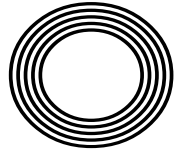


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J.K. Rowling
The author's success with Harry Potter



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JUNE 2021

Editor's notes...



William Taylor, Editor

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

At the time of writing, I am the best part of 400 miles away, but thanks to the joys of modern technology I am still able to get your latest edition of **VISION** finalised and off to print.

The reason for my distance is because, for the first time in a couple of years, I have actually been able to have a holiday.

As a family, we've travelled down to Cornwall this year. For some, it's not a holiday if you don't go abroad, but for me nothing quite beats a good old-fashioned English seaside holiday.

I actually do think this is one of the small blessings we can take out of this whole COVID-19 nightmare, too. The English seaside holiday is making a comeback.

It's an appreciation of the things around us and an opportunity to support the little, local, independent businesses that rely on that summer trade.

By the time you read this, I will be back in Suffolk, and no doubt enjoying the lovely summer weather and fabulous days out that our own county has to offer. Fingers crossed, we'll be back to normality before much longer, and we can all get back to enjoying the things we love. Have a great month.

William Taylor

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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

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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else,”

CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Mike Whitby



Photo credit: Video East Tim Curtis



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Photo credit: Mike Whitby

Museum launches Tide Mill photo competition

Woodbridge Tide Mill Museum has announced the launch of the Woodbridge Tide Mill Photo Competition 2021, with amateur photographers invited to submit photographs on the theme of 'Woodbridge Tide Mill on the Deben'.

There will be a first prize of £250, a second prize of £100 and a special prize of £100 for the best under-16 entry. The winner will also receive an A2 print of their winning picture, courtesy of Suffolk Digital printers.

The best photos as selected by the judges will appear in the museum calendar for 2022, sold in aid of the Woodbridge Tide Mill Charitable Trust (WTMCT).

Entries must be submitted by 12pm on Monday, September 6, and the winners will be announced on Friday, September 17.

John Carrington, chair of WTMCT, said: "I don't know why we haven't done this before. The mill must be one of the most photographed buildings in Woodbridge and it seems logical that we encourage that with a competition."

"The fact that we can then raise some funds for the charity by selling a calendar is a bonus. I would like to thank the headline sponsor, Marshall Hatchick Solicitors, as well as The Arts Society Woodbridge for encouraging young photographers with a prize, and printers Suffolk Digital for providing an A2 print for the winner."

To enter the competition and for more information on the terms and conditions, visit woodbridgetidemill.org.uk/photo-competition



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Petition launched to change speed limit



A Woodbridge resident has set up a petition to reduce the speed limit on Burkitt Road, which is used by hundreds of children and parents every day as they travel to local schools.

At the time of writing, nearly 500 people have signed the petition, addressed to councillors at Suffolk County Council.

Burkitt Road is currently a 30mph zone. However, residents feel it would be far safer if the speed limit was reduced to 20mph.

Isla McMillan, whose son attends the playgroup at St Mary's Church, said: "It's just not acceptable that a road used for access by three schools and hundreds of children is so unsafe. This petition calls for all of Burkitt Road to be made a 20mph zone, with visible 20mph signs and a safe way of crossing the road.

"Suffolk County Council, we call on you to approve the 20mph scheme for Woodbridge and get it into action on Burkitt Road in time for the 2021/22 school year, starting in September.

"We want this scheme to not only be implemented, but also to be enforced. If a child is hurt before the scheme comes into action, the responsibility will be on you for dragging your heels on this issue for too long."

To sign the petition, head to www.change.org/p/suffolk-county-council-make-burkitt-road-in-woodbridge-safe-for-our-children

Reserves celebrate second trophy win in a row

The reserves at Woodbridge Town FC ended the season in style, winning 2-1 against Beccles Town Reserves in the Suffolk Senior Reserve Cup final at Bungay Town.

This is the second season in a row they have clinched the trophy – coincidentally, against the same opposition by the same score line.

Ryan Keeble and Jack Newman were the goal scorers in a closely contested match.

All eyes are now on the 2021/22 season, which kicks off on July 31 for the First Team. This is quickly followed by the extra preliminary round of the FA Cup on August 7.

A spokesperson from Woodbridge Town FC said: "It promises to be an action-packed start to the season, as 50 per cent of the league fixtures will be played before November in order to avoid possible disruption in the latter stages. The teams got back to training recently."

For more information about fixtures, visit the club's social media pages or its website at www.woodbridgetownfc.com

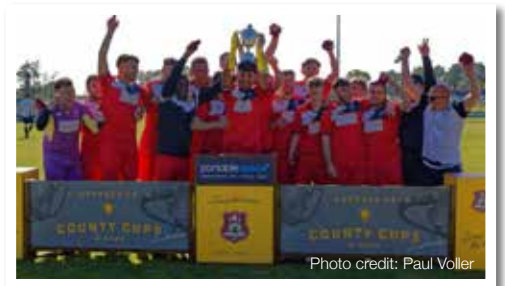


Photo credit: Paul Voller

Police issue appeal after two attempted burglaries

Police are appealing for witnesses to two attempted burglaries in Woodbridge.

At about 2.40am on Saturday, May 22, a resident reported that someone had come to their front door on Hall Farm Close and was repeatedly hitting it as if they were trying to gain entry.

The incident is being linked to an attempted burglary on Cumberland Street on Monday, May 24. The victim was at the rear of her property at around 6.20pm when she heard someone trying to force entry via the front door.

The victim opened the door, but didn't see anyone in the street.

Anyone who knows who was responsible, or has seen any suspicious activity, should contact police by calling 101, quoting reference 37/27253/21.



Photo credit: Google Maps



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News from

Councillor Caroline Page

The County Councillor for Woodbridge

How long does it take to put down roots? When it comes to the seeds in my vegetable patch, it's been a case of never. Thank goodness we've now had some warmth and sun at last. Whenever a seedling stuck its shivering little head above the soil, it caught a chill and that was that.

You don't really belong here, said the northeast wind. You haven't put down proper roots.

And people's roots? Take Woodbridge. I've only lived here for 30 years. Does that make me an 'incomer'? I hope not. I feel my roots deep in the town – twining round the children's long-past schooldays, decades-long friendships, my Shire Hall marriage, knowledge of local shortcuts and strange occurrences, the secret spot where the best blackberries are and where you can best see a cuckoo. But I wasn't born here.

I think too of my mother, living in England for 70 years – so long that eventually her native tongue was a language that no longer existed. She put down

her roots all right: work, friends, marriage, children. She cooked strange dishes that my father loved: steak and kidney pudding, jam roly-poly. Thanks to her naughty children, she used inappropriate slang. She even dreamed in English.

But one thing she never did was become a British citizen. "Why should I? I'm married to your father," she'd say. She would have found it impossible to believe that she would now have to apply for settled status by June 30, or she'd be illegally in the country and no longer entitled to, say, free hospital care – quite a necessity for someone aged 92.

If you know of anyone, old or young, rooted in Britain but possibly without settled status, it would be kind to remind them.

For more information, visit www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status

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School celebrates exam success

Woodbridge School is celebrating fantastic success at the 2021 London Academy of Music and Dramatic Art (LAMDA) examinations.

The school has achieved an amazing result, with 17 pupils from Years 8 to 13 achieving a total of 17 distinctions.

Susan Lockwood, LAMDA teacher at Woodbridge School, said: "Congratulations to our LAMDA students, who have achieved this amazing result. Despite the lockdown and the disruption it has

caused, we have still managed to achieve exceptional results in exceptional circumstances."

LAMDA has become firmly embedded in life at Woodbridge School. It encompasses a wide range of subjects, including acting, verse and prose, public speaking, spoken English and musical theatre.

Woodbridge School pupils who study LAMDA also have the chance to perform at the award-winning Seckford Theatre to showcase their talents, with a different theme for each show.



News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

By the time you are reading this, COVID-19 restrictions may be delayed, I hope this doesn't happen.

It's been a very long time since we could meet safely with friends and family, but we should still treat coronavirus with the respect it deserves as no one wants further measures to be imposed in the future.

At the same time, a group of around 40 asylum seekers is due to stay in Woodbridge as they await a decision on whether they can stay in the UK. Woodbridge Town Council has been asked by Suffolk Refugee Support to help coordinate volunteers to

welcome them to the town and help with language skills, shopping and anything else they might need. They can be given support as a group as well as individually.

At the moment, we don't yet know where they came from or precisely what their needs are, but I feel sure that Woodbridge will welcome them, as it has other groups throughout history. If you feel you can help with your time, please contact the town council.

Finally, it is summer, so let's make the most of everything our wonderful town has to offer, be it shopping, eating, entertainment or just a lazy walk by the River Deben.

Rotary Club to take part in festival

As part of Heritage Open Days (HODS), Woodbridge Rotary Club will be producing a digital record that will be available from September 10 to 19.

This will involve a series of short videos of retailers, farmers, fisheries and bakers, among others. Once HODS week is over, the record will be available for interested parties through a digital hub.

So far, the club has agreed to work with a number of local food outlets, including Melton Produce, The Cake Shop, Gressingham, James Foskett Farms and The Fish Box.

The club will also create a Woodbridge Cookbook, with proceeds going to a local charity. They are asking local people to send in recipes for inclusion in the cookbook and would particularly like to receive recipes that children can cook and eat. To contribute, email enquiries@woodbridgerotary@gmail.com

They are also in the process of working with a local primary school to make cakes to sell to raise funds during HODS week.

HODS is a festival of history and culture that brings together more than 2,000 people and organisations, with places across the country throwing open their doors to the public. For more information, visit www.heritageopendays.org.uk



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FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.

Soften UP YOUR HOME

SIX ALTERNATIVE USES FOR FABRIC SOFTENER AROUND THE HOME

Although its main purpose is to condition your clothes, fabric softener has the ability to facilitate many other household tasks.

Check out our favourite ways to use this cheap and cheerful liquid below.

1. TO STRIP WALLPAPER

Once you have scoured your wallpaper, mix one cap full of fabric softener into ¼ litre of water and apply with a sponge to the wall. Leave to sit for 20 minutes and then you should be able to scrape off the wallpaper with ease.

2. TO ELIMINATE HARD-WATER STAINS

If you struggle to remove hard-water stains from your glassware, apply undiluted fabric softener to the stain, leave for 10 minutes and wipe off

with a cloth. Wash and rinse before use.

3. TO REMOVE BURNT FOOD

To remove burnt food without ruining your pots and pans, fill them with warm water and then add a few drops of fabric softener. Let them sit for an hour and any burnt food should wipe straight off. Wash and rinse before use.

4. TO CLEAN PAINT BRUSHES

Fabric softener is a surfactant, meaning it makes water wetter, and is therefore ideal for removing water-based paint from your brushes. Mix one cup of water and one teaspoon of fabric softener and dip your brushes in for up to 30 seconds.

5. TO MAKE HOME-MADE ROOM FRESHENER

Save money on room fresheners by mixing one part fabric softener and two parts water with two tablespoons of baking soda. Pour into a spray bottle and spray liberally around your home. This can also be used to repel insects.

6. TO BANISH DUST

Hard surfaces in your home are prone to dust. Minimise these pesky particles by creating a spray solution that is made from ¼ cup of fabric softener and one cup of water. Spray onto the surface and wipe away with a dry cloth.



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Hoover user

The mistakes most of us make when hoovering.
How many are you guilty of?

Setting it right

The settings on your Hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your Hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Skirting around the problem

Most modern Hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

Top form

Many of us store the Hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then Hoover.

Bagging it out

Regular changing of the Hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your Hoover.

It's behind you

The temptation when Hoovering is to see a floor and Hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a Hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.

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HOME & DIY



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INVEST IN A SMART FRIDGE: How often have you gone to the supermarket unsure about what exactly you need? Eliminate this problem with a smart fridge that boasts built-in cameras that allow you to see its contents wherever you are.

Other features include: Adjustable storage spaces that can be used as a fridge or freezer | Sensors to open and close the door hands-free | Artificial intelligence that detects maintenance issues

INSTALL SMART LIGHTING: The beauty of smart lighting is that it allows you to add the wow factor to your kitchen without blowing your budget. From smart dimmers that can be controlled from your phone or your smart speaker, to smart bulbs that plug into your existing light fittings and boast an adjustable colour temperature.

Other features include: Control individual bulbs, groups or your whole home's lighting | Set light themes to create different atmospheres | Motion-sensing lights



COOK WITH A SMART OVEN: Whether you love to cook or see it as more of a chore, a smart oven will revolutionise the way you feed your family, providing you with the means to control your cooking from your smartphone or tablet, whether you are in your home or not.

Other great features can include: Voice control | Automatic setting selection | In-oven camera

ADD A SMART TAP: No kitchen is complete without a sink, and for times when your hands are either full or dirty but you need water, a smart tap offers the perfect solution. Choose from a touchless faucet that works by waving your hands in front of the sensor or a voice-enabled tap that can be customised with your preferred commands.



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Luke Arthur Wells

INTERIOR INSPIRATIONS



Who is interior designer Luke Arthur Wells? Find out more about the interiors expert who's taken social media by storm – your new interiors inspiration.

Luke Arthur Wells has emerged as one of the most influential designers of 2021, following a year when various lockdowns and being asked to 'stay at home' have really shone the spotlight on interior design. But who exactly is Luke Arthur Wells? Based in the South West of England, Luke is an interior designer, stylist and writer, helping to style homes all over the world. He's a former *Great Interior Design Challenge* contestant, with a classic, timeless taste that's accessible and incredibly stylish.

With more than 70,000 followers on Instagram and a successful blog, Luke has amassed a dedicated following. He recently moved into a Victorian terrace in need of freshening up, and interiors enthusiasts have been following his incredible transformations over the past year. From the art of styling a room to creative DIY tutorials such as simple, custom radiator covers, Luke provides plenty of inspiration to those who seek it.

To bring Luke's classic style into your own home, here are some tips:

- Incorporate neutral tones against beautiful textures and striking accessories.
- Light tones don't need to be boring. Use them to flood light into the room, and bring in contrasting accent colours like black and charcoal to make your home's features pop.
- Mix high-street items alongside upcycled pieces and the perfect finishing touches to create a look that's accessible, timeless and beautiful.
- Love accessories. From prints and floral displays to statement vases and plant pots, accessories add colour and character to your home.

Want to recreate Luke's incredible home styling? Covering everything from creating mood boards to on-trend DIY panelling, check out Luke's projects at www.lukearthurwells.com/blog for inspiration.



HOME & DIY

Photo credit: lukearthurwells.com

New Look. Same Business.

A popular Suffolk upholstery business has used the months of lockdown to re-evaluate and re-brand. As they re-open, Katharine Ellen Designs has a new look, but the same quality service.

The last year has been a time of reflection for almost all of us. We have been made to stop, or at least slow down, and in this fast-paced world which we are all so used to it has been a really unusual experience for us.

Time is a rare commodity. Ask an elderly grandparent and they will soon tell you the value of time and the importance of making the most of it, and over the last year this is exactly what Katharine of Katharine Ellen Designs in Halesworth has done.

Specialising in creating beautiful handmade curtains and soft furnishings her business has been better known as Cloth-Works. Although running her own soft furnishings business since 2000 Katharine has operated as Katharine Ellen Designs Clothworks from her Aladdin's Cave in Halesworth since 2007 where she has made countless beautiful creations alongside her team over these years.

She has loved hearing people exclaim in joy the magic of walking in to her showroom, which has looked rather unassuming from the outside, only to be met with a "wow this is amazing!" to be heard on entry!

However Katharine has felt her brand has been confusing. Much of her work is from referrals, and she is known as just 'Katharine' by so many. However her work is too stunning not to be shouted about. Cloth-works just doesn't do this justice... Katharine is an artist, a designer, a creator of beautiful workmanship stemming from a history of artistic family members, a perfectionist of her and

her team's workmanship. Katharine needed to be recognised by a trading name which sounded as elegant as her finished work looks.

Katharine and her team busied themselves during lockdown with helping with PPE for the NHS and were proud to become a regional coordinator for East Suffolk PPE. They were involved in the production of scrubs, scrub bags, scrub caps and masks, along with securing supply chains for materials. In total just under 10,000 items were donated to those that needed it, through the East Suffolk PPE voluntary group.

It is testament to Katharine's nature that she always wants to give something back. Her pride in the loyalty her customer's have for her is something she never takes for granted, or for the work she receives via recommendation. She constantly looks for opportunities to help the environment with her fabrics and is always keen to find more suppliers who are equally as keen to take care of this.

It is all these factors alongside Katharine's indomitable belief in providing stunning, highest quality creations with a level of customer service so great her customers choose to stay in contact long after their first purchase. A new look for Katharine's business may be in place but there will be no change in these last factors.

• **Call Katharine at Katharine Ellen Designs on 01986 873580 if you have a project in mind and would like her expert advice and design service.**



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A GUIDE TO PATIO FLOORING

GARDENING

A well-designed patio can act as
a second living room for your home,
transforming your garden from basic
to beautiful. However, you need to make sure
you choose the right materials and style for
your property if you want a showstopping
end result.

PICK PATIO FLOORING TYPE

WOOD – Timeless and extremely versatile,
wood can be used to create a rustic or modern-
styled patio area. You can also sand down wood
multiple times, making it a great long-term investment
for your home. Apply a protective wood oil for enhanced longevity.
NATURAL STONE – For the epitome of luxury, natural stone
is hard to beat. Popular natural stone options include slate,
travertine, granite and marble. Avoid light-coloured natural
stones if you have pets or young children.

CERAMIC TILE – A classic flooring material, ceramic
offers a durable and cost-effective way to create a
patio area in your garden. Opt for unglazed tiles to
reduce the risk of slipping and consider adding a
sealant to protect from wear and tear.

BRICK – Low maintenance and slip resistant,
brick gives off an old-world feel that is ideal
for period properties. If cost is an issue, brick
pavers make a cheaper alternative.

CONCRETE – Arguably the most versatile choice,
concrete can be moulded to fit any shape, and you
can personalise it with colouring, stamping, brushing,
painting and patterning.

CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

PATIO STYLE IDEAS

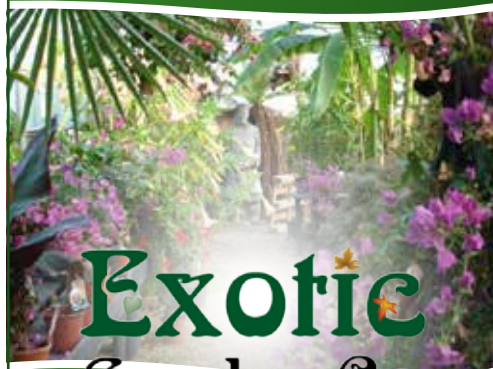
- Surround tiles with decorative stones for a more organic look
- Swap grass for a paved patio and surround with raised flowerbeds
- Select interior and exterior flooring in the same tone to create a seamless flow



Photo credit: Utkas.com



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Garden Goldmine

OUTDOOR FEATURES THAT ADD VALUE TO YOUR PROPERTY

C OVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

Natural landscaping: While for years we've obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

Wood you dare?: Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that 'indoor wood' finish and quality, even in exposed outdoor areas.

The paint saint: A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

Light show: We're very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it's possible to give those dusky evenings a real glow of homely warmth.



GARDENING

MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock





UNUSUAL FRUIT OF THE MONTH:

Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

HOW TO PREPARE MANGOSTEEN

To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN

Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1–2 weeks. Store in the fridge for 3–4 weeks. Do not freeze as this will damage the flesh.

WHAT DOES MANGOSTEEN TASTE LIKE?

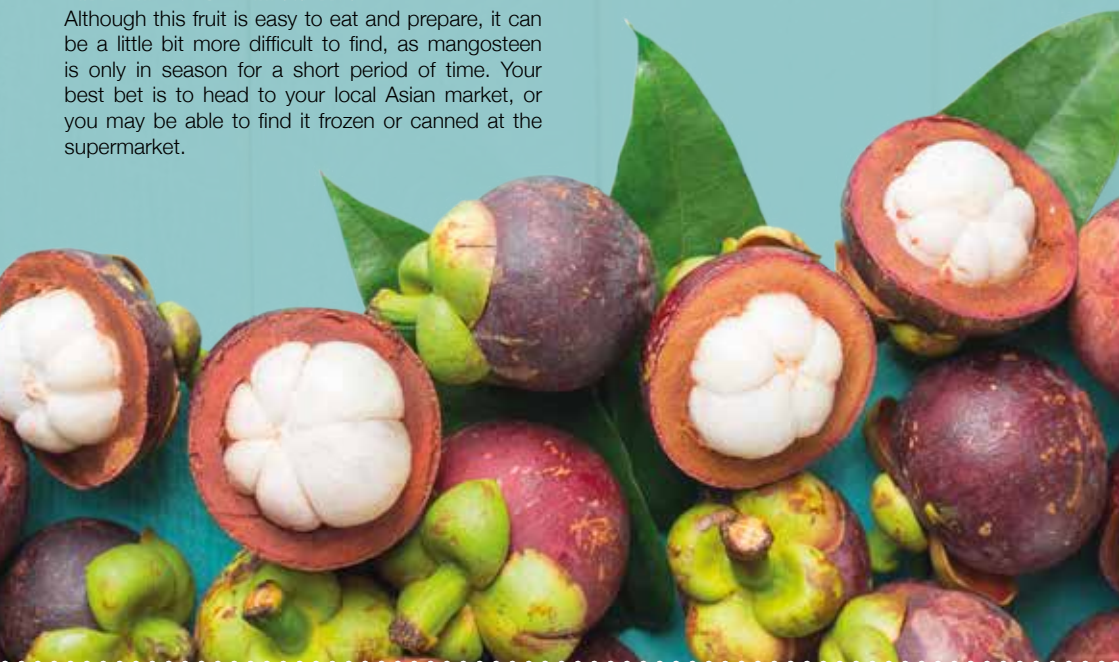
Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.



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celebrate NATIONAL BEER DAY



FOOD & DRINK

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crispier and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.





CARB

CONCENTRATION

You hear a lot about protein when it comes to building muscle, but did you know that the types of carbohydrates you eat are just as important? Discover which carbs to consume for optimal muscle growth below.

Breakfast cereals: Breakfast is most definitely the most important meal of the day and, if you are looking for maximum muscle growth, you should aim for a breakfast cereal that has at least two grams of fibre per serving. Ideally, add one scoop of protein powder and enough milk to bring the carb content to around 60g.

Sweet potatoes: Rather than eating white potatoes, which are high in calories, body builders should turn their attention to the sweeter variety. A great source of carbohydrates and containing Beta Carotene, which is responsible for aiding growth and repairing the body's tissues, sweet potatoes make an excellent addition to any post-workout meal.

Brown rice: Rice has been a popular carb for gymgoers for years, offering a cheap and convenient carbohydrate source. Perfect for those who are going through a bulking phase, brown rice has the added advantage of being full of fibre.

Quinoa: Often thought of as a grain but actually a seed, quinoa provides a clean source of carbohydrates for those looking to build muscle. Plus, it is considered a complete protein as it contains all the amino acids your body needs. It also boasts other micronutrients, including manganese and iron.

Pasta: Both white and whole-wheat pasta are great options for those looking to build muscle. The former provides immediate fuel that is needed for intense workouts and for the facilitation of muscle recovery. The latter is considered a complex carb, meaning it takes longer to digest and therefore releases energy at a slower rate. About 113g of dry pasta yield around 90g of carbs. Add lean meat and vegetables for a complete meal.

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The simple swab tests for home use are available to collect from the pharmacy counter and will test for Covid antigens - ask our friendly team for more information, pop in to collect your tests or contact us to discuss any concerns you may have.

In addition, we will continue offering the Covid Antibody tests in our on-site clinic, testing by using a small sample of finger blood to see if you have antibodies against the virus.

If foreign travel restrictions are lifted from May 17th as planned, our new, private Travel Clinic will be available to offer advice as well as malaria, yellow fever and other World Health Organisation recommended inoculations as required by certain countries. Book your appointment early to ensure you are vaccinated in time for travel.

As summer approaches, our new Allergy Clinic will be able to help alleviate the misery of allergic reaction without the lengthy wait for an NHS appointment. We also stock a full range of antihistamine medication for over-the-counter purchase without prescription.

Finally, we are proud to offer a NEW range of bespoke Reavley Chemist products in store this summer! Lovely to give as gifts or as a mood-boosting treat for oneself, we will have a range of products to suit all budgets and ages. Reavley Chemist, our sister pharmacy, is the oldest trading chemist in England.

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- Improves resting metabolic rate.
- Improves digestion.
- Strengthens core and back.
- Weight loss.
- Reduces the appearance of cellulite.
- Boosts mental wellbeing.
- Strengthens the joints while building strong muscles.
- Burns on average of 700 calories per class.

Who is behind ((BOUNCE)) Woodbridge?

We are well known as Lauren and Lena. We both live in Felixstowe and we have a venue there too at Studio 8. We are best friends and also equal partners/owners of ((BOUNCE)) Woodbridge.

It's really quite appropriate to mention it here, that we first met at a ((BOUNCE)) class in Felixstowe. We both come from different backgrounds; Lauren is from Felixstowe, a young ambitious woman and Lena is originally from Bulgaria, living in Felixstowe. Both are pretty wild and very passionate and driven.

In 2019 at our annual award ceremony at ((BOUNCE)) HQ in Harlow we were awarded most

FUN, Friendly and Fierce ((BOUNCE)) instructors out of 400 colleagues.

We both fell in love with ((BOUNCE)) from the first class and became addicted to everything that it represents, very quickly progressing to attend classes 3, 4, 5 times a week

Whenever there was a class, we were there. We qualified as instructors within six months and this is where it all began. We quickly realised we were meant to be friends but also we both had so much to give. We wanted to share our passion for fitness, but not in the conventional competitive, appearance driven way.

We wanted to reach out to as many people as we could and show that fitness is not all about the numbers on the scale, the look or the dress sizes. To us, it is a place where everyone can just feel free, healthy, happy and included.

We opened ((BOUNCE)) Woodbridge on 3 September 2019 and we never looked back. We welcome everyone... quite literally! Our attendees vary from age 16 to 65, all fitness levels.

The main goal of our class is giving 110% to everyone that walks through our doors. We want to give them the best experience.

We now have a new Instructor who just joined our team, Katy Adams and we are delighted to have her on board.

We are proud to say that we have seen some great transformations in people's lives, since they have been with us. Not just physically, but in all different aspects of their lives.

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Popular Melton Pilates Studio Back Open

As indoor fitness classes resumed last month, a local pilates studio was pleased to be re-opening, writes Lara Pepper.

As of last month, we are delighted to say we have re-opened the doors of Lara Pepper Pilates in Melton.

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For many, the lockdowns of the last year may have resulted in changes to routine, eating habits and work environment and have also highlighted the importance of health and fitness.

Here are some of the services they we can help you with:

Pilates:

Our Pilates classes focus on functional movement, core strength and posture. Whilst online classes have offered a good alternative during lockdown, we are very pleased to be back, offering our range of face-to-face classes since the 17th May when indoor classes were allowed once again. Our classes are socially distanced and all equipment is thoroughly cleaned and rotated between classes ensuring hygiene is paramount.

Sports Massage and Dry Needling:

Sports massage aims to aid recovery and address areas of tension. It is not only for sports injuries, but can be used as a deep tissue massage to help those with muscle pain. This is beneficial to many suffering from shoulder and back complaints, increasingly common amongst those having to work from home. For more information, contact our therapist direct on c.msportstherapy@hotmail.com or on 07444089264.

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EYE YOGA EXERCISE...

A wellness trend that you most definitely need to keep an eye on, eye yoga promises to prevent eye strain and eye fatigue and to result in brighter peepers in as little as five minutes per day. Exactly what our screen-loving nation needs.

EYE EXERCISE 1: *Palming*

- Rub your hands together for 10 seconds to create heat and energy
- Look straight ahead and gently place your palms over your closed eyes
- Take a few deep breaths and allow the darkness and heat to soothe your eyes
- Leave until the warmth fades

EYE EXERCISE 2: *Blinking*

- Sit with your shoulders relaxed and your neck straight
- Blink your eyes very fast for 10–15 seconds
- Gently allow your eyes to close and settle
- Repeat every hour if using a screen all day

EYE EXERCISE 3: *Zooming*

- Sit in a comfortable position
- Focus on an object in the distance for five seconds
- Move your focus to a closer object for a further five seconds

- Move your focus to something very close to you, such as your hand, for five seconds
- Reverse your gaze back to the middle object and then to the one furthest away
- Repeat for two minutes

EYE EXERCISE 4: *Rolling*

- Sit with your shoulders relaxed and your neck straight
- Look to the right and then slowly roll your eyes up towards the ceiling
- Roll your eyes down to your left and then down to the floor
- Do this in both clockwise and anticlockwise directions

EYE EXERCISE 5: *Figure of Eight*

- Sit in a comfortable position
- Raise your hand in front of you at eye level
- Extend your thumb and focus on it
- Start to move your arm in a figure of eight shape
- Keep tracing for 30 seconds and then switch directions

...to try at home or work

SUPPRESS the sweat

Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.

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NAILED IT

Do you know your nail shapes?

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

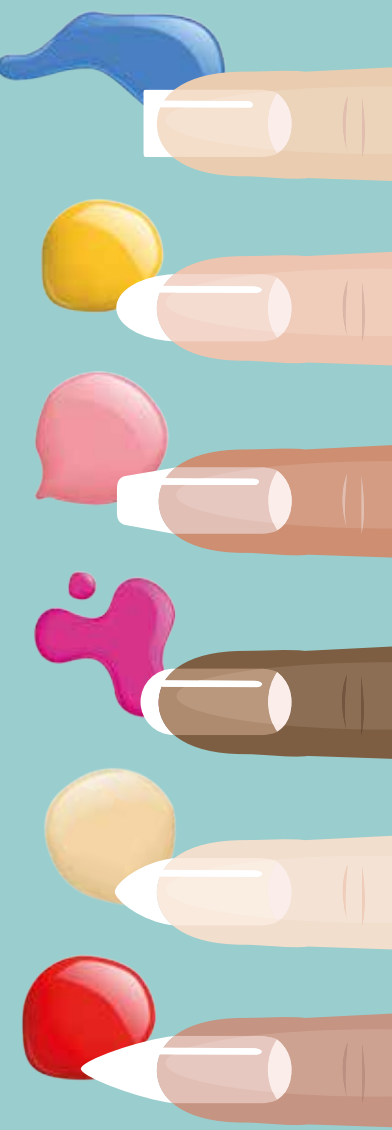
A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.



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WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users.

The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.

Temporary arrangements for Right to Work Checks extended

Recently, employers' right to work checks has been changed by Home Office guidance. Due to the coronavirus pandemic, performing virtual checks on an individual's right to work in the UK has been extended to 20th June 2021.

Retrospective checks are not required if you have got a right-to-work check under the temporary arrangements in place between 30 March 2020 and 20 June 2021. Effective from 21 June 2021, virtual checks on individual's right to work will not be possible, whereas the employers will have to check applicants' original right-to-work documents.

Carrying out Right to Work checks

There are two ways to carry out right to work checks:

1. Manual Check

- Obtaining original acceptable documents
- Checking the validity of the documents
- Retaining a clear copy

2. Online Check – these can be done by using the online service on www.gov.uk

- Use Home Office online right to work checking service
- Confirm any photograph on the online right to work check is of the person presenting for work
- Retaining a clear copy of the online right to work check response

Why a Right to Work Check is needed?

A Right to Work check is done to prevent illegal working. Before employing someone, the right to work check is done to ensure the individual is qualified for carrying out the work regarding their immigration status. Sanctions are imposed against illegal working, i.e. sanctions will be imposed when someone is found to be employing a person illegally and the right to work check is not carried out.

Examples Of Acceptable Documents:

- Current Passport
- A Registration Certificate or Document Certifying Permanent Residence issued by the Home Office.
- A current Biometric Immigration Document (Biometric Residence Permit) issued by the Home Office.
- A current Immigration Status Document issued by the Home Office.
- A birth or adoption certificate issued in the UK.

For more details, contact MJB Avanti about right to work checks 01473 558866.

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Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.





Speedy SALE

HOW TO SELL YOUR HOME FAST THIS SUMMER

If you are looking to sell your house this summer as quickly and lucratively as possible, then our property experts can help you. Plus, discover how to speed up the move into your new home.

SPRUCE UP YOUR GARDEN

Searches for properties with large outdoor spaces have soared during lockdown, but that doesn't mean homes with smaller gardens can't also be an attractive option for potential buyers. Make sure you mow your lawn, place the bins out of sight and, if possible, make your garden secluded with the use of fences or hedges.

FOCUS ON KERB APPEAL

You will be surprised at just how many homebuyers will dismiss a property purely on its exterior, with some not even venturing inside after a bad first impression. Prevent this from happening by keeping your windows clean, ensuring your house number is clearly visible and cutting back any overgrown trees or bushes.

STAGE YOUR HOME

Property developers know exactly how to stage a new home to sell it fast and there is no reason why you can't do this too. Ensure that your property is clean and tidy, with any clutter out of sight, lay the table for dinner, make up the beds, light some scented candles and keep the thermostat at a consistently pleasant temperature.

SEEK PROFESSIONAL ADVICE

Estate agents live and breathe property sales, so it makes sense to ask their advice on how to sell your home as quickly as possible. Be sure to seek out local insights and pre-empt the questions buyers are likely to ask.

ENJOY A FAST AND STRESS-FREE MOVE WITH THESE MUST-ASK QUESTIONS:

- > What is the position of the buyer/seller?
- > Should I use a mortgage broker?
- > Has my buyer's mortgage application been submitted?
- > When is the target exchange date?
- > What paperwork do I need to complete?



CAN YOU ACCESS YOUR PARTNER'S MONEY WHILE THEY'RE IN HOSPITAL?



Recent events have highlighted a real cause for concern for many people. What would happen if your partner was taken seriously ill? We asked Helen Algar from Suffolk Will Services.

Worst-case scenario:

You and your partner catch Covid-19. Your partner is taken to hospital. You recover, but need to go food shopping.

Traditionally your partner had always transferred money into your bank account. In ICU this is an impossibility, and your account is nearly empty.

What happens next?

Unless you have a joint bank account or Lasting Power of Attorney (LPA), you cannot access funds in your partner's name.

The solution?

Lasting Powers of Attorneys. There are two separate documents for LPAs: Health and Welfare and Property and Financial Affairs.

The events of the past year have highlighted the need to discuss these concerns with your partner.

Even younger couples are now talking about 'what if' scenarios and asking me how best to protect each other. The only legal solution is an LPA.

Suffolk Will Services have a checklist on their website (www.suffolkwillservices.co.uk) detailing how an LPA protects couples during illness.

Costs start from £300 for a couple and £200 for a single person to ensure complete piece of mind.



For further advice please contact Helen Algar, who holds an Institute of Legal Executives qualification and is a proud Associate Member of the Society of Will Writers, on 01473 808499 or visit www.suffolkwillservices.co.uk.

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BRITAIN'S GREATEST SPORTING MOMENTS...

VIRGINIA WADE



SPORT

Courting triumph, celebrating a golden day in 1977... Wade cementing her place in tennis folklore

Back in 1977, England's Virginia Wade was on the verge of completing a specular Grand Slam quadruplet. Already with US Open (1968), Australian Open (1972) and French Open (1973) titles to her name across singles and doubles, she just required victory at SW19 to complete a clean sweep of major honours.

There were times during her run to the final at Wimbledon when it seemed that elusive title would evade her, though. In the fourth round, and before the days of tie-breaks, she needed nine games to win the first set against Romanian Mariana Simionescu; while she recovered from a set down in the semi-final against Chris Evert.

The final itself, held on July 2, had an air of Britishness about it. The Queen's Silver Jubilee had taken place not five months previously, and Elizabeth II was present on Centre Court to witness, she hoped, a homegrown champion.

Yet champion status looked to be drifting

away from Wade when she lost the first set 6-4 to Betty Stöve. However, the Bournemouth-born star, who studied mathematics and physics at the University of Sussex before turning pro, came back 6-3 in the second after producing an array of dazzling winners.

In the deciding set, the electric atmosphere coupled with the pinpoint, aggressive shot-making that was such an important part of her game, saw the Brit home, as she demolished her Dutch rival 6-1 – Wade had done it.

Celebrating her 32nd birthday a week after the championships ended, she remains one of the oldest female Wimbledon champions.

Wade, who had been world number one in 1975, didn't spend a single day outside the top 10 in a 12-year period beginning in 1967, and finally retired in 1985. She moved into media work and, to this day, is one of the only female British tennis players to have won the Grand Slam.



Photo credit: Mike Hollist/ANL/Shutterstock

CRICKETERS

Good day.

CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a ‘One Day International’, comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of ‘traditional cricket’, where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn’t hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord’s to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world’s best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as

he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.

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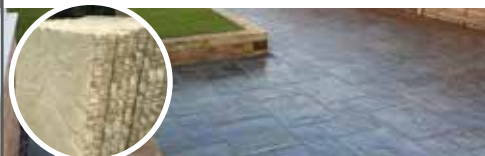


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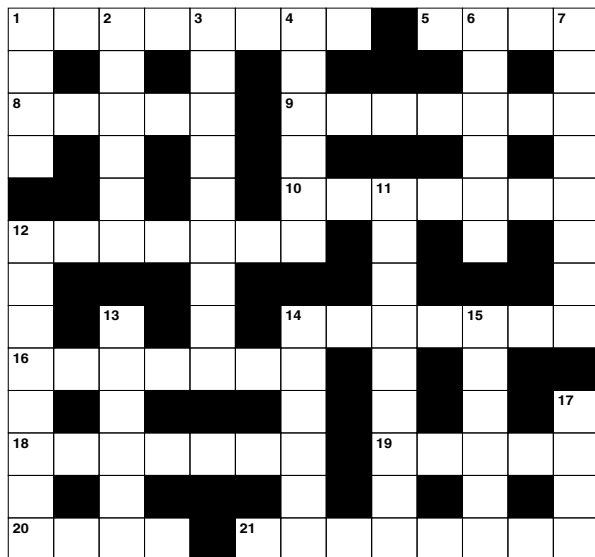
PUZZLES & TRIVIA

ACROSS

1. Succession; series (8)
5. Run at a moderate pace (4)
8. Sag (5)
9. Sour in taste (7)
10. Mountain in the Himalayas (7)
12. Contemplations (7)
14. Subdivision (7)
16. Part of a chair (7)
18. Increasing rapidly (7)
19. Kingdom (5)
20. Japanese beverage (4)
21. Large metal pot (8)

DOWN

1. Soft drink (US) (4)
2. Cites (6)
3. Act of spying (9)
4. Stops (6)
6. Thief (6)
7. Not inclined to talk (8)
11. Let oracle (anag) (9)
12. Thick dark syrup (8)
13. Set out on a journey (6)
14. Mark of disgrace (6)



15. Make worse (6)
17. Word ending a prayer (4)

DID YOU KNOW?

► Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour

► Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make

► Crackers often have holes in them to prevent air bubbles from forming when cooking

► Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon

► Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff

► A typical ear of corn has an even number of rows

SUDOKU

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

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