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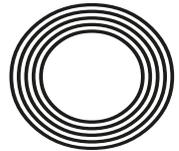
The miracle comeback

HINCH YOUR HOME

Top tips from the clean queen

MARGARET THATCHER

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CONTACT US

www.visionmagessex.com
 woodford@visionmag.co.uk | 0208 088 0386

 @visionmagessex  @visionmagessex

 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard

CONTRIBUTORS | Tabatha Fabray

Editor's notes...



Brett Shohet, Editor

Hello and welcome to the first edition of **VISION** SouthWoodford.

VISION is a local lifestyle publication which is hand delivered every month to at least 6,000 homes in this area. This amount will increase over time to

even more homes. It will be full of interesting features along with a section of local news keeping you up-to-date with what's going on in your local area.

We believe in looking after our local businesses and encouraging the readers to spend their £ local. I hope you enjoy our publication.

I'm writing this just a few hours after witnessing one of the greatest sporting comebacks of all time. Tiger Woods winning his 15th major golf title 11 years after his last. Woods' story shows what can be achieved with hard work, resilience and the support of the right people.

The life lessons that have come out of Tiger's comeback are profound. I'll be taking that feeling of enthusiasm, belief and a willingness to work, as we grow the **VISION** publications into even more parts of Essex this year.

We welcome any of your stories for our local news pages. So, if you have a story to share please send it to woodford@visionmag.co.uk

VISION is your magazine for your town.

I hope you all enjoy the May 2019 edition of **VISION** SouthWoodford.

Brett

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THATCHER'S BIG ENTRANCE

40 years on



MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

.....

While the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent.

In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.

Photo credit: David Fowler/Shutterstock.com

Fuelling the fires of restoration

Photo credit: Thierry MALLETT/SIPA/Shutterstock

Why the fire at Notre-Dame means this iconic building will return even more significant than before.

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, “She will return more beautiful than ever” – and with yet another story to tell.

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FASHION

MONOCHROME

mayhem

Where do we even start with the beauty of the monochromatic trend? It's versatile, chic and is probably the easiest way to appear both taller and thinner. And who doesn't want that?

WHAT IS MONOCHROMATIC DRESSING?

Monochromatic dressing means wearing separate items but all in the same colour. It often refers to black and white ensembles but can also refer to other neutrals and even bold colours such as blue, red or yellow.

WHAT ARE THE BENEFITS OF THIS TREND?

Well to start it makes outfit planning so much easier. No worries about clashing colours or prints; just choose one colour that you love and that suits your colouring and you're away. Picking the right colours ahead of the summer season is so much less complicated than choosing the latest styles which may or may not compliment your shape.

HOW TO WEAR THIS TREND

It is very simple. All you have to do is pick your

colour and then make sure that your key wardrobe pieces are in the exact same shade. Accessories must be in the same colour but can be a different shade to your actual outfit. To stop your look from appearing boring, try embracing different textures.

KEY COLOURS FOR THIS SUMMER

Head-to-toe monochromatic neutrals are set to be massive this season; look out for smart tailored trousers, a loose-fitting shirt and a matching trench coat for a cool office vibe that can easily be worn late into the night.

Navy is also a great colour for summer as it looks great against tanned skin. For a sporty look, why not team a sleeveless cropped shirt with matching wide legged trousers.

And of course, you can't go wrong with the classic and super chic black and white combo.



Photo credit: ASOS



Splurge or Save... ON SKINCARE ESSENTIALS

We love trying a new skincare product as much as the next person but surely it shouldn't cost so much to look and feel good about ourselves? So when should we splurge and when should we try and save some of our pennies?

Splurge on Serum

Serums contain lots of highly concentrated ingredients that target different skin problems such as fine lines, wrinkles and redness. Unfortunately, these ingredients do not come cheap. Spend more now and save your skin in the long term.

Splurge on Moisturiser

Probably one of your most used skincare products, moisturiser stays on your face all day, so you should choose a good one. Cheaper versions can contain poorer quality ingredients such as alcohol, mineral oil and synthetic fragrances which can all aggravate your skin.

Splurge on Exfoliator

A budget exfoliator runs the risk of breaking or irritating your skin, especially if it is sensitive or hypoallergenic. Instead invest in a higher quality brand that is known for being gentle to your face.



SAVE ON CLEANSER

Cleansing is very important and should be done twice a day to clear your face of make-up, dirt and impurities. However, your cleanser does not need to be expensive. Choose a budget-friendly brand that is gentle on your skin.

SAVE ON TONER

Similar to cleanser, using a toner as part of your daily routine is definitely beneficial but as it spends very little time on your skin, a cheaper version is fine to use. Try and find one that also has hydrating properties if you suffer from dry skin.

SAVE ON FACE MASKS

Most masks contain very similar ingredients but can vary massively in price; opt for a cheaper version but one that is suited to your skin type. Clay ones are good for oily skin whereas aloe vera is beneficial to dry skin types.



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HEALTH & FITNESS



How to go ALCOHOL FREE for a whole year



VISION spoke with freelance journalist Jerry Lyons following his attempt to go alcohol free for a year. Here's his account of what happened...

April 2, 2019 was a special day in my life. It marked 365 days since I've had a drink of alcohol. Which, given I was a big social drinker for 30 years prior to my year of abstinence, was a huge achievement for me.

To me it was the equivalent of climbing Ben Nevis in the winter wearing flip-flops and while battling man-flu.

But here's five tips on how I went alcohol-free (AF):

CHALLENGE – I set the 365 challenge with the help of an organisation called One Year No Beer (no wine, no spirits either) which helps people embarking on the booze-free challenge.

ENTHUSIASM – I attacked the first 60 days of abstinence with enthusiasm. I listened to dozens of podcasts about health and living alcohol-free. I

also read a great book by a writer called Catherine Gray - *The Unexpected Joy of Being Sober*.

SWAPPING BUZZES – I swapped Friday night beers for going to the gym. The endorphin high from a good workout or gym class is unbeatable for me and there is no hangover.

REWARD – Another big help was something I thought was ridiculous before going AF. Alcohol-free beers. I'd always considered alcohol-free beers as pointless. A bit like going into a barber's but not getting your haircut. However, the AF alternatives seem to have the same trigger for the sense that you're rewarding yourself.

SUPPORT – I used the One Year No Beer Facebook group to lean on in the first 90 days. After that I had the best support anyone could ask for – my partner who, seeing the benefits being booze free brought me, decided to take on the challenge herself.

I've never felt lighter, brighter and clearer so I'm going to keep the dry run going for as long as possible and I'll raise a glass of cold (alcohol-free) beer to that.

Cheers



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HATTINGLEY VALLEY CLASSIC RESERVE

Situated in Hampshire, Hattingley Valley family-run vineyard is eco-friendly and uses the traditional method of oak barrels to ferment a small proportion of their wines each year as well as using stainless steel tanks.

This particular sparkling wine is pale gold in colour and has notes of baked apple, creamy nougat and brioche as well as subtle hints of fresh red fruit.

A definite celebratory drink. No food needed.

EXTON PARK BRUT RESERVE NV

Made in another Hampshire vineyard, this elegant sparkling wine is made from a combination of Pinot Noir and Chardonnay wines and has noticeable white pepper notes.

Serve with either salmon or white meat such as chicken or turkey.

CHAPEL DOWN THREE GRACES BRUT

This complex wine comes from the well-known Chapel Down vineyard and was the sparkling wine served at the Duke and Duchess of Cambridge's wedding. It is a very well-rounded wine that is lively and bubbly on the tongue.

A blend of Chardonnay, Pinot Noir and Pinot Meunier, this wine is ideal for pairing with grilled fish or a risotto.

RIDGEVIEW BLOOMSBURY 2014

Favoured by Her Majesty the Queen herself, this light sparkling wine has vibrant, citrus aromas combined with a hint of honey and melon.

Perfect served as an aperitif or with a simple seafood or light pasta dish.





10 VEGAN FOODS that pack a protein punch

Veganism has been steadily increasing in popularity over the last few years with an estimated 540,000 vegans in the UK.

But can you follow this diet and still get your recommended daily protein intake?

- 1. **TOFU:** This plant-based protein contains 22 grams of protein per half cup and can be added to stir-fries and salads.
- 2. **BEANS:** Beans are packed with fibre and offer 21 grams of protein per cooked cup. They are filling and help aid muscle growth.
- 3. **PUMPKIN SEEDS:** Pumpkin seeds contain 12 grams of protein per cup and also contain lots of bowel-friendly fibre. They can be enjoyed roasted as a handy snack or sprinkled over salads, soups and curries.
- 4. **CHICKPEAS:** With 9 grams of protein per ¾ cup, these versatile sources of protein are especially yummy when roasted with your preferred spices.
- 5. **EDAMAME:** Popular with sushi lovers, edamame beans are an excellent source of

protein with one cup containing 17 grams. They can be added to salads, pasta, soups or eaten as a tasty snack.

- 6. **LENTILS:** Not only are lentils extremely budget friendly, they offer 18 grams of protein per cooked cup. Lentils are great at bulking out meals or as an alternative to mince in dishes like spaghetti Bolognese and shepherds pie.
- 7. **OATS:** A popular breakfast staple, oats offer 6 grams of protein per ½ cup.
- 8. **POTATOES:** Who doesn't love a chip? One large baked potato contains roughly 8 grams of protein.
- 9. **BROCCOLI:** Providing 2.6 grams of protein per one cup serving of raw broccoli, this is not the highest plant-based protein offering available, but it does contain all the essential amino acids.
- 10. **QUINOA:** The quinoa seed contains 8 grams of protein per cup and is considered a complete protein.



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Industrial REVOLUTION

HOME & DIY

Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.





HOME & DIY

Decorate...



to your taste

If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

One: ART
Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

Two: SIMPLE SHELVES
Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

Three: YOU'VE BEEN FRAMED
A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

Four: STRING IT UP
Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

Five: EFFORTLESS ENTERTAINMENT
Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

Six: MIRROR MIRROR
If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

Seven: ASTOUNDING STORAGE
If you're really clever you can make a design feature out of storage - suspend a bike, create a hat montage or show off your shoes!



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DIFFERENT WAYS *to use a ladder* IN THE HOME



Think that a ladder is just for accessing hard to reach places? Think again. This essential DIY tool can be used in so many inventive ways; from storage to decoration to a kid's climbing wall. The possibilities are endless.

HANGING BLANKET STORAGE

You can never have enough blankets, but they certainly take up a lot of space underneath the bed. The solution? Use a leaning ladder as a vertical blanket storage unit. Simply strip and varnish your ladder or paint in your desired colour and attach to the wall.

Trendy outdoor bar display

It can be tricky to find space to put out all the drinks when you have a few friends over for a BBQ, but this handy ladder drinks display unit is the ideal solution. All you need is a ladder and a few wooden boards placed across the rungs and hey presto.

QUIRKY BOOK SHELF

If you are an avid reader but have minimal space, then a ladder book shelf is the ideal invention for you. All you need to do is mount your ladder horizontally on a spare wall, high enough to avoid appearing cluttered but not so high that you cannot reach your treasured books and job done.

Child's climbing wall

We don't know many children who would object to having a climbing wall in their bedrooms so why not make their day and save yourself a few pennies by creating one with just a basic ladder. And if you have another spare, why not create some indoor monkey bars too?

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For a rustic ceiling light fixture that would work perfectly in a country-style kitchen, hang a ladder from the ceiling and attach as many bulb string lights as you wish.



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Mrs Hinch

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Hinchhikers

GUIDE TO SANITY



She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkeh the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

Mrs Hinch's top tips

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
- > De-scuff doors by dabbing fabric conditioner onto a scourer and then buffing.



A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1996, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1977 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

50 years for Charles - the patience of a saint or the poise of a Prince?



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LOCAL NEWS

from your neighbourhood



Daughter searches to find mother a kidney donor

A daughter who was unable to donate a kidney to her mother is taking on the London Bridges Walk to raise money for Kidney Research UK.

Dina Moretti-Greene, from South Woodford, was diagnosed with kidney failure in November 2017.

She was immediately put on dialysis and kept in hospital for a month to get her stable as it was a "life or death" situation.

The family were told Dina needed a kidney transplant and Clara, her daughter, immediately wanted to help.

Clara said: "I wanted to save my mum's life. I hated seeing her unwell and on a machine.

"I was tested for over a year and was told we were the perfect match, but on the last test I failed on my kidney function as it was only operating at 80 per cent.

"To donate your organ, it needs to be at least 90 per cent when you are aged 18 to 29."

When she received the news, she was devastated.

The 23-year-old explained: "I was told all along that I was a perfect match. We were even told an operation date, so in my head I was definitely going to be able to give my kidney and my mum would be better.

"Devastated is an understatement as we are unfortunately back to the beginning again trying to find a donor for my mum."

Clara and 29 of her friends and family will be walking

the London Bridges Walk on June 30 to raise money for Kidney Research UK.

She is hoping everyone who takes part will raise £100 per head, but would love to exceed the target.

She said: "After finding out that I wasn't eligible to donate I was heartbroken and felt absolutely helpless.

"I started looking into things I could do to help kidney research as I think if I can raise a lot of money this may be able to find the cure for kidney disease."

In 2020, a new law will come into place where the public will have to opt-out of organ donation.

Clara is encouraging people to be organ donors as it's "the best thing you can ever do".

She said: "When I thought I'd be able to donate it was the most amazing feeling in the world.

"I would say to anyone who is looking to donate that it gave me an enormous sense of wellbeing and was an amazing opportunity to be able to give something back to my mum.

"For me it was a no brainer, however I do understand it may be scary for a stranger to come forward.

"A lot of people are born with two kidneys and are able to function in a normal way with just one. I think for me I thought I have one spare so why wouldn't I?"

To donate to Clara's London Bridge Walk, visit www.justgiving.com/FBWxlahC?utm_id=124



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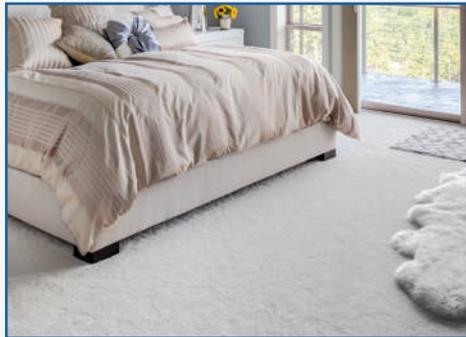
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FRANCHISE STORE



Mum's heartfelt appeal for people to sign up to Sparkle Walk

Jaycee Wharfe will be one of 200 people taking part in the 10km Sparkle Walk in aid of Haven House Children's Hospice and she is urging the local public to join her.

The hospice, in Woodford, provides specialist care for children who are seriously ill or have a life-limiting condition, and cares for Jaycee's son Finnley.

Jaycee first became aware that Finnley had a cleft lip 31 weeks into her pregnancy. Two days after he was born, doctors carried out an MRI scan and diagnosed him with holoprosencephaly, a rare genetic condition resulting in incomplete brain development.

Jaycee, 27, said: "Finnley is visually impaired, has epilepsy and severe global delay. He struggles to remain upright without support. He needs a lot of different medication and we regularly use a suction machine and oxygen for him at night.

"Sadly, there's no cure for Finnley's condition, but with support from Haven House Children's Hospice we can help give him the best quality of life. We love coming to Haven House and seeing the improvement that Finnley has made."

Through Haven House, Jaycee has found support

for Finnley and herself. Finnley enjoys the music therapy, yoga and play sessions. Physiotherapy has encouraged him to bear weight on his arms and legs. The sessions have given Jaycee and her partner Rikilee confidence to be able to use Finnley's equipment and to support him with exercises at home.

The family also benefit from the hospice's Toy Home Loan scheme which enables Finnley to access specialist toys which the family would not be able to afford.

The Sparkle Walk event will take place on May 10, starting at Christchurch Green, Wanstead and finishing at The Cuckfield, Wanstead.

The route encompasses Epping Forest, South Woodford and Wanstead, with a new halfway Sparkle Station on the grounds of Haven House.

Jaycee will be taking part in the event with 11 of her friends and family.

Participants must be aged 13 or over and entry is £15. Registration includes a T-shirt and a glass of fizz.

To sign up, visit www.havenhouse.org.uk/event/sparklewalk2019

Woman charged following 2018 election offences

A woman from South Woodford has been charged with 14 offences following the local and mayoral elections in 2018.

Following an investigation by the Met's Special Enquiry Team, Diana Danescu, 26, was charged with 14 offences contrary to Section 65 (1)(b) and Section 168 of the Representation of the People Act (RPA)

1983, false signatures.

The allegations relate to candidate nomination forms submitted to The Returning Officer of The London Borough of Hackney, with regards to the 2018 Local Government Elections.

At the time of going to print, Danescu was due to appear at Westminster Magistrates' Court.



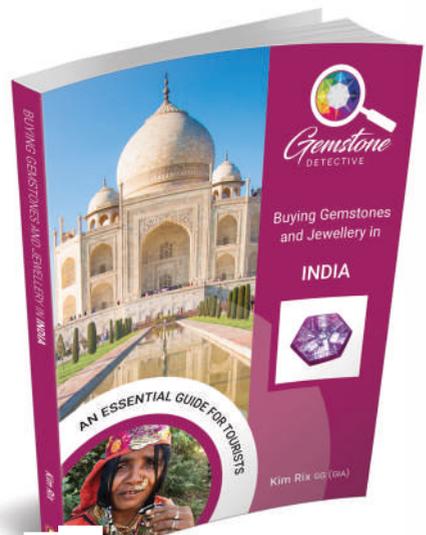


Photo credit: Kim Rix

Author releasing fifth book in series this month

An author from South Woodford is releasing the fifth book in the Gemstone Detective book series. Kim Rix's latest book about India will be released on May 14. A launch event is being held at the Institute of Directors in London.

Kim, a qualified gemmologist, said: "The book is aimed at tourists and people who like jewellery. "It's an easy guide to understanding gem stones and the gem trade in different countries. The book being released is about India."

The book explains what to look out for, what to avoid and important questions to ask when buying gems on holiday.

Kim explained: "The idea for the series came to me because of an experience I had when I bought a red gem stone on holiday. "When I came back and had it looked at, I was told it was probably glass or synthetic. "I go out and research the trade, talk to locals, see who they recommend and highlight some of the information that isn't shared on the internet. "People can end up paying an awful lot of money for gems when they shouldn't be."

The book will be available to buy from www.gemstonedetective.com or on major sites including Amazon and Waterstones.

Gardening group looking for donations



The South Woodford Community Gardeners are looking for donations of drought-resistant plants. They group lost lots of plants last year following the lack of rainfall.

The gardeners are volunteers who look after the flower beds in George Lane and on the bridge over the A406. They meet regularly to maintain the flower beds by weeding, planting and pruning.

If you are able to donate, please email southwoodfordgardeners@gmail.com

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Woodford and District National Trust



Last year, the Woodford and District National Trust Centre celebrated its fiftieth anniversary.

First set up as an adjunct of the national charity, it has contributed over £200,000 to various National Trust properties in that time.

Since inception, as now, it has a varied programme throughout the year, including monthly talks from September to April, monthly winter London visits to many interesting places within the capital, summer outings by coach to historic properties and gardens and an annual summer holiday.

Talks alternate between afternoons at All Saints Church Hall, Woodford Green and mornings at the

Memorial Hall, South Woodford. The talks programme is available from July onwards. Everyone is welcome to the talks, at a cost of £3 to non-members of the group, which is refunded to those wishing to join on an annual basis. Members attend free.

The centre considers itself part of the local community, at the same time supporting the work of the National Trust in protecting its heritage.

Only recently, a member has left the National Trust a very significant amount of money, in excess of £100,000, which the Woodford and District Centre was given the honour of distributing.



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Photo credit: Claudine Hartzel

Businesses coming together to raise £100k for local hospice

More than 80 local businesses celebrated the official launch of Haven House Children's Hospice's 100 Club.

The club is a group of companies from across Essex and the surrounding areas committed to raising vital funds for the specialist care and support the Woodford-based hospice gives to seriously ill children and their families.

The group met for the first time at the hospice for the chance to network with other members.

Mike Palfreman, chief executive at the hospice, said: "Seeing so many people come together for Haven House has been extremely encouraging. We would

like to thank those who have already pledged their support and we hope that more business leaders will share our vision of a community where every child and young person living with a life-limiting illness gets the care they need, want and deserve.

"We're looking for more local organisations to be part of this exciting new initiative and enjoy the exclusive benefits of forging a partnership with their local hospice."

Businesses who would like to join the 100 Club can contact Amy Bramble at amybramble@havenhouse.org.uk, call 07557 036054 or visit www.havenhouse.org.uk/100-club



PUZZLES & TRIVIA

PUZZLES

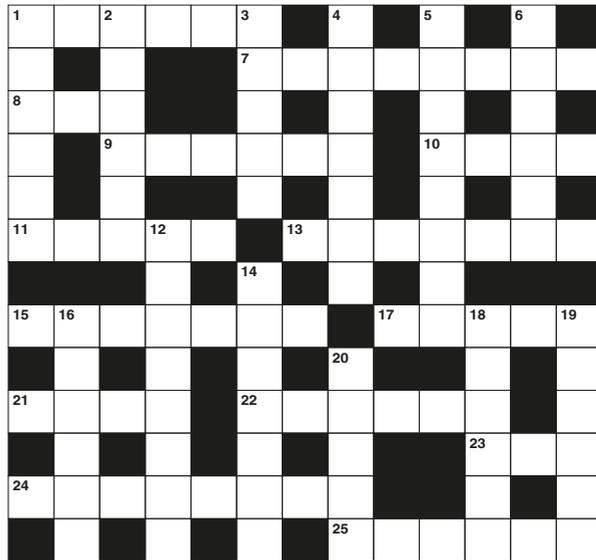
Answers can be found on the Contents Page 4

ACROSS

- 1. Red-breasted birds (6)
- 7. Dry biscuits (8)
- 8. Flat-topped cap with a tassel (3)
- 9. Domestic assistant (2,4)
- 10. Fleet of ships (4)
- 11. Ethical (5)
- 13. Tall tower (7)
- 15. In the middle (7)
- 17. Relating to vision (5)
- 21. Smile broadly (4)
- 22. Shrub with glossy leaves (6)
- 23. Particle that is electrically charged (3)
- 24. Relating to a topic (8)
- 25. Fences made of bushes (6)

DOWN

- 1. Make changes to improve something (6)
- 2. Type of market (6)
- 3. Discard (5)
- 4. Noisy colourful birds (7)
- 5. Superficial (4-4)
- 6. Small stones (6)



- 12. Right to self-government (8)
- 14. Hammers (7)
- 16. Hearts (anag) (6)
- 18. Covering a roof with thin slabs (6)
- 19. Solid pieces; blocks (6)
- 20. Cage for small pets (5)

DID YOU KNOW?

- ▶ Brazil is the largest country in South America
- ▶ The capital city of India is New Delhi, while Mumbai is the most populated city
- ▶ French is the second most studied language in the world after English
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- ▶ The famous giant panda is found near the Yangtze River in China.

SUDOKU

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ANIMAL ATFAIR

Want to turn your garden into a bona fide wildlife wonderland? Here are some tips and tricks on attracting a wide variety of animals and insects to your green space...

Although it may seem an odd concept, the best way to attract animals to your garden is to leave it a little untamed. When you leave part of your garden untouched, with good access to other gardens or wild spaces, you are creating a safe area for wildlife away from human influences.

By inviting the littles of critters into your garden, you then create an entire mini-ecosystem. For example, an undisturbed pile of logs makes an excellent hideaway for an incredible number of insects which, in turn, can attract birds and mammals.

But if you are more of an orderly gardener than an untouched space curator, here are some things to keep in mind if you want to end up with a green space positively brimming with animal and insect life:

- ☀ Trees not only give birds somewhere to nest but can provide fruit for foxes, badgers and even deer
- 🌿 Hedgerows, such as holly, provide essential cover and corridors that join up green spaces for small mammals
- 🌱 A range of shrubs that flower at different times will improve the diversity of visitors to your garden
- 🐛 Longer grass is essential for egg-laying insects such as butterflies, so leave a bit of lawn untrimmed to give these birthing bugs shelter
- 🐝 Taller flowers will attract flying friends from bees to dragonflies
- 🦋 Night-scented plants such as buddleia and evening primrose are great for moths which in turn are a feast for bats
- 🌿 Wall-climbers can provide links between gardens for pollinators
- 🐸 Don't forget your water feature – ponds are essential for amphibians and offer a bath and beverage for birds
- 🐛 Choose your own compost over peat – compost heaps are a warm home to reptiles as well as a great source of nutrients for your garden.



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HOW TO COPE WITH BUSINESS JARGON

With reputation, ego and image counting for so much in the world of modern business, it's perhaps understandable how we've arrived at a point where even the savviest of business minds can find themselves completely baffled by corporate speak.

In 2019 the commercial world has moved well beyond 'thinking outside the box' – it's now deconstructed the box entirely. That means that while the box still exists, it doesn't have any properties of a box, yet people still need to recognise it as a box. Put another way, there is no escaping the muddling madness of business terminology, so go along with it, enjoy it, but feel free to cringe as frequently as you feel you need to.

The worst offenders:

"I'm a Quark Express guru" – any form of self-congratulation, even on CVs, is horrible to witness, but labelling oneself an authority of 'guru' standing is embarrassing.

"It's Woolworths all over again" – 'clique' comparisons based on past events are not only alienating and lazy, but often poor reflections on reality given that no two business entities are the same.

"Grasp the nettle" – phrases designed to quickly motivate and stimulate often become worn out and tired, having the exact opposite effect than what they were intended for.

"AIMITA" – acronyms are great in theory, but staff too easily forget meanings and often don't agree with them anyway. (This one means 'attitude is more important than ability', in case you wondered).

"What did the SWOT analysis show?" – business is great at inventing research to try to prove its own theories, when the best solutions come from the heart.

The secret when it comes to business jargon is to try not to use it. Actions speak louder than words, and clear descriptions will most likely set yourself and your teammates on the path to success much quicker. Rely more on intelligence and confidence, and chances are you'll flourish.



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The SUV setting
THE PACE

EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four-and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.

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MASTER WOODS



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greatness are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.

THE RACING LINE



The Schumacher family name is due a new addition at the top level of motorsport, as the son of F1 legend Michael takes his seat.

In March 2019, Ferrari rolled back the years as they gave the son of their most-successful-ever Formula One team driver a test run. Mick Schumacher would have made his father, Michael, extremely proud as he retraced the familiar footsteps of the seven-time world champion, five with the 'Prancing Horse' team.

And the 20-year-old was nothing but impressive on the Bahrain circuit as he finished the testing session just six tenths of a second behind Red Bull Racing's Dutch superstar, Max Verstappen. Schumacher's fellow German Sebastian Vettel had this to say about the youngster:

"Understandably with his name, not to mention who he is in his own right, there are expectations of Mick.

"The way he has established himself over the last few years is all about him – he is doing it himself and I hope people give him the privacy and the time to do his job... to follow in his father's footsteps."

Schumacher Junior, the current European F3 champion, will also test for Alfa Romeo, but his mind is presently set on the new F2 season, which, like its F1 big brother, began in Bahrain at the end of March. Mick represents Prema Racing and has big ambitions for the season ahead.

"I need to prove myself at every level – that's the challenge. I believe I will get there."

His father – the most successful F1 driver of all-time – has not been seen in public since that well-publicised skiing accident in 2013..

"What my dad did in the sport is something I look up to and am extremely proud of," says Mick.

"I guess I have been afforded the time and the opportunity to grow into that."

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74 Glengall Road, Woodford Green,
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May 12, 1.30pm – 5pm
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Admission is £4 (children free). Home-made teas available. Open for charity.

Mindful Meditations
Wanstead Quaker Meeting House,
Bush Road, London, E11 3AU
May 12, 5.15pm – 6.45pm

A monthly workshop to help you settle the mind. Upcoming dates include May 12 and June 9 and will cost £15.

Please contact Astra on 07956 276116 or visit www.therapyyoga.co.uk for more information.

Restorative Yoga
Wanstead Golf Club, 1 Overton Drive, London, E11 2LW
May 13, 10.30am – 11.45am

A four-week course to help you rest better to feel better.

The course starts on May 13 and will cost £40.

Please contact Astra on 07956 276116 or visit www.therapyyoga.co.uk for more information.



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Late Night Painting
Creative Biscuit Ceramics Café, 61 George Lane, South Woodford, E18 1JJ
May 23, 6pm – 10pm

Try something new or simply have a night out with a

difference by coming along to our second Late Night Painting evening in May. Pick from cups to vases and plates to cake stands.

It's free to come in, just pay the £4 studio fee and the ceramics you pick to paint. Booking not always necessary (although last painters admitted at 8.30pm).

It's a good excuse to paint something for yourself or make some personalised gifts and a great alternative night out. You can even bring your own booze.

Reserve a table to guarantee space on the night by calling us on 02085322824 or online at www.creativebiscuit.co.uk/events



Gentle Flow Yoga
Redbridge Drama Centre, Churchfields, South Woodford, London E18 2RB
June 5, 8pm – 9.15pm

A four-week course to help you build strength from the inside out.

This course will start on June 5 and cost £40.

Please contact Astra on 07956 276116 or visit www.therapyyoga.co.uk for more information.

Festifit 2019
The Chigwell Marquees, High Road, Chigwell, IG7 6BD
June 8, 10am – 6pm

Boot camps, circuit training, outdoor gym, dance class, yoga, insanity, boxercise, Zumba, cross fit and many more.

Other activities include live entertainment, music, dancing and a catwalk.

Tickets are priced at £5 for under 16s and £10 for over 16s.

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