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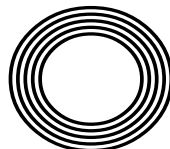
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October 2019

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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION**Woodbridge. Those of you who are technologically minded will know that **VISION**Woodbridge has thriving Facebook, Twitter and Instagram pages that bring you lots of

information about what's happening in the town. We also run three community groups; Woodbridge Community Group, Melton (Suffolk) Community and Martlesham Heath Community Page. A heated discussion arose when a member of the Woodbridge group posted an image of a collapsed tent at Kingston Fields. Some mocked the owner for their tent assembling abilities, whilst there was uproar from others about the tent being allowed to remain in a public space. Some members protested that the inhabitants should just be left alone. It transpired that the tent was actually sheltering a homeless individual, which did tug on the heartstrings for me.

When I was at university, I worked with a charitable group that supported homeless people. I couldn't believe it when I saw there was an issue with homelessness in Woodbridge. Ultimately, I took two morals from this discussion; to not judge a situation without knowing the full facts behind it and to ask myself what I am doing to help the people of Woodbridge without a home.

Will



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Has Meghan Markle lost her sparkle...

Written by Royal Correspondent

It was just 17 months ago that 1.9 billion people turned on their TV sets to watch American actress Meghan Markle walk down the aisle to marry Prince Harry.

The former *Suits* actress had already won the hearts of the British people once it was revealed that she and the Prince were dating.

Meghan, 37, could do no wrong and Harry's popularity was rubbing off on her.

But at the end of the summer a new poll on royal popularity turned out to be a shock for the young couple.

First Harry has lost his number one spot to his grandmother the Queen, who at 93, is still showing the rest of them how it is done.

He was followed by his brother William, his wife Kate and then Prince Philip, who has retired.

Then comes Meghan at number six, only slightly higher than her father-in-law Prince Charles.

So, what has gone wrong? The couple have been involved in a number of controversies, which has shaken the images of the Duke and Duchess of Sussex. They are being seen as hypocritical in their determination to become eco warriors. Their mantra has not gone down well with the public as they continue to take expensive carbon polluting private jets while encouraging the rest of us to do more to save the planet.

These included Meghan flying off to New York in George Clooney's private jet for a baby shower before little Archie was born.

And Harry did not score any brownie points by attending a climate change conference in Sicily arriving by private jet. There was also the holiday with Elton John with the couple and Archie arriving by private jet.

Needless to say there was a comparison with William who flew to Balmoral for a holiday with his family only costing £75 a head.

A number of staff have also quit working for the

Sussexes for a variety of reasons, but it is earning Meghan the nickname Duchess Difficult.

And of course, the one that was the most controversial of all was the cost of their new home, Frogmore Cottage in Windsor, which taxpayers forked out £2.5 million to refurbish.

Harry and Meghan have since tried to redeem themselves by taking commercial flights to both Rome and Cape Town recently.

Meghan has also turned to her American showbusiness pals in the hope of improving her image. She has called in a Hollywood Crisis Management company in a bid to improve her reputation.

Sunshine Sachs, who represented disgraced movie mogul Harvey Weinstein in 2015 when he was accused of groping model Ambra Battilana Gutierrez.

One of the bosses of the firm, Keleigh Thomas Morgan, represented Meghan when she was on *Suits* and is working with the Duchess and Harry on the new Sussex Royal Foundation which the couple formed after the split with William and Kate.

But this move is unlikely to go down well at Buckingham Palace, who have their own communications team in place.

The couple also recently hired highly experienced global PR Sara Lathan who was a senior adviser to Hillary Clinton's 2016 Presidential campaign.

Senior Palace courtiers have been left bemused over the last few months that the couple have ignored advice from their own highly professional team and instead listened to outsiders in Hollywood.

One courtier said: "They shouldn't need to hire expensive US PR firms. All they need to do is follow the example of the Queen and other Royals – go out and meet people, shake their hands and be nice to them."

It may pay them to follow that simple advice and save themselves a lot of money on an expensive crisis management solution.

with the British public?



Photo credit: Frank Augustin/AP/Shutterstock



FACTOR OR RATED?

BRITAIN'S MOST SUCCESSFUL TALENT SHOW IS UNDERGOING A CHANGE OF IMAGE...

XFactor's 15 years on our screens have been defined by one thing – it's format. Here's the deal – an unknown 'star', living in a ropery suburb of some nothing northern town with his or her parents and an undernourished cat, gets plucked from obscurity. They become a household name and ride off into the sunset with the Christmas number one and a copy of Leon Jackson's debut LP tucked under their arm, never to be seen again.

We know and love the *X Factor* because we know and love what to expect – the deluded, the hard done by, the emotional, the inspired.

Except, in 2019, there won't be that. With ratings having crashed below four million, master of ceremonies Simon Cowell is planning the show's biggest ever shift. Out goes the whistle-stop tour of UK auditions, in comes a two-show weekly burst with very different endeavours.

The first is a celebrity special, matching household names with classic tracks, in what sounds like a dreadful updating of *Stars in their Eyes*, though surely can't be that bad: "Tonight, Simon, I'm going to be... trending for all the wrong reasons?"

The second show taps into our love of rolling back the past, with former contestants competing to rekindle former glories.

As for the judges, it seems Robbie and Ayda Field will join Louis Walsh, Nicole Scherzinger and Sharon Osbourne and a few others in the judges reject bin, with Louis Tomlinson's place also looking in danger.

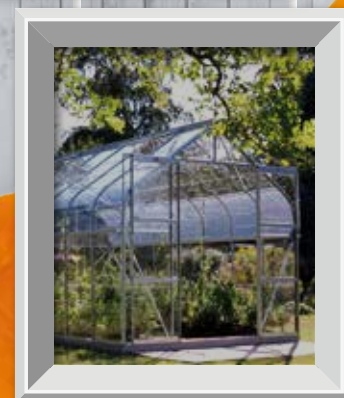
The shake-up is evidently Cowell's last attempt at returning *X Factor* to its former heights.

"The biggest risk is not in doing something new, it's in doing nothing at all," he said.

For a watching audience, and for Cowell himself, it's (almost) time to face the music...

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Nice One NICKY

A dalliance with design that has lasted 50 years

Nicky Haslam has assumed many guises throughout his life - designer, show horse breeder, global socialite, friend to the stars. The inspirational designer even waited until his 73rd birthday to release his debut album, finally indulging one of his boyhood daydreams with the assistance of industry heavyweights such as Nick Mason (Pink Floyd), Helena Bonham Carter, Bryan Ferry and the late Cilla Black.

But it is clearly for his immaculate take on style and fashion that we have become most absorbed in Nicky Haslam's work. The Buckinghamshire-born icon has been the creative auteur and driving force behind London institution NH Design, and while he admits his workload has reduced in recent years as he fights against the idea of retirement, his hunger for interiors has never abated.

"We're slaving away on a wonderful house and a wonderful restaurant in New Orleans, a big project in New York, a place in the south of France outside St Tropez, plus some wonderful penthouses in Park Lane, with 360-degree views of London. We're busy."

The designer, who has written for *The Telegraph*, *Vogue* and *Tatler*, and has properties scattered across London, believes the key to good interiors is detail and control. He fills space with objects, blends styles without fear and constructs a 'lived-in' vibe that is brave yet relaxed.

"People are still looking at image and opulence, but these days there is much more attention being paid to comfort and possessions, probably because we are working so hard and we just want to be settled in our own spaces."

"Minimalism is old hat as far as I am concerned. Just surround yourself in what feels right. Don't splash colour around or re-wallpaper because everyone else is doing it; instead, be inspired by things in your locale - reflection is important - and want to learn. Even having practised design for decades, I am still picking up new ideas."



Photo credit: nh-design.com



HOME & DIY



Photo credit: www.portmeiron.co.uk, www.hm.com, www.pigeondecoramics.com, www.theoriginalpartybagcompany.co.uk

pretty PLATES

The humble plate – where would we be without it? But just because it's a functionable item doesn't mean it can't also be a fun and frivolous one. We've found the best decorative designs out there and we are even going to show you how to create your own.

FLORAL FEVER
Who doesn't love a bit of flora and fauna in their home? And what better way to brighten up your dining table than with a set of beautiful flower detailed plates?

ABSTRACT
For contemporary art lovers out there, why not invest in a set of abstract style plates that will reflect your modern style? Look for designs that do not restrict themselves to a standard shape and instead embrace layering techniques such as this offering from American modern ceramics designer Pigeon Toe Ceramics.

RECYCLED
Eco-friendly tableware is all the rage at the moment with an increasing number of businesses catering for those who want sustainable products throughout their homes. Disposable bamboo plates are an attractive option, but we favour those made from palm leaves.

ANIMAL ANTICS
Ideal for families with a sense of humour or those wanting to unleash their inner party animal, these fun and frivolous Wild Dining plates will turn any occasion into a celebration. We love the Sara Miller collection, which is colourful, vibrant and the perfect antidote to the winter blues.

DIY DESIGNS
If you are a fan of Kate Spade plates but your budget doesn't quite stretch that far then why not create your own version at a fraction of the cost. All you need is a stencil of your chosen design – whether that be an animal, piece of fruit or even a feel-good motto – and some coloured acrylic paints.



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Let's go fuchsia walls



Photo credit: Interiors by color



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Photo credit: Interior Design Ideas



Want a bold and beautiful colour to transform your home for the coming winter months? Well, this latest trend might surprise you...

As the nights draw in and the days become darker it can be tempting to replicate the outdoor mood inside your home. Greys, navy blues and maroons are common styles that appear as the colder months loom, as we become inclined to hibernate ourselves in a cave-like hideaway, waiting patiently for the sun to come out once more.

The problem with this gloomy palette, however, is that it offers no relief from the winter blues. Even the darker purple and red shades, though rich and luxurious like ripe midwinter berries, can become stifling. Consider then, fuchsia. Bright, bold and full of promise like the late spring blooms from which the colour derives its name.

Like a neon sign on an otherwise unlit road, fuchsia is a surprisingly refreshing alternative for anyone who wants to go a little bolder and more daring with their interiors. Bringing a depth and lushness which no other pink can measure up to, its blue undertones are actually a perfect match for winter's dramatic persuasions while also hinting at the softness to come as we melt into spring.

The other good thing about fuchsia? It holds its own against the more rugged materials. Rustic woods, heavy metals and dark velvets all come to life against this deep, dark pink backdrop. You'll need lamps and candles as well of course for those long nights when you just want to bed-in with a glass of wine and a good book.

So ditch the dour hues this winter and paint your walls in this glorious and shameless shade. And when the sun finally returns, you'll have barely felt the chill at all.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Parents protest against children's centre closure

Angry parents took to the streets of Woodbridge last month to protest against county council plans to close a children's centre in the town.

The Caterpillar Children's Centre on Cumberland Street is one of 13 children's centres which could be transformed into a nursery by Suffolk County Council (SCC).

A council report said the centre is a building "where evidence and feedback suggests there is not a particularly high volume of service demand by vulnerable families, and where related services are already available from a number of other locations which are within a short walking distance."

Opposition to the proposal has been growing for some time and locals paraded through the town to

show the strength of opposition to the scheme.

Jack Abbott is Labour's education spokesman at SCC and took part in the protest.

He said: "We are not going to allow the Conservatives to cut even more children's centres without a fight. These centres are a lifeline for many families, so we will stand alongside parents and their children, doing everything we can to prevent this disaster."

"The response to our Woodbridge march was overwhelmingly positive, underlining just how important children's centres are to so many people. With organisations like the British Association of Social Workers also warning about the devastating impact that these cuts would have on families, it is clear that these damaging proposals need to be dropped."



Woodpeckers bounce back following setbacks



Photo credit: Paul Leech

After three league defeats in succession, Woodbridge Town FC returned to winning ways recently.

Defeats against Stowmarket Town, Wroxham and Kirkley & Pakefield have seen the Woodpeckers' drop to second in the table at the time of going to print.

However, following the disappointing run, the team were back to winning ways with a 4-1 win against Thetford Town on September 21 and a 7-1 win against Gorleston on September 28.

- Upcoming home fixtures include:
- > October 19 vs. Haverhill Rovers
 - > October 23 vs. Framlingham Town
 - > November 2 vs. Newmarket Town

For more information on the latest fixtures and updates, visit www.woodbridgetownfc.com

Anger growing against bus cuts

The axing of a bus service from Woodbridge and Rendlesham to central Ipswich has created numerous problems for people across the town.

That's the view of Caroline Page, county councillor for Woodbridge, who has started a petition urging bosses at First Bus to reverse the decision.

Cllr Page said the removal of the hourly 800 Park and Ride extension to central Ipswich from Woodbridge and Rendlesham causes problems for Ipswich bound travel and for those with relatives in the Rendlesham care home.

At the same time, the company has also made changes to the timetabling and route of their complementary 64 route.

The buses no longer stop at the Woodbridge Peterhouse estate and the last bus leaves Ipswich

an hour earlier, at 5.50pm, meaning anyone leaving work in Ipswich later faces a 45-minute walk to Woodbridge. Early-morning buses are also affected, as is hospital travel.

Cllr Page said she could not understand why the services were being axed.

She commented: "The services were both well-used and vital to many people with few or no transport choices. They were, however, under-advertised. The 800 did not even carry the Woodbridge to Rendlesham destinations on the six maps that were posted inside each bus."

She stressed the impact of the cuts was immense.

Cllr Page added: "Timetable and route changes mean that workers are finding difficulties travelling to and from work. Disabled and elderly people, and young parents with buggies, are having to walk up to 25 minutes to a stop."

"We ask that these cuts and changes be immediately reversed."

Electrical fire destroys pub kitchen

A pub in Woodbridge will be without a kitchen until the end of the month after it was badly damaged by a fire.

The Cherry Tree Pub, in Cumberland Street, has not been able to serve food to customers since September 3 when the fire took place.

Landlord Andy Thompson, who lives on the site with his wife, called fire crews when he was woken by the fire alarm.

A beer and gin festival was also cancelled as the shed where it was due to take place is full of kitchen equipment.

The pub is still open serving drinks and Andy is encouraging pubgoers to bring their own food or order takeaways. Pop-up food vendors, including Keo Street and The Moving Plaiice, have also been invited to feed hungry customers.

For more updates follow WoodbridgeCTree on Twitter or call 01394 384627.




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NEWS FROM THE LONGSHED



Last month we unveiled the Sutton Hoo Ship's Company plans to recreate the huge Saxon ship found at Sutton Hoo and we have now begun work to make a 10th scale model – the first step in understanding our measurements for the full-size reconstruction.

It's a painstaking process – but this is just the start of a two-year project set to teach us more about Anglo-Saxon life and times than we thought imaginable.

We will learn about traditional building methods, explore materials, dimensions and feasibility of structure and get hands on with rowing it. Picture this elegant vessel, with 40 rowers tearing down the river to the beat of a drum – with, we hope, not too many clashes of oars.

That voyage will be the start of our sea trials when we intend to find out more about how the original ship might have been operated.

Reconstructing this magnificent vessel in Woodbridge is fitting – continuing that link the town has to a rich maritime history.

The build is taking place at the Longshed – the once derelict site of the old Whisstocks Boatyard.

Open to visitors from 11am to 1pm on Tuesday, Wednesday, Saturday and Sunday all year round, this site is allowing us not just the space to make our vision a reality – but the opportunity to involve the public.

This leads me to continue our appeal to ask the people of Suffolk to get behind us and sponsor a rivet



Photo credit: Prominent

for just £20.

Each rivet will be individually numbered and the owner will be able to map the location of their rivet on the ship once it's built.

Visit www.makeshiphappen.co.uk for more information.

Man bailed following alleged offence

A 20-year-old man arrested in connection with a number of incidents involving indecent exposures has been released on bail.

Police were called to a number of incidents in July and August which included reports that a man had exposed himself to an 11-year-old girl in Brook Street, Woodbridge.

A man was also reported for exposing himself to a group of children in a car park in Ufford and officers also received further reports of a man indecently

exposing himself to children in Rendlesham on two separate occasions.

The suspect was arrested on suspicion of exposure and voyeurism offences. He was taken into police custody for questioning and subsequently released on bail.

The man is due to return to police on November 1.

Anyone who witnessed any of these incidents or anyone who has any further information should contact Suffolk police quoting crime reference 37/47545/19.

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News from
Councillor Caroline Page
The County Councillor for Woodbridge



I'm already waiting for the clocks to go back. I'd like a bit more light when I leave the house at 6.50 in the morning.

One of the things I bet you had no idea your county councillor does, is walk proposed routes to check whether they are appropriate for Suffolk students walking to school. These routes are anywhere across the county. They must walk to arrive in time for school. So, maybe near Colchester one day, Haverhill the next, or up near Diss or Lowestoft. Hence my early starts.

Hard work to add onto a full working day — but I bring something extra to these walks. Not only all my years as a county councillor, but the lived experience of having been a lone parent walking three children to school, through sickness, disability and bad weather. It means I understand some of the practical difficulties.

Now, I don't want to get into party-politics here. But I do want to lobby here and now for the individual. It seems to me that when people get to elect their local representatives, they often forget to look at the actual person they are voting for.

Concerned about the loss of the local bus? It would be a good idea to vote in a bus user. Worried about school transport? Ensure that your representative has had experience taking children to local schools. And if you are concerned about making sure our public money is well spent, why not find out if they know the cost of a pint of milk and could be trusted to balance the family budget?

Am I suggesting you should always vote for a woman? No. But I am suggesting that life experience, character — and possibly a little hardship — help to make a good representative.

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Woman named as award finalist



Photo credit: Ruth Leach Photography

A hotel in Woodbridge was celebrating recently following the announcement that its managing director has made the finals of the National Business Women's Awards 2019.

Tarnia Robertson, managing director of Ufford Park Woodbridge Hotel, Golf and Spa, has been named a finalist in two categories; Business Woman of the Year (small business) and Service Excellence.

The National Business Women's Awards celebrate the achievements of exceptional women in industry.

Speaking about the news, Tarnia said: "I am thrilled to be a finalist. The last four years have been transformational for the business. We've made some significant changes and improvements throughout Ufford Park, with more to come.

"Being a finalist in both the small business and service excellence categories means so much because they recognise the personal and financial investment I've made in the business, as well as the efforts of my fantastic team.

"I'm very excited about the future of the business and everyone involved and extremely proud too."

The winners will be announced at the awards ceremony on December 12 at Millennium Gloucester Hotel in London.


News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

What a great day we all experienced as Woodbridge held its first Car Free Day at the end of September; it really did bring everyone together in celebrating the many wonderful things that the town can offer both residents and visitors alike.

Of course, it was helped by the fine weather that meant that shops, cafés and bars could spill out onto the streets. Well done to all involved.

At the start of October, I spent a few days in Manchester at my party's conference where, despite the media's fixation with all matters Brexit, we were able to discuss many other matters that were directly relevant to our everyday lives.

Despite the apparent affluence of towns like Woodbridge, there are many hidden needs that ought to be urgently addressed, for example homelessness, loneliness and mental health issues.

There are no easy fixes for any of these issues and each person's situation is unique, but if we can all come together to create a society that truly cares about the communities we live in, then wouldn't we live in an even better place?

As I write, I am preparing to attend East Suffolk Community and Business Awards, where one of the



groups I belong to, the Woodbridge Dementia Project, is shortlisted for the Enabling Communities Award.

Working in partnership, a coalition of organisations in and around Woodbridge aim to engage the local community to help make Woodbridge a dementia-friendly town.

The aim of the project is to engage the community and ensure that venues, businesses and community groups have a better understanding of dementia and how small actions can have a positive impact for a person living with this condition.

STOP PRESS: The Woodbridge Dementia Project won the Enabling Communities Award and a cheque for £200.

Milestone walk for Tudor historian

A Tudor historian has raised over £400 by taking part in Classic FM's Big Walk in aid of Global's Make Some Noise.

The national charity funds and empowers projects, helping disadvantaged children, young people and their families.

Dr Eva Griffith, a Shakespearean theatre historian, took part in the walk last month from Ipswich Museum to the Seckford Almshouses in Woodbridge, Thomas Seckford's ancestral home. She was welcomed with a tea party and festivities.

She made this walk as the culmination of a research and walking tour across Europe, visiting towns and cities where English actors of Shakespeare's time are recorded performing.

She visited Paris, Lille, Brussels, Antwerp, Ghent, Utrecht, Frankfurt and more.

She has also been undertaking extensive research of the Seckford Collection, housed in Suffolk Records Office.

Thomas Seckford served in the court of Queen Elizabeth I and was also a Member of Parliament for Ipswich. His charitable works benefited the townspeople of Woodbridge, his ancestral home.

Melanie Chew, development director at the Seckford Foundation, said "We have been delighted to work with and welcome Dr Griffith to Woodbridge. We have been thrilled to learn from her about the early days of Thomas Seckford's land in Tudor times.

"Eva's walk has been amazing, and we are proud to welcome her home to Thomas Seckford's greatest work – his Almshouses."

To donate, visit [makesomenoise.org.uk/pf/eva-griffith-eurowalk](https://www.makesomenoise.org.uk/pf/eva-griffith-eurowalk)

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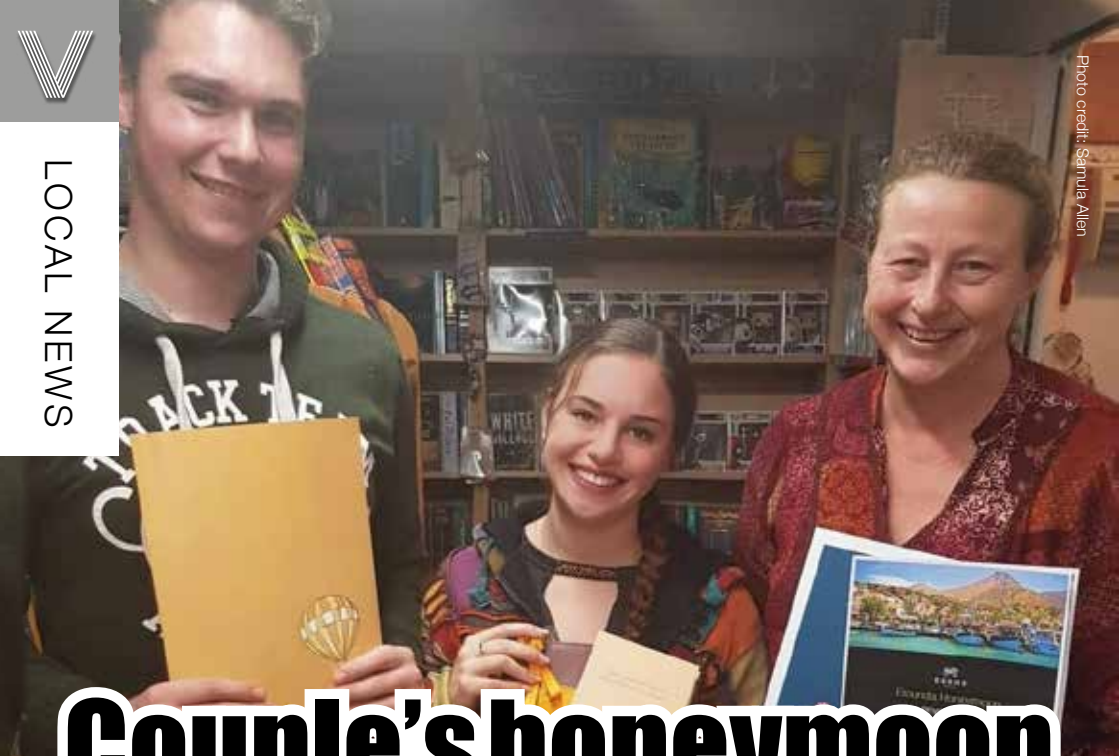


Photo credit: Samula Allen

Couple's honeymoon saved from disaster

A couple of newlyweds from Woodbridge whose honeymoon was cancelled after the collapse of Thomas Cook had their dream holiday saved thanks to a local travel agent.

Rhys and Jess Levans got an email telling them not to go to the airport just two days after the travel firm announced it had ceased trading. They had been due to fly to Crete and the trip would have been their first trip overseas.

Jess' mum Jules Button, was determined to rescue the couple's dream holiday and called her friend and local travel agent Jules Croucher, of Travel with Jules, for advice on what to do.

The couple departed on their dream holiday and were only delayed by 24 hours.

Jules Croucher said: "I asked her to send me copies of the confirmation documents from Thomas Cook so we could see what had been paid for and what hadn't been. We contacted the hotel and asked them to hold the booking when everyone who had bookings with Thomas Cook would have cancelled them.

"We worked out a new price and flights. It took us

48 hours to get sorted but we were starting from scratch and it was a bit of a race of time. It was the trip of a lifetime and they had been saving for years.

"We arranged for a local chauffeur to take them to Gatwick and got them an extra night in their hotel. They were very happy."

Jess' mum Jules Button said the couple had undergone a rollercoaster of emotions.

She said: "They had the disappointment and shock of losing their holiday and its cost them a lot more money which they had to pay for from their house deposit. They had a fantastic, magical wedding and then were told they had no honeymoon.

"They were happy Jules managed to retrieve the original planned honeymoon and she even managed to get the same room. You only have one chance to have a honeymoon. They could have put it off until next year but it wouldn't have been the same.

"I'd like to thank Jules because she really did go above and beyond. We got emotional trying to rearrange it as we only had a short time scale so we were under a lot of pressure to salvage it. We couldn't have got a better service anywhere else."



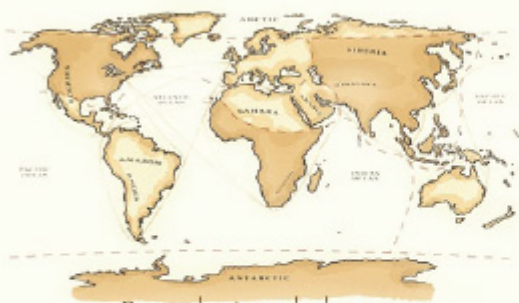
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WHERE ARE THE BEST PLACES TO SEE THE AURORA BOREALIS?

The Northern Lights are one of Planet Earth's most amazing natural phenomena, having drawn in, enchanted and amazed generations of travellers to Scandinavia and North America for hundreds of years.

First witnessed by astronomers Gassendi and Galilei in 1621, the stunning, dancing sprays of neon light, almost extra-terrestrial in their appearance, form when charged particles are emitted from the sun at the time of a solar flare. These penetrate the earth's magnetic shield, then collide with atoms and molecules in the atmosphere.

The key areas for seeing these displays of nature's beauty can be found in a zone within northern Scandinavia, between 66°N and 69°N, otherwise known as the Aurora Zone. The band can become larger when there is high activity of geomagnetic action which is why the lights can, on occasions, even be visible from north-west Scotland.

Traditionally, it's been said the best places to

witness the Northern Lights were Sweden and Norway, but Finland, Iceland and Greenland can all lay claim to offering stunning tourist experiences. Much of this factors in the tranquil majesty of surroundings lakes, forests and fells which, while almost completely devoid of light pollution, also add to the mystical air of this remarkable sight.

In recent times, northern territories in Canada have also attempted to take advantage of what is now a global fascination for the Northern Lights. The Yukon provides wild animals, scattered towns and villages and delicate snowfall against a backdrop of shimmering lights.

And the display isn't just a visual treat to those in the Northern Hemisphere. The Southern Lights (Aurora Australis) are rarer in their visibility but can be spied from Australia, New Zealand and South Africa.

It's also known that similar displays can be seen above Jupiter and Saturn, although tourism numbers, thus far, have been disappointingly low.

Holden

ONTO TOP SPOT

Throughout an impressive career, Amanda Holden has consistently wowed her fans with a breezy, no-nonsense personality and stunning looks. Vivacious and charming, buoyant and brutally honest, it comes as no surprise that the bubbly beauty is also on one of TV's top earners.

Having spent almost three decades in the spotlight – her first television appearance was as a contestant on *Blind Date* back in 1991 – you could forgive Amanda Holden for running out of steam when it comes to career opportunities. However, far from scaling back, the luminous 48-year-old is working harder than ever, pursuing new projects in radio, music and fashion, whilst also retaining her crown as queen of primetime TV thanks to her enduring role as a judge on *Britain's Got Talent*.

With her down-to-earth charm, brilliant wit and stunning looks, Holden is the epitome of the woman the girls want to be and the boys want to date.

Long gone are the days when she was best known as the wife of gameshow host Les Dennis – the Portsmouth native is now an icon in her own right. And though Chris Hughes, husband and father of her two daughters – Alexa, 13, and Hollie, seven – is himself a successful record producer, there is little doubt who the primary breadwinner is in their London household thanks to the announcement in August that Holden had beaten the likes of Holly Willoughby and Claudia Winkleman to be named

television's highest paid female star.

Though she has been steadily maintaining her starry status since joining the judging panel of BGT back in 2007 – the debut season of the talent show – her recent rise to the top of the money tree is thought to be thanks to her new role as a Heart Radio DJ. Replacing Emma Bunton as the co-host for the breakfast show opposite Jamie Theakston, it is rumoured that the blonde beauty is raking in a £1.5million for the pleasure of rousing millions of Heart listeners every weekday morning.

Proving that Britain really does have talent, the former actress turned presenter is embarking on her own pop career after a clip of her and her two daughters singing *Tightrope* from the hit film *The Greatest Showman* went viral. Meanwhile, her foray into the world of fashion has seen her style a critically admired wardrobe with Fenn Wright Mason. Flattering, affordable and perfect for the coming party season, the seven-piece occasion wear collection with the British brand looks set to spell out many more style-based endeavours for the savvy entrepreneur.

Having proved she is far more than just a pretty face, you can be certain we won't be seeing the back of Amanda Holden anytime soon... which is ironic really, as she also recently added 'Rear Of The Year' to an already long list of awards.



To pond OR NOT TO POND?

THERE ARE APPROXIMATELY THREE MILLION GARDEN PONDS IN THE UK, BUT SHOULD YOU JUMP ON THE BANDWAGON?

PROS:

Ponds are aesthetically pleasing

Probably the most obvious benefit and the reason why people are tempted to install a pond in their garden is that, put simply, they look good. Think colourful fish, exotic plants, waterfalls and statues.

They provide relaxation

On the simplest level, the soothing sound of water can create instant calm in your garden.

Opportunity to encourage education and interaction

If you have children, a pond offers a great platform for discussions about nature. Watch tadpoles turn into frogs and spot any birds that come to visit.

Great for the environment

Fancy yourself as a bit of a conservationist? Then a pond is a great way to help support your local habitat. The moisture that ponds provide can help surrounding soil stay moist which is beneficial to nearby plants.

CONS:

Ponds can be expensive

You need to dig your pond, invest in pond liner, a pond pump and a filter and choose plants, all of which adds up. And don't forget fish – more expense, especially if you have your heart set on some eye-catching Koi carp.


They require a strong commitment

A pond is very high maintenance. It requires constant cleaning to prevent the water from becoming contaminated by plant debris. The pond's filtration system will also need to be cleaned, inspected and repaired when necessary.

Safety can be an issue


As with any open water, you need to be vigilant and take the necessary precautions when any small children are in the vicinity. If you are worried about your children or grandchildren around water, then perhaps a pond is not for you.






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shakshuka

Are you looking for a quick midweek snack or a lazy weekend breakfast? Shakshuka, which literally means "all mixed up", is a popular Middle Eastern dish full of flavour.

This recipe contains a large amount of tomatoes which have numerous health benefits. These include improved eye sight, a good stomach health and reduced blood pressure.

Tomatoes contain a large number of antioxidants that have been proven to fight different forms of cancers. They are also a rich source of vitamins and minerals.

SHAKSHUKA - serves 6

INGREDIENTS:

- > 2 tbsps olive oil
- > 2 diced onions
- > 2 red peppers, cut into strips
- > 3 tins chopped tomatoes (1.2kg)
- > 1 1/2 tsp garlic purée
- > 1 tbsp tomato purée

- > 6 tbsps SPICE WAY Shakshuka Fast Gourmet
- www.spicewayuk.com/product/shakshuka

- > 6 large eggs
- > Salt and pepper to taste
- > Handful fresh parsley

METHOD:

- > In a large deep frying pan, fry the onions in the olive oil until translucent.
- > Add the peppers and continue frying until they are soft.
- > Stir in the tomatoes, Shakshuka Fast Gourmet mix, tomato and garlic purée, salt and pepper and simmer for 30 minutes. The mixture will thicken.
- > With the back of a ladle, make six small indentations in the sauce and break the eggs into them.
- > Cover the frying pan with a lid and continue to cook for approximately 5-6 minutes, depending on how you like your eggs.
- > Sprinkle chopped parsley on top and serve with crusty bread or pita.

Credit: Karen & Louise www.spicewayuk.com



FOOD & DRINK

fashion fixes

If you are already feeling the desire to ditch the day dresses, to say sayonara to sandals or to toss out the tank tops, then these key autumn fashion trends for men and women are just what you need.

Statement shoulders

If you loved the '80s then you are in for a treat this season, as shoulder pads are back, baby. Or, to be more precise, statement shoulders are the look du jour. Look out for big, bold and embellished designs which will definitely see you stand out from the crowd.

Go hell for leather

A biker jacket is always a must-have item for the colder months, but this year you can expect to see a plethora of leather pieces hitting the high street, from tight leather pants to loose-fit leather dresses. Men can also rock this trend by embracing their inner Hells Angel and buying a leather trench coat asap.

Baggy trousers

Nope, not a homage to pop band Madness, but a distinctive steer away from the beloved skinny jeans. Not only does this look flatter most body shapes but it can also be dressed down with a jumper and trainers or smartened up with heels and a blouse.

Scarf up

Men look out, this is your autumn accessory: an oversized scarf. Think thick, woolly and super long. You know, the kind your nan used to knit for you. Simply wrap nonchalantly around your neck, over a lightweight jumper.

Velvet galore

Luxurious and decadent, this fabric took over the men's catwalk shows with Dolce & Gabbana, Ralph Lauren and Emporio Armani all showcasing their velvety designs. Expect to see velvet shirts, suits, coats and even ties.

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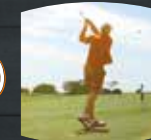
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FIZZING RAINBOW

Difficulty rating: Very easy

YOU WILL NEED:

- Baking soda • Vinegar • A syringe
- Food colouring

WHAT TO DO:

- Mix 4 tbs baking soda with 3 drops of colouring and 1tsp water
- Set aside on a tray
- Fill the syringe with vinegar
- Squirt on the soda and watch as it fizzes

FANTASTIC PLASTIC

Difficulty rating: Easy

YOU WILL NEED:

- 1 cup milk • 4 tsp white vinegar
- A bowl • A strainer

WHAT TO DO:

- Heat up the milk (with adult supervision)
- Pour the milk into the bowl
- Add the vinegar and stir for 1 minute
- Pour the milk through the strainer
- You will be left with lots of lumpy blobs
- Leave to cool slightly and rinse
- Mould into your desired shape
- Leave for 2 days to completely harden

BEND WATER

Difficulty rating: Medium

YOU WILL NEED:

- A plastic comb • A tap • A head of clean hair

WHAT TO DO:

- Turn on the tap until you have a very thin stream of water
- Brush the top of your hair 15 times
- Closely bring the comb towards the water. Do not touch the water with the comb
- Watch as the water bends towards the comb as if by magic

BUILD A BALLOON INFLATOR

Difficulty rating: Medium to hard

YOU WILL NEED:

- 1 empty plastic bottle • ½ cup vinegar
- Baking soda • A funnel

WHAT TO DO:

- Pour the vinegar into the bottle
- Stretch the balloon a few times and then, using the funnel, fill it half way with baking soda
- Place the neck of the balloon over the bottle top.
- Lift the balloon up so that all the baking soda falls into the bottle and mixes with the vinegar
- Watch as the balloon fully inflates itself

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BOUNCE yourself fit

If the thought of going to the gym feels like you with dread and you can't think of anything more boring than pounding the pavement in an attempt to stay fit and healthy, then trampolining might just be the fitness craze for you.

IS TRAMPOLINE FITNESS FOR ME?

Nearly everyone can get involved in trampolining; whatever your current fitness levels. It is a great activity for those who find workouts boring or can be used as a way of mixing up your existing training schedule.

WHAT ARE THE BENEFITS?

- Bouncing improves cardiovascular fitness
- Increases leg strength and power
- Can feel less taxing and more enjoyable than jogging or running
- Improves balance
- Strengthens your core muscles
- Good for enhancing coordination
- Aids weight loss
- Helps protect and strengthen your bones and joints

ARE THERE ANY RISKS INVOLVED?

As with any form of exercise there is a risk of injuries; with the most common ones including

ankle sprains, fractures or shin splints as well as soft tissue injuries such as bruising from falling. However, most trampoline enthusiasts feel that the benefits of bouncing outweigh the potential hazards.

HOW DO I ENSURE MY WORKOUT IS SAFE?

If you do not fancy taking a class and would prefer to bounce in the comfort of your own home, then you need to make sure that you are not putting yourself at risk of injury.

- Place your trampoline on a flat and non-slippery surface
- Ensure that the springs, frame and any hooks are covered by shock-absorbing pads
- Always wear shoes that support your ankle
- Start with small jumps

HOW CAN I GET INVOLVED?

There are hundreds of trampolining clubs and classes that run across the UK; for more information visit www.british-gymnastics.org

Fitness Fact: On average, an adult will burn around 200 calories per hour bouncing.



With October being Breast Cancer Awareness Month, is it time to reassess our perceptions of this illness?

As a nation, our understanding of cancer has never been better, our healthcare is in its best ever place, and rates for the successful banishing of this dreadful biological disease are the best on record.

We have so much to celebrate where breast cancer is concerned, yet the reality is that someone will still wake up tomorrow, and the next day, and the day after that, and have their life ruined by this terrible disease.

Breast Cancer Awareness Month is a global campaign running across October that aims to engage as many people as possible in raising both awareness and funds in the fight against the disease. You may have taken part in 'wear it pink' on Friday, 18 October, or to find out more on how you can get involved visit wearitpink.org

The aims coming from the scientific world are big, with the intention that, by 2050, everyone

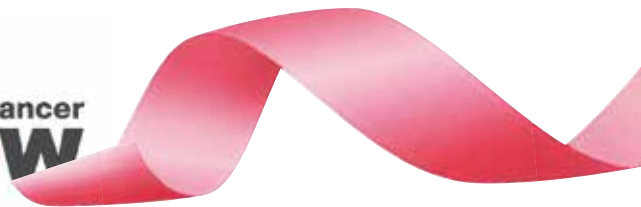
who develops breast cancer will live. Research is focused into four areas – risk and prevention, early detection and diagnosis, treatment, and secondary breast cancer.

By focusing on these stages of the disease and monitoring progress and results, specialists can use the most advanced techniques to save lives. In 2018, that meant the five-year survival rate topped 95 per cent; up from 82 per cent three decades ago.

So to answer the question posed at the top of this piece – no, it's definitely not time to reassess our perceptions where breast cancer is concerned. It is an affliction that ends lives, as well as causing untold pain for those left behind. It is an enemy of women of almost any age, any background, any social status, and the only thing we need to recalibrate is how we can fight in ways harder, tougher and even more stubborn than before.



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Tom will be offering free financial guidance drop in clinics in Woodbridge. The next one is on **Saturday 16th November**, located in the meeting room at **Woodbridge library**. The clinics will run from **1pm - 4pm**. No need to book an appointment, just call in and see him to discuss your financial needs.

Tom Crowther BA (Hons) FPFs



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5 easy ways to £earn extra money

Who couldn't do with some more money in the run-up to Christmas? And what if you could do this without disrupting your daily life or causing yourself any additional stress? You'd be crazy to say no.

1. Sign up for online surveys

You won't make a fortune by signing up to these sites that offer cash or shopping vouchers in return for your information and opinions, but you can make around £50 per month if you put in the work.

2. Become a mystery shopper

This is a great option for those who love to shop and aren't afraid to be honest. Most companies are free to sign up to and there is no commitment to carry out assignments. The only drawback is that you sometimes have to pay for goods or services up front and wait to be reimbursed.

3. Rent out your home (or housesit someone else's)

If you are planning some winter sun, why not rent out your home while you are away? Popular destinations such as London, coastal areas or cities that have a particular seasonal attractions demand the highest fees. Reputable companies like Airbnb will cover insurance in case of any damage.

4. Make money from your skillset

Did you know that more than a quarter of workers in the UK have some sort of secondary income? But if the thought of a second job seems too much, consider offering your services as a freelancer.

5. Become a dog walker

With the cold weather setting in, many people will want to outsource the task of walking their dogs, so if you don't mind the outdoors and are comfortable around our four-legged friends, why not give it a go?





Smile and DIAL

WHY THE PHONE IS RE-EMERGING AS THE BEST SALES TOOL OF THEM ALL

We live our business lives riding on a wave of technological brilliance – from emails to conference calls, gobsnacking gadgets to algorithms. Yet it's an invention dating back almost 150 years that's rapidly reconnecting us with efficient business practice.



Here are five reasons why we should never have moved away from the genius of Alexander Graham Bell.

IMMEDIACY

There's no time to waste in modern business and you'll not get a quicker response than from asking direct over the phone. Countering objections or following through to close a deal are quick, easy, linear processes, meaning you'll be in business quickly.

PROTECTION

While the phone doesn't offer the ability to correct mistakes in the same way an email would, it can hide nerves or discomfort in a way a face-to-face meeting never could.

RAPPORT

The human touch is a key pivot of any sales process. 'People buy people', and building rapport over the phone ends up being about much more than business... it's the casual chat – the wife, the family, the weekend, the football scores – that can be tackled in just a minute or two, yet is so valuable.

INSIGHT

We've all heard of people 'hiding behind their keyboards'. Those taps of the keys and the language used can hide a thousand lies, yet try bluffing quite so effectively when your own mechanism is your voice. Detecting emotion and responding to it in an appropriate way is a gift the telephone offers, where so many other forms of communication don't.

ON THE LINE

While we'd never condone pressure selling, being on a phone call does offer a certain longevity to a sales process. You can have someone 'on the line' and pretty close to a captive audience when making a call; compare that to the ease with which someone can escape a pitch simply by deleting your email.

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Photo credit: Paul Currie/BPI/Shutterstock

DEAD AND BURY-D

The sad demise of a once proud football club and what it means for 91 other Football League members.

In September, and in a scenario football fans have seen played out countless times, most expected the white knight to ride in and save Bury Football Club's 125-year membership of the Football League.

The nearer the deadline became, perversely, the more belief grew that things would resolve themselves. And yet, there was no white knight, there were no further stays of execution, and having failed to prove funds were in place for them to survive the season whilst taking care of the Company Voluntary Arrangement agreed a few months previously with creditors, Bury Football Club were expelled from the world's richest football league.

On the face of it, to let a former FA Cup winner wilt for the equivalent of two weeks of Alexis Sanchez's wages is preposterous, but the Shakers' plight is a

stark reminder that self-sufficiency is a requirement, not an option, and the Lancashire club's drive for higher division football – and the wages that accompany it – must be a salient warning to all clubs.

Emotionally, the situation was made worse for the Gigg Lane outfit by local rivals Bolton Wanderers' survival, though this isn't necessarily the end for Bury. They exist still as a business, with owner Steve Dale seemingly desperate to relinquish all ties as the club seek entry at a much lower level – probably the Northern Premier League – for the 2020/21 season.

What's left is very much the same as before. The pursuit of the riches at the top of the game is as fervent as ever in English football, and clubs will continue to gamble big time in pursuing that. What's changed is that chairman and owners know the trap door is no longer bolted shut.

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WHAT'S ON

in your area

Giving nature a home

Woodbridge Community Hall, Station Road, IP12 4AU

First Thursday of the month, 7.30pm

The aim of the RSPB Woodbridge Local Group is to actively support the work of the RSPB in the local community and to involve members and the wider public in the society's conservation, public affairs, education and fundraising work, and other activities.

Indoor meeting entry charges are £3 for local group members, RSPB members £4 and all non-members £4.

Email RSPBWoodbridge@paulandgill.com to get involved and join.

Tales by Torchlight

Sutton Hoo, Tranmer House, Woodbridge, IP12 3DJ

October 25 to November 23, 6pm – 7.30pm or 6.30pm – 8pm

Explore Sutton Hoo by torchlight and discover the Anglo-Saxon storytellers with tales to tell of heroes, monsters and gods.

There will be two performances each night. The first will be from 6pm - 7.30pm and the second from 6.30pm - 8pm.

Tickets are £5 for children and £8 for adults. They are available at www.eventbrite.co.uk/e/tales-by-torchlight-tickets-72365413901



Coffee Means Business

Seckford Hall, Great Bealings, Woodbridge, IP13 6NU

October 29, 9.30am – 11.30am

Enjoy simple business networking with Coffee Means Business — Suffolk networking made easy, relaxed, informal business networking.

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Please bring plenty of business cards and the

team will enter all cards for a prize draw with one winner announced at each event.

Tickets are £5 on arrival, if you have any questions call 0800 085 5090 or email nick@menta.org.uk

Thrill at the Mill

Woodbridge Tide Mill, Mill Living Museum, Tide Mill Way, Woodbridge, IP12 1BY
October 31 and November 1, 4.30pm – 9.45pm



Tide Mill Living Museum, along with Am dram group A Company of Four, are hosting their first ever Thrill at the Mill fright nights this Halloween.

Guests will be fascinated and entertained as the Mill becomes the stage for a selection of haunting characters inspired by the Tide Mill's history.

The evening will consist of consecutive session slots for thrill-seekers to tour around the Mill at night.

Tickets are £10 with students under 21 paying just £5 a ticket. Attendees will need to pre-book tickets online. The minimum age is 14 and anyone under the age of 18 will need to be accompanied by an adult over 21.

To book, visit www.ticketgun.com/events/thrill-at-the-mill-halloween-fright-night

The Power of Social Media

Ufford Park Woodbridge Hotel, Ufford Park, Yarmouth Road, Melton, IP12 1QW
November 27, 8.45am to 12pm

NatWest is inviting you to this complimentary event hosted by Luv4 Marketing. Is your marketing achieving the right results for your business?

Luv4 Marketing will take you through the platforms that drive leads to your business together with how to have your campaigns running profitably.

Limited places available, register online at www.eventbrite.co.uk by searching for The Power of Social Media Woodbridge.

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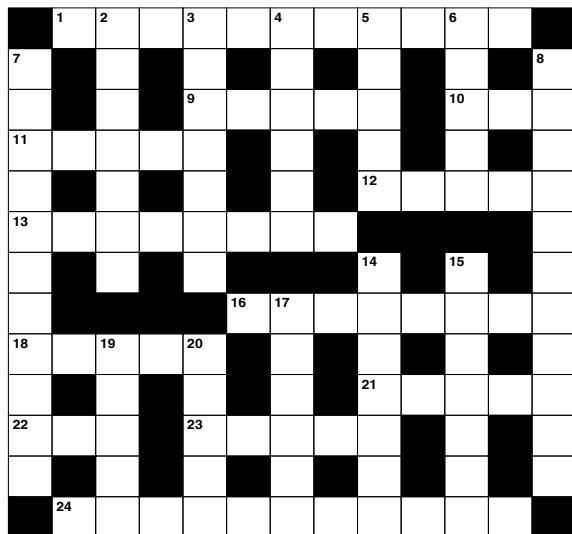
Answers can be found on the Contents Page 4

ACROSS

1. American actress (5,6)
9. Suffuse with colour (5)
10. Pub (3)
11. Walked at a steady speed (5)
12. Showered with love (5)
13. Sufficiency (8)
16. Figure of speech (8)
18. Financial resources (5)
21. Edge (5)
22. Bun (anag) (3)
23. Awake (5)
24. Tumultuous (11)

DOWN

2. Prophets (7)
3. One of the platinum metals (7)
4. Material; textile (6)
5. Role; office (5)
6. George ____: *Middlemarch* writer (5)
7. Act of making peace (11)
8. Unintentional (11)
14. Upstart; one who has recently gained wealth (7)
15. Henry David ____: US author and poet (7)
17. Follows (6)



19. Stroll casually (5)
20. Device used to sharpen razors (5)

DID YOU KNOW?

- ▶ The 2022 Commonwealth Games will be held in Birmingham
- ▶ Tiger Roll become the first since Red Rum to win the Grand National race back-to-back
- ▶ The 2018 Netball Commonwealth Games was the first final since netball was introduced at the 1998 Games that didn't feature both Australia and New Zealand
- ▶ Wheelchair rugby was originally known as murderball
- ▶ Abe Mitchell is depicted on the top of the Ryder Cup trophy
- ▶ The FIFA World Cup was first held in 1930 and Uruguay was crowned the winner after beating Argentina 4-2 in the final

SUDOKU

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

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