gov.uk)

WTC will award the successful applicants in July.

To find out more, search 'grant scheme' on [www.woodbridge-suffolk.gov.uk](http://www.woodbridge-suffolk.gov.uk)



# Award-winning hair stylist helps open new salon

A national award-winning hair stylist has landed her dream job after helping to open a new salon at Woodbridge's Ufford Park Hotel.

Stylist Becky Marion (pictured) has been appointed manager of A Cut Above, which opened at the East Suffolk hotel last month.

Becky, who specialises as a colour technician, said the job is a "dream come true" thanks to the salon's unique location, which boasts stunning views across the hotel's golf course.

She said: "It has been really exciting getting everything ready. I want this to be a space for clients and their families to come and have a chinwag and leave feeling beautiful.

"Everyone has had such lovely things to say so far and can see we have something special here."

Becky's previous work in salons has seen her win numerous national awards, including a silver award for

Colour Technician of the Year at the British Hair and Beauty Talent Awards in 2020.

A Cut Above is located inside the hotel spa, which boasts a pool, thermal suite, fitness studio and treatment rooms.

Becky added: "There is so much to enjoy here; you can get your hair done, spend a day in the spa and enjoy a few drinks in the bar.

"I want to give my clients an offer they cannot get anywhere else.

"I am one of the luckiest people in the world. I love my job and love meeting and speaking to my clients, but to do so here where we have such a unique offering is amazing.

"I am really looking forward to the future and what we can achieve."

More information on the salon can be found on the Ufford Park website at [www.uffordpark.co.uk](http://www.uffordpark.co.uk)

# Residents invited to society's Fairtrade talk

The Woodbridge Society will welcome the chief executive of The Fairtrade Foundation (TFF) for a talk about the wide-ranging work of his organisation at the beginning of next month.

Michael Gidney has worked in the field of international development for 30 years, with a particular focus on fighting poverty through trade, and has been running TFF for 10 years.

Michael's talk will take place on Wednesday,

March 2, at 7.30pm in The Woodbridge Society's new home, Quay Church near the bottom of Quay Street. Visitors are welcome and are asked to donate £5.

The Woodbridge Society aims to promote the conservation, protection and improvement of the town and to help educate the public.

For more information about the Woodbridge Society and the work it does to conserve the quality of the town, visit [www.woodbridgesociety.org.uk](http://www.woodbridgesociety.org.uk)



# BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

### 1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

### 2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

### 3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

### 4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

### 5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.





# Inspirational K A R R E N

**BARONESS BRADY OF KNIGHTSBRIDGE CBE**

**B**aroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



# HOW TO boost YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

crucial for those wanting to boost their metabolism and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

### METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

### 1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

### 2. INCREASE YOUR FIBRE INTAKE

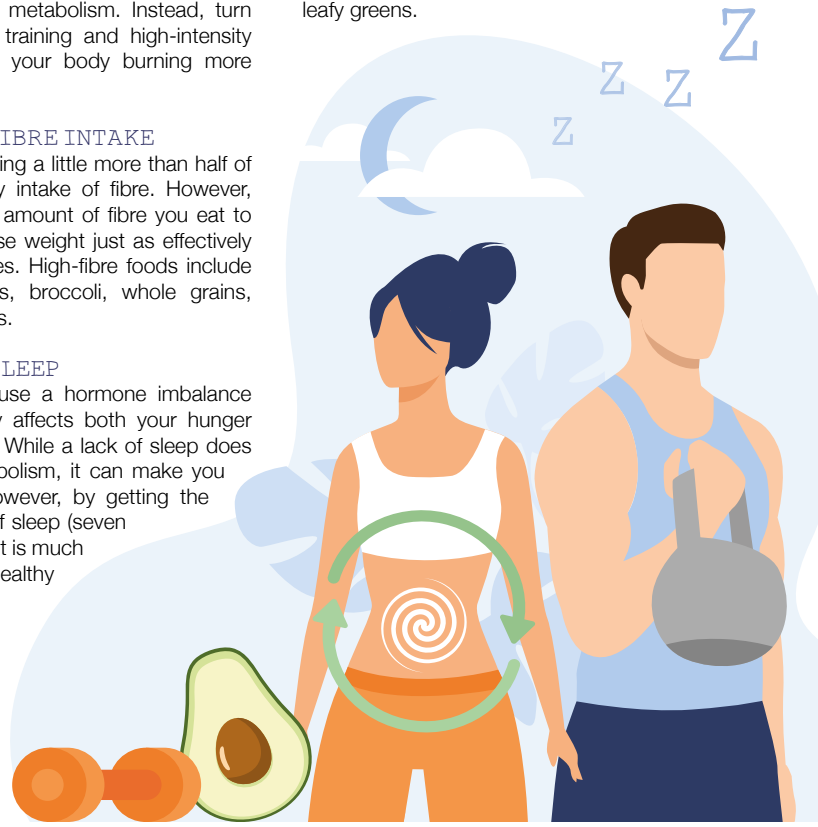
Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

### 3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

### 4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is



FITNESS  
*by Ashley*

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# Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

## GLUTEN-FREE PANCAKES – serves 4

You will need:  
125g gluten-free plain flour | 1 large egg | 250ml milk

## DAIRY-FREE PANCAKES – serves 4

You will need:  
125g plain flour | 1 large egg | 300ml hemp or coconut milk

- How to make:
- > Put flour into a bowl and make a well in the centre
  - > Crack in the egg and add ¼ of the milk
  - > Combine using a hand or electric whisk
  - > Once smooth, mix in another ¼ of the milk and whisk again
  - > Mix in the remaining milk.

- How to make:
- > Put flour into a bowl and make a well in the centre
  - > Crack in the egg and add 100ml of milk
  - > Whisk until you have a smooth paste
  - > Add another 100ml of milk and whisk again
  - > Mix in the remaining milk.

## SUGAR-FREE PANCAKES – serves 4

You will need:  
125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

- How to make:
- > Mix all the dry ingredients in a bowl
  - > Mix all the wet ingredients in a separate bowl
  - > Pour the wet mixture into the dry ingredients and whisk together.

## HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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achieving both their business and personal financial goals, and for many this could be establishing a route to exit strategy.

Recently, we have been helping a number of our entrepreneur clients develop exit strategies.

### There are many issues to consider:

- When do you want to retire?
- Can the business be sold to your employees?
- Is a trade sale more likely?
- Are there children involved?
- How much is the business worth?
- What needs to be done to enhance the value of the business?
- How long will it take?
- Do you want/need to stay on after sale or transfer?
- What are the tax consequences?

We have a **tried and tested methodology** to address these issues and to help you prepare your business for sale, find potential buyers, and negotiate to get the maximum price a buyer feels your business is worth.

**If you would like to discuss your personal exit plans, contact the MJB Avanti team.**

At MJB Avanti we help our clients succeed, achieving both their business and personal financial goals  
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# BANISH THE BALD

Male pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s. It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

### BIOTIN

If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

### VITAMIN D

A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

### ZINC

Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

### VITAMIN E

Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

### HOW TO PROMOTE HAIR GROWTH:

- > Take a supplement
- > Eat zinc-rich foods such as meat, shellfish and legumes
- > Massage a vitamin oil into your hair
- > Use a vitamin-based shampoo and conditioner.

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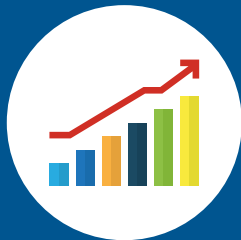


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BUSINESS & PROPERTY



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.**

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

*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)



# STEP-BY-STEP GUIDE TO BUYING A HOUSE



As one of the biggest purchases you'll ever make, the stakes are high when it comes to buying a house. But until you've been through the process yourself, you'll likely have a lot of questions about how it works and what you need to do.

Take a look at our step-by-step guide for first-time buyers.

**STEP 1.** Work out how much you can afford to spend on a property. You'll need to factor in costs such as legal fees, stamp duty, mortgage application fees, and the costs of moving and furnishing your property.

**STEP 2.** Save for your deposit. You could buy a property with a five per cent deposit as a first-time buyer, but you may be asked to provide 10 or even 20 per cent.

**STEP 3.** Find a mortgage that meets your needs and get a 'mortgage in principle' – this will show the vendor that you are serious and will give you an advantage when placing an offer. Your mortgage should be enough to cover your ideal property, with affordable monthly payments. A mortgage broker could help you out.

**STEP 4.** Start looking for properties. You may want to browse websites like Rightmove, or sign up with

estate agents to make sure you're the first to be told about the latest properties.

**STEP 5.** Find a property you like and put in an offer. It can be a tense wait to see if your offer is accepted.

**STEP 6.** Apply for your mortgage. Mortgage applications require a lot of paperwork, so you'll need to get bank statements, ID and other documents ready for your application.

**STEP 7.** Get the property surveyed. This will help identify structural issues or repair work that needs to be carried out.

**STEP 8.** Engage with a solicitor to take care of all of the legal work involved in buying your property.

**STEP 9.** Exchange contracts to pay your deposit and get your completion date agreed.

**STEP 10.** Complete and get the keys. Once you complete, the mortgage arrangement is put in place, and you will own the property.

There's a lot to learn about buying a house, but there is a lot of great advice out there to help you find and buy your dream home.



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# HELLO EVERYONE...

Towards the end of last year, I took a trip to Reykjavik in Iceland. This was my second visit to this magical country and I was not disappointed.

Iceland is defined by its dramatic landscape with volcanoes, geysers, hot springs and lava fields. It lies on the constantly active geological border between North America and Europe. The hot geysers provide heat for many of the country's homes and buildings.

What comes into your mind when you think about Iceland? Snow? Ice? Northern Lights? I can tell you now, it's so much more than that!

Iceland is actually a very foodie place. Whilst there, I took a guided food walk and enjoyed lots of yummy local delicacies. Many of these are from the sea but the lamb steaks, speciality local hot dogs and rye bread ice cream are also on the menu. I'd give the fermented shark a miss though!

I visited 2 lagoons whilst there – the Blue Lagoon and the Secret Lagoon. Both are geo-thermal, have healing waters and picture perfect scenery.

You can set sail from Reykjavik's harbour and go whale watching too. Many species can be spotted from these waters and you will have an informative guide with you.

Another draw to the Icelandic capital is the opportunity to do a Golden Circle Tour. This is an easy and efficient way to see 3 of Iceland's top sights – Pingvellir National Park; Gullfoss (Golden Falls) and Geysir geo-thermal area.

It would of course be remiss of me not to mention the Northern Lights. Whether you go looking for them by land or by sea, they can be elusive! Iceland is also the land of the midnight sun. In early June each year, the sun rises just after 3am and keeps on shining until midnight allowing just a few hours of darkness.

As the world is gradually opening up to us once more, there are so many opportunities to travel again. The majority of countries still have entry and exit requirements in place which I happily guide you through when you book with me. I can offer face to face consultations or over the phone, which ever suits you best. Whether it's a Wedding, Honeymoon, beach, adventure, ski, cruise or city holiday that you are looking for I can help.

Do get in touch with me today and let me help you plan your next adventure!

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TRAVEL

# Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

### 1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

### 2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

### 3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

### 4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

### 5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

### 6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.



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

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To make an appointment, call us on **01394 388605**  
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# 70 YEARS

THE ACCESSION TO THE THRONE  
FOR QUEEN ELIZABETH II



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.



BRITAIN'S GREATEST SPORTING MOMENTS...

# ANFIELD 1989

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

Photo credit: Colorsport/shutterstock



UNUSUAL SPORT...

# KNOB THROWING



Photo credit: www.dorsetknobthrowing.co.uk

Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

## WHAT A KNOB



MOTORING



# 50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

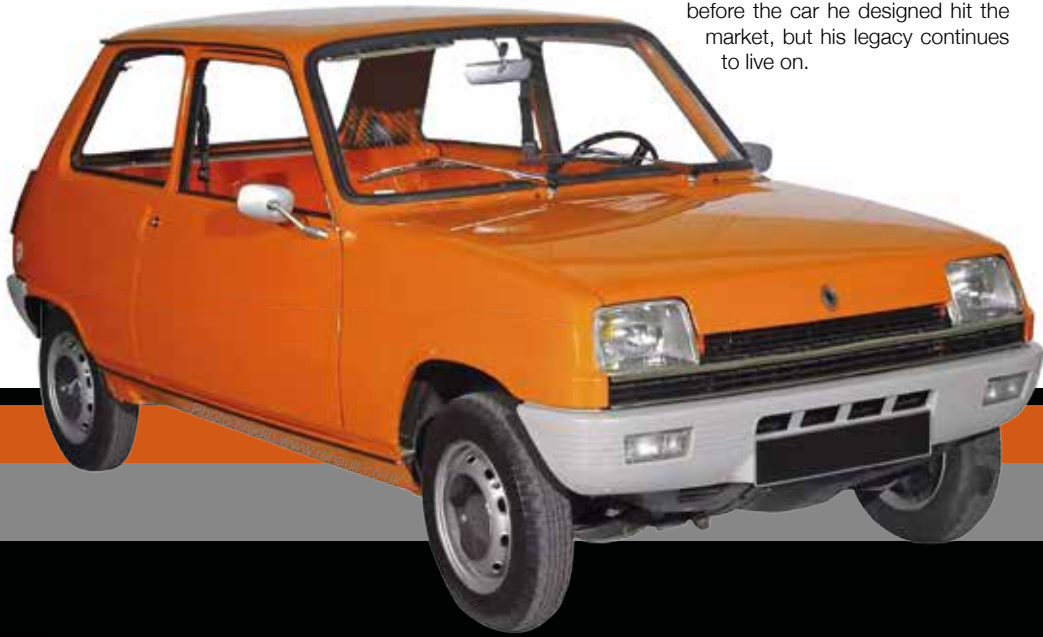
about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly, Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.




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# How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

## TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

## TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

## BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

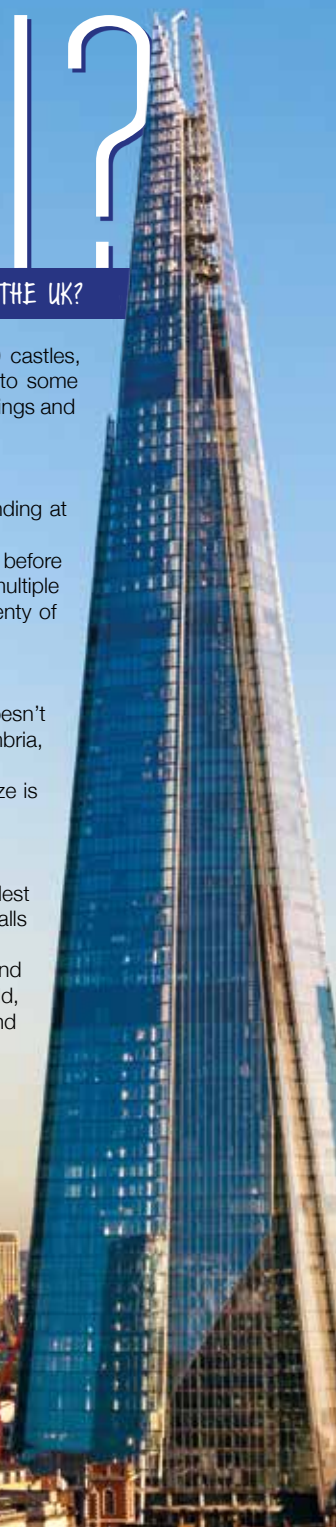
While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria







# PUZZLES & TRIVIA

PUZZLES

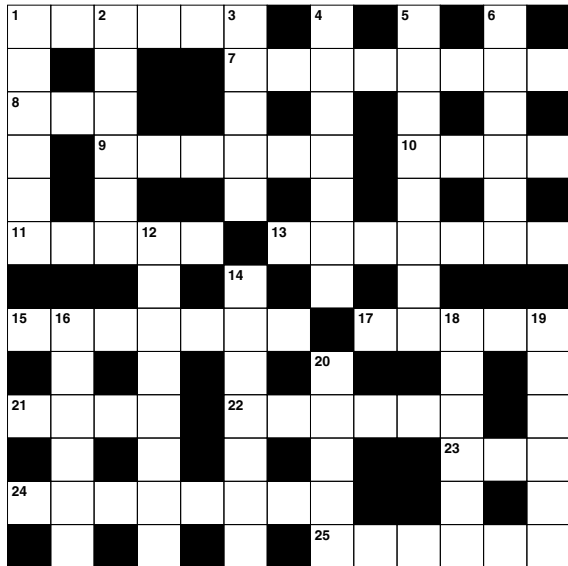
Answers: see end of The VISION Listings

## ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

## DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)
- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)



## DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

## SUDOKU

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

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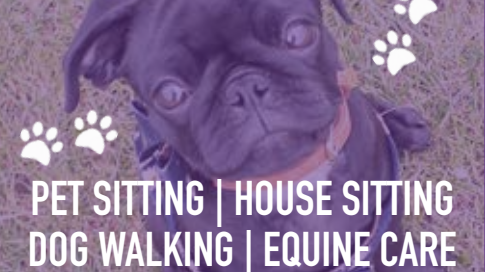
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