

**FIVE
HOME
DÉCOR
TRENDS**

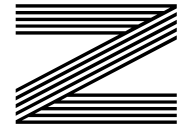
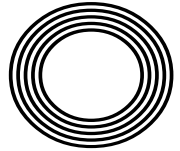
**HOW TO
MAKE
POTATO
MILK**

LEARN HOW TO
become a crypto trader

A tribute to the iconic actress
JUNE BROWN OBE

Denise
VAN OUTEN

The actress and presenter marking 25 years on our screens



FREE

Photo credit: Brett Cove/SOPA Images/
Shutterstock



ESSEX & SUFFOLK
WINDOWS | DOORS | CONSERVATORIES

CONTACT US ON:
01206 679 507

TIME FOR A CHANGE?

TRANSFORMING **HOUSES**
INTO **HOMES**

20%

**OFF ALL ORDERS
WHEN QUOTING
'VISION20'**

**WINDOWS
DOORS
CONSERVATORIES**



TRUSTED
BUILDING
PARTNERS
& EXPERTS



VALUE AT
THE HEART
OF EVERY
PROJECT



OVER 15
YEARS OF
EXPERIENCE
& SKILL

*DELIVERING THE HIGHEST QUALITY IN
WINDOWS AND DOORS TO CUSTOMERS
ACROSS ESSEX AND SUFFOLK*

WWW.ESSEXANDSUFFOLKWINDOWS.CO.UK





Editor's notes...

MAY 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Woodbridge. As I write this, I am struck by the saying 'time flies'. Our business comprises three **VISION** titles - Frinton-on-Sea, Woodbridge, and our latest magazine, ManningtreeMistley, which is celebrating hitting the grand age of one this month!

In life, we can often get caught in the day to day, putting our heads down and keeping going. The problem with this is that we often lose sight of the progress we have made, and never appreciate how far we have come and what we now have.

Gratitude is a powerful tool as whilst we practice it, our brain cannot focus on the negative, and therefore we are given a valuable shot of good chemicals, helping us to be better and do better.

So as we are approaching the mid-point of the year, I want to encourage you to spend time being grateful for all that you have, and all that you do.

To help, I will go first: I am grateful for the businesses that choose to advertise with us, the team that writes our articles and local news, the distributors that deliver your magazine, and last but not least, to all of you for reading **VISION** every month and helping to make this the best job I could have.

Sean Purcell

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmag.co.uk/woodbridge | woodbridge@visionmag.co.uk | 01255 564056

[@WoodbridgeVMag](https://twitter.com/WoodbridgeVMag) [@WoodbridgeVMag](https://www.facebook.com/WoodbridgeVMag)

CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Lizzie Ellis, Christina Pantelly

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

SUPPORT LOCAL BUSINESSES



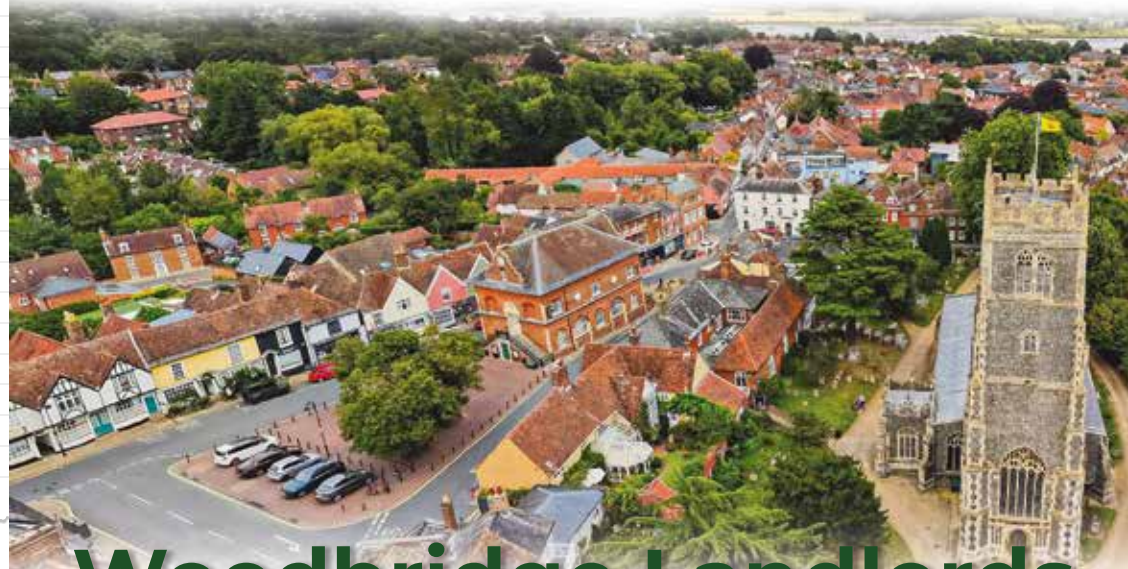
Please let your local businesses know that you saw them first in... **VISION**

EST 1986

VIKINGS

Estate Agents

PROPERTY MANAGEMENT SPECIALISTS



Woodbridge Landlords

Are you looking for a professional experienced letting agent to manage your investment?

- 36 YEARS OF LOCAL LETTINGS EXPERTISE
- PROACTIVE RENT REVIEWS
- A PERSONAL IN-HOUSE SERVICE
- FREE LETTINGS LEGAL ADVICE
- REGULAR DETAILED INSPECTION REPORTS
- FULLY COMPLIANT FOR YOUR PEACE OF MIND

Call Jason or Jamie to discuss your property management options

01394 275111

www.vikings.uk.net

An independent family business local to Woodbridge



Golden BROWN

BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way."

'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service.

So, what is the secret to her success and her longevity? Let's take a closer look.

REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.

Reg. Charity 1086565



Suffolk Owl Sanctuary

Spring is in the air!

at **STONHAM BARNES PARK** on the A1120

OPEN DAILY from 10.00AM

**OVER 80 OF THE
WORLD'S MOST BEAUTIFUL
AND FASCINATING
OWLS & OTHER BIRDS
OF PREY plus SOS SAFARI
MEERKATS • FERRETS
INCLUSIVE PLAYGROUND
PICNIC AREAS
FLYING DISPLAYS DAILY**



Includes S.O.S. Safari trail for youngsters

ADVANCE BOOKING RECOMMENDED

03456 807897

www.owl-help.org.uk

**The Suffolk Owl Sanctuary
Stonham Barnes Park, Stonham Aspal IP14 6AT**

Haxley and Ruffles

Roofing Contractors

CHIMNEY REPAIRS
NEW ROOFING
ROOF REPAIRS
LEAD WORKS



0800 025 7367

07850 230234 - haxleyandruffles@gmail.com

Made to order Timber Windows & Doors.
Designed to reflect your homes natural beauty,
Built to last a lifetime



www.whitestorks.com
01206 919331

WHITE STORKS
WINDOWS & JOINERY

HOME DÉCOR TRENDS 2022



HOME & DIY



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.



ARTIFICIAL GREEN WALL: Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

VELVET FURNISHINGS: If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

AUTHENTIC DESIGNS: Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

ROYALCORE: Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

SOFTER SHAPES: Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.

Bleach NO-NOS

Bleach is cheap, cheerful and it does the job. However, it is not designed to be a multipurpose cleaner for your home and there are certain things that it should never be used on.



✗ **WOODEN SURFACES:** As a general rule, bleach should not be used to clean wooden surfaces or floors as it can alter the wood's natural finish. Furthermore, it is not very effective at removing mould from wood-based materials such as wallboard, ceiling tiles and wall studs as these are all porous materials.

✗ **MOST METALS:** Bleach contains ingredients that serve as oxidants during the cleaning process, so metals like stainless steel, copper and chrome can become corroded or discoloured when exposed to it. You should also never use bleach to try to remove rust as it can make it more resistant and harder to remove.

✗ **STONE COUNTERTOPS:** Stone is another porous material and can therefore also be damaged by the application of bleach, even when diluted. If you have granite, marble or quartz countertops in your home, clean these surfaces with a simple water and liquid dish soap solution.

✗ **FRESH PRODUCE:** Although bleach is used in commercial food production, you should not use it at home to sanitise fresh foods such as fruits and vegetables. Instead, to remove any germs or bacteria, simply rinse the produce under cold water for 1-2 minutes.

✗ **DRAINS:** While many people pour bleach down their drains to clean and banish odours, this is not recommended as the chemicals in chlorine bleach can kill the beneficial bacteria that the septic system needs to break down solid waste.

Never mix bleach with other chemicals and cleaners, including ammonia, rubbing alcohol and vinegar.

This can result in toxic fumes being released into your home which can cause a host of issues, including severe coughing, internal organ damage and even death.



FOR ALL YOUR PLUMBING & HEATING NEEDS

With over 25 years experience, we take pride in our friendly and professional service, covering Woodbridge and the surrounding areas.

- ✓ Oil & Gas Servicing
- ✓ Repairs & Replacements
- ✓ Full Heating Installations
- ✓ Bathroom Installations
- ✓ Landlord Safety Checks



ABBS PLUMBING & HEATING SPECIALISTS

07791 033532
abbs1977@gmail.com



VACUUM SERVICE & REPAIR

ALLVAC

Kirby & Dyson Specialists



Have your vacuum collected, serviced and returned at your convenience for just

£35

All makes and models

Call Paul Layton on
01379 871095
or 07866549642



Motivated, Passionate and Professional

Personal training • Group workouts
Tailored programmes • Lifestyle support



Unit 2 Liberator House,
Clopton Park, IP13 6QT

07727995363

hello@kellygladingfitness.co.uk

www.kellygladingfitness.co.uk

RIVERVIEW GARDENING

Garden & Grounds Maintenance

Providing all aspects of garden and grounds maintenance to both domestic and commercial customers.

*Ride-on Mower Available
Green Waste Removed*

Experienced | Qualified | Insured

07779 152936 • 01728 561990

riverviewgardening@gmail.com



Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

WHAT IS COLOURWASHING?
Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

WHAT YOU NEED TO DO A COLOURWASH
To create a colourwash at home, you will need:
> Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
> A transparent water-based glaze. You could also use water.
> A roller or brush to apply your base colour.

> Either a sponge or a soft brush to paint the wash.

- HOW TO DO A COLOURWASH**
- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
 - > Mix the colourwash using four parts glaze to one part paint.
 - > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
 - > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com

10% OFF

JRS PAINTING SERVICES

QUOTE 'VISION22'

ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

- DOMESTIC, BOTH INTERIOR AND EXTERIOR
- COMMERCIAL
- BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407
JAMIESANDERS273@YAHOO.COM

Touchwood UK

kitchens, bedrooms, furniture & interiors

DEAL WITH MANUFACTURER DIRECTLY — CALL TODAY!

907 Woodbridge Rd,
Ipswich, Suffolk, IP4 4NX

01473 716100

www.touchwooduk.biz

DESIGN | PLANNING | INSTALLATION
Come and visit our showroom!



Create your own DIY BAR



When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

HOW BIG CAN YOU GO? Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

TRY DIY OR READY-MADE. A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

MAKE IT SHELTERED. Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

ADD APPLIANCES AND STORAGE. From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

BUY SOME ACCESSORIES. Some of the essentials you'll need for your garden bar include: Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

GIVE IT A NAME. Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.

ACORN TREES TREE SURGERY



OUR TREE SURGERY SERVICES INCLUDE -

- Tree Felling · Section Felling · Crown Lifting
- Crown Thinning · Crown Reduction
- Dead Wooding · Hedge Maintenance
- Stump Grinding · Firewood Processing

T: 01473 405427 M: 07747 697901
E: INFO@ACORNTREESIPSWICH.CO.UK
WWW.ACORNTREESIPSWICH.CO.UK

Martlesham Fencing & Gardening Services



New fencing & repairs
All types of fencing supplied & fitted
Gardening projects & maintenance

Call Kevin on 07943853860
martleshamfencing@gmail.com
www.martleshamfencing.co.uk

OIL TANKS SUPPLIED AND INSTALLED



Enjoy professional installation from TRS - a trusted family business most often rated 10/10 for quality, service & value.

TANK REPLACEMENT SERVICES
TRS
for a cleaner, safer environment

- Oil tanks in stock now
- Choice of plastic or steel
- Professional installation
- Existing oil transferred
- Your old tank removed

01362 687144

MADE IN BRITAIN STEEL TANKS CUSTOM MADE WWW.TANKREPLACEMENTSERVICES.CO.UK

Trusted Trader Member
Excellence REGIONAL WINNER
We are the region's leading oil tank supplier and have a proud reputation for customer service.
99% recommend us
referenceline
We remove your old tank for recycling

Photo credit: Allam Murdoch/Liberty Games, Future PLC/Jemma Henderson, Future PLC/Simon Whitmore, Future PLC/Tim Young all via idealhome.co.uk

WWW.PARKVIEWCAREHOME.CO.UK



PARK VIEW

— CARE HOME —

Are you taking steps to look for care for your loved one?

Take the next step to Park View Care Home

Park View is a state of the art, luxurious care home overlooking the magnificent gardens and grounds of Chantry Park near Ipswich.

Our philosophy is quite simple; to provide the very highest standard of care and quality of life to each person at Park View.

We provide residential, nursing and specialist dementia care to elderly ladies and gentlemen, this full complement of services means that elderly residents changing needs can be met throughout their stay with us.

- State of the Art Development
- Residential, Nursing & Dementia Care
- Private Dining/Hospitality Services
- Short & Long Term Care
- Beautiful Accommodation Throughout
- Individualised Care Plans
- Specialist Care Design Features
- Internet Wifi
- Activities, Hobbies and Clubs
- Stunning Landscaped Gardens

Please contact Sharon Bowen
Customer Relations

Telephone 01473 228 890



1 CHANTRY CLOSE, LONDON ROAD, IPSWICH IP2 0QR
CUSTOMERRELATIONS@PARKVIEWCAREHOME.CO.UK

LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Thousands take to the streets for popular town run

The 40th Woodbridge Town 10K took place this month, with thousands of keen runners taking to the streets.

The popular event, hosted by the Woodbridge Shufflers Running Club, took place on Sunday, May 8, and saw the community come together to take part in the race and raise money for charity.

Runners followed an undulating course through the streets of Woodbridge and large crowds lined the route to show their support and cheer on the runners.

The event involved two races, a 10km race for those aged 15 and over and a junior 1.5km race for runners aged seven to 15.

The event has raised more than £100,000 for charity since its inception 40 years ago, with the beneficiary charities selected each year by club members.

This year, the event supported a number of local causes. These included the Jetty Lane project aiming to create a community, youth and arts centre in Woodbridge; renovation of the historic Seckford Almshouses chapel to provide disabled access; Project 21, a charity changing the lives of people with Down's Syndrome in East Anglia; and Suffolk Young People's Health Project and Motor Neurone Disease (MND) Association, which is improving care and support for people with MND.

The adult race was won by Cooper Berry from Ipswich Harriers athletics club, who completed the route in an impressive time of 33:11. Brandon Barber was the winner of the junior race, with a time of 4:42.

To see footage of the race, search 'Woodbridge 10K' on Facebook.



Museum's newest backpacks help accessibility

Woodbridge Tide Mill has announced that it will provide sensory backpacks to visitors who have sensory processing disorders like autism spectrum disorder.

Each backpack contains two squeezable fidget toys, ear defenders, sunglasses, torch, feelings indicator, magnifying glass, sensory map and museum trail.

Heather Sheehan, the mill's education lead, said: "The backpacks are designed to make a visit more accessible and enjoyable for children who need a little extra support.

"The backpacks are free to use and are located on the entrance desk. You can ask for one from any of our friendly staff and they will happily lend it to you for

the duration of your visit. You can just return it before you leave.

"Our backpacks can be carried everywhere with ease and contain a range of sensory objects to either calm or stimulate."

Woodbridge Tide Mill Charitable Trust chairman, John Carrington, added: "I'd like to thank our education lead, Heather Sheehan, the East of England Co-op as sponsor and our volunteers for researching and creating this sensory backpack. The charity wishes to look after its visitors and meet as many of their needs as it can. This is another useful development towards that goal."

To find out more, visit woodbridgetidemill.org.uk

Police issue warning after distraction burglary

Residents are being warned about cold callers after a burglar tricked a carer before stealing money from a home in Woodbridge.

A man knocked on the victim's door in Cumberland Street on April 16 between 3pm and 5pm and told the carer he was a friend of the homeowner.

A spokesman for Suffolk Police said: "The suspect asked to use the toilet and went upstairs. The carer found the male suspect in a bedroom.

"The suspect was asked to leave, but was found hiding behind a door in a downstairs room.

"It is thought some loose change was stolen.

"The man has been described as white, English speaking and between 30 and 50 years of age.

"He has short dark hair, a large paunch belly, and is not very tall. He was wearing shorts, boots and a gilet.

"He was carrying two plastic bags and two knapsacks."

NEW YEAR,
NEW YOU,
NEW BUSINESS?

Photography Little People™

BECOME A
FRANCHISE OWNER



IF YOU LOVE LITTLE ONES,
YOU'LL LOVE THIS BUSINESS!

WE ARE THE UK'S NO.1 NEWBORN,
INFANT AND FAMILY MOBILE
PHOTOGRAPHY BUSINESS



CONTACT
INFO@PHOTOGRAPHYFORLITTLEPEOPLE.COM
FOR MORE INFORMATION

SUFFOLK STOVES



**WOOD BURNING, MULTI-FUEL, GAS & ELECTRIC
STOVES & FIREPLACES, INSTALLATIONS,
ALTERATIONS, SERVICING & CHIMNEY SWEEPING.**

PLEASE VISIT OUR SHOWROOM TO VIEW OUR EXTENSIVE
RANGE OF STOVES AND ACCESSORIES

01728 648362

**GARDEN HOUSE FARM
MIDDLETON (B1122)
SAXMUNDHAM
SUFFOLK, IP17 3LU**



Photo credit: East Suffolk Council



LOCAL NEWS

Town's annual wild spaces scheme returns

East Suffolk Council (ESC) has relaunched its annual scheme which creates spaces for wildlife, including some in Woodbridge.

The "Pardon the weeds, we're feeding the bees" campaign was first launched in 2020 and has helped to create more than 100 spaces where grass and wildflowers are left to grow to help wildlife thrive.

The spaces in Woodbridge include Collingwood Road, Hilly Fields, Lime Kiln Quay Road, Seckford Hall Road and Portland Crescent.

These areas, which are large enough to provide an environmental benefit and do not present any safety issues for local communities, will be marked with eye-

catching yellow signs to make residents and visitors aware of the scheme.

Town and parish councils, supported by East Suffolk Norse, will monitor the conservation areas to remove litter and control any invasive plant species.

Councillor James Mallinder (pictured), ESC's cabinet member for the environment, said: "The wild spaces are well received by local communities, and we are delighted to be bringing them back for another year.

"We are keen to encourage others to create wildlife spaces of their own, and so this year we are supporting town and parish councils to identify areas of their own land which could be used for conservation too."

Farm shop has been crowned best in the region

Woodbridge farm shop has been crowned the best in East Anglia at the 2022 Farm Shop and Deli Retailer Awards.

The Grundisburgh Dog Delicatessen was one of nine regional winners announced on Monday, April 25.

Judges praised the shop for its dedication to the community, stating: "This sounds a very special place and an instant success within its community. I appreciate the team's sustainability efforts as well as their innovation and proactivity."

Talking to Facebook, the owners wrote: "We won! I am still pinching myself and it's taken me a while to find the right words to express just how proud I am.

"I am truly honoured, happy, excited, proud, humbled, chuffed and grateful to have received this amazing award.

"My congratulations go to the other retailers who made it to the finals who do a fantastic job supporting their communities and championing local suppliers.

"I couldn't have done any of this without my right-hand woman, Marjie, whose positive attitude and infectious laugh has made my job and life so much brighter and more fun.

"Thank you to the judges who recognised our hard work, ethos and ability to embrace change.

"Thank you to our wonderful customers."



Photo credit: Google Maps

Police appeal after delivery van driver assaulted

Police are appealing for witnesses and information after two assaults that involved the same individuals in Woodbridge and Martlesham Heath.

The first incident took place at the junction of Fitzwilliam Close and Queens Avenue, Woodbridge (pictured), at around 8.30pm on Tuesday, May 10.

The second assault took place on the verge of the A12 southbound near the Adastral Park roundabout in Martlesham Heath just before 9.30pm the same evening.

The first incident in Woodbridge saw the victim, who was driving a delivery van, assaulted by the driver of a

white van, following a road-related matter.

The same suspect, then driving a black Audi, forced the victim's vehicle to stop on the edge of the A12 before assaulting the victim a second time, leaving him requiring stitches for a cut above his left eye.

The suspect is described as being white, aged in his 30s, about 6ft tall, of muscular build, dark-haired, and with tattoos on his arms.

If anyone has information, images or footage which could help the inquiry, please contact Suffolk Police via www.suffolk.police.uk/contact-us/existing-report-update quoting crime reference number 37/28519/22.

Former council offices to be turned into homes

East Suffolk Council (ESC) has sold its former Woodbridge offices to a developer, which will provide new homes on the site.

The offices on Melton Hill have been vacant for six years since the council moved to nearby Riduna Park.

The sale was completed between ESC and Manningtree building firm, Rose, last month.

The 3.23-acre site lies close to Woodbridge town centre, overlooking the River Deben, with views across to Sutton Hoo.

Councillor Craig Rivett said: "I'm delighted to announce the sale of the former council offices on Melton Hill to a local, family-run developer with a history of working in the town – most recently on the impressive Queens Drive development of 33 new homes.

"We were keen that any potential developer would wish to forge a close working relationship with the local community, including Woodbridge Town Council and Melton Parish Council, to ensure that local views are heard and taken into consideration.

"I'm glad to learn of the buyer's intention to work up plans and engage with the local community very soon."



The history of BANK HOLIDAYS



Who doesn't love a bank holiday? They offer the chance to sit back and relax and spend time with family and friends, and this year, many Brits will enjoy an extra day off to celebrate The Queen's Platinum Jubilee.

But how did bank holidays first come about?

England, Wales and Ireland. These holidays were: Easter Monday, Whit Monday, the first Monday in August and Boxing Day.

Meanwhile, Scotland had New Year's Day, Good Friday, the first Monday in May, the first Monday in August and Christmas Day.

THE BANK OF ENGLAND AND THE EXCHEQUER STARTED THE TREND

Before public bank holidays were made official, the Bank of England and the Exchequer were known for taking holidays to celebrate Christian festivals and royal events. In fact, they were believed to have taken around 40 days off each year. Unfortunately, this was cut down to just 18 days in 1830 and then down to just four in 1834.

ADDITIONAL CHANGES TO BANK HOLIDAYS

In the 1971 Act, New Year's Day, Good Friday and Christmas Day became bank holidays in England, Wales and Northern Ireland.

The 1971 Act also made January 2 and Boxing Day a bank holiday in Scotland only.

In 1978, the government made the first Monday in May a bank holiday in England, Wales and Northern Ireland.

A Northern Ireland only bank holiday to mark the anniversary of the Battle of the Boyne was introduced in 1926 and falls on July 12.

In 1965, the first Monday in August bank holiday was changed to the Monday following the last weekend in August in a bid to increase trade. Scotland was exempt from this.

THE BANK HOLIDAYS ACT IN 1871

In 1871, the Bank Holidays Act was drafted by banker and politician John Lubbock, the first Baron of Avebury. This was when the first official bank holidays became law in





WATCH OUT(EN) *Denise is about*

CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS

Denise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

Potato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.



THE RED LION
WOODBRIDGE

GREAT FOOD. GREAT DRINK. GREAT ATMOSPHERE

Richard and Sarah welcome you to this recently refurbished public house in the heart of Woodbridge. Open all day, 7 days a week for great food and drink.

01394 548327

PUBLICAN@REDLIONWOODBRIDGE.CO.UK
90 THOROUGHFARE, WOODBRIDGE, IP12 1AL

SPECIALISTS IN STERLING SILVER

Silver Sun Jewellery

NEW STORE NOW OPEN!

53a Thoroughfare, Woodbridge, IP12 1AH

T: 01394 382114
E: silversunjewellery@gmail.com

Open: Mon-Sat 10am-5pm
Sundays by Appointment

foulgers.dairy
01473 784999
www.foulgersdairy.co.uk

BACK TO GLASS

RECYCLE REDUCE REUSE

The essentials, delivered direct to your door!

Foulger's Dairy have been serving the people of Suffolk & Norfolk for over 80 years. More people are now going 'back to glass', and receiving their milk and essential groceries direct to their doors!

Want milk and groceries delivered straight to your door? Want to support local farmers? Want to do your bit for the environment? Call us on 01473 784999 or email doorstep@foulgersdairy.co.uk



Go Wild

Wild garlic can be enjoyed raw or cooked and has one of the longest seasons of all wild plants. The ideal vegetable for first-time foragers, this milder variety of garlic can be added to a whole host of dishes.

by its long and pointed green leaves and white clustered flowers. It typically grows in dense clumps.

WHEN IS WILD GARLIC IN SEASON?

Wild garlic leaves appear in March and are best picked when young. These leaves are delicious added to soups, sauces and pesto. From April to June, the flowers start to emerge and these make a great addition to salads and sandwiches.

WHAT TO DO WITH WILD GARLIC

Wild garlic pesto | Wild garlic and nettle soup | Wild garlic butter | Wild garlic chicken kiev | Wild garlic and watercress tart | Baked new potatoes with wilted wild garlic

WHAT DOES WILD GARLIC TASTE LIKE?

All parts of the wild garlic plant are safe to eat, including the bulb, leaves and flowers. Wild garlic is less pungent than standard garlic cloves, delivering a sweeter and more delicate taste. If you pick a wild garlic leaf and gently squeeze it, you will instantly be met with the distinctive garlicky aroma.

WHERE TO FIND WILD GARLIC

Wild garlic grows in damp woodlands and forests across the UK and throughout Europe and is often found near rivers or streams where the ground is damp. Wild garlic is recognisable

HOW TO STORE WILD GARLIC

Wild garlic can be stored in an airtight container in the fridge for 1-2 days. If you want to keep your wild garlic fresh for longer, place the stems in a glass of water and place in the fridge. Wild garlic is suitable for freezing. Simply wash and dry, and then place in a freezer bag and freeze.



Relieve ACID REFLUX without medication

That all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

EAT SLOWLY AND SPARINGLY

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

SIT UPRIGHT AFTER EATING

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

AVOID CERTAIN FOODS

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

DRINK MILK

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

CHEW GUM

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

SIP GINGER TEA

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.



The Company of Four - 1972-2022

Celebrating their 50th Anniversary

■ 2022 is a very special year for Woodbridge based Musical Theatre Society – they are celebrating their 50th Anniversary.

How it all began...

Woodbridge Youth Club had been performing shows in the town since the early 1950's and in 1971, one of its members, Mike Warden was invited to join them for a 21st Birthday celebratory concert. It was following this concert that the then leader, Harry Reeve asked if he would be willing to take on the position of Drama adviser. Mike

accepted and he went on to form a small concert party group. In 1972, Harry made the decision to retire and so called a meeting at the old Woodbridge Cinema to discuss how things would continue moving forward. It was in that meeting that Mike said he was going to carry on and keep the group going as they had just put in a fantastic new stage. Fellow members, John Morris



and Don Spill also wanted to continue. Because the group was developing outside of the age specific Youth Club, Harry said that they would need to be called something else. When asked what they would be known as, Mike

remembered that he had passed a security van on his way to the Cinema, 'Group 4' and with there being 4 of them in the room at the time, he suggested 'Company of Four', stating that nobody would know who the four were and so the company was formed.

Their very first joint cabaret, 'Springtime Variety' was performed with members from the Woodbridge Youth Club. By 1973 Company of Four had completely broken away from the youth club and their first true pantomime was 'Robinson Crusoe'. Performing at The Riverside was not as straightforward as it is today in that before every pantomime or variety show was staged, the

scaffolding for the proscenium arch, the lighting bars and curtains all had to be put in. This was a mammoth task and it got to the point where the company needed to look at a more permanent solution. Luckily for the company, Mike Warden's neighbour was in the scaffolding business and he offered to do the job at cost if the company could buy the materials. It was a challenge and to raise the extra funds the company would put on Country & Western Shows. Between 1972 and 1978 they had put on 13 due to their popularity. That same scaffolding is still going strong today after 50 years. In the early years of the variety shows,

professional acts would perform alongside company members but it was in 1976 with the pantomime 'Dick Whittington' and the variety show, 'Hopscotch / Blockbuster 1' that the foundations for the 'large scale' productions that you see today were laid. Mike continued to direct and produce most of the pantomimes and variety shows until he 'retired' in 1989 but is still very much involved in amateur theatre and with The Riverside.

The success of the Company of Four has always been down to the people that have been involved. It was a real family affair. The children would be performing on stage whilst their parents were choreographing, making costumes or building the set and painting scenery. Looking through some recent albums of shows from the past you can literally see that the children grew up performing on the stage at the Riverside Theatre, starting as Tots and then Juniors before moving into the Junior Dancers and Dancers. We are extremely proud to say

Other key members in the Company of Four over the years include Kay Goddard of Kay Goddard School of Dancing (All new members if they wanted to dance had to be dancing with Kay) Pianists Molly Hicks, Michael Illman and John Craggs (who was also MD for a number of years) and Tony Crisp our Drummer. What can we say about Don Spill? Well he was a visionary – when it

Since it was formed. The Company of Four has staged 43 Song and Dance Shows, 49 Pantomimes, 26 Musicals, 11 Christmas Shows, 4 Plays and 13 Country & Western Shows. One of the highlights though,



lucky enough to share the stage with Bonnie Langford, Christopher Biggins and Howard Keel.

This June, The Company of Four are delighted to return to the stage of their spiritual home, The Riverside Theatre with their very special 50th Anniversary show 'Thank You Very Much'.

This exciting production will showcase the very best the company has to offer and will include some of their most memorable selections from shows of the past as well as a few new ones.

Join them as they look back over the past 50 years and take you on a memorable, magical and musical journey, reliving their fabulous history through Song & Dance.



came to producing song and dance shows the ideas that he had seemed at times just too far out of reach but he made them work and he knew just what he wanted with regards to set design, the music, even the costumes and goodness did he like a confetti cannon! One routine that will stick with us forever is 'The Dambusters' if you have seen it then you will know.

Something else that has stood the test of time that we mentioned earlier is the stage that was replaced in 1972. It is made from packing cases used to transport a new printing machine for WS Cowells printing firm in Ipswich. The top needed to be a harder more durable material and is made up of hardboard used as a protective material for paper when it was packed and delivered by a company called Bowaters from Kent. Whilst the company give it a coat of stage paint every now and again, it is all original and has literally had thousands of people walk and dance on it for 50 years.

has to be performing at the Royal Albert Hall for the Noda Centenary Celebrations in 1999 where we were



that with many of them went on to perform on the professional Stage; Gavin Lee, Emma Dodd, Martin and Samantha Warden, Sharon Escott, Lorraine Moseley, Claire and Daniel Holmes, Hannah and Paul Berry and June who went on to have a very successful career with 'The Jelly Rolls'.



Company of Four
 THANK YOU
 Very Much
 A MUSICAL CELEBRATION
 CELEBRATING 50 YEARS
 OF ENTERTAINMENT IN MUSIC
 SONG & DANCE
 50
 WED KINE 22nd - SAT JUNE 25th 2022
 BOX OFFICE: 01394 382174
 WWW.COF4.CO.UK

THE COMPANY OF FOUR
 GOODNIGHT
 MISTER
 TOM
 Adapted by David Wood
 From the novel by Michelle Magorian
 SECKFORD THEATRE WOODBRIDGE
 OCTOBER 20th - 22nd
 For performance times
 & booking details visit
 Cof4.co.uk



GET READY TO ice-roll



The beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

HOW DO I USE AN ICE-ROLLER?

- For best results:
1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
 2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.

3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.

WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:

- > Boosts circulation
- > Restores radiance
- > Encourages optimum skin cell function
- > Reduces puffiness and redness
- > Reduces the appearance of broken capillaries
- > Decreases any inflammation
- > Tightens the skin

DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.



KINETIC SAND IS SOFT, MOULDABLE, PROVIDES HOURS OF FUN FOR YOUNG CHILDREN, AND – YOU’LL BE PLEASED TO HEAR – IS SUPER EASY TO MAKE AT HOME

WHAT IS KINETIC SAND?

Kinetic sand is essentially sand that has had other ingredients added to it to create a soft and crumbly consistency, like beach sand, but is also able to hold its shape. Easy to clean and store, kinetic sand should last for several years and is great for child development and sensory play.

HOW TO MAKE YOUR OWN KINETIC SAND

YOU WILL NEED:

- 2½ cups of fine sand such as play sand (available in a variety of different colours) or decorators sand
- 1½ cups of cornstarch
- ½ cup of oil such as cooking, baby or mineral
- An airtight container with a lid

HOW TO MAKE:

Pour the sand into your chosen container | Mix in the cornstarch | Slowly pour in the oil and mix well | Continue to mix until there are no oily or dry spots in the mixture | Start to play.

HOW TO STORE KINETIC SAND

Although kinetic sand does not dry out, you should keep it clean and dust-free in a resealable bag or an airtight plastic container. When kept like this, it should last for between three and five years.

IS KINETIC SAND SAFE?

Kinetic sand is non-toxic but is not intended for consumption. Any child under the age of three should be supervised when playing with kinetic sand.

KINETIC SAND ACTIVITIES

- > Dig for fossils with small dinosaur toys
- > Use Play-Doh tools to roll out and cut shapes
- > Make ice cream with scoops and spoons
- > Hunt for buried treasure using plastic coins and gems
- > Build a Mr Potato Head out of kinetic sand
- > Practise writing letters and numbers in the sand.





SPORT



SCOOTER *loopy*

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES

It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon.

While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK.

Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May.

And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph. All those riders require is bravery... and a lot of it.



Photo credit: official.escoo.live

BRITAIN'S GREATEST SPORTING MOMENTS...



SPORT



CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when superb Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.

Take Your Business & Life to the Next Level...

“ We are now a much-improved business across all departments. I am no longer required to be in the centre of everything. We've allowed departments greater focus and job satisfaction. We are now engaging with the right customers, which has had a positive effect on profit. ”

Clare Garrod, Stonewall Security

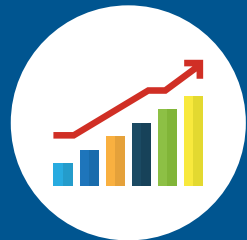


When you grow your business, you create jobs and a purpose for many people. You also grow your wealth and freedom to take time out and enjoy it.



6 months

Guaranteed ROI within the first 6 months or we'll refund the difference. *(ask about Ts and Cs)*



3,500

Strategies and tactics to take your business to the next level.



97%*

Clients recommend ActionCOACH to a friend or business associate.



97%*

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.*

seanpurcell@actioncoach.com
https://colchester.actioncoach.co.uk





Gotelee Solicitors LLP have been established in Suffolk for well over a century. We are the largest purely Suffolk law firm and proud of its heritage in the county.

Our friendly, local solicitors are here to help you as individuals and with your business, with a host of legal matters, including buying and selling property, making a will, setting up Powers of Attorney and trusts and planning. Whatever the structure of your business, whether a family business, start-up or established company, you need trusted advisors - a team to call upon and use as a sounding board, develop strategy with and go to for solutions. Whatever the issue you are facing, we can help.

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

PICTURE
Perfect



Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.



Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.



Penny FOR YOUR THOUGHTS

HOW THE SIMPLE PENNY BLACK STAMP KICKSTARTED A SOCIAL REVOLUTION IN THE UK

In 2022, the Penny Black is one of the most sought-after stamps philatelists seek out. Not just expensive, it also represents a cornerstone in the world of collecting; it's something of a rite of passage to own one.

Yet for all its perceived collectable and material worth today – the first Penny Black stamp was recently listed by Sotheby's with a possible sale price of up to £6million, although it failed to sell – the name itself reveals very simple beginnings.

The stamp, impeccable in its design and rich in simplicity, and bearing the image of Queen Victoria in profile, was a communication revolution upon its launch on May 6, 1840.

Quite simply, it enabled anyone to send a letter weighing up to half an ounce to any destination in the country, for just one penny.

It opened up a platform for people in all locations and of all social classes to be able to connect with

one another – previously, the idea of sending a letter was complex and expensive, with the recipient required to pay to receive mail.

This dawning of social communication was brought about by Robert Wallace, an MP who led a commission on postal reform, and was brought to life by Sir Rowland Hill in the form of prepaid postage. As well as enabling all levels of society to communicate with each other, it led to a huge boom in business and commerciality.

In total, 68 million of these stamps were used – that's a considerable number given that the entire UK population in 1840 was around a quarter of that figure.

These days, our postal system is complex, convoluted and extremely competitive. While the Penny Black had simplicity at its heart, it also represents the kind of revolution that modern postal service providers will never be able to replicate.



Are you missing out on marriage allowance?

1.8 million married couples and civil partners are taking advantage of marriage allowance, but are you missing out?

MJB Avanti advise, if you are entitled to the marriage allowance and have not yet applied, then you could receive a payment of up to £1,220 from HMRC. The marriage allowance is available to qualifying married couples and those in a civil partnership where a spouse or civil partner is a non-taxpayer i.e. has an income below their personal allowance (currently £12,570).

The allowance works by permitting the lower-earning partner to transfer up to £1,260 of their personal tax-free allowance to their spouse or civil partner. The marriage allowance can only be used when the recipient of the transfer (the higher-earning partner) doesn't pay tax at more than the basic 20% rate of Income Tax. This would usually mean that their income is between £12,570 to £50,270 in 2020-21. The limits are different if you live in Scotland.

What to do if you have not yet claimed

If you meet the eligibility requirements and have not yet claimed the allowance, then you can backdate your claim to 6 April 2017. This could result in a total tax break of up to £1,220 if you can claim for 2017-18, 2018-19, 2019-20, 2020-21 as well as the current 2021-22 tax year. If you claim now, you can backdate your claim for four years (if eligible) as well as for the current tax year.

The MJB Avanti team help clients to maximise their tax allowances with efficient tax planning, call us on 08000 388799 to see how they can help you achieve your financial goals.

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



Contact MJB Avanti now on: 01473 55 88 66 or email: enquiries@avantigroup.uk.com





FREE FINANCIAL HEALTHCHECK

Free of charge, without obligation

Are you ready for what the future holds?

We're your local, Independent Financial Advisors, and can help you prepare for whatever life throws at you. Our services include:

- Pensions
- Retirement Planning
- Retirement Advice
- Inheritance Tax
- Investments/Savings
- Health/Protection

Tom Crowther BA (Hons) FPFs
Your Local Advisor - Woodbridge



Contact Tom directly on:
01473 408425 / 07395796800
e: crowthert@wmibl.co.uk

M & R CARS

WOODBIDGE



- Local Taxis • Fixed Price Fares
- 24hr Airport & Long Distance Specialists
- Sporting Events • Nightclubs
- Corporate Accounts Welcomed
- 6 seater people carriers • 8 seater minibuses
- Wedding Car Service • Courier Service

01394 386661

info@mandrcars.co.uk



INFO@VISUAL-PEAK.COM

07753103013



DOES YOUR BUSINESS LACK QUALITY MARKETING CONTENT?

WE OFFER STUNNING PHOTOGRAPHY, VIDEO AND DRONE CONTENT, HELPING YOUR BUSINESS GROW

COVERING ESSEX, SUFFOLK AND SURROUNDING AREAS

SCAN ME!



20%
OFF

FIRST 3 MONTHS WHEN QUOTING 'VISION20'
REGULAR CONTENT PLANS FROM £499+VAT P/M

Has Rolls-Royce built the fastest electric aircraft?

The world needs some drastic changes to help combat the effects of global warming. Vehicle manufacturers are working hard to develop electric models that provide great performance, as well as being energy efficient.

While perhaps better known for manufacturing cars, Rolls-Royce also produces aircraft parts. It has recently announced that it has created the fastest all-electric aircraft, reaching a maximum speed of more than 387mph. But has Rolls-Royce truly succeeded with its bold claim? And what will this mean for an energy-efficient future?

Spirit of Innovation

Rolls-Royce has been testing its latest project, an all-electric aircraft known as the Spirit of Innovation. During the tests, the aircraft was able to reach a speed of 345mph over a distance of three kilometres, which it believes has broken the record for the fastest electric aeroplane. It's a part of the Accelerating the Electrification of Flight project, which is being partially funded by the Aerospace Technology Institute, in partnership with the Department for Business, Energy and Industrial

Strategy and Innovate UK. The data has been sent to officials for verification.

Rolls-Royce: Making 'jet zero' a reality?

Spirit of Innovation comes just as world leaders pledged to reduce the impact of global warming at COP26. In a recent press release, Warren East, CEO of Rolls-Royce, said: "Following the world's focus on the need for action at COP26, this is another milestone that will help make 'jet zero' a reality and supports our ambitions to deliver the technology breakthroughs society needs to decarbonise transport across air, land and sea."

Using innovations such as electric aircraft, this could soon become a reality.

What's next?

Rolls-Royce has a long history of breaking records, and it will no doubt seek to improve upon the Spirit of Innovation. As the company looks set to become net zero by 2050, there could be some exciting times ahead in the world of electric vehicle development.



Photo credit:Rolls-Royce



TECHNOLOGY



ENJOY A healthier HOLIDAY

Hotels are a place to go to enjoy luxury, comfort and relaxation. But one hotel in Costa Rica is taking things to the next level with a completely holistic experience.

The Hacienda AltaGracia describes itself as “an escape for those seeking total wellbeing and unbridled adventure”.

You’ll find the hotel in the Talamanca Mountains in Costa Rica, a truly tranquil spot that lets guests take things at their own pace and helps them recharge, reconnect and expand their horizons.

WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you’ll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual’s stay.

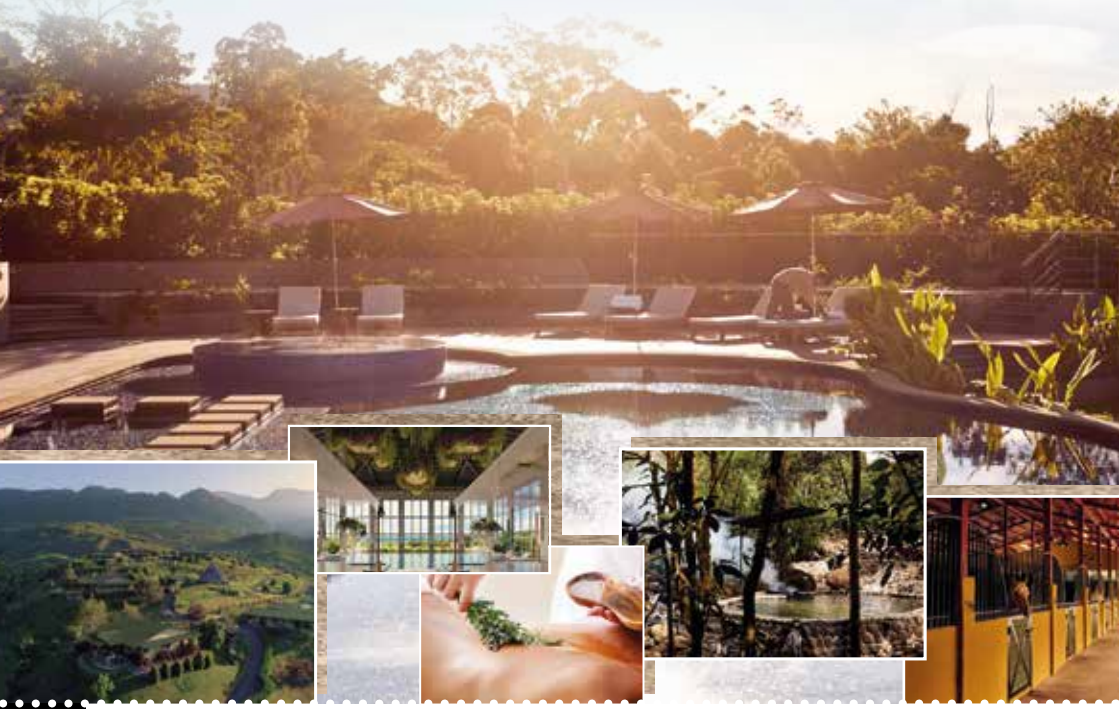
The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller’s* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you’re looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: aubergeresorts.com, thetimes.co.uk



PurrFECT CATNAPS

Cats love to sleep – it’s one of the things we envy the most about them. But have you ever given much thought to what your cat’s sleeping position means?

households, or for cats in new surroundings.

BELLY-UP CAT: A cat that sleeps with its belly exposed and paws splayed is a cat that feels secure and comfortable in its surroundings. It’s exposing the most vulnerable part of its body, showing you it feels safe in its home.

LOAF OF BREAD: The ‘loaf of bread’ position is where a cat sleeps with its paws and tail tucked under its body, making it look like it has no legs. Cats choose this position for comfort and to stay warm. This position is also a sign that your cat is happy and relaxed.

CURLED-UP KITTY: A curled-up cat with its tail wrapped around its body and head tucked in, means several things. This position helps it stay warm and also helps the cat protect itself from potential threats.

SLEEPING ON YOU: A cat sleeping on you can be for a couple of reasons. It either wants to feel added protection with a ‘safety in numbers’ approach, or it wants to feel close to you and benefit from some extra warmth.

IN A BOX: Cats love to sleep in a box or any small space as it makes them feel safer than being in an open space. It’s a normal behaviour that helps them feel warm and secure.

STRETCHED OUT: A stretched-out cat is a happy and relaxed cat, who’s usually in a deep sleep. When a cat is in this position, it’s best to let it stay there.

EYES HALF-SHUT: A cat that sleeps with its eyes half-shut is doing so to enable it to react quickly to any threat or disturbing noise. It’s common in noisy

PAWS ACROSS FACE: A cute position to witness, paws across the face can mean your cat is trying to keep its nose warm or block out the light. A cat that’s hiding its face wants to be left alone, so it’s best to let your cat be in this position.



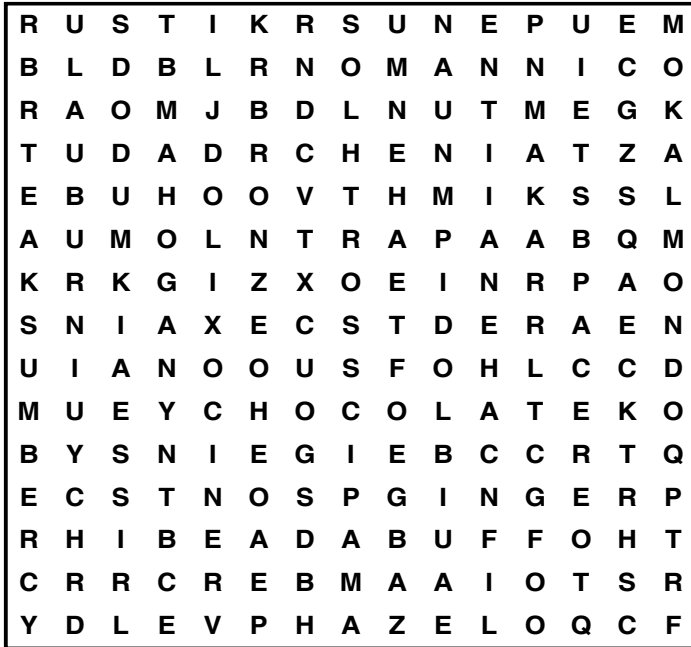


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

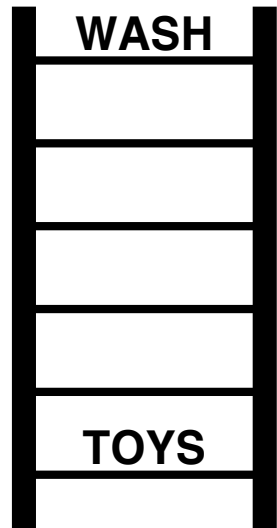
- ▶ ALMOND
- ▶ AMBER
- ▶ AUBURN
- ▶ BEIGE
- ▶ BRONZE
- ▶ BUFF
- ▶ CARAMEL
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ COCOA
- ▶ GINGER
- ▶ HAZEL
- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER



DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

SUFFOLK FLOOR RESTORE

Floor cleaning and sealing for natural stone and porcelain

Restore your hard floors to their former glory!

07736 000665

sfr6450@gmail.com

Simon Warrington Home Maintenance

Kitchens • Bedrooms • Bathrooms
Plumbing • Maintenance
Doors • Flooring • Tiling
Emergency Plumbing

Est. 2004

01394 448095

07739 390802

simonwarrington@icloud.com

ADVERTISE
your company here



Call
**01255
564056**

ask for Sean

CHARLES CLARKE
& SON
BUILDERS LTD
ESTABLISHED 1951

Plumbing & heating services

Emergency plumbing
Service & maintenance

New plumbing
installations



www.charlesclarke.co.uk | 01473 735317

WOODBIDGE PET CARE & EQUINE SERVICES



PET SITTING | HOUSE SITTING
DOG WALKING | EQUINE CARE

Follow us on Facebook or call
07928 660534

ACCOUNTANTS

AVANTI GROUP UK LTD

With robust systems and friendly proactive approach, we are your local accountancy solution providing services, support, and advice. 01473 558866 | enquiries@avantigroup.uk.com

ARCHITECT

STEPHEN HART ARCHITECT

Feasibility, design, conversions, refurbishments, extensions, planning. Our Principle RIBA Architect Stephen Hart has over 40 years' exp. stephen.jc.hart@gmail.com | 07980 899153

AUTCARE

D.J. MACKENZIES LTD

Independently owned accident repair centre in Woodbridge. We have been repairing accident-damaged cars to very high standards for 35 yrs. 01394 386625 | mail@djmackenzie.com

BUILDERS

G. CULF BUILDING & ROOFING

Offering the full range of building services, including roofing and groundworks. Over 40 years' experience. Call for free quote. 07778 650147 or 01986 875550

JOIN THE LISTINGS... for just £180 +VAT per yr

CARPENTRY & JOINERY

DEBEN INTERIORS

Over 30 yrs' exp in kitchen fitting. High-quality paints/materials for all furniture refurbs, building work, kitchen construction projects. 07774 287420 | dventiors@sky.com

CLEANERS

MAID2CLEAN (SUFFOLK) LTD

Need some help with your cleaning, ironing or both? Would you like a vetted and insured maid to clean your home? From just £13ph. 0800 878 6388 | suffolk@maid2clean.co.uk

ELECTRICIANS

WRIGHT ELECTRICAL SERVICES

All types of electrical work undertaken. No job too big or small. NICEIC registered. Contact Stuart Wright. 07880 707010 | 01473 431882 | wrightelectricalservices@hotmail.co.uk

R.W. CURLE ELECTRICAL ENGINEERS

NIC-EIC registered electrical engineers and contractors, serving all of Suffolk since 1959. Domestic, commercial and industrial. info@curle.co.uk | 01728 688444

FLOORING

SUFFOLK FLOOR RESTORE

Floor cleaning and sealing for natural stone, brick and marble. Restore your hard floors to their former glory. Contact Bruce Copping on 07736 000665 or sfr6450@gmail.com

FLORISTS

TRIANGLE NURSERY LTD

A family business flower wholesalers, fresh & dried flowers, florist tools & accessories to trade & non-trade. Click & collect available. www.trianglenursery.co.uk | 01394 385832

FUNERALS

E.B. BUTTON & SONS

Independent, family run funeral directors since 1875, providing the highest standards of service and care to families in times of grief. info@ebbutton.co.uk | 01394 382160

GARDENERS/LANDSCAPERS

RIVERVIEW GARDENING

All aspects of commercial/domestic garden/grounds maintenance, one-off or regular work. Experience, qualified, insured. riverviewgardening@gmail.com | 07779 152936

GUTTER CLEARANCE

DREAM DRAINS

Professional and mess-free gutter clearance service for residential and commercial buildings of all sizes. Prices start from £39 + VAT. 01394 548548 | info@dreamdrains.co.uk

LAWN MOWERS

MELTON MOWERS

Lawnmower sales, servicing, and repairs. Book your winter service now. 01394 382983

PAINTER & DECORATOR

IAN PRICE PAINTER & DECORATOR

Over 18 years' experience. Interior/exterior decorating, City & Guilds (level 3) qualified. Free estimates and advice. 07805 003123 | 01728 668994 | www.ipdecorating.co.uk

KARL WHIGHT

Specialist in modern and period properties. More than 30 years' experience. 07967 802762 | 01728 688300 | k.whight258@btinternet.com

PAVING

BRICKYARD PAVING

Bespoke paving slabs and edging in Woodbridge, Ipswich, Stowmarket & surrounding areas. All products handmade for over 20 years. info@brickyardpaving.co.uk | 01473 741358

PEST CONTROL

COMMAND PEST CONTROL

Commercial, agricultural, domestic pest control throughout the eastern counties and beyond. Service you can depend on. 01787 248049 | sales@commandpestcontrol.co.uk

DISCOUNT PEST CONTROL

Mice, Rats, Moles, Rabbits etc. NO CALLOUT FEE, NO VAT. Doing great since 1988! Grundisburgh | 01473 735168 | www.discountpestcontrol.org

PET CARE

WOODBIDGE PET CARE & EQUINE SERVICES

Family run business. We provide all pet care including dog walking, pet sitting, small animal boarding, house sitting and all equine care, including holiday care. 07928 660534

PRE-SCHOOLS/PLAYGROUPS

ST MARY'S PLAYGROUP

Offering various sessions for 2-5 year olds from 8am to 6pm. Burkitt Road, Woodbridge, IP12 4JJ. 01394 610220 | stmarysplaygroupwoodbridge@gmail.com

RECRUITMENT

SUMMER FIELD WORK

Looking for a flexible work? You choose which days you'd like to work. Now until November. www.summerfieldwork.com | 01728 491001

RESTAURANTS/PUBS

RED LION (WOODBIDGE)

Newly renovated, stunning Grade II listed pub and restaurant right in the heart of Woodbridge, offering a wide and varied menu. 01394 548327 | publican@redlionwoodbridge.co.uk

ROOFING

SPF FELT ROOFING

Roofing contractor with over 30 yrs' experience. Call for a free roof check and no obligation estimate. All work is guaranteed. New roofing and repairs. 01473 716559 | 07868 261719

HAXLEY & RUFFLES

New roofing, roof repairs, lead works, chimney repairs. All work carried out with 10-year guarantee (terms apply). 0800 025 7367 | 07850 230234 | haxleyandruffles@gmail.com.

SECURITY/FIRE

TA SECURITY

Intruder alarms, CCTV, fire systems, fire extinguishers, etc. FSA and BAFE accredited. Domestic and commercial work undertaken. 01473 621641 | info@tasecurity.co.uk

SHUTTERS/BLINDS

COUNTRY BLINDS & SHUTTERCRAFT

Locally based specialists in high quality window shutters and blinds. Call us to arrange a free site visit on 01728 633129

TANKS/FUEL STORAGE

TANK REPLACEMENT SERVICES

Oil tanks supplied/installed, choice of plastic or steel. Region's leading tank supplier, a proud reputation for customer service. 01362 687144 | www.tankreplacementservices.co.uk

TAXIS

M&R CARS

Local taxi, fixed price fares, 24hr airport & long distance specialists, 6 seater and 8 seater cars available. 01394 386661 | info@mandrcars.co.uk

VACUUM CLEANERS

ALLVAC

All makes/models of vacuum cleaners serviced and repaired. Collection and return service. Prices from just £29.95! 01379 871095 | 07866 549642 | paullayton1971@gmail.com

WILL WRITERS

SUFFOLK WILL SERVICES

Friendly & professional advice from the comfort of your home. Based in Ipswich, & cover all of Suffolk. Contact Helen Algar today. Info@suffolkwillservices.co.uk | 01473 808499

JOIN THE LISTINGS...
for just **£15** +VAT per month

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

To advertise call VISION on 01255 564056

PUT YOUR BUSINESS IN THE **VISION LISTINGS...CALL 01255 564056 TODAY**

WORDLADDER: WASH, MASH, MASS, MOSS, TOSS, TOYS



EXPERTS IN

KITCHEN REFURBISHMENTS

BESPOKE JOINERY

MEDIA WALLS

HOUSE RENOVATIONS

**GET IN TOUCH TODAY TO SEE HOW
WE CAN TRANSFORM YOUR HOME**

WWW.CARTERNEWLOVE.CO.UK

ENQUIRIES@CARTERNEWLOVE.CO.UK

01206 912655

COLCHESTER, CO7 8BZ