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Editor's notes...

JUNE 2022



Sean Purcell, Editor-in-chief

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

I would be very surprised if the Queen's Platinum Jubilee has passed you by, but if it has, not to worry as our edition has some great content honouring the contribution that Her Majesty has made to our community.

Whether you are a fan of the royal family or not, there should be a level of respect accorded to an individual who has shown durability, resilience and a seemingly infinite capacity to serve, fulfilling her original statement in 1947: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

Not only is this jubilee month a good opportunity for us to say thanks for the Queen's service, but also to reaffirm the bonds that tie us as a local community. By the time you have read this hopefully you will have attended events, festivals, lunches and other celebrations with friends, family and neighbours, and I hope that these events remind us of all that unites us going forward. We are going through a tough period with more difficulty to come, but if the pandemic, and the jubilee demonstrated anything, it was that in our most challenging times, we still have the capacity to love, learn, celebrate and cherish what is important.

Have a great month in life and business!

Sean Purcell

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SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

.....

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun.

Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon's is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn't enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors' money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don't fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he'd sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, 'speculate to accumulate' has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN SPIKED?

HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.

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**GUIDE TO CLEANING
PAINTED WALLS**

There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.

HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER
MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

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5 ALTERNATIVE USES FOR

DENTURE TABLETS

Denture tablets can be used to clean so much more than just your dentures. Discover five surprising uses for denture tablets below and you may be tempted to buy some – even if you have all your teeth.

1. TO CLEAN YOUR KETTLE: Mineral deposits can quickly build up in your kettle, which can cause your hot beverages to taste less than their best. To combat this, fill your kettle with water, drop in a denture tablet and allow to soak for a few hours. Follow with a good scrub and a thorough rinse.

2. TO REMOVE HARD WATER STAINS: If you are struggling to remove the hard water stains from your toilet bowl, then denture tablets offer the perfect solution. Simply drop in a few tablets, wait for the fizzing to stop and then scrub the bowl using your toilet brush.

3. TO ELIMINATE BURNT FOOD FROM PANS: For times when soaking just isn't enough, add a denture tablet to your sink or a bowl of warm water, drop in your pan and leave to soak for 15-20 minutes. Give the pan a gentle scrub and the burnt food should slide right off. Do not use denture tablets on cast-iron pans.

4. TO RESTORE SHINE TO GLASSWARE: If you find that your glasses often look cloudy after washing, then a denture tablet is all you need to restore them to their original glory. Fill the glass with water, drop in a denture tablet, wait for the fizzing to stop, and rinse.

5. TO BANISH TOMATO STAINS: If you batch cook or take leftovers for lunch, you will know how hard it is to remove tomato stains from plastic containers. Banish these stubborn stains for good by filling the container with water, dropping in a denture tablet and leaving to soak overnight. Come morning, all you need to do is rinse.



HOME & DIY

Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

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LOCAL NEWS

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LOCAL NEWS



Museum awarded with accreditation status

Woodbridge Tide Mill Museum has been given full accreditation status, validating the historic site as a sustainable, trusted organisation.

Administered by Arts Council England on behalf of the UK Accreditation Service, accreditation is the benchmark for well-run museums and galleries.

It conveys to visitors, donors and sponsors that the museum is properly managed and governed to a national industry standard, while showing that the museum takes proper care of its collections.

Accreditation also presents funding opportunities, as it gives confidence to donors and sponsors who may wish to aid the museum.

This accolade sees the Tide Mill join a group of more than 1,700 museums, of all types and sizes, both national and volunteer-run, taking part in the scheme

across the UK.

John Carrington, chairman of the Tide Mill Charitable Trust, said: "The team has put in a lot of work to get this accreditation and I would like to thank them. This status means that we can get advice and access to grants to be better equipped to look after the mill, ensuring that it is capable of surviving another 850 years on the same site. It will help us bring this rare working museum to a wider audience."

Liz Johnson, from the Arts Council, added: "We're delighted that Woodbridge Tide Mill Museum has been successful in gaining its accreditation status. This means that its collections will be looked after and maintained, offering inspiration, enjoyment and learning for the local community and visitors to enjoy now and in the future."



New mayor 'proud' to represent the town

The new Mayor of Woodbridge has said he is proud to lead the council and be the new face of what he calls "one of Britain's best towns".

Having been elected on May 17, councillor Patrick Gillard (pictured above), who is married to fellow Woodbridge county councillor Caroline Page, has stated his priorities in his new role.

He wishes to continue the work Woodbridge Town Council has already conducted over the past three years, which includes making roads safer, protecting the area's historic buildings and making sure everyone in Woodbridge is aware of the facilities available to them.

Cllr Gillard said: "Woodbridge has so many things

that make it wonderful: our riverside setting, our medieval centre and our thriving thoroughfare – but I have to say top of my list are the people of Woodbridge.

"They really care, and in my book, people make a place. When the pandemic hit, the whole town pulled together. We set up our Emergency Response Group, and more than 300 volunteers from all ages and backgrounds set aside all differences and stepped forward to deliver prescriptions, deliver food, make personal protective equipment, and basically look after our most vulnerable.

"That's what Woodbridge is like. I couldn't be more proud."

Resident recognised in Queen's Honours List

A Woodbridge resident has been recognised as part of the Queen's Birthday Honours 2022.

The Honours were announced on June 1 to coincide with the Platinum Jubilee celebrations, and the Queen has recognised individuals up and down the country.

Charlotte Elizabeth Young, from Woodbridge, the chairman and trustee of the School for Social Entrepreneurs, has been awarded the Commander of the Order of the British Empire (CBE) for services to social enterprise.

Having worked in management education and

development for many years, Charlotte was a founding member of the team at the School for Social Entrepreneurs, with Michael Young.

She also served as chair of trustees for the school, which has supported more than 5,000 social entrepreneurs across four continents over the past 25 years.

Charlotte was previously awarded the Queen's Award for Enterprise Promotion and is among nine people from Suffolk to have been recognised in the Honours list this year.

Photo credit: Woodbridge Town Council

Appeal for witnesses after report of indecent exposure



Photo credit: Google Maps

Police are appealing for witnesses following a case of indecent exposure in Woodbridge.

At around 6.40am on Thursday, May 19, a woman in her late 20s was walking down Warren Hill Road approaching Ipswich. The male driver of a small white van beckoned her towards the vehicle. When she got closer, he committed a lewd act by exposing himself to her.

The man has been described as white, around 25 years of age, of a slim build, and clean shaven with short black or brown hair.

Witnesses and those with any information about or footage of the incident have been asked to contact Suffolk Police at ccc@suffolk.pnn.police.uk or by calling the non-emergency number 101. Please quote crime reference number 37/30586/22.

New curator appointed at popular museum

A new curator for Woodbridge Tide Mill Museum has been announced.

Dr Amy Jane Barnes will be taking over the role at an exciting time for the organisation, when accessibility and communications for both physical and online visitors are being improved.

Dr Barnes is currently an art history lecturer at the Open University, having received her PhD in museum studies from the University of Loughborough in 2010. She also has previous experience in curatorial roles and on exhibition projects.

Chairman of the Tide Mill Charitable Trust, John Carrington, said: "I'm delighted to welcome Amy to the team and excited about what she can contribute. Amy joins at a time when the mill has recognised that it must embrace as wide an audience as possible.

"We have more ways to communicate what we have and what we do these days, with video screens showing the machinery in action all the time, offering a visual experience of all three floors to those who can't progress beyond the ground floor, milling

demonstrations, group visits, local group presentations, and sensory packs for youngsters.

"We will continue to build our online content by posting these activities where practicable through our website and social media."

Study investigates plan for new cycling scheme

Woodbridge is being used as the centre of a study, run by Suffolk County Council (SCC), to investigate the possible introduction of a Dutch-style cycling infrastructure.

The UK government has granted SCC more than £3million to boost walking and cycling, with another £80,000 from Active Travel England, so it can carry out a study on potentially bringing a mini-Holland bike system (example pictured below) to the town.

If the study is accepted by the government, SCC will receive an additional £20million to implement the scheme.

The mini-Holland scheme would see the town transformed, with redesigned junctions that are safer for cyclists and pedestrians, segregated cycling lanes on busy roads, and reductions in the amount of traffic using residential streets.

A total of 19 county authorities in England have been selected for the feasibility study funding.

Councillor Alexander Nicoll, SCC's deputy cabinet member for transport strategy, said: "We have done exceptionally well to be chosen for all of this funding and it demonstrates the council's ambition in this field.

"If we want to get people out of their cars for short local journeys, we must develop ways of encouraging them to do so.

"High-quality walking and cycling infrastructure enables more people of all ages and abilities to choose active travel for short and medium-length journeys, something that will have a real impact on congestion and pollution."



Stock Image





Photo credit: owl-help.org.uk, Andrew Gawley, Suffolk Owl Sanctuary

Owl sanctuary given resources as competition prize

Dobbies Garden Centre in Woodbridge has announced the winner of its Helping Your Community Grow competition.

Suffolk Owl Sanctuary has been named as the winner of the contest and will now receive free gardening resources to help it improve its green space in a sustainable way.

The resources will help repair damage to the sanctuary's sensory garden sustained in the recent storms. A smashed water feature is to be replaced, while sunflowers and perennial plants are being planted to add colour to the space.

The competition is open to community groups, charities, schools and other good causes and aims to boost residents' wellbeing by improving local green

spaces and funding gardening projects.

Jennie Harvey, keeper and fundraiser at Suffolk Owl Sanctuary, said: "We're thrilled to have won Dobbies' Helping Your Community Grow initiative and are looking forward to bringing our project to life.

"We're really grateful for everyone's support in getting us to this point and excited for what's to come."

Graeme Jenkins, CEO of Dobbies, said: "Helping Your Community Grow is a really popular initiative in Woodbridge, and we're thrilled to be announcing our winning project, Suffolk Owl Sanctuary.

"It's been great to see an enhanced importance on sustainability and environmentally friendly practices this year, and we're excited to see where our support takes them."

Views welcomed on removal of air scheme

Residents are invited to give their views on the proposed removal of an Air Quality Management Area (AQMA) in Woodbridge, which is no longer required owing to significant improvements in air quality.

To meet national air quality objectives, local authorities must regularly review air quality in their areas. If a location is found where the objectives are not being achieved, the local authority must declare the area as an AQMA and develop an action plan.

The Woodbridge AQMA was established in 2006 after high levels of nitrogen dioxide were detected at

the junction of Lime Kiln Quay Road, Thoroughfare and St John's Street.

Since this time, NO₂ concentrations within the AQMA have decreased, and since 2014 have been consistently below the national objective levels.

These findings were discussed by East Suffolk Council's Cabinet in May, and it was unanimously agreed to proceed with a public consultation regarding the removal of the AQMA.

To give your feedback, email environmental.protection@easttsuffolk.gov.uk before July 11.

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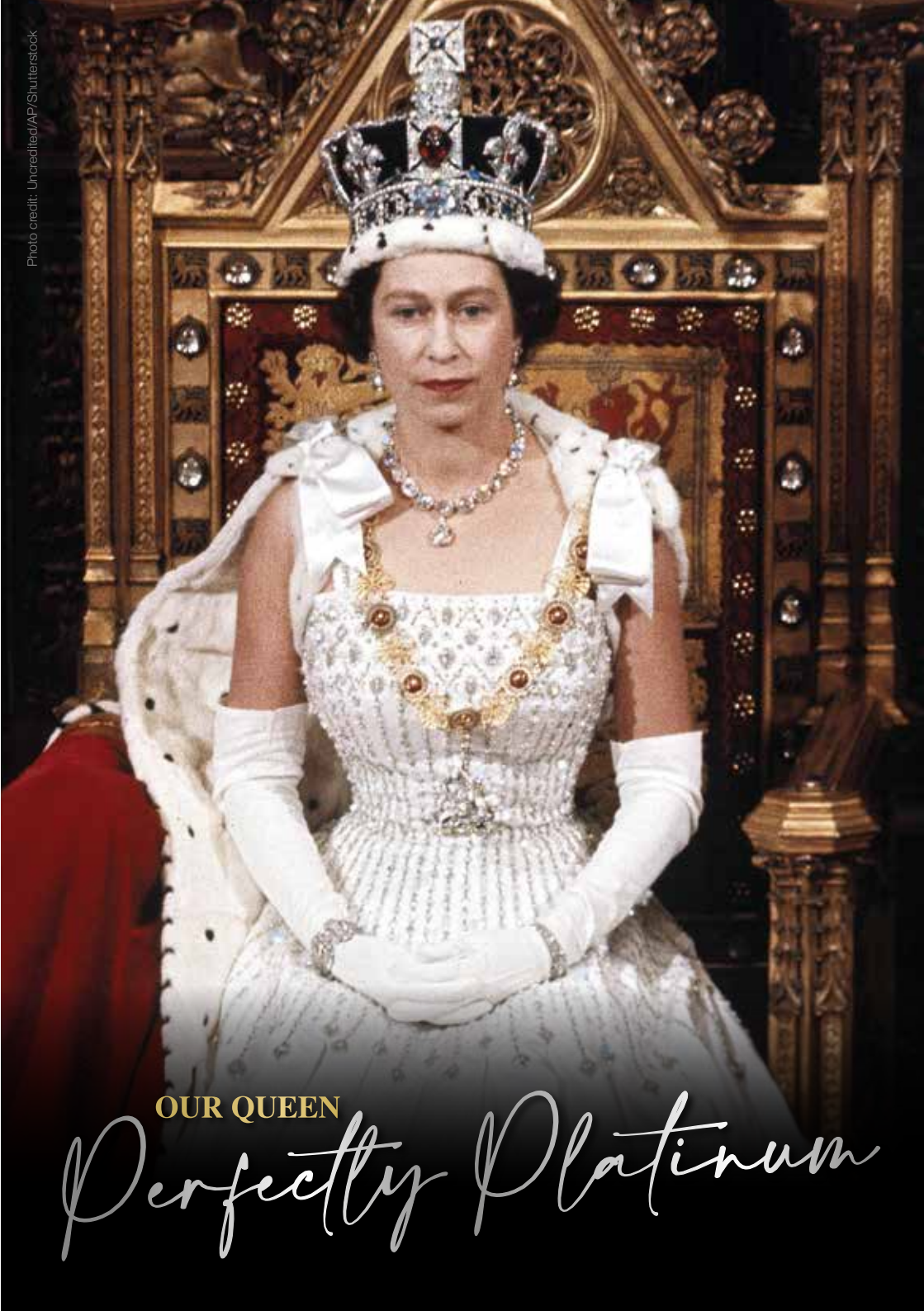


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CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.



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FOOD & DRINK

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- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.





If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.

Witch hazel

Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.

Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.

Baking soda

Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.

Lemon juice

Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.

Apple cider vinegar

This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.

Coconut oil

Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



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KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



CAN YOU manage?

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

➤ Using a property management company could make you less aware of what's going on with your property.

Why hire a property management company?

Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.

Pros of hiring a property management company:

- Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- Property management companies will source and vet tenants, taking the responsibility off you.
- Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

Cons of hiring a property management company:

- You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.



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Clare Garrod, Stonewall Security



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Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy

things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



CLEAN YOUR CAR

like a pro

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.

Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.

Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.

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.

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TRAVEL

Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Windsor Castle

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



Castle Combe

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



St Nectan's Glen

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.



Chatsworth House

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



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ALL ABOARD

THE BRITISH GOVERNMENT IS ACCELERATING THE ROLL-OUT OF 5G TECHNOLOGY...
COMING TO A BUS SHELTER NEAR YOU

Take a look at your mobile phone and, if you're in one of the UK's bigger towns or cities at the time, you may see the 5G symbol in the top-right corner (providing you have an up-to-date 5G-enabled phone, that is). This form of telecommunication technology that, at its peak, is 100 times faster than 4G, its rapidly ageing brother, has the capability to completely transform our interconnectivity.

The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses.

As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.



The LONGEST WORDS

that exist

What would be the longest word you can think of right now? Perhaps it could be

What would be the longest word you can think of right now? Perhaps it could be [Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch](#) – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's [Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenukitanatahu](#) at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

Eighty-five letters is a lot for one word, so what are the other longest words that exist?

Pneumonoultramicroscopicsilicovolcanoconiosis (45 letters)

This is a type of lung disease caused by inhaling quartz dust or silica.

Hippopotomonstrosesquippedaliophobia (36 letters)

Of course, the word for a fear of long words would be long.

Supercalifragilisticexpialidocious (34 letters)

While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

Pseudopseudohypoparathyroidism (30 letters)

A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

Floccinaucinihilipilification (29 letters)

This means the estimation of something having no value or being worthless.

Antidisestablishmentarianism (28 letters)

This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

Honorificabilitudinitatibus (27 letters)

Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

Thyroparathyroidectomy (22 letters)

The name for the process of removing the thyroid and parathyroid glands.

Incomprehensibilities (21 letters)

A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.



HAND OF WAD

DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line.

Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.

£7.1MILLION



Photo credit: Charles Knight/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.



A star in the making



THE BEST WAY TO START OFF – AND STICK TO – A REWARDS CHART WITH YOUR KIDS

Most parents have tried to use rewards charts – you know, that large piece of card or app-based drive towards making your children nicer to be around... and your home a tidier place.

The reason many charts fail is because, while the concept is great, the complications, complexities and conversations surrounding what tasks have or haven't been done, and to what standard, make managing charts more of a chore than the jobs listed on them.

While rewards charts are available in plentiful supply from shops and online, it's sometimes more fun to make one up yourself – you can then tailor it to your own family, working in hobbies, treats and experiences unique to you.

Six ways to ensure you can make a rewards chart stick!



KEEP TASKS SIMPLE

Ensuring jobs are straightforward and achievable will mean kids maintain focus when they need to.



UPDATE AFTER EVERY TASK

If possible, apply stars every time your little ones complete a challenge. This direct and very visual reward mechanism will keep them striving for more.



KEEP REWARDS REGULAR AND TANGIBLE

Using quick-fire rewards – rather than offering to contribute small additions to a bigger project – means kids will remain engaged and interested.



RESTART EVERY WEEK

Make every week a clean slate, where both completed and unfulfilled tasks are wiped away, meaning a new set of challenges – and rewards – awaits.



ENCOURAGE TEAMWORK

If you have more than one child, pool tasks so that they become responsible for and beneficiaries of each other's successes.



MOVE ON EVENTUALLY

While the rewards chart is a great way to motivate kids, it may lose its appeal over time, so progress the ideas behind it to tasks that offer greater responsibility and bigger rewards for your youngsters.



HOW TO SET UP A FRESHWATER FISH TANK



Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra
Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

1. Eurasian crow (4)
3. Excessively emotional (6,2)
9. Time off (7)
10. Sudden movement (5)
11. Steer (anag) (5)
12. Wicked look that causes harm (4,3)
13. Possessing (6)
15. Wind instrument (6)
17. More sugary (7)
18. Freight (5)
20. Deduce or conclude (5)
21. Currents of air (7)
22. Disregarding oneself (8)
23. Depend on (4)

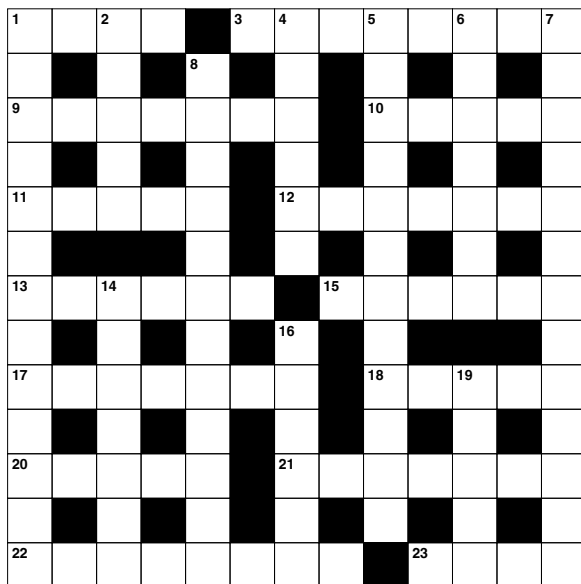
DOWN

1. Connections or associations (13)
2. Willow twig (5)
4. Complied with a command (6)
5. Children's toy (12)
6. Medieval cell (7)
7. Affectedly (13)
8. Occult (12)

14. Necessary (7)

16. Eats grass (6)

19. Verse (5)



DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

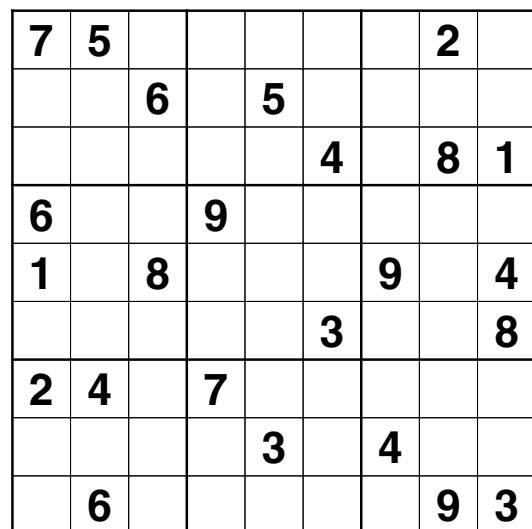
► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

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