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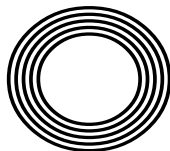
FIVE
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Remembering jockey
LESTER PIGGOTT

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Presenter announces Wimbledon retirement after 30 years



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JULY 2022

Editor's notes...



Sean Purcell, Editor-in-chief

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

I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

Sean Purcell

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A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



Full of PRIDE

CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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ART THERAPY

with Rebecca Sicardi

WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND

We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought.

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."

Photo credit: rebeccasicardi.com

HOME & DIY

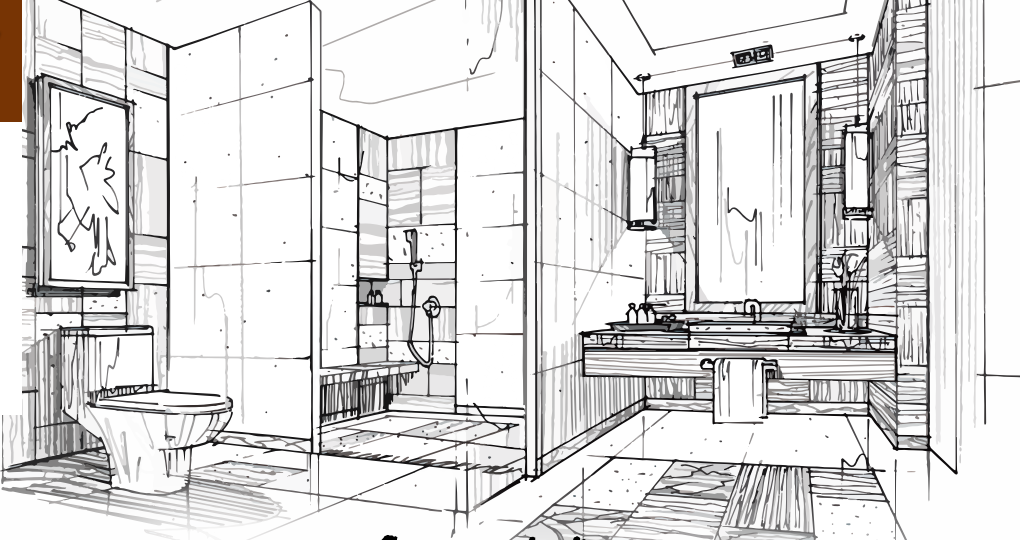
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DESIGNING A *small bathroom*

Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

CREATE ZONES: You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

FREE UP YOUR FLOOR SPACE: A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

LET THERE BE LIGHT: Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

USE THE LITTLE TOUCHES TO ADD STYLE: There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



Photo credit: arazilivine.com/Pinterest, loverenovate.co.uk/Pinterest

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ISLAND HOPPING

BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings.

While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanliness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.



HOME & DIY

Photo credit: ivelina/Shutterstock.com



To bee OR NOT TO BEE

THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

When it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



National Trust's £1.9m funds to improve historic site

The site of an early medieval burial ground in Woodbridge will be expanded to offer visitors a chance to explore more of one of Suffolk's most popular attractions.

The National Trust will expand Sutton Hoo, where numerous Anglo-Saxon artefacts have been discovered and which dates back to the sixth and seventh centuries, after acquiring land at Little Haugh, on the banks of the River Deben, for £1.9million.

The acquisition will provide greater access and new walking routes, and it is hoped the new section will open to visitors in spring 2023.

Discovered at Sutton Hoo in 1939 was a 27-metre

Anglo-Saxon ship with a burial chamber inside containing swords, musical instruments, helmets, coins and much more.

The burial ground is located close to the estuary, which would have been a highway in the 7th century, just six miles from the North Sea.

Allison Girling, property operations manager for the National Trust at Sutton Hoo, said: "We're excited to be able to share the news that we've acquired Little Haugh and what this will mean for our visitors. Being able to provide closer access to the river will help our visitors understand Sutton Hoo's position in the landscape."



Photo credit: Gloucestershire Constabulary

Gang of scammers jailed for preying on elderly

Members of a gang who conned a Woodbridge resident, among dozens of other elderly victims, out of thousands of pounds have been jailed for a total of 20 years and eight months.

Mohammed Rahman, Muhammed Maarjan, Muhammed Hussain and Shoriful Islam (pictured from left to right) appeared for sentencing at Bristol Crown Court on June 9.

The four had pleaded guilty at an earlier hearing to conspiring to commit fraud by false representation. Rahman, Maarjan and Islam had also admitted possessing criminal property.

Before their arrest in April 2021, the gang had contacted hundreds of potential victims across the country by telephone, targeting a region for a number of days before moving on to another.

The offenders pretended to be police officers and told victims they had identified counterfeit currency being transferred into their bank accounts. The victims were encouraged to remove thousands of pounds from their accounts in order to hand it over to a courier.

In total, the group conned at least 60 vulnerable victims out of more than £290,000, dating back to

2019, and attempted to contact thousands more.

This included a Woodbridge resident who was scammed out of more than £4,000.

Officers from Gloucestershire Constabulary's Serious and Organised Crime Unit began investigating the gang after discovering a victim in Cirencester.

Rahman, 27, of Leirum Street, Islington, was sentenced to six years for conspiracy to commit fraud and two years for possessing criminal property, to run concurrently.

Islam, 24, of Highbury New Park, Islington, was sentenced to four years and eight months for conspiracy to commit fraud and two years for possessing criminal property, to run concurrently.

Hussain, 24, of Collier Street, Islington, was sentenced to five years and four months for conspiracy to commit fraud.

Maarjan, 23, of James Morgan Mews, Islington, was sentenced to four years and eight months for conspiracy to commit fraud and two years for possessing criminal property, to run concurrently.

Two more people, Kawsar Ahmed and Mohammed Ahmed, are due to be sentenced at a later date.

Service honours anniversary of end of war

The Woodbridge community attended a parade and service last month to remember those affected by the Falklands War.

The event took place on Saturday, June 11 – the 40th anniversary of the end of the Falklands War – at the Cenotaph in Woodbridge, and was attended by members of the Royal British Legion of Woodbridge, the local Armed Forces and members of the public.

The Falklands War started on April 2, 1982, and lasted 74 days, during which seven ships were lost to enemy action, nine aircraft were shot down and 255 British personnel lost their lives.



New fantail installed on historic windmill



Photo credit: Suffolk Council

A key feature on a historic Woodbridge landmark has been restored by Suffolk County Council.

Buttrum's Mill's new fantail mirrors the original, which was damaged beyond repair in gales in March 2021.

The six-bladed fantail automatically turns to ensure the sails always face into the wind. This is important, as if the wind gets behind the sails, the mill is at risk of serious damage.

The new fantail is two feet bigger in diameter than the one it replaces, and the blades are painted dark green as they were in the 1930s.

The work cost £14,300 and was carried out by Bill Griffiths (pictured above right) of MillBill millwrights in Ipswich, who remembers the mill from living in Woodbridge as a child.

He said: "Buttrum's was one of the first mills to catch my attention aged about seven years old, so it has been immensely satisfying, some 55 years later, to be responsible for the latest phase of works required to maintain the mill in good safe order."

Councillor Melanie Vigo Di Gallidoro (pictured above left), Suffolk County Council's deputy cabinet member for protected landscapes and archaeology, said: "The council is delighted to have played its part in restoring this feature so that the mill resembles how it looked in its heyday and can be enjoyed by future generations."

Council launches climate emergency scheme

A £150,000 fund is now open to applications from not-for-profit organisations in Woodbridge and the wider area looking to deliver carbon reduction projects in Suffolk.

The Suffolk Climate Action Community Match Fund will be provided by the Suffolk Public Sector Leaders group as part of its work to address the climate emergency.

The new fund is available to charities, community interest companies, parish councils, voluntary groups and other not-for-profit organisations whose projects

contribute to Suffolk's Climate Emergency Plan and support the vision for Suffolk to become carbon neutral by 2030.

The projects funded could include improving the energy efficiency of buildings, promoting walking and cycling, using sustainable/recycled materials, or raising awareness of climate change through events, among others.

The projects must demonstrate support from others in the community in the form of contributions from multiple other sponsors for the remaining project costs.

Councillor Andy Drummond, chair of the Suffolk environment cabinet members group, said: "I'm thrilled that we can support local projects seeking to address the climate emergency in Suffolk. Collective action is needed if we are to achieve carbon neutrality in Suffolk by 2030."

To find out more, please contact David Walton via email at david.walton@suffolk.gov.uk

Museum launches sustainable energy project

To help educate young people about sustainable energy sources, Woodbridge Tide Mill plans to install a micro-generator.

This new addition will demonstrate how electricity is generated from hydropower, and will help to educate the many students who visit the mill.

The micro-generator will be coupled to outputs such as phone chargers and a light bulb so visitors can see the electricity as it is generated. Students will also be given accompanying materials to explain the process and the importance of sustainable energy sources, and they will have the chance to take part in hands-on activities such as building circuits.

Heather Sheehan, Tide Mill education lead, said: "It is paramount that educators begin to teach children the importance of renewable energy sources and sustainability, and these sessions will support teachers to do just that."



Photo credit: Simon Ballard





Community comes together for Freedom Parade

The community of Woodridge came together last month to celebrate the 23 Parachute Engineer Regiment at the Freedom Parade.

The parade, which was held on June 10, saw the regiment march through the town for the first time since 2006, having been bestowed the Freedom of Woodridge the previous year.

The Freedom Parade included 23 Parachute Engineer Regiment, 70 Gurkhas Squadron, Royal

British Legion and the Royal Navy Faslane Scotland marching from Burkitt Road down Theatre Street to Market Hill towards New Street, St John's and through the Thoroughfare and back up Church Street to Market Hill, before ending with a drumhead service.

A spokesperson for Woodridge Town Council said: "The council would like to thank all those who took part in the parade, the organisation and service provided, and the general public."

Funding agreed for additional SEND places

Suffolk County Council's cabinet has agreed an additional £15.9million in funding to create more school places, including some in Woodbridge, for young people with special educational needs and disabilities (SEND).

This funding marks the second phase of a £45million, five-year project to deliver specialist provision for SEND students in Suffolk at three new special schools and units attached to mainstream schools.

So far, 500 new places have opened across the county, with another 325 to open between September 2022 and September 2024 under phase one. The additional money will enable the completion of phase two of the project, and the creation of between 54 and 72 new places, depending on design and planning.

Plans for new SEND places under phase three will come before the cabinet from September.

Councillor Rachel Hood, cabinet member for

education, SEND and skills at Suffolk County Council, said: "I have had the privilege of visiting some of these new units and seeing first-hand the significant difference they make to children and young people and their families. It is vital that we continue to increase not only the numbers of places we offer, but also the mix of help and support we offer so we can continue to meet the varied needs of lots of young people.

"This significant investment shows our ongoing commitment to improving our SEND provision and making sure all children and young people in Suffolk have the best education to suit their needs."

The special schools include Castle EAST, a new communication and interaction school in north Suffolk; a new social, emotional and mental health school in west Suffolk named Sir Peter Hall; and a communication and interaction school in south Suffolk, called Woodbridge Road Academy.



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Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

HOW TO TREAT STRAWBERRY LEGS

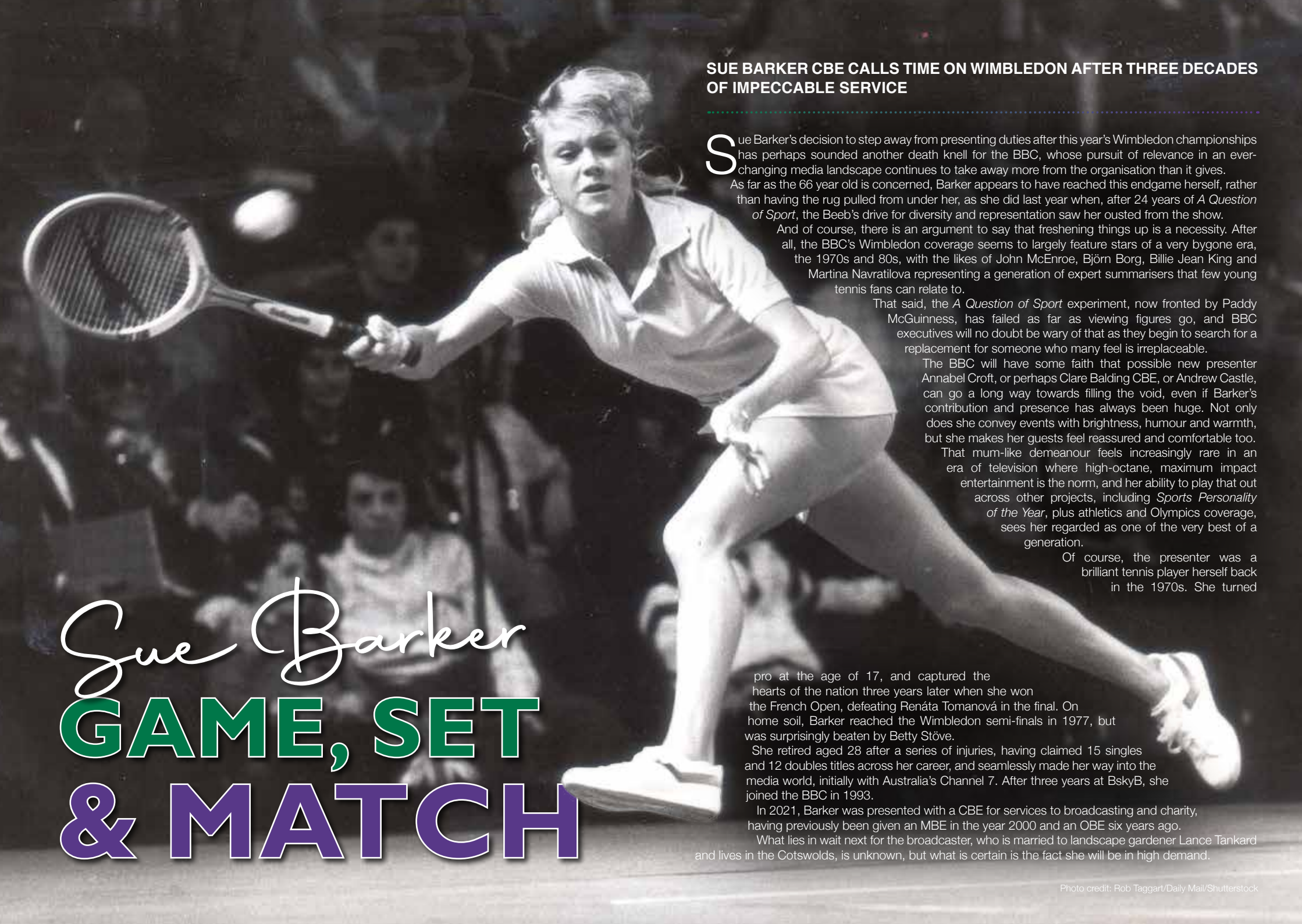
Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

Home remedies: Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

Professional treatments: Electrolysis | Laser therapy.



BEAUTY



SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker
**GAME, SET
& MATCH**

Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

HOW TO MAKE BUBBLE TEA

You will need:

Tea | Milk | Tapioca pearls | Honey or agave

How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.



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NATURAL SUNBURN REMEDIES



HEALTH & FITNESS

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

WHAT NOT TO PUT ON SUNBURNED SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

• Court fines

These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at www.moneyhelper.org.uk/en

Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at www.stepchange.org to find out more.

Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes



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Property done properly

THE BEST PROPERTY BLOGS AND WEBSITES TO FOLLOW

What would we do without the insight of the experts who power our online blogs? For years, we survived on a flat and rather biased supply of TV and print media, but with the internet came inspiration and insight that wasn't bogged down with advertiser messages.

As a result, we now have a relative smorgasbord of incredible blogs, for those at any axis of the property market. Check out some of our suggestions:

Homes & Property: www.standard.co.uk/homesandproperty

The *Evening Standard's* guide stands apart as one of the most comprehensive pieces of property intelligence on the market. An outstanding resource for professionals and enthusiasts alike, it doesn't just focus on the London market, and combines celebrity nods to both areas and interiors.

Zoopla Discover: www.zoopla.co.uk/discover

If you're looking for something rather more UK-centric, Zoopla is the way forward. Catering for buyers, sellers, tenants and landlords, the property portal has invested big time in education, courses and tools that will make you a smarter player on the market.

Houzz: www.houzz.co.uk

Detail is the name of the game with Houzz, with endless inspiration on offer

for interior design devotees. While useful for sourcing professionals to take care of jobs in the home, Houzz also showcases homewares and furniture, with expert advice and guidance at every turn.

Boomin: www.boomin.com

Blogging and social presence are the name of the game with Boomin, which offers a site that's split into various property categories – from videos to news, buying to letting, selling to renting, home design to mortgages, and more.

Property Week: www.propertyweek.com

Authority at your fingertips, Property Week covers topics around property investment and both commercial and residential real estate. It also features analysis and in-depth reporting on the biggest issues facing the industry.

LandlordZONE: www.landlordzone.co.uk

Finally, as the title suggests, LandlordZONE is a dedicated blog for homeowners who rent out their abodes, highlighting both opportunities and threats at play in a frequently changing market.



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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AN A DAY



THE CHILD PROTECTION SYSTEMS RELEASED BY APPLE

Apple's advancements designed to protect the welfare of children using its hardware are coming into play, although the tech giant has held off activating a third iCloud-based system until next year.

In the meantime, content on devices being used by children will be screened in two ways, should parents choose to turn on the notifications function.

If activated, when an attempt is made to load a page that contains an inappropriate image, a warning note will appear, asking the user if they wish to proceed and view the photo. The note will suggest they consult a responsible adult for advice. This set up effectively eliminates the risk of children accidentally viewing content they would rather not.

A similar message will also appear if the child is apparently attempting to intentionally search for and view a topic or image that it is imagined might cause offence to minors. The system will then direct the user to expert public services for help and advice.

Both systems are currently in use in the US, and they are significant innovations, because they represent the fact that rather than employing a Big Brother approach, Apple recognises that most families would rather police themselves and their own actions, given the opportunity.

A further system, originally announced in 2021 and now put on hold until 2023 at least, involves the scanning of photos uploaded to iCloud, with the aim of finding 'known' child abuse photos.

While the corporation is keen to move forward with this third innovation, it has agreed to take further advice on the feature before proceeding.

Photo credit: Kaspars Grinvalds/Shutterstock.com, AlesiaKan/Shutterstock.com





FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

PETROL PRICES OVER TIME

15 years ago (Jun 2007)	96p/litre
10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.78/litre



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HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR



TRAVEL

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

INSURANCE INSANITY: Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

THE POWER OF THE HOUR: Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

THE FUEL RULE: It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

BOOK IN ADVANCE: As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

THE AIRPORT AGGRO: As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



Just JAKE

JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seasiders, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie.

"Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me.

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.



Photo credit: Paul Dennis/TGS Photo/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

Andy Murray WINS WIMBLEDON

Each month, we look at one of the most significant events in British sporting history. This month, we go back to the day when Andy Murray fulfilled a life's ambition at Centre Court.

In the modern era, men's British tennis failed to live up to expectations for a long time. Players such as Tim Henman and Greg Rusedski teased and toiled, but in all honesty were some way short of mounting real and repeated Grand Slam challenges.

When Andy Murray turned pro in 2005, immediately there was something different about this sparky, confident, sometimes arrogant Scot. Buoyed on by a fiercely supportive mum and partner, he had an all-round game that, on the right day, and on the right surface, could challenge anyone.

That day came on July 7, 2013, as the then 26 year old strode out onto Centre Court in the Wimbledon men's final. Only Novak Djokovic stood between Murray arresting a 77-year wait for a men's British champion, and the opening exchanges proved the ride wasn't going to be easy.

Even so, Murray broke his opponent to take the first set 6-4, then recovered from 4-1 down to win the second 7-5. Victory was soon one game away, and as BBC commentator Jonathan Overend said, the arena represented "a cacophony of support, elation and fear. That noise, in those 90 seconds, will never, ever be heard again. So loud, so impassioned, it was like Murray was about to play the final game of his life."

Murray held his serve, and his nerve, to take the final set 6-4. Victory was his.

Of course, Murray repeated his feat three years later, and in a rich spell of success – which saw him rise to the top of the world men's rankings – also took the US Open title and made it to six further Grand Slam finals.

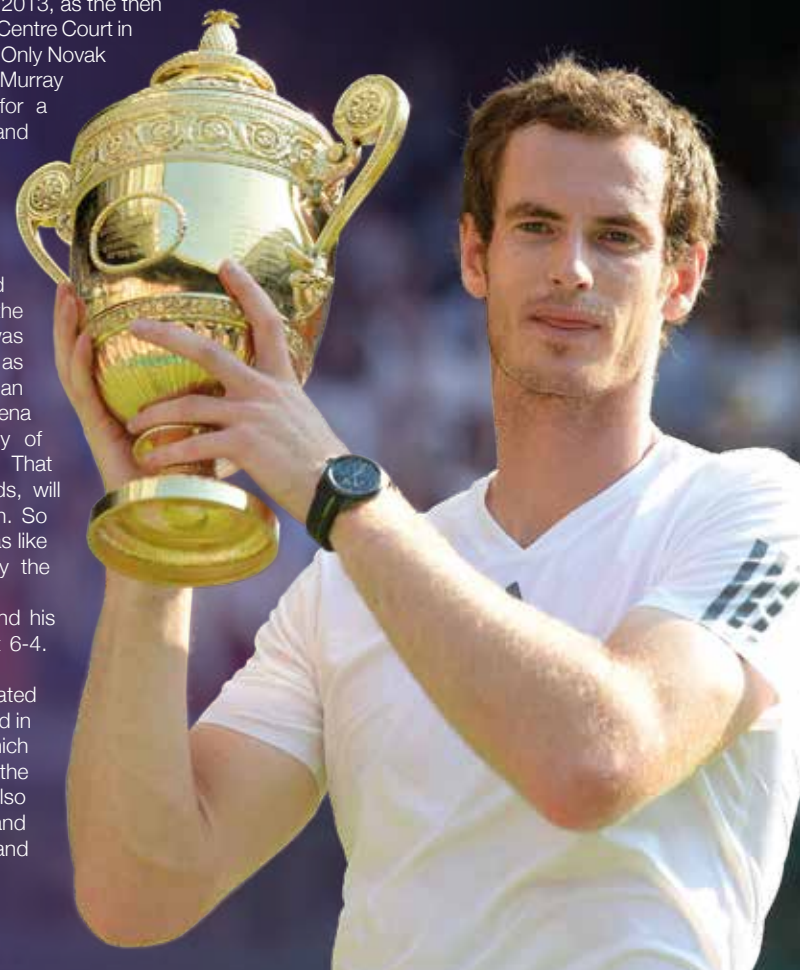


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CRAZY COMPANIONS



PETS

FROM GIANT SPIDERS TO PYGMY HEDGEHOGS, HERE ARE SOME OF THE CRAZY PETS KEPT IN BRITAIN

TARANTULA

The very notion of having a pet tarantula crawling about the place as you sit down for your evening meal seems totally perplexing, yet while many of us view these incredible arachnids as dangerous, many tarantulas offer a bite that's little worse than a bee sting.

Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

SUGAR GLIDER

This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.

One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

GIANT AFRICAN LAND SNAIL

Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.

We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

CHINCHILLA

A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

AFRICAN PYGMY HEDGEHOG

Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.

Calling all SHOPPING ADDICTS

In a recent study, London has been named the second best city for shopping in the world, with an overall shopping score of 8/10. The results come just days after the capital was crowned the third most popular city on the planet.

HOW DID THE STUDY SCORE EACH CITY?

The study analysed cities all around the world based on the number of shopping locations, number of fashion shops within one mile, number of shopping malls within one mile, number of boutiques within one mile, and number of designer boutiques in the city.

HOW DID LONDON FARE?

London ranked in second place due to gaining the second highest number of shopping locations (1,221) and its number of boutique stores within one mile (102). The researchers were particularly impressed by London's variety, saying: "London is one of the fashion capitals of the world,

and its place as one of the world's most ideal cities for shopping is well established."

The study also revealed that London has a whopping 19 Rolex retailers.

WHO TOOK THE TOP SPOT?

Tokyo was crowned the number one shopping city in the world, with an overall shopping score of 9/10, boasting an impressive 1,970 shopping locations and 240 shopping malls and fashion shops within one mile. Paris took the third spot, with Sydney, New York and Boston also ranking strongly.

WHO CAME OUT WORST?

Vienna was named the worst city to shop in the world, with just 267 locations. Munich scored nearly as badly, with only 15 shopping malls and six boutique stores within a one-mile radius of the city centre.

BEST SHOPPING DESTINATIONS IN LONDON:

Oxford Street | Regent Street | Knightsbridge | Bond Street | Mayfair | Westfield | Carnaby Street | Covent Garden.

Copy credit: Study carried out by Hey! Discount



HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

STEP 1: REMOVE ANY EXCESS CREAM

Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

STEP 2: RINSE UNDER WARM WATER

Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN

Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

STEP 4: LOAD INTO YOUR MACHINE

Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

STEP 5: WASH YOUR GARMENT

Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

STEP 6: DRY YOUR GARMENT

Remove the garment from the washing machine and allow to air dry outside for optimal results.

TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:

- > After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.
- > For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.
- > Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

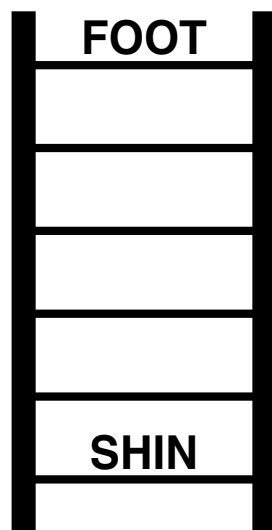
- ▶ ALUMINIUM
- ▶ BERYLLIUM
- ▶ CAESIUM
- ▶ CALCIUM
- ▶ CARBON
- ▶ COBALT
- ▶ GOLD
- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC



DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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