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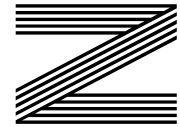
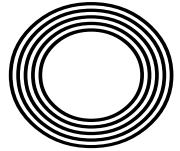
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Editor's notes...

APRIL 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Woodbridge.

The last month has been one of great upheaval on the international stage, and with that has come an increasing cost of living crisis that is affecting many of us and looks to get worse in the coming months.

Our history is punctuated with periods of adversity and economic difficulty, and some believe that this is the natural cycle of things.

Whether that is true or not is hard to say, but just like during the last few years, our communities are developing a resilience that is humbling and inspiring in equal measure. I never fail to be impressed at how generous

and kind-spirited people can be, no matter how tough their own personal circumstances.

Here at **VISION** magazine, we will continue to highlight great acts of kindness on our social media pages throughout the coming months to help celebrate those who are working hard to make the lives of people here and abroad that little bit better.

While we cannot change what is going on at the macro level, we aim to continue to give you some respite from the tough news out there with our usual mix of local stories and articles of use and interest, so grab a drink, settle in and enjoy this month's edition of the magazine.

Have a great month in life and business.

Sean Purcell

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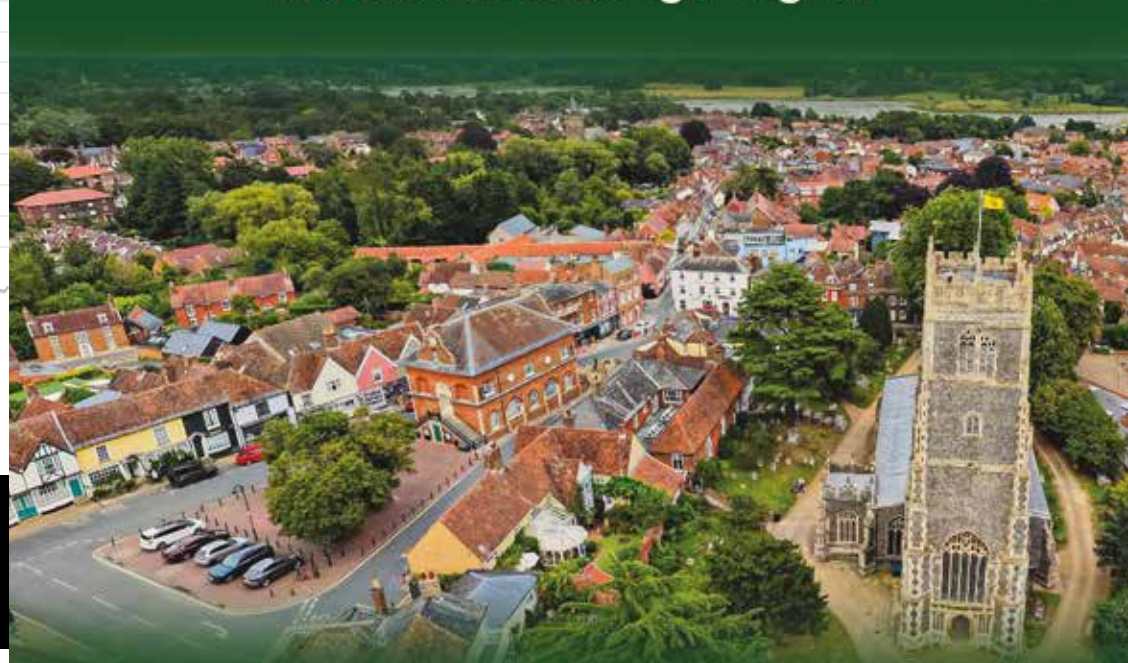
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SEWING THE SEEDS OF SUCCESS



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FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



STORM CHAOS

STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email nameourstorms@metoffice.gov.uk with your own cute (or totally terrifying) choice.

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WALK-IN SHOWER VS



WET ROOM



Walk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



HOME & DIY



HOME & DIY

3 REMOVAL REMEDIES FOR BLACK MOULD

Black mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

BAKING SODA: If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:
Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

VINEGAR: Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

HOW TO APPLY VINEGAR:
Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

BLEACH: Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

HOW TO MAKE AND APPLY A BLEACH SOLUTION:
Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

OUR TOP TIPS FOR PREVENTING BLACK MOULD: Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.



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HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

MEASURE YOUR SPACE: Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

CONSIDER HOW MANY COATS YOU NEED: The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

MAKE YOUR CALCULATION: Your paint tin should tell you how much coverage per square

metre it provides.

Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m²), and a 5-litre tin of paint covers 10m², you'll need two tins of paint. Et voilà, it's that simple.

SOME QUICK AND HANDY TIPS: These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m²)
- > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
- > 5 litres of paint will paint an entire medium room (approx 4mx4m)

This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.

Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space. Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends. Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends. Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

MEASURE YOUR SPACE: You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

FIND THE RIGHT APPLIANCES: Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

GET YOUR CONNECTIONS IN PLACE: You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

BUILD A SHELTER TO COVER ALL WEATHER: A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

MAKE SURE YOU'VE GOT ENOUGH STORAGE: Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Sea Scouts expand to celebrate 50th anniversary

A Woodbridge Sea Scouts troop is embarking on a period of major expansion in its 50th anniversary year, following a huge spike in its waiting list during the pandemic.

Leaders of 5th Woodbridge Sea Scouts have announced the launch of a new Scout section for 10 to 14 year olds, and say they anticipate that both a new Cubs section and Beavers group will be ready to take new members in the coming months.

To date, the troop has 110 young people on its regular attendance list, with a further 120 waiting for a vacancy.

In a bid to respond to the increase in interest, a further six leaders were recruited for the group, but more adult support staff will be needed as the year progresses.

Barrie Hayter, group Scout leader for 5th Woodbridge Sea Scouts, says the timing of the changes at the troop coincides with an exciting period of ambition and opportunity, in which he hopes it will finally be possible to extend the existing Scout facility at Woodbridge Quay.

He said: "Our extension is going to involve the use of shipping containers, modified specifically for our

purpose, and the work is being done in such a way that it will be really considerate to the community and cause as little disruption to our regular output of activities as possible."

Also, in celebration of the troop's 50th anniversary, each section has been asked to design part of a celebratory badge to mark the occasion. Alongside this, former Scout members are being contacted to share video stories of their memories.

Barrie added: "We'll have a lot going on throughout the coming months – much of which the community can get actively involved in.

"On June 2, we will be hosting a large-scale water-based session, with current members participating in activities, and with members past and present asked to join us for a barbecue.

"It's not the easiest of undertakings to run a busy Scout troop in a community for five decades, so we're grateful to the likes of Community Action Suffolk, East Suffolk District Council, district councillor Kay Yule, Woodbridge Town Council and many other organisations who have supported us in so many ways – including recently enabling us to purchase new power boats and kayaks."



Photo credit: Hanson Auctioneers

Young boy digs up relic dating back 800 years

A 10-year-old boy has dug up a medieval priory seal matrix in Woodbridge, which was used by priests centuries ago.

When Paul Henderson took part in a charity dig last November to raise money for the East Anglian Air Ambulance, he brought along his son, George.

George (pictured left), himself a keen metal detectorist, discovered the early 13th-century oval-shaped seal displaying the Virgin and Child.

The seal's Latin inscription translates to: "Seal of the Priory and Convent of Butley, of Adam, Canon Regular." The artefact is connected to Butley Priory, a religious house founded near Woodbridge in 1171. Adam served as its prior from 1219 to 1235, which makes the seal around 800 years old.

Paul, 45, a windscreen fitter from Sutton-in-Ashfield, Nottinghamshire, said: "The seal's historical importance, rather than value, is what's important to both me and George. It's the most exciting find either of us has ever made."

George, whose find has been designated as of Regional Importance on the Portable Antiquities Scheme database, said: "I'm happy I discovered it."

The coin was offered for auction by Hansons Auctioneers on March 24 and was purchased for £4,000.

Renowned metal detectorist Adam Staples, a consultant valuer at Hansons Auctioneers, said: "George must have the Midas touch. I hope it will inspire him to keep unearthing more history."

Rotary Club joins with Men's Shed Association

Woodbridge Rotary Club is partnering with the Men's Shed Association to offer a place for residents to meet like-minded people.

The Men's Sheds are community spaces for men to connect with each other. They offer the chance for men to pursue practical interests, to practise skills and enjoy making and mending, as well as help to reduce loneliness and isolation.

John Latchford, chair of the UK Men's Sheds

Association, said: "Our experience is that men typically find it more difficult to build social connections than women. Local support for Men's Sheds is crucial in their start-up, development and growth, and we're pleased that Woodbridge Rotary Club is supporting a Men's Shed in Woodbridge, to enable it to support more men to create both projects and friendships."

For more information, call Geoff on 07740 781425 or Robin on 07775 715733.



THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: "It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away."

In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



Photo credit: ASOS.com

TAME THE CURLS

Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy? As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair. Find out how to manage your mane below.

Avoid hair-styling tools
Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

Deep condition frequently
When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

Try the pineapple trick
If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.

Layer up products
If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.



Museum reopens to visitors ahead of a busy season



Photo credit: Simon Ballard

Woodbridge Tide Mill Museum has now reopened to visitors.

Volunteers and staff have been busy over the winter months carrying out vital maintenance work, continuing to mill stoneground wholemeal flour for customers, developing better access to the museum for visitors and finding ways to reach new people.

Despite the need to keep its engineers protected in separate bubbles owing to COVID-19 restrictions, the specialist wood and iron machinery, which is hundreds of years old, has been kept moving throughout the various lockdowns and is in tip-top condition.

Through a grant from Suffolk County Council's Covid Continuity Fund for Culture, as well as money from the mill's own funds, a project has been developed to show the mill machinery at work on screens during the prolonged periods between tides when the mill cannot run. With this valuable investment, the visitors who come to the mill when it is idle will be able to see the machinery in action.

Chairman of the Woodbridge Tide Mill Charitable Trust, John Carrington, said: "It has long been a frustration that most of the public visit when the mill is not in action. There's still a lot to see and experience, but now we hope to be able to show the drama and process of the mill in action through professionally produced film – adjacent to the kit itself. We are especially grateful to Suffolk County Council for its help in achieving this."

Police appeal for witnesses following indecent exposure

Police are appealing for witnesses to an incident of indecent exposure in Woodbridge.

It took place on Wednesday, March 2, at around 5.20pm on Theatre Street. The victim, aged in her early 20s, was walking down the road when a small

white works van drove past her. She looked into the van to see a white, middle-aged male conducting an indecent act.

A few moments later, she noticed the same van come back down the road towards her. The driver slowed down as he approached the victim, still conducting the indecent act.

Anyone who knows who was responsible, has reported something similar, or has doorbell or dashcam footage or CCTV footage from around the time stated, should contact police, quoting crime reference number 37/12856/22.

To get in contact, email samuel.devereux@suffolk.police.uk or visit www.suffolk.police.uk/contact-us/existing-report-update

Rotary Club to hold golf day to support Ukraine appeal

Woodbridge Rotary Club is holding a charity golf day to support the Red Cross Ukraine Appeal and other charities.

It is hoped that the golf day will raise a substantial amount of money for the charity, as well as offer an enjoyable and competitive day of golf at one of the best golf courses in the area.

Woodbridge Golf Club is generously allowing the use of the course for free in order that all net proceeds from the event will go to good causes.

The charity day will take place on Tuesday, June 28.

For participating golfers, there's an 18-hole stableford competition on the main course and further optional nine-hole Texas Scramble on the forest course.

Teams of four players will compete for prizes in both competitions and there will be additional prizes for nearest the pin and longest drive.

For more information, contact David on david.houchell01@gmail.com or to submit an entry form for the competition, visit woodbridge.intelligentgolf.co.uk/open_competitions





Photo credit: Acuitus

Central town bank put up for sale on auction

A bank in the heart of Woodbridge has been put up for auction. On the Acuitus website, Lloyds Bank on Thoroughfare is being offered for sale with a recommended price of £975,000. The property comprises a ground-floor banking hall with first-floor ancillary offices and further ancillary

accommodation on the basement and second floor. The property also benefits from a dedicated private car park to the rear for nine cars. The property is situated in the town centre, close to the junction of Thoroughfare with Doric Place. Nearby are Barclays Bank, HSBC, Costa Coffee, Caffé Nero, Joules, Fat Face and antique shops.

Pot recycling scheme seeks to reduce waste

Two horticultural brands have joined forces to provide gardeners in Woodbridge with a solution to plant pot recycling. Sustainable plant pot designer, elho, has partnered with nationwide garden centre retailer, Dobbies, to provide plastic plant pot recycling bins across 69 of its sites, including Woodbridge. This will make it easier to reduce unnecessary plastic waste in the garden. Now gardeners can take their plastic plant pots and trays to Dobbies' Woodbridge store for them to be recycled.



Photo credit: Stewart Atwood

with Dobbies to encourage gardeners to recycle their plant pots. It's great to be working together to collect plastic garden waste and give it a second lease of life, instead of sending mountains of it to landfill. We wanted to help provide gardeners with a simple, convenient solution to dispose of their plant pots in an environmentally friendly way."

Marcus Eyles, horticultural director at Dobbies Garden Centres, said: "Our research shows that gardeners across East Anglia are passionate about recycling, so this new bin at our Woodbridge store will provide customers with a clear message and opportunity to recycle." Chris Buck, northern account manager at elho, added: "We're pleased to be working on this initiative

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OUT OF THE BROOM CUPBOARD... *and onto centre stage*

CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning's* steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dying his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.

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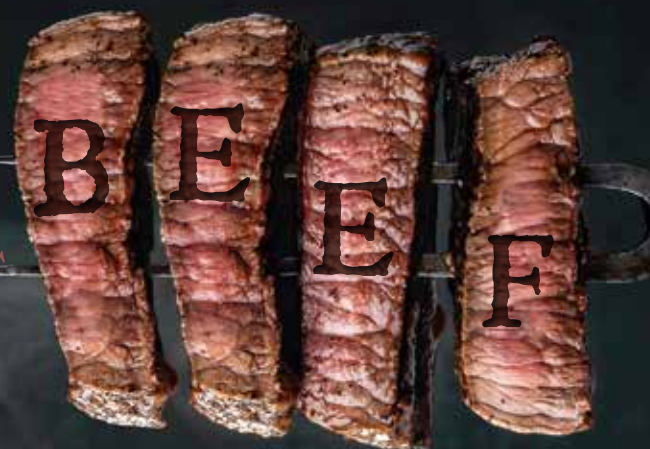
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HOW TO COOK PERFECT ROAST



Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
 - > Baste the joint halfway through and add water to the veg as necessary.
 - > When cooked, place the joint on a chopping board to rest for 15 minutes.
 - > Use the juices and vegetables to make gravy.

WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil



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FOOD & DRINK



2022 FOOD festivals in the UK

Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

PUB IN THE PARK
All over the UK, May 12-September 18
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at pubintheparkuk.com

BIGFOOT
Buckinghamshire, June 17-19
A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at bigfootfestival.co.uk

THE BIG FESTIVAL
The Cotswolds, August 26-28
Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at thebigfestival.com

MEATOPIA
Tobacco Dock, London, September 2-4
One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at meatopia.co.uk

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TITANIC'S WATERY

Grave Remains

SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York.

It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists.

And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.



OUR Queen

This year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

THE QUEEN HAS TWO BIRTHDAYS

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

THE QUEEN SUPPORTS ARSENAL

Whoever knew Her Majesty is a Gunner?

THE QUEEN DOESN'T NEED A PASSPORT...

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

...OR A DRIVING LICENCE

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

THE QUEEN LIVES AT WINDSOR CASTLE

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

THE QUEEN OWNS STRANGE PETS

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

THE QUEEN'S NICKNAME IS 'LILIBET'

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.



Natural MENOPAUSE MANAGEMENT



A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



Laughter

THERAPY IS A MUST-DO

They say that laughter is the best medicine, but is there any truth to this classic saying? The answer is yes.

Get ready to bring laughter therapy into your life to boost your health and wellbeing.

THE LAUGHTER CLUB

Laughing helps to boost your endorphins, which are your body's feel-good hormones. Back in the 1990s, Dr Madan Kataria conducted research into the health benefits of laughter by forming a Laughter Club that brought people together in Mumbai parks to share funny jokes and stories. The club grew and soon they ran out of stories, so instead they tested the theory of laughing alone, which provided the same uplifting benefits. Now, people all over the world practise laughter yoga, a laughter therapy designed to boost your mood.

HOW LAUGHTER THERAPY WORKS

In a laughter therapy session, you'll do stretches

and breathing exercises to help you relax. Your instructor will then guide you through various exercises to encourage different types of laughter, such as prompting you to think of funny memories and interacting with others.

Even forced laughter can eventually turn into real laughter so that you can enjoy the benefits.

THE BENEFITS FOR YOUR HEALTH

Laughter can provide a lot of health benefits. It can help you reduce stress and anxiety, elevate your mood and reduce tension. It could even help to boost your immune system and help you sleep better, owing to better oxygen levels in the blood.

Researchers continue to look at the benefits of laughing, and it's generally accepted as a good way to improve your overall health. Why not make laughter therapy a key part of your self-care routine so that you can experience all the amazing health benefits of laughter?



HEAD IN THE CLOUDS?

Your accounting should be.



When accounting software was first introduced the actual program was located on your computer hard drive. Accounting was laborious with the need for constant backups of data to be retained on your hard drive. With advances in internet security, the most effective solution was to make accounting software accessible from a server managed by the software provider.

Accounting solutions that grow with you

If you are a business owner with growth in mind, the scalability of cloud accounting solutions will be a key benefit to you. Which is why most cloud accounting solutions offer basic and more complex plans to accommodate these differences. As the charges are linked to the features you buy into, you can start with basic, but limited functionality at base cost, and upgrade to more features and benefits as the needs arise. Obviously, the more features you need, the higher the cost.

Your steps to the cloud

- Work out what it is you want to achieve and make sure that the software will provide this.
- Identify the benefits.
- Don't settle on the cheapest solution.
- Be clear about the process of transferring existing data.
- Take advice, we can help you consider your options.

MJB Avanti are Xero platinum partners. Contact us to discuss preferential rates and details of our Xero software training sessions.

Among many advantages for the end-user, cloud accounting solutions provide significant benefits:

- Access account data from any device that has internet access giving you total control.
- Different organisations can login simultaneously meaning your advisor can help you when its needed most.
- View and review periodic management accounts.
- Manage credit control.
- Reconcile bank accounts with automatic bank feeds.
- Set up budgets for your business.
- Payroll add-ons.
- VAT real-time filing.



How to choose an ESTATE AGENT

If you are looking to sell your home, the right estate agent is worth their weight in gold. However, how do you weed out the weak from the wonderful?

COMPILE A SHORTLIST

Don't just decide upon the first estate agent that you see or the one that puts the most leaflets through your door. Instead, compile a shortlist using recommendations from family and friends, online reviews and testimonials. You should also look for an estate agent that has experience selling properties similar to yours.

CHECK THEIR PERFORMANCE

Once you have your shortlist, invite each estate agent round to your home to discuss their offerings and to conduct a valuation. This is the perfect opportunity to find out more about how they operate. You may want to ask:

- > How quickly do they sell homes?
- > Are they a member of an accredited independent ombudsman service?

- > What would they do if your property was not selling as quickly as you would like or at the price you expected?
- > Do they carry out viewings at weekends?

FIND OUT THE FEE

You need to know what percentage of the sale price each estate agent would take upon completion. Currently, the average estate agent fee in the UK is 1.18 per cent for a sole agency agreement. Going with a sole agency usually means a lower fee, but this does mean that you only have one agency marketing your property. Remember these fees are negotiable.

HIGH STREET VS ONLINE-ONLY AGENT

Online-only estate agents such as Purplebricks make up only five per cent of the overall property market, yet they are increasing in popularity. These typically have a fixed fee that needs to be paid up front, rather than the 'no sale no fee' commission charged by high-street companies.

At MJB Avanti we help our clients succeed, achieving both their business and personal financial goals.

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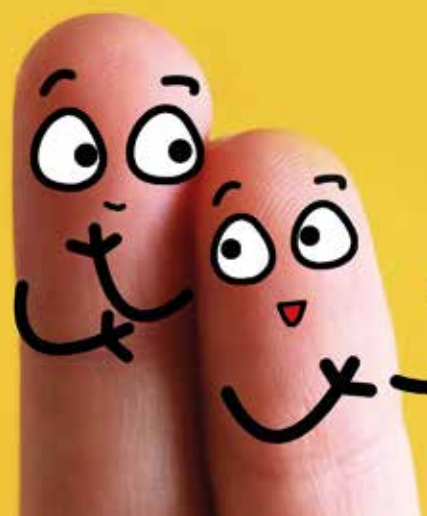


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BRUCE KING

on why people buy



What shall we buy?

In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

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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Clare Garrod, Stonewall Security



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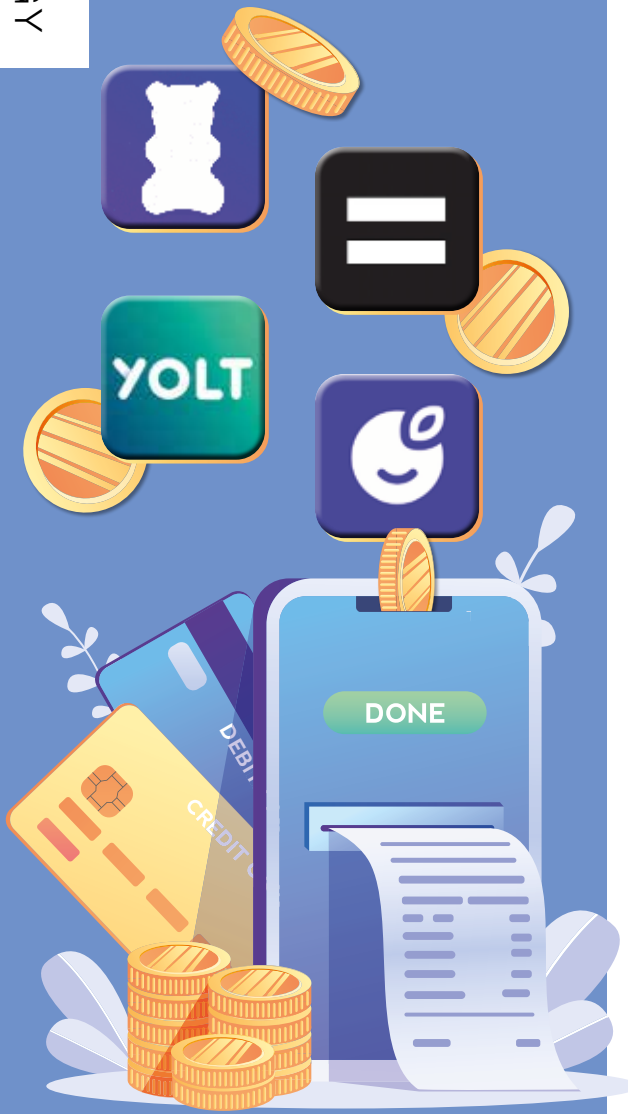
Clients said their Action Coach makes a positive difference to their lives.

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

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CASH WISE



We're living in an uncertain era prompted by a pandemic, lockdowns and insecurity for the future. The result of all this is, more than ever before, a desire in people to take greater responsibility for their own actions – across health, employment and, of course, finances.

So while we can't be totally sure of what's to come, we can at least organise our money and budget according to what's laid out in front of us, and that has made cash management apps really popular. Here is a selection of some of the best on the market:

EMMA (free or £59.99 for enhanced annual subscription)

Emma assesses all spending, including loan and credit card repayments, and works out a full schedule of income and expenditure so that you can restrict or extend depending on where you are at certain points of the month.

Handily, it integrates with the likes of Boots, B&Q and Gousto to offer cashback initiatives. However, the constant pushing to upgrade to the paid product can become annoying.

MONEY DASHBOARD (free)

This app operates in much the same way as Emma, but plots graphical representations to take a deeper dive into personal finances.

YOLT (free)

This app comes with a prepaid debit card as well as a set of money management tools. This gives greater control and enables a 360-degree solution for consumer spending that is reported directly back into the app, meaning no money will mysteriously go missing.

PLUM (free or up to £3 per month for premium)

An app for savers, this tool is great for those who want to know, on a month-by-month basis, how much they can afford to put to one side.

Premium options even offer opportunities by which money can be invested directly from the app.

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

Guide to the best hot springs in the world

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

Blue Lagoon Geothermal Spa, Iceland: One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

Pamukkale Thermal Pools, Turkey: Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

Banjär Hot Springs, Bali: The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

Kerosene Creek, New Zealand: New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

Cascate del Mulino, Italy: One of Tuscany's most popular spots, the Cascate del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?



Pamukkale Thermal Pools



Banjar Hot Springs



Kerosene Creek



Cascate del Mulino

Photo credit: Unsplash under Creative Commons/fel-sheldon

Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS...
AND THOSE THAT DON'T

The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past – after all, these creatures date right the way back to when dinosaurs were roaming the planet.

An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.

Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.

Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.

Box turtles

Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids – despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.

Chameleons

We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most.

Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.





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MAGNIFICENT MOTORS

THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

Photo credit: AlessioDeMarco/Shutterstock.com

THE GREAT *Dame*

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold

It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form

going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

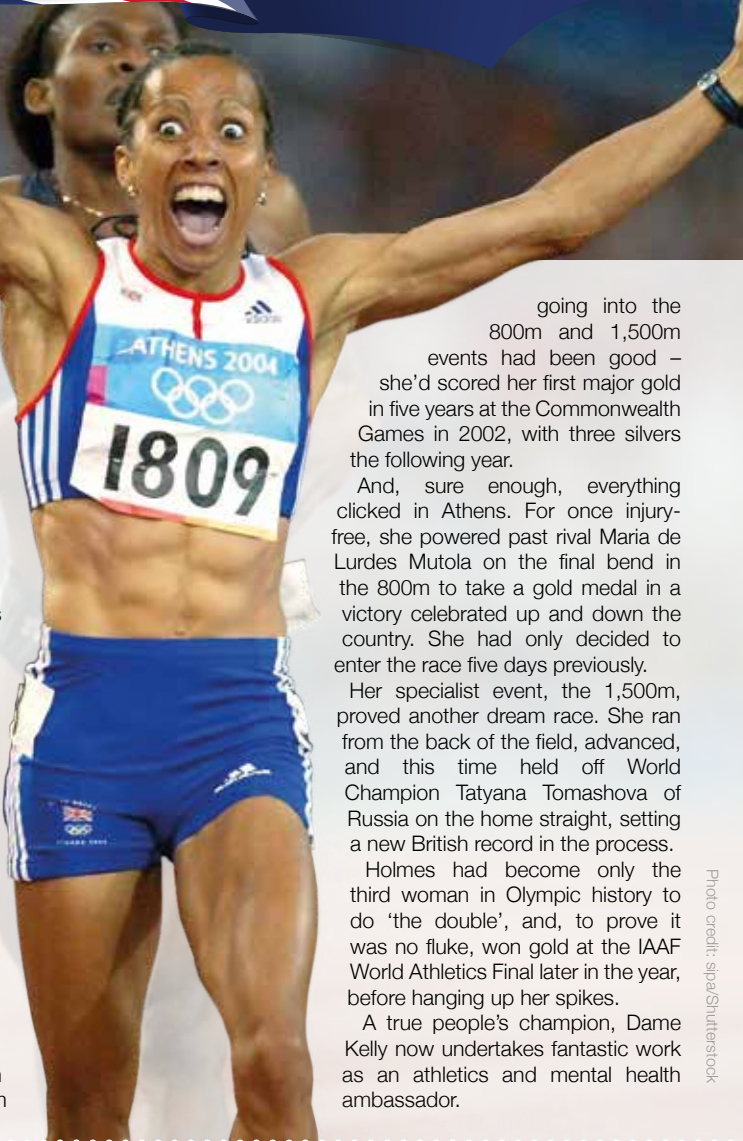
And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock



SPORT

BOWLED *out*

A SPORTING ICON LIKE NO OTHER LEAVES US ALL TOO SOON

There are some deaths that confound logic, sense and, in many ways, fairness. The passing of Shane Warne, one of cricket's all-time icons, surely falls into that category.

The 52 year old's contribution to the game was almost immeasurable. There were the Ashes triumphs, the World Cup wins, the record wicket hauls and the exemplary media career that saw him transition from Aussie baddy to one of the game's truly loved characters.

Warne had been misunderstood at times during that golden era of the 90s, which began in earnest in 1993 at Old Trafford when he bowled what became known as the 'ball of the century', in taking the wicket of Mike Gatting.

For the years that followed, Warne was every bit the posturing, scheming, bleached-blond Aussie who toiled, tricked and turned over English batsmen with alarming regularity. He almost singlehandedly made spin bowling cool, and sparked a generation of others looking to perfect the art.

And as partisan as he was, this was someone respectful to the game, as ready to praise rival sides as he was happy to bemoan the failings of his own. He never concealed his love affair with the UK, and as a result we took his passion and honesty into our hearts.

It made the shock of his death, owing to a suspected heart attack, so much more devastating. There was also a dreadful irony at play where Warne's final tweet, from March 4, gave tribute to the death of another Aussie cricketing great, Rod Marsh, who died just hours before Warne.

That Warne was about to join him on the magnificent wicket in the sky represented the same unexpected turn akin to one of his bewildering leg-spinners.

In his death, we have lost not just an Australian sporting great, but also someone whose craft, passion, enthusiasm and humility made the game of cricket what it is today.



Photo credit: Sipa/Shutterstock



PUZZLES & TRIVIA

PUZZLES

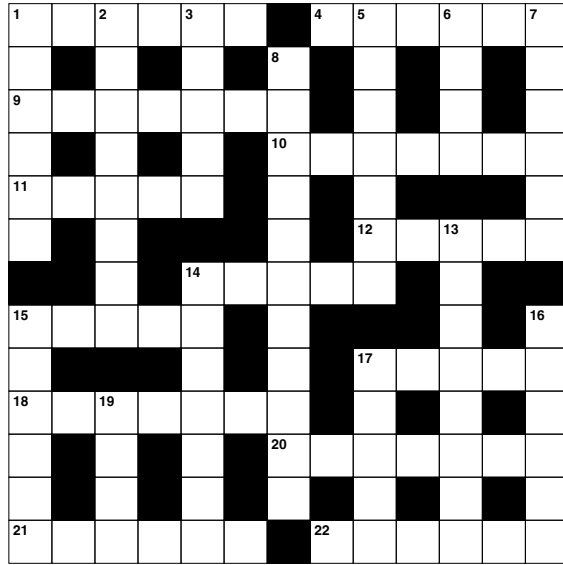
Answers: see end of The VISION Listings

ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)

DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)



- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

SUDOKU

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

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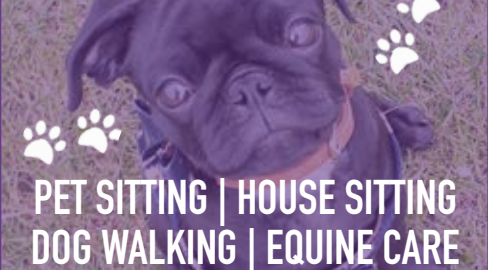
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