

**100
YEARS
OF THE
BBC**

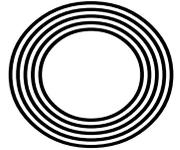
**PAYING
TRIBUTE**
to rock legend
Meat Loaf

THE SECRETS
to a successful stir fry

GET CLEANING
with our spring clean checklist

STEVEN BARTLETT

From university dropout to youngest ever Dragon



FREE

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Editor's notes...

MARCH 2022



Sean Purcell, Editor-in-Chief

Hello and welcome to this month's edition of **VISION**Woodbridge. Continuing the theme from last month, we turn our attention in this month's magazine to the hottest name in business today - Steven Bartlett, entrepreneur, podcaster and newest Dragon on *Dragons' Den*.

Steven is someone I have followed and admired for some time; his drive and ambition are apparent but he also advocates for a better integration between work and life, overcoming our fears, and seeking happiness and fulfilment in what we do. He has demonstrated that business can be done in an ethical and mature way without losing commercial success, and this

is one of the reasons why his message and his podcast, *Diary of a CEO*, are so popular.

I hope that shining a light on people like Steven helps to show a better and more worthy side of entrepreneurship, which is often lost in the noise of suits, shouting and the aggressive 'must win at all costs' mentality that is commonly associated with the business world.

After you've had a read of this month's magazine, head over to his podcast and give it a listen - I know you won't be disappointed.

Have a great month in life and business!

Sean Purcell

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YEARS OF THE

A CENTURY TO CELEBRATE – THE BBC HITS 100

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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Heart attack survivor launches charity challenge

One year after almost dying from a sudden cardiac arrest (SCA), a Woodbridge man hopes to raise money for charity with an ambitious bicycle tour.

To mark the first anniversary of his SCA, Dave Cleland (pictured left) has launched the CPR and AED Awareness Ride (CAAR). This will see Dave and his son, Luke, alongside Dave's nephews, Alex and Calum (all pictured right), cycle around Suffolk, Norfolk and Cambridgeshire from August 22 to 26 in support of four charities.

The ride will cover more than 250 miles and take in locations associated with the emergency services that have helped Dave. The places on their route include Saxmundham and Woolpit, the base for Suffolk Accident Rescue Service (SARS); Norwich and Cambridge Airports, the base for East Anglian Air Ambulance (EAAA); Royal Papworth Hospital and Ipswich Hospital.

Dave suffered a SCA at home, exactly one week after having a heart attack while out cycling. He survived thanks to his wife, Bernie, who performed CPR for the 10 minutes it took for the emergency services to arrive.

Dave was attended to by five paramedics from the East of England Ambulance Service, a volunteer paramedic from SARS, and a further two doctors and another paramedic from EAAA.

Dave then spent 30 hours in an induced coma at Royal Papworth Hospital.

Dave said: "Upon leaving hospital, I was stunned when I discovered that only eight per cent of people in the UK currently survive a SCA. As a result, I determined that I wanted to do everything to improve the chances for others. In these situations, every minute really counts, and the earlier you get CPR and your heart restarted with an automated external defibrillator, the better your chances of survival.

"As well as meeting people involved in my recovery, I hope to raise more than £1,000 for the charities that support SCA incidents: SARS, EAAA, Royal Papworth Hospital Charity and the British Heart Foundation.

"It would also be great to meet up with other SCA or heart condition survivors from the region."

More details about the CAAR route are detailed on caar2022.wordpress.com

To donate, visit www.justgiving.com/team/caar2022



Photo credit: Warren Page/ Copyright Notcutts Ltd



Garden centre has its 125th anniversary event

The Woodbridge community came together for a special event to celebrate the 125th anniversary of Notcutts Garden Centre last month.

Guests, family and staff joined vice chairman of Notcutts Ltd, Caroline Notcutt (pictured centre), and the Mayor of Woodbridge, councillor Sue Bale (pictured far right), for an official ribbon cutting and guided tour around the Notcutts Woodbridge Garden Centre, which has recently undergone refurbishment.

Speaking at the event, Caroline, who is the great-granddaughter of the garden centre's founder, Roger Crompton Notcutt, said: "In this celebratory year, I'm excited to look to the future of Notcutts and how we can continue to inspire the next generation of gardeners."

Notcutts has planned a year of celebratory activity to mark the special anniversary. To find out more, visit notcutts.co.uk

Three fined for breaching enforcement notice

Three people – including a Woodbridge man – have been sentenced after pleading guilty to breaching an enforcement notice issued by East Suffolk Council.

Timothy William Johnson, of Broomheath, Woodbridge; Wyndham Johnson, of Foxhall Road, Ipswich; and Christopher Brown, of Elm Road, Rushmere St Andrew, appeared at Suffolk Magistrates' Court last month.

They admitted breaching an enforcement notice issued on April 1, 2019, which related to the change of use of land, without planning permission, at Bridge Farm, Top Street, Martlesham.

Timothy William Johnson and Wyndham Johnson are the registered owners of the land, while Brown is a

tenant and is involved in the management of the land.

They had been required to permanently remove and cease using the land for the storage of items contained within the enforcement notice, and to return the land to the condition it had been in before the unauthorised development took place.

However, on June 3, 2021, enforcement officers visited Bridge Farm and found that the requirements of the enforcement notice had not been complied with.

Timothy William Johnson and Wyndham Johnson were each fined £2,000 and ordered to pay £1,500 in costs and a court surcharge of £190. Brown was fined £1,000 and ordered to pay £855 in costs and a £100 court surcharge.

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Boatyard hopes to bag third consecutive award win

Woodbridge Boatyard is looking to score a hat-trick of wins for its restoration work to a yacht. For its work to restore the sailboat, Falcon, the boatyard has now been shortlisted for *Classic Boat Magazine's* Restored Sailing Vessel of the Year Award in the Under-40ft category.

In 2020, Ariel, a Deben Cherub built in 1939 by Woodbridge Boatyard and restored in the same yard, won the same award that Falcon is now competing for. In 2021, Sam Doman, a boatbuilder at Woodbridge Boatyard, won the Spirit of Tradition Award for his Longshore dinghy.

Woodbridge Boatyard is now hoping to secure its third consecutive win.

Falcon, built in Norway in the 1950s by Bjarne Aas, is a wooden racing yacht. After almost 70 years of hard sailing, Falcon was suffering with broken timbers and corroded metal fastenings. In 2019, the decision was made to move Falcon from Woolverstone Marina to Woodbridge Boatyard for a major restoration.

Woodbridge Boatyard general manager, Matt Lis, said: "We take great pride in the fact that almost all of the work was carried out in-house or within 10 miles of Woodbridge. There's a wealth of knowledge, skill and passion that deserves to be recognised."

The winners will be announced in the May edition of *Classic Boat Magazine* and online at awards.classicboat.co.uk

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Football club appoint new First Team manager

With just a few league games remaining, Woodridge Town FC's First Team looks set for a mid-table finish. However, their eyes are now turning to next season.

Ex-Ipswich Town player, Luke Hyam (pictured centre), has been appointed as First Team manager, with Billy Clark (pictured left) as his assistant. This is Luke's first step into management and a challenge that he is relishing.

He said: "I'm really excited about the opportunity to come into Woodbridge as manager; the infrastructure is superb. The club want to build on that and Billy and I want to come in and be a part of that going forward. It feels like a real family club with plenty of potential."

A pre-season structure is already in the planning stages, with some exciting games in the pipeline.

Away from the football, there is an exciting series of events planned as part of the club's Summer of Music. To find out more, visit www.woodbridgetownfc.com





Garden centre gives free Grow How demonstrations

A leading garden centre retailer has relaunched its free in-store Grow How demonstrations in Woodbridge, owing to popular demand.

The Grow How sessions will be taking place at 10.30am on the first Saturday of every month, in Dobbies Woodbridge store on Grundisburgh Road.

The sessions will offer customers the opportunity to learn from Dobbies' horticultural experts and improve their gardening skills, covering subjects such as sustainability and growing your own produce, working seasonally to maximise outdoor space, and how to create sought-after landscapes.

Woodbridge customers can look forward to a live

demonstration with a Dobbies horticultural expert and an ask-the-expert session.

Sarah Murray, Dobbies' partnership and events manager, said: "We couldn't be more excited that Grow How is relaunching in our Woodbridge store. We'd encourage customers to take advantage of our free expert advice and hopefully learn something new about how to make their green space bloom."

Marcus Eyles, Dobbies' horticultural director, added: "Our team of horticultural experts across the UK thoroughly enjoyed hosting these sessions in previous years and we can't wait to get our gardening gloves back on for this interactive and popular experience."

Council approves balanced budget for year

East Suffolk Council (ESC) will spend millions of pounds delivering essential services to the Woodbridge community in the coming year.

ESC's budget for the 2022/23 financial year was approved at a full council meeting last month, with the council planning to spend nearly £40million as part of its commitment to improve the lives of local people.

The budget includes £3.35million for economic development and regeneration, £2.46million for supporting and enabling communities, and £2.39million for housing services. In addition, £428,000 will go towards supporting the council's green agenda, as part of ESC's pledge to be carbon neutral by 2030.

As well as setting a balanced budget, councillors were invited to agree ESC's portion of the council tax residents will pay in 2022/23.

An increase of 2.89 per cent has been agreed, which equates to an additional £4.95 on Band D properties for the year – bringing in an additional £440,000 to support the delivery of key council services.

Leader of ESC, councillor Steve Gallant, said: "The council taxpayer will always be at the heart of the financial decisions we make and we are acutely conscious that these are unusual and difficult times. Therefore, we will work hard to develop more assets and income streams which reduce our dependency on council tax to support our communities."

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LOVE YOUR LEFTOVERS:

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If you have just had new laminate flooring installed, then chances are you have a fair amount left over.

Rather than let this versatile material go to waste, why not use it to create something beautiful for your home?



CREATE A RUSTIC MIRROR OR PHOTO FRAME

If you have a basic mirror or photo frame that is less of a stylish feature and more of an eyesore, this can easily be remedied with a few pieces of laminate flooring. All you need to do is cut them to size and then attach them to your mirror or photo frame using a strong, clear epoxy glue.

RESURFACE A TABLE TOP

Give a table top an instant facelift by covering it in your leftover laminate. If you want a rustic look, scuff the laminate using sandpaper or, for a more modern look, prime and then paint in your preferred colour. Add edging for a smoother finish.



BUILD A HEADBOARD

If your existing headboard is looking a little worn, why not create a new one using your leftover laminate? First, you will need a piece of plywood as backing, and then just glue spare pieces of laminate onto it before fixing to your bed. Alternatively, why not cover the whole space behind your bed and create a feature wall?

MAKE PLANTING BEDS

Laminate flooring planks are weather-resistant and do not deteriorate as quickly as solid wood planks. This means that they are ideal for using in the garden. Simply cut a few pieces to size and use as fence panels to divide sections of your garden for planting beds.



INSTALL IN YOUR GARAGE OR LOFT

Make use of any unused space in your home by installing your leftover laminate on your garage or loft floor. Laminate is moisture and temperature resistant, which makes it ideal for these spaces. If you want to use your loft as a living space, you will need to ensure you install a subfloor and underlay first.



Photo credit: Persia Lou via iStockphoto.com, Kristin Eldridge via iStockphoto.com, Russ Wood via iStockphoto.com, HomeTalk.com, Russ Wood via iStockphoto.com



SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

bounce back, it needs replacing.

1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

4. LUMPS AND BUMPS

When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to

6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.





IT'S THAT TIME... Spring cleaning

YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixings
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows

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Oh darling!

TIPS FOR CREATING FLAMBOYANT INTERIORS



Photo credit: Archive by Henderson Design via elledecoration.co.uk



Do you want your interiors to be as fun and exciting as you are? Clashing prints, bold colours and a mix of textures can all be incredibly stylish in your home. The look is British Eccentric, and it is outgoing, quirky and vibrant.

With the right styling, you can bring the British Eccentric look into your own home. Here are some top tips for creating flamboyant interiors.

GET READY TO THROW OUT THE RULE BOOK

The great thing about flamboyant interiors is that there are no rules. Your space should be as quirky and colourful as you like, creating a look that's traditional in its basics but modern in its use of colour.

Make use of patterns and bold shades and simply have fun with it.

BUILD IT UP OVER TIME

Creating a flamboyant interior can take time. Think of it as an ongoing project as you fill your space with wonderful treasures. Start with a wall colour, then

add different accessories such as vases, light shades, plants and wall art. Building up your space over time will make it more of a passion project as you design a room you truly love.

MIX AND MATCH

Don't be afraid to mix and match patterns, colours and textures. Florals are a great option, especially for wallpaper, or you could look at stripes and other bold patterns to bring new life to your decor.

EMBRACE YOUR FAVOURITE THINGS

A flamboyant, eccentric interior should reflect you and your personality. Fill it with the things that you love, such as prints, ornaments and other features that will make your home feel more like you.



Photo credit: sarahravenroom

sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

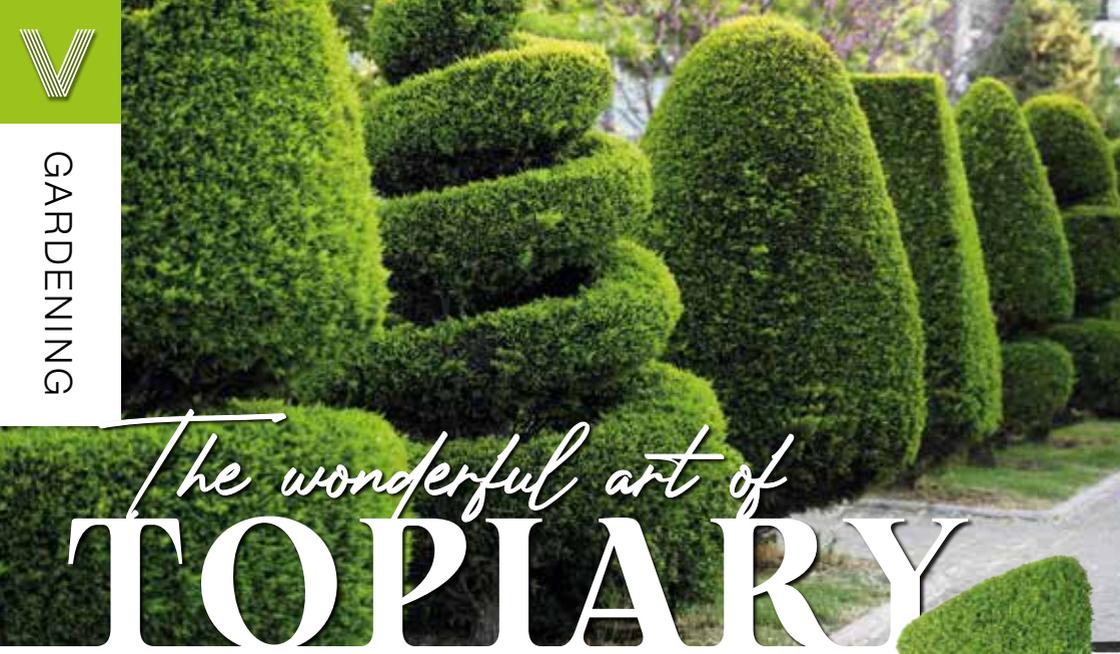
anything else in pursuit of the perfect outside space.

She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.



The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

CHOOSE THE RIGHT TYPE OF PLANT: The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

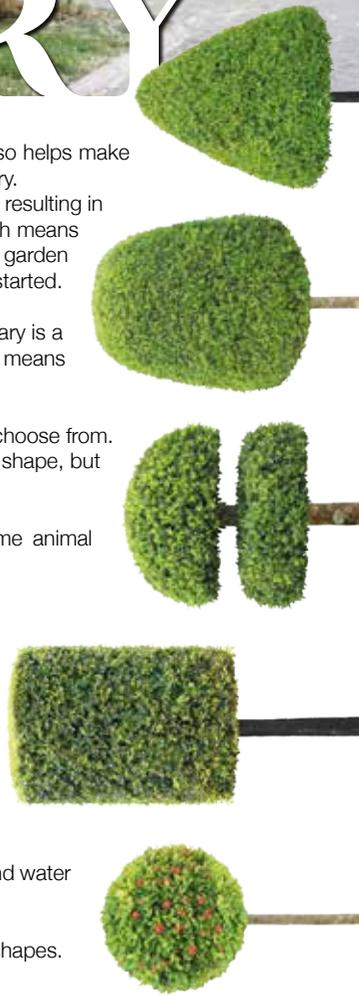
DECIDE ON YOUR STYLE: There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include: Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

GET THE RIGHT TOOLS: You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

MAINTAIN YOUR PLANTS WITH CARE: After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.



The Middle-Sized Garden



Growing Family



GARDENING BLOGGERS

Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

The Garden Ninja

The Garden Ninja is Lee Burkill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.

STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



Steven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."

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5 essential oils that ease PMS

At best, period pains are a nuisance. At worst, they can be completely debilitating. Whether you have already tried every over-the-counter treatment available or are looking for more natural relief, these essential oils promise to help combat cramps and beat the bloat.

 **Lavender:** Lavender is one of our favourite essential oils for PMS as it offers multiple benefits. Its anti-inflammatory properties help to reduce inflammation of the surrounding blood vessels in your uterus, which in turn relaxes the muscles and reduces any discomfort. Plus, this aromatic herb is also said to alleviate premenstrual emotional symptoms.

 **Rose:** A menstruation must-have, rose essential oil can treat cramps, fight fatigue and prevent nausea. It also acts as a natural laxative and can help to trigger menstruation, which is helpful if you suffer from irregular periods.

 **Clove:** If you experience a lot of pain and discomfort at your time of the month, then this is the essential oil for you. One of the

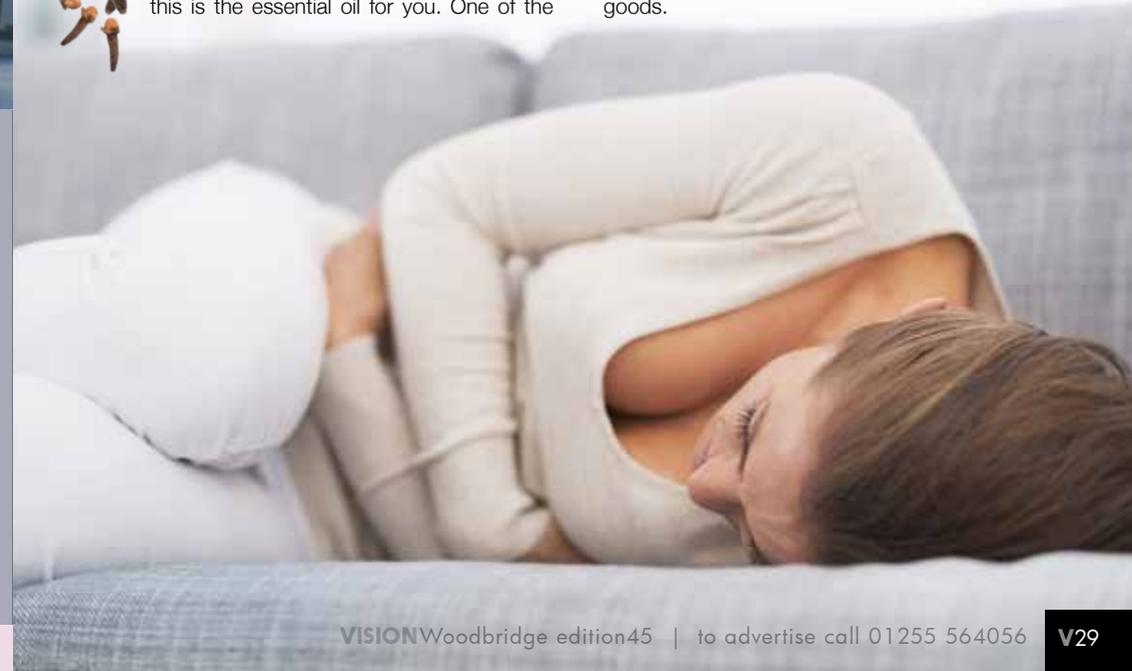
most effective oils for alleviating menstrual pain, clove can also help to stop excessive bleeding and lower your blood pressure.

 **Ylang-ylang:** Do you suffer from stress during your period? If yes, ylang-ylang can help you feel cooler, calmer and more collected. With the ability to soothe both your brain and your central nervous system, this essential oil can make it easier to deal with stress and period-induced anxiety.

 **Peppermint:** For those who need an energy boost, peppermint can give you the lift you need to get through your cycle. It's also great at relieving headaches and reducing inflammation.

How to use essential oils

- > Massage directly onto aching parts of your body
- > Add a few drops to a warm bath
- > Add food-grade essential oils to tea or baked goods.



HEALTH & FITNESS



The secrets to a successful **STIR FRY**



Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat through. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.

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SORRY FOR

celery

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

Celery and apple smoothie (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.

TRENDING
Cardigan
COATS

One of the top fashion trends for spring 2022, a cardigan coat is the perfect garment to help you transition into the warmer months in style and comfort.

What are cardigan coats?

Cardigan coats are, as the name suggests, coats that are in fact cardigans. Also known as heavy-knit cardigans, these versatile jackets are ideal for when it's too warm for a coat but too cold for just a t-shirt.

What are the different styles of cardigan coats?*Long cardigan*

Providing a loose and casual look, long cardigans typically extend to your mid-thigh but can go all the way down to your ankles. Wear open for a trendier vibe or buttoned up to keep the chill at bay. Great with fitted jeans and a slim-fit scoop-neck shirt.

Shawl collar cardigan

For days when the temperature dips, a shawl collar

cardigan is the perfect choice. Usually made with thicker materials and featuring a collar that drapes around the back of the neck, this well-structured cardie promises to polish up your look in an instant. Wear buttoned up with jeans or khakis.

Hooded cardigan

If you want protection from the elements without having to wear a heavy coat, then a hooded cardigan is just what you need. Available in a variety of lengths and with either buttons or a zip, this style of cardigan is ideal for those who like a sporty look. Pair it with your favourite tracksuit or baggy jeans.

Button-up cardigan

A classic button-up cardigan can make you look sexy and stylish, but only if you wear it right. Opt for a well-fitted shape with simple buttons and you are guaranteed to emanate sophistication. Great for the office or for adding a touch of elegance to your everyday wear.

Photo credit: riversland.com, asos.com, simons.com, debenthamis.com



BOBBY BLUNDERS

Kirby grips – or bobby pins as they are known in the USA – are a beauty essential for many families.

However, are you using them correctly? Or have you fallen victim to the five most common bobby blunders?

INSERTING GROOVE SIDE UP

If you have been putting your bobby pins in with the groove side up, then we are sorry to tell you that this is not right. These grooves are designed to help keep the grip in place, so facing them outwards is not effective.

USING THEM WHEN THE END HAS FALLEN OFF

You know the little plastic balls found on the end of the pin? These are there for a very good reason: to protect your hair from snagging and breaking. So, once a grip no longer has these, it is time to throw it in the bin.

PICKING THE WRONG COLOUR

Hair grips are there to do a job, not to be seen. Therefore, you need to pick a grip that matches your hair colour. If you are blonde, opt for a lighter shade, and if you have dark brown hair, pick either black or brown grips.

PLACING INTO WET HAIR

If you are in a rush, you may be tempted to pop a hair grip or two into wet hair. Don't. This will leave you with lots of little indents in your hair that will be hard to shift.

SPREADING THEM APART

As with most beauty items, hair grips become less effective over time. This is especially true if you spread them apart too much when fixing in your hair. If you find your grips are not doing their job anymore, it is probably time to throw them out.

ADIÓS ACNE SCARS

Adult acne affects 25 per cent of men and 50 per cent of women, with one-third of sufferers also experiencing acne on other areas of their body, such as their back and chest. Acne scars are the result of inflammation of acne blemishes and can be very distressing for those affected.

ALOE VERA can help to reduce inflammation and scar tissue size.

HOW TO APPLY:

- > Remove the dark green skin from the aloe vera leaf
- > Scoop out the light green gel
- > Apply directly to the scar using circular motions
- > Leave for 30 mins and rinse with cold water
- > Repeat twice a day.

COCONUT OIL can boost collagen production which can reduce scar-related redness and hyperpigmentation.

HOW TO APPLY:

- > Heat 2 tbsp of coconut oil
- > Massage the oil onto the scar for 10 minutes
- > Leave for at least one hour before washing
- > Repeat 2-3 times a day.

HONEY is known to have antibacterial and calming qualities, as well as being able to aid the body's healing process.

HOW TO APPLY:

- > Before bed, apply raw honey to your scar
- > Cover with a bandage and leave on all night
- > In the morning, remove the bandage and wash the skin with warm water
- > Repeat each evening.

LEMON JUICE can help to reduce the appearance and redness of acne scars. It is also antibacterial.

HOW TO APPLY:

- > Cut a wedge of fresh lemon
- > Gently rub the juicy side onto the scar
- > Leave for 10 minutes before rinsing
- > Repeat daily.

APPLE CIDER VINEGAR acts as a natural astringent and helps to stimulate blood flow, both of which aid the regeneration of skin cells.

HOW TO APPLY:

- > Mix 4 tbsp of distilled water with 2 tbsp of apple cider vinegar
- > Dip a cotton ball into the mixture and dab generously on your scar before bed
- > Leave to dry and do not wash off until morning
- > Repeat each night.



MJB Avanti Tax Planning Tips

The costs of keeping the country running through COVID were huge and inflation is expected to add to the country's debt. The Office for Budget Responsibility has indicated that the treasury will need to find £45bn in interest, before even thinking about paying off the debt itself. As taxpayers we will be providing the extra cash!

With greater scrutiny on the self-employed and new landlords, a need to repay the UK's COVID debts and HM Treasury wanting to collect tax faster, it will be more important than ever to ensure that you are not paying too much tax – and there are two key areas to look at:

Are you claiming all your allowances?

Tax is complicated, and we may tend to simply rely on HMRC to tell us what we owe them.

The fact is that they are only human and HMRC does make mistakes. In particular, they may have forgotten an allowance or two, particularly if your income has fluctuated over the past few months.

It can be well worth looking at your tax return. If you do find errors, there is a relatively simple way to query them. HMRC has a well-developed and surprisingly efficient appeals system which you can find here:
www.gov.uk/tax-appeals/decision



Can you reduce your tax liabilities?

If you find that your current assessment is right, it might be time to take a more proactive approach to reduce your tax.

It could be time to:

- Maximise your pension contributions to make full use of tax relief
- Get a detailed pension forecast – to see the effect changes will have
- Make full use of your ISA entitlements
- Look at your investment portfolio and (if practicable) ensure you take advantage of the full £12,300 CGT allowance before 5 April 2022
- For Shareholder/Directors, consider the timing of bonuses and dividends to mitigate the planned 1.25% rate increase
- Look at salary sacrifice arrangements which can be particularly effective in mitigating income tax and national insurance contributions

These steps are all entirely legitimate, but the rules and regulations are complicated. Getting expert help may be vital.

Please contact us about planning for the April tax changes. We can provide a full tax review which will help identify the marginal tax traps waiting for you – and help you to avoid them.

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TACKLE THAT



Not many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

Step 1: Start with clean and conditioned hair

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

Step 2: Use a hair towel

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

Step 3: Loosen any knots

Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

Step 4: Try a detangling spray

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

Step 5: Sleep with hair in a ponytail

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.





BRUCE KING

on the intricacies of time management

TIME MANAGEMENT

- OBJECTIVE
- PRIORITY
- SCHEDULE
- REMINDER
- EFFICIENCY
- ALERTS
- CONTROL

In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going on an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

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

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FREEHOLD

VS



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and

apartments in city centres, these are typically leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

LEASEHOLD

What does it mean when buying your home?



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BROADBAND PAIN?

UK ADDRESSES WITH THE FASTEST (OR SLOWEST) BROADBAND SPEEDS

In recent years, our digital connectivity – boosted by the installation of fibre technology and backed with 4G and 5G mass integration – has never been better.

Rarely these days do we find ourselves bemoaning the speed at which we can connect and interact with others, and complaints about our broadband not working are increasingly rare.

And yet, there are still parts of the UK that can offer broadband efficiencies much greater than other areas. You may expect to find these dynamically digital hotspots in the major cities – London, Birmingham, Manchester, or Edinburgh.

Yet the place you need to head to for the fastest possible download of the latest movie or video game is... Haul Fryn, an innocuous-looking street in Swansea, South Wales. There, you can download a two-hour film in just 47 seconds, given a download speed of 882 megabits per second (Mbps).

Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.



Map that!

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

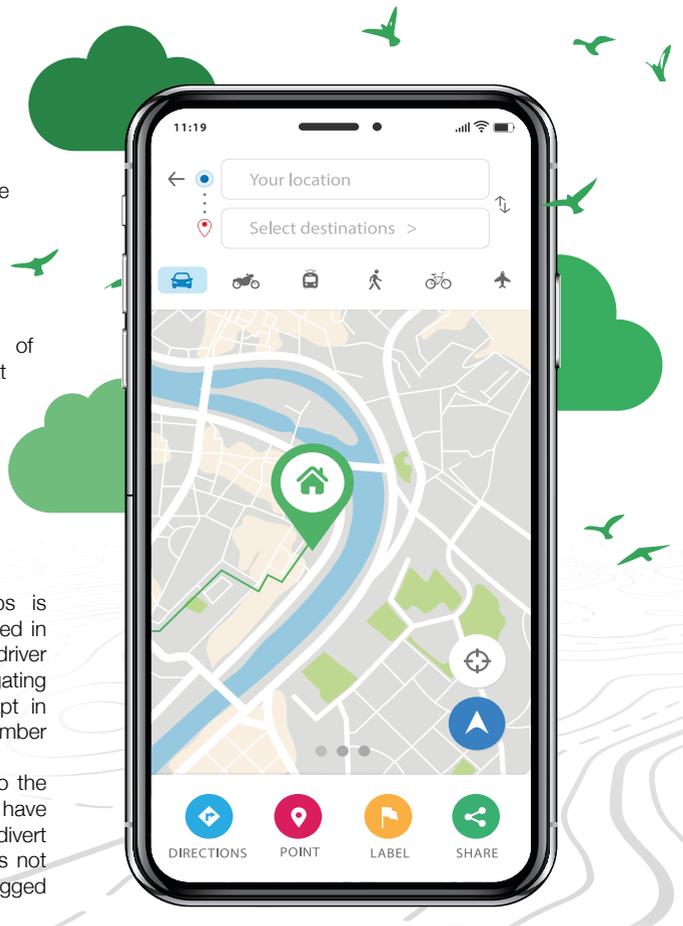
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.




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HELLO
EVERYONE...

When I told people that I was going to Ras Al Khaimah, the first question everyone asked was "Where is that?" Ras Al Khaimah (RAK for short) is the 4th largest of the 7 Emirates and is situated around 1 hour from Dubai.

This Emirate is noted for its varied topography including the Hajar Mountains, rolling sand dunes and over 64km of natural coastline as well as its adventure tourism attractions! It is also known for its cultural and archaeological heritage and provides an entertaining visit for everyone – from history enthusiasts to nature lovers to people just looking for a relaxing getaway.

The lifestyle here is relaxed and tranquil. Whilst Dubai is famed for its iconic skyline, holidays to RAK provide miles of stunning natural landscape and beaches. A lot of the hotels run a shuttle bus service to Dubai enabling you to experience the country as a day trip.

One of the many activities that you can do here, as well as hiking & cycling in the mountains, is the world's longest zipline in the Jebel Jais Mountains (pictured, right). It's 3km long and you get up to speeds of 160kmph! I was extremely pleased with myself that I managed to do this – I was totally petrified though!

I would highly recommend RAK as a fantastic alternative to the Canaries for some winter sunshine. It's only a couple more hours flying time, it has lots of space, guaranteed sunshine, beautiful luxurious resorts but without the price tag of Dubai.



To find out more about Ras Al Khaimah or if you have any other holiday enquiries, please do get in touch!

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KEEP ON cruising

**WHY EMBARKING ON A CRUISE
IS THE ULTIMATE HOLIDAY**

With people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

Value

There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

Variation

Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

Wastage

A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

Family environment

Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

Comfort and luxury

Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

Sociable

Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ BATON
- ▶ DECATHLON
- ▶ DISCUS
- ▶ FIELD
- ▶ HAMMER
- ▶ HEPTATHLON
- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP

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

DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

WORD LADDER

P	U	S	H
B	I	K	E

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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