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Editor's notes...

William Taylor, Editor

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

I was encouraged to read comments from the chairman of Choose Woodbridge this month (page 24), in which he was encouraging us all to try and shop a bit more locally this Christmas. For me, it seemed a really important message.

In this day and age, it's just so easy and convenient to click onto Amazon and eBay and order everything to be delivered to our door. And whilst this contributes to these huge corporations reaching their next billion, it causes real damage to local people and local businesses.

We're lucky in Woodbridge to have a thriving Thoroughfare packed full of wonderful independent shops, cafes and boutiques. I regularly speak with the owners while delivering magazines and can really sense their enthusiasm for what they do. It would be a shame to lose them so we really must use them.

On another note, what a fantastic sporting year we've had, starting in the summer when England's cricketers won the World Cup.

More recently I was absolutely gripped by rugby-fever, as England surged to their third World Cup Final in the last 20 years. Lewis Hamilton also gained another F1 World Championship. Next month's edition will feature both these sporting events.

All the best,

Will

ACROSS: 1. ONCE, 3. COACHMAN, 9. SHIPPED, 10. UNTIE, 11. SUBSCRIPTION, 13. ELIJAH, 15. DRESSY, 17. CARDIOLOGIST, 20. BLIMP, 21. CONTOUR, 22. EVENNESS, 23. CONTINENT

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Rise AND Shine

A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep… thank you, Lorraine.

Photo credit: S Meddle/ITV/Shutterstock

TIS TALENT

A LOOK AT THE HOW *BGT'S* TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable… and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT,* is the fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers, This Morning and Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all…

Photo credit: Syco/Thames

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Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

The truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean…

DAVID COLLINS

and a design legacy that continues to evolve

Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design. Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenirs everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and www.davidcollins.studio

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Dentists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.

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LOCAL NEWS
from your neighbourhood

Candidates announced for the General Election race

With less than a month until the nation goes to the polls, the candidates have been announced for the Suffolk Coastal Constituency in next month's General Election. We asked each candidate "Why should people in Woodbridge vote for you?"

Thérèse Coffey – Conservative
Building on my record of delivery, I will continue to be a champion of Woodbridge and Suffolk Coastal. Only a Conservative government will respect the referendum result and get Brexit done. After turning around the economy, we can invest even more in the NHS, education, the environment and the police.

Cameron Matthews – Labour
As a local candidate born and bred, I've a close affinity to Suffolk Coastal. Being a working-class firefighter, I've seen first-hand the devastating impact of Tory/Lib Dem austerity. I offer an alternative to the same old status quo. Labour will rebuild Britain. Suffolk Coastal can be at the forefront.

Julia Ewart – Liberal Democrat
As your MP, I will work hard for Woodbridge. I'll support the schemes that service your community and bolster funding to make them happen. Together we can enhance the town with improved infrastructure, jobs, education, affordable housing and reliable public transport while tackling unseen social challenges and protecting our environment.

Rachel Smith-Lyte – Green Party
A Woodbridge native, dismayed by the lack of action on the climate and biodiversity crisis, activism includes Greenpeace and Extinction Rebellion. This May I was elected to East Suffolk Council. Protecting the area from inappropriate development and better public transport are key.

Care providers awarded for going the extra mile

A Woodbridge care provider is celebrating after being acknowledged at the Suffolk Care Awards.

Seckford Care tasted success at the annual awards after winning in one category and coming highly commended in another.

Seckford Care won the Excellent Stimulating Environments for Service Users Award for the organisation's approach to using a range of activities to achieve positive outcomes for those they care for.

Seckford Care offer "a person-centred, stimulating environment that changes and adapts to meet the needs and wishes of the residents."

Seckford Care was also listed as highly commended in the Excellent Service Delivery category, which demonstrates that the service as a whole has delivered care and support over and above that which would usually be expected and has made a positive contribution in supporting service users' lives.

Sarah Kopferschmitt from Seckford Care said: "The staff and residents are really delighted to hear that Seckford Care won the award and were also finalists in another category.

"The team works so hard to ensure each day is as good it can be for everyone living here and receiving our services. It was a superb evening, a real celebration of all the great care that is being delivered across Suffolk."

Peter gets by with a little help from... Matt Cardle

A songwriter from Woodbridge was able to call on some special help last month to launch his new single in the form of *X Factor* winner and old schoolfriend, Matt Cardle.

Peter Hepworth staged an intimate gig at Unit 3 on The Waterfront to mark the release of his new single *17, Sun Lane* and Matt Cardle played in front of the small crowd of around 200 people.

Peter said: "It was an intimate gig with a nice bunch of people and it was great Matt came down to support me and throw his weight behind me. The crowd only knew Matt would be there in the last few days before the concert.

"I was thrilled. Woodbridge is only a small town and he was the most famous artist to play here for a long time. It was the best gig ever. The atmosphere was electric and I must also thank Laura Wyatt who also performed."

17, Sun Lane, went into the iTunes chart at number 8 on its day of release.

Runners raise over a grand for charity

Runners, joggers and walkers of all ages and abilities took part in the 2019 Honour Run, which returned to Rendlesham Forest last month.

On Sunday, October 20, over 160 people took part in the 2019 Honour Run and raised a total of £1,010.73 for the Suffolk British Legion Poppy Appeal (SBLPA), which supports serving and ex-serving men and women in the armed forces.

Councillor Letitia Smith, East Suffolk Council's cabinet member for communities, tourism and leisure said: "It was great to see so many people taking part in the Honour Run, following up on the success of its launch last year. Over £1,000 was raised for the SBLPA, and we would like to thank everyone who took part in the run and to all the volunteers, without whom the event would not be possible."

The event was organised by East Suffolk Council and Suffolk British Legion, with support from the Forestry Commission and Rock Barracks. Local businesses and organisations contributed to goodie bags which were given to every finisher. Participants also received an Honour Run medal.

Rendlesham Forest was a poignant place to run as it was established during the First World War.

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News from Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

For me November is the hardest month with summer becoming a distant memory and the prospect of a long winter ahead. It is, however, one of the most important months in the civic calendar as we remember the fallen of Woodbridge. Of course, the main event is Remembrance Sunday itself when it seems that the whole town packs itself onto Market Hill both to witness the laying of wreaths at the War Memorial as well a participating in the open-air service that follows. In addition to the main event there are two smaller events; the first on the Saturday before at the war graves in the New Cemetery and then on Armistice Day itself when the children of the town get to pay their own tribute to those who made the ultimate sacrifice for their country, friends and family. This latter service always gives me hope for the future in the dark days of November.

As I reported last month, the Woodbridge Dementia Project was up for an award at Suffolk Community & Business Awards event, so I am pleased to say that we won the Enabling Communities Award along with a cheque for £200. This money will go to supporting the goal of making Woodbridge a dementia-friendly town and helping both people living with dementia and those caring for them. It was also a great night for both Choose Woodbridge and the Woodbridge Rugby Club, who also won awards.

Finally, it can't have escaped your attention that there is to be a General Election before Christmas. All I am going to say about the matter is to make sure that you vote; it's important that we don't take our right to vote for granted, it was hard-earned and should be used.

Town mayor arrested at protest

The Mayor for Woodbridge was arrested last month at an Extinction Rebellion protest in London while wearing his robes.

Eamonn O'Nolan was detained in Trafalgar Square after being part of a group of more than 500 climate activists.

Two police officers removed the mayor from the protest after the Metropolitan Police began making arrests when the environmental movement defied an order banning members from demonstrating in London.

Mayor O'Nolan explained why he decided to take part in the protest.

He said: "Woodbridge Town Council (WTC) has a new complexion and as a result we have taken the climate emergency very seriously. I had a few people write in complaining but about 20 times more letters of support.

"I probably stepped over the line as some people saw it but a huge number think it was exactly the right thing to do. I wanted to draw attention to the growing issue.

"I want to know what the district and county councillors are doing about the climate emergency. I've asked some pointed questions and they haven't even met to discuss what they are going to do.

"As an example, WTC's planning committee wants to increase insulation on every new house – it makes sense, so we sent a note to East Suffolk Council's planning department. They are not ready to meet with us, so they don't have any strategy in place. I am really surprised they don't feel able to meet six months after they declared a climate emergency."

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News from

Councillor Caroline Page

The County Councillor for Woodbridge

Walking through the November countryside, you have to admire the glorious colours and shapes of late autumn — the bright blue sloes and skies, the gold and yellow of the leaves — and this wet year in particular, the creams, brown, reds of all the fungi springing up around the paths you tread.

I particularly like those spotty red toadstools, the ones that elves sit on in pictures. Amanita muscaria, they are called. I saw one nestling in long woodland grass the other day — but when I got close, it was only a crisp packet. It is pretty upsetting. It only takes a few minutes to eat a packet of crisps — but the packaging can take 80 years to decompose. The person who threw it down was uncaring about their own environment — but also that of their children, grandchildren, great grandchildren.

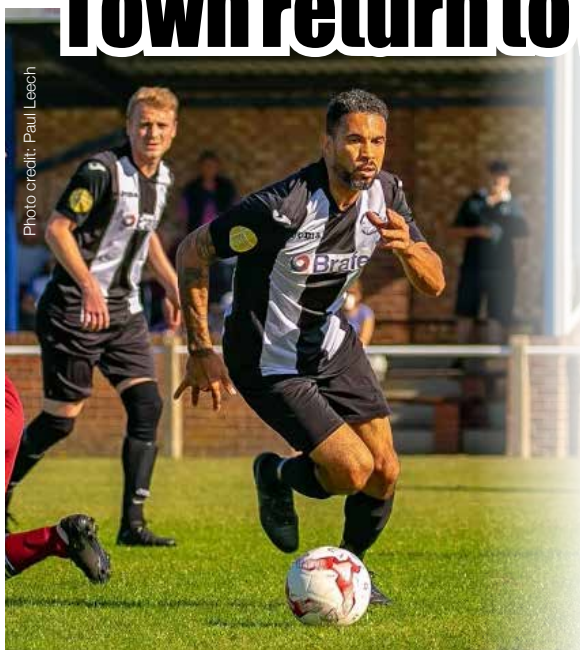
It's ironic that things that give such short-term pleasure can bring such long-term harm. And all over the world. I was staying among Tibetan mountains this summer, surrounded by yaks, with eagles flying lazily overhead. But after heavy rain the remote, lonely river clogged up with plastic bottles brought down from goodness knows where.

It takes up to 500 years for a plastic bottle to degrade. If Henry VIII had necked and tossed a bottle of Sprite, we could find it intact today.

In the past we have seen a progression of scientific creativity from Stone Age, to Bronze Age to Iron Age, and beyond. Archaeologists find fine artefacts — flint arrowheads, bronze rings, iron ploughshares that mark this progress.

Will future archaeologists sifting through thick strata of plastic — rubbish bags, drinks bottles, picnic forks, fast food containers, mobile phones, — refer to iPod Man: the Plastic Beaker People, the Disposable Age? And how will they look back on us and our thriftlessness and waste?

Town return to winning ways



Woodbridge Town FC returned to form recently, coming out on top against previously unbeaten side Tring Athletic.

The Woodpeckers won 3–1 against the home team in the FA Vase on October 12.

Additionally, Town have had a string of impressive home wins against Haverhill Rovers and Framlingham Town.

Upcoming home fixtures include:

> November 23 vs Gorleston
> December 7 vs Ely City
> December 14 vs Swaffham Town
> December 28 vs Whitton United

The Woodpeckers will be hosting an evening with Carlos Edwards and Darren Ambrose on November 23 from 7.30pm.

The evening will be held at the club and includes a two-course curry, a prize raffle and a £100 prize bingo game.

Tickets are £20 per person and must be booked in advance, either by cash or card at the club bar or by using the link at www.woodbridgetownfc.com

Shoppers urged to support Town businesses this Christmas

A local business association is urging residents to shop nearby this Christmas.

Every year, an increasing number of shoppers opt to do their Christmas shopping online. Yet with a wonderful array of local shops and boutiques along Woodbridge's Thoroughfare, Choose Woodbridge is urging shoppers to keep the pound local.

Chairman James Lightfoot said: "Woodbridge has an extraordinary variety of independent shops and businesses.

"Every one of them has something unique to offer and makes shopping with them a very enjoyable experience."

Mr Lightfoot, who also runs a law firm in the town, warned that without the support of local people, these shops would not exist.

He added: "They are run by local people who care deeply about what they sell. Impersonal internet shopping makes it increasingly difficult to keep going, but a small purchase can make a big difference."

Town councillor Geoff Holdcroft echoed those sentiments.

He said: "Woodbridge is a great place to live, work and visit. The best way of preserving what we all enjoy is to shop local, and it is good for the environment, our community and the economy.

"If we don't shop locally, how can we expect others to visit us and help keep our high streets thriving?"

Residents have added their support with many saying they will be doing their shopping in Woodbridge.

Reece Harmsworth, who lives on Castle Street, said: "We're blessed to have so many great independents. Down the years I've done quite a bit of my Christmas shopping in Woodbridge."

Author sets murder mystery in town

An author has chosen Woodbridge as the setting for her latest book.

Murdering the Sycamores, set in the 1950's, is the story of two women, one of whom works for a famous novelist and finds him dead in his London apartment one evening. At the funeral, they meet a group of his fans and are invited to spend an Easter weekend in Woodbridge. But, when they arrive in Suffolk, one of the fans is murdered.

Author Amelia Charles now lives in Ireland but hails from Suffolk originally.

She'd never been to Woodbridge until last July when she was invited to look round by a friend.

Amelia explained: "I'm always looking for locations and Woodbridge is really suited for this particular story. I needed to move the main character out of London into a setting where a dame would live.

"At that time, Woodbridge had large houses and industry. I needed somewhere where the dame's husband would have died and had enough money for a large house. I may set the next story here because of the river and industry."

Murdering the Sycamores is available to buy on Amazon.

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Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show… so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of… a desire to achieve and succeed.

Photo credit: S Meddle/ITV/Shutterstock

THAT'S A CAP!

When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

The Newsboy Cap
Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

The Irish Flat Cap
Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

The Baker Boy Cap
A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

The Driving Cap
A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

The Big Apple Cap, aka The Gatsby
Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

The Shelby
Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.

Photo credit: www.hatsandcaps.co.uk

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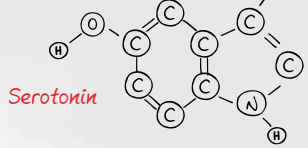

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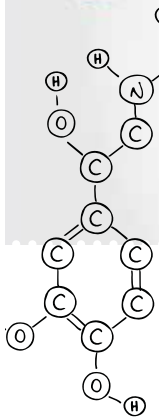


Moody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

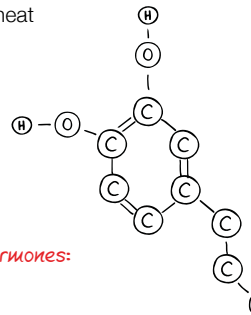
And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

The key hormones and their functions:

THYROID: This hormone helps regulate our weight and internal body temperature and controls our energy levels.
OESTROGEN: A female sex hormone that is in charge of reproduction, menstruation and menopause.
SEROTONIN: The happy hormone that regulates our moods, memory, sleep and digestion.
CORTISOL: A stress regulator, this hormone is produced by the adrenal gland.
ADRENALINE: Known as the emergency hormone, adrenaline causes the "fight or flight" response.
TESTOSTERONE: The male sex hormone; it helps build muscle and develop male reproductive tissues.
PROLACTIN: This hormone is released after childbirth so that the mother can lactate.
PROGESTERONE: This hormone helps the body prepare for conception and pregnancy and regulates the monthly cycle.
INSULIN: Produced by the pancreas, insulin helps the body regulate blood sugar levels.

Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating



Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.

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WINTER JOBS in the garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months.

But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

move and protect

Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.

Let's be having you

DYNAMIC DELIA CHALKS UP 50 YEARS OF FOOD

In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3–2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience… and that goes for any footballers in earshot too.

Photo credit: ANL/Shutterstock

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Never TOO LATE

SIX REASONS WHY CHANGING CAREER IN LATER LIFE COULD BE YOUR BEST MOVE YET

ACCESS

With the advent of the internet, it is easier than ever to explore, research and train for new avenues of employment. Access means opportunity, and the only thing holding you back from digging out a new path is your own ambition.

EMPLOYMENT TYPE

In 2019, more people work for themselves than ever before, thus presenting us with a more versatile way to earn money. It even means we can "dip our toes", so to speak, working evenings or weekends with the aim of building up work before making that big leap.

NEW INDUSTRIES AT HOME...

The reshaping of British industry over the past few decades means some jobs today simply didn't exist when we were setting out on the road of employment. As a nation, the service sector and technology cohabit perfectly with craft and manufacturing, and with new thinking come new opportunities.

...AND ABROAD

In addition, such is our connectivity through computers that the pursuit of new opportunities needn't find us restricted to the confines of the UK. Later life sometimes brings the desire for whole new challenges, so cast your net far and you never know what radical change you might draw in.

EXPERIENCE

They say with age comes experience, and never is that truer than in today's job market. In the past, the older generation used to fear the young upstarts fresh out of school or university, but that's changing. A generation of YouTubers and influencers hasn't particularly helped the reputations of 'millennials', with older, more experienced operators gleaning a newfound respect amongst employers.

TIME

The older we are, the freer we are of the things that held us back – childcare, in particular. When kids become more independent or fly the nest completely, the landscape becomes the most inviting it has been for perhaps two decades, and this is the time to strike.

Retirement Planning: A slow start can be costly...

Planning for retirement is just one area in which, with hindsight, many people wish they'd taken action earlier. How often in life do we look back and wish we had done things differently?

According to a study by Prudential, two in five pensioners regret retirement-planning mistakes which have left them struggling financially. Nearly one in five say that they didn't save enough for retirement, and 15% regret not starting to save earlier in their working lives.

Many of us still have misgivings about locking our money away for decades – especially if we have more immediate calls on our income. Nevertheless, if we're serious about planning for the future, we need to put away surplus income today, since doing so funds our lifestyle tomorrow.

Pension contributions attract tax relief on the way in and they accumulate capital gains free of tax once inside. When you access your pension savings, the first 25% is normally tax-free. While you cannot draw on the funds until your 55th birthday, this does protect your pot against the temptation to tap into it until then.

Getting off the mark

How much pension income you need in retirement will be determined by a number of factors, including your health, your living expenses and your desired lifestyle.

Unfortunately, there's no one-size-fits-all answer. However, as stated in August 2019 by the Office for National Statistics, the average (median) earnings in the UK are £29,588 per year; so a pension income of around £20,000 may be on average the minimum requirement.

Playing catch-up

The sooner we start, the more choices we have later. The power of compound returns, or gains on gains, means that 10 or 20 years can make a big difference. However, you should never think that it's too late to start saving, or that you can't catch up. There are significant opportunities to make up lost ground if you have the available means and allowances.

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CHEQUE it out

THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from it sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.

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The most HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN TO BE MESSED WITH!

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2–1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by… yep, you guessed it.

More than that, this is the same man who sent us crashing to 1–0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2–1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6–0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there… and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites… although those odds may well shorten if Mr Skomina keeps his distance.

WHAT'S ON *in your area*

Solo Latin Fitness and Dance classes
Woodbridge Community Hall, Station Road, Woodbridge, IP12 4AU
Wednesdays, various times

Open to all ages and abilities. If you are attending a lunchtime class, toddlers are welcome.

Wednesday dance times: 11.30am – 12.15pm and 7pm – 7.45pm. Wednesday fitness times: 12.30pm – 1.15pm and 8pm – 8.45pm

Each class is £5.

Christina Johnston concert
St Augustine's Church, Bucklesham Road, Ipswich, IP3 8TG
November 23, 7.30pm

An evening of beautiful songs, from Mozart to Andrew Lloyd Webber, with acclaimed classical chart topper Christina Johnson, accompanied by pianist Jade Tournay-Godfrey.

Tickets are priced at £12 and can be purchased by calling Julia Johnson on 07879 990237 or emailing juliajohnson27@yahoo.com

Doors open at 6.45pm. All profits will be donated to Beehive Nakuru.

The Giant Woodbridge Christmas Fair
Throughout Woodbridge
December 1, 10am – 4pm

There will be more than 120 stalls, bands and carol singers, with all shops being open on the day.

The Thoroughfare, top end of Cumberland Street, Quay Street, Church Street and the left side of Market Hill will be closed between 8am-5.30pm to all traffic except stall holder vehicles and emergency vehicles.

Carol Service
St John's Church, St John's Hill, Woodbridge, IP12 1HS
December 3, 7pm

East Anglia's Children's Hospice (EACH) is holding a carol service in Woodbridge to raise vital funds.

There will be refreshments available.

This concert is in support of the Light Up EACH Life campaign.

To register your attendance, visit www.each.org.uk/get-involved/events-diary/details/woodbridge-carol-service-2019

12+ Arts Christmas Exhibition
Grundisburgh House Gallery, Woodbridge Road, Grundisburgh, IP13 6UD
December 6, 7, 8, 10am – 5pm

An exciting range of work for sale in this superb setting; paintings, prints, drawings, sculptures, ceramics, textiles, bespoke furniture, craft, cards and books by a local author.

Onsite free parking available.

Woodbridge Choral Society Concert
St Mary's Church, 11 Market Hill, Woodbridge, IP12 4LP
December 7, 7.30pm

The concert will feature the Antonio Vivaldi's *Gloria*, Georg Friedrich Handel's *Dixit Dominus*, and Johann Sebastian Bach's cantata *Nun Komm, der Heiden Heiland*. The Choral Society's musical director Andrew Leach will conduct the concert.

Juliet Montgomery and Catrin Woodruff will be the soprano soloists, joined by contralto Erin Rossington, tenor Camil Bien, and bass David Cane.

Tickets are £15, with a price of £9 for students.

Tickets can be purchased from a member of the choir, Browsers Bookshop on the Thoroughfare, or at www.woodbridgechoralsociety.org

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PUZZLES & TRIVIA

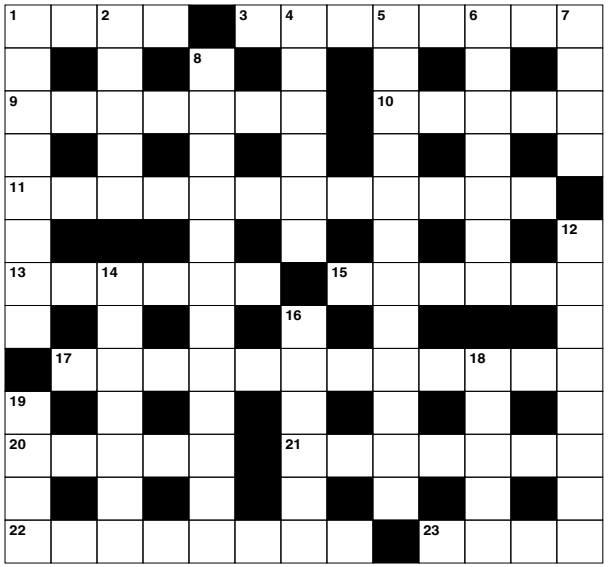
Answers can be found on the Contents Page 4

ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. ___ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

DOWN

1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)
16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



DID YOU KNOW?

- Golf balls usually have between 300 and 500 dimples
- The Olympic flag was created in 1913 and released in 1914
- Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- Volleyball was invented in 1895 in Massachusetts
- Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- The first professional baseball league was set up in 1876
- Having begun in 1877, Wimbledon is the oldest tennis tournament

SUDOKU

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

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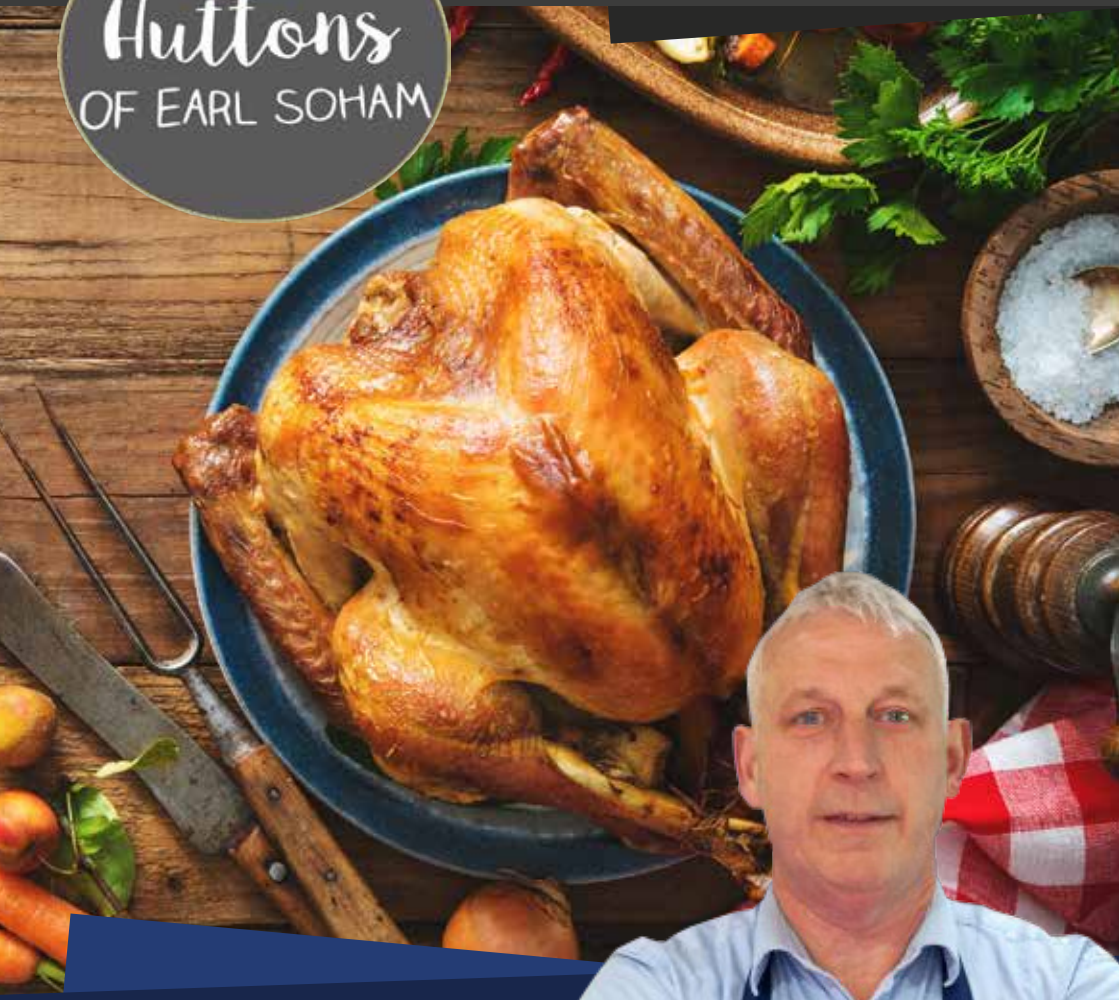

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