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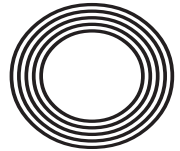
How to stay safe in the sun

RECORD BREAKERS

How Manchester City made history

Emilia
CLARKE

The rising star's life after Game of Thrones



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June 2019

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CONTACT US

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

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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Amelie Gregory
CONTRIBUTORS | Tabatha Fabray, Dean Shaw

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. At last the sunshine has broken through and the knitwear and jackets can be stored away for the upcoming months. Is this wishful thinking on my part?

Emilia Clarke is our cover star this month speaking about filming the final *Game of Thrones* instalment, battling with her health and her future plans.

This month's magazine includes how to holiday for just £100, how to reduce food wastage at home and fun bakes to make, as well as some great ideas for the home and garden.

You can also read about a little-known fact about Coca Cola, history-making Premiere League champions Manchester City and England's chances ahead of the ICC Cricket World Cup.

In local news this month, a petition has been launched to boost school places, supporters make the streets pink in the Sparkle Walk and a resident has spoken out following new parking restrictions.

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 June 2019 edition of **VISION** SouthWoodford.

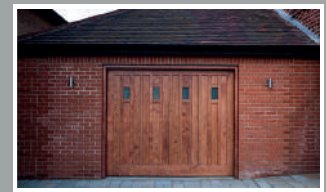
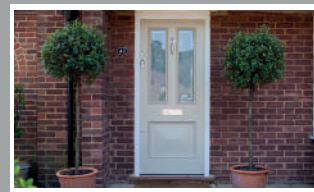
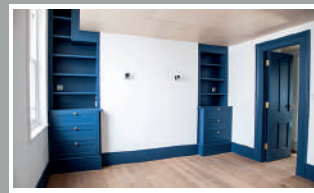
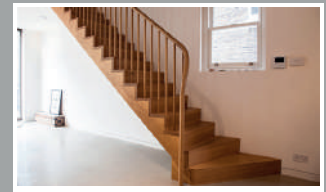
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THE CITY SLICKERS

Those who felt Manchester City's relentless dominance couldn't surpass the 100 points they achieved at the end of the previous campaign have just been made to reclassify things again... not just the best Premier League team ever, but the world's best too?

In a sense, winning is something Pep Guardiola takes as 'the norm'. In his time as player and manager at Barcelona, at Bayern Munich, at City, and perhaps elsewhere in future if rumours of Juventus coming calling are to be believed, the 48-year-old expects and delivers.

Even when being asked to exceed those dramatic heights of the 2017/18 season, the mercurial boss had an answer – how about a clean sweep of domestic trophies?

The task was never going to be easy, particularly when main rivals, Liverpool, were a revitalised side looking to get back to the top table of British football for the first time in 30 years.

Pep Guardiola's men lost four times across the 38 games, but crucially, drew only two of the other 32, and while only a solitary defeat blemished Liverpool's season record (to Manchester City in January), it was the Blues' ability to turn draws into wins that saw them home.

Even when 10 points adrift of Liverpool, ice-cool Pep continued to let his side's ability do the talking. "Football matches can be won in the changing room, in the tunnel, on the pitch," he said at Christmas. "The good sides make sure it is on the pitch, and I think we will prove that."

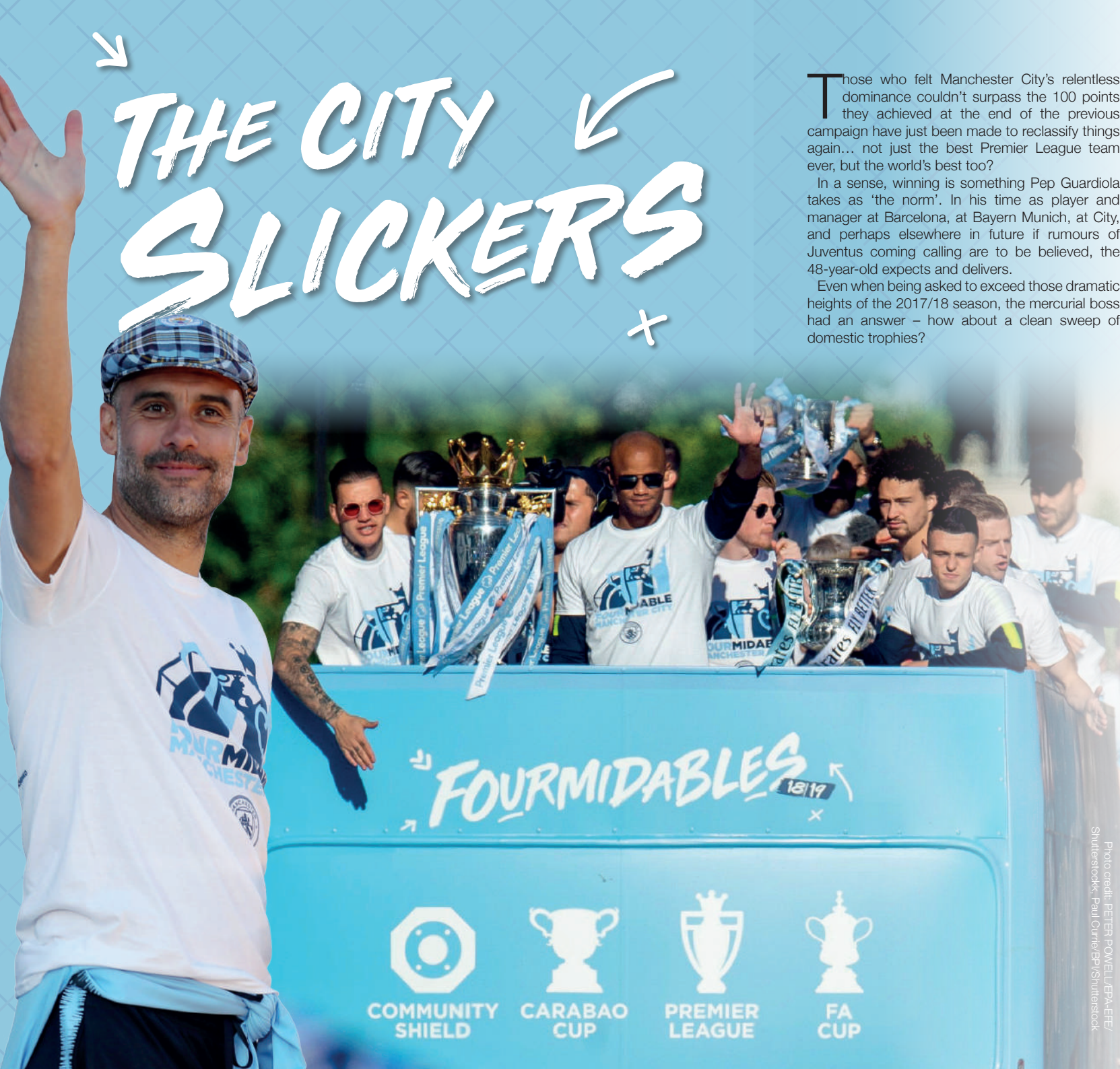
Sure enough, in 2019, the Cityzens failed to win only three of 31 matches in 90 minutes, in all competitions. The exceptions were the 0-0 draw in the League Cup final – which mattered not as they beat Chelsea 4-3 on penalties anyway – an under-par 2-1 defeat at Newcastle United, and that 1-0 loss in the first leg of their Champions League quarter-final match against Spurs (in which they missed an early penalty).

In almost every other game they breezed past opponents with an air of fiery football finesse. It is a method of match mindfulness that only Liverpool under Jurgen Klopp can rival, and winning their final 14 league matches saw them take the Premier League crown by a solitary point.

And when the pressure was off, the prowess of Sterling, Aguero, Kompany and the Silvas (David and Bernardo) shone greater than ever – no better witnessed in that destructive 6-0 Wembley win against Watford, the match which sealed the 'treble' with the addition of the FA Cup to the season's silverware.

While some will point to City's failure to make their mark in the Champions League, did they actually do any worse than the supposed 'big two', Real Madrid and Barcelona? Both achieved catastrophic capitulations when it mattered, whereas Guardiola's men bowed out in a titanic battle against Tottenham, and were a VAR decision away from qualifying.

If the last two seasons are anything to go by, Manchester City will again be the team to beat next year. Rivals will be encouraged to see inspirational captain Vincent Kompany return to his native Belgium, but the club's pitch riches run embarrassingly deep, and in Phil Foden, Oleksandr Zinchenko and Lukas Nmecha, a new breed of youngster is emerging to make the challenge for others even greater.



Royal baby BOOM



As Archie Harrison Mountbatten-Windsor enters his second month, the world's fascination for the newest royal appears to have lessened very little.

Despite what must seem a full-on flourish of night feeds, nappy changes and calls from Nan (otherwise known as HM Queen Elizabeth II), it's only actually a few weeks since, on Wednesday May 8, the Duke and Duchess of Sussex revealed the name of their baby, that coming two days after his birth at the Portland Hospital in Westminster.

Archie is the Queen and Duke of Edinburgh's eighth great-grandchild, with Harry and Meghan breaking somewhat with convention – some would say predictably – in opting against a traditional royal name for their son.

Archie – short for 'Archibald' – was actually the 18th most popular boys name in the UK in 2018. Meaning 'genuine', 'bold' or 'brave', it has been gaining popularity in its shortened form and will no doubt creep ever closer to the likes of Oliver, Harry, Noah and George, now it references a royal owner.

Seventh in line to the throne may not be something currently on the mind of the newest member of the royal family – he will have to see off the Queen, Prince Charles, William, Harry, Princes George and Louis and Princess Charlotte first. He may instead enquire why it took his dad 11 days to register his birth.

When that task was finally completed, down-to-earth Harry didn't request any special treatment. Always keen to steer away from unnecessary pomp, the birth certificate was signed by only the duty registrar, Dexsha Mevada. That said, as has been the case with past royal babies, it is thought Harry was able to wait for a knock at the door – the civil servant on duty travelled to the couple's Frogmore Cottage home to complete the papers... proving that breaking with convention only goes so far.

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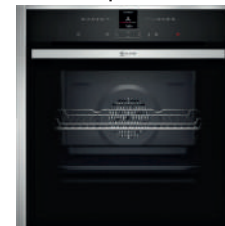


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BEAUTY

HAIR MYTHS *revealed*

THE MOST COMMON HAIR MYTHS REVEALED

Myth 1: You should condition before you shampoo.

Truth: If you condition and then shampoo, the effects of the conditioner will simply be washed off by the cleansing agents within the shampoo. However, if you have thick hair, it can be beneficial to condition, shampoo and then condition again.

Myth 2: Unwashed hair will eventually clean itself.

Truth: Hair can never really self-clean, but many people do often over wash their hair and therefore it can become dependent on regular shampoos to appear clean. If you go several weeks or even months without cleaning your hair, it will adapt to this and in turn produce less oil so it will appear as though it has cleaned itself.

Myth 3: Plucking out one grey hair will make two more appear.

Truth: This is purely an old wives' tale. Each one of your hair follicles only has one strand of hair so it is impossible for two to grow back in one hair's place. However, once you find one grey hair, you are likely to go looking specifically for more and you may well find some.

Myth 4: Washing your hair with beer will make it grow.

Truth: Hops in beer are said to contain silica which may help strength your hair follicles and possibly promote growth, but the effects will be negligible. However, the sucrose and maltose can help your hair to appear shinier and less flat.

Myth 5: Cutting your hair regularly will make it grow faster.

Truth: Although having your hair trimmed regularly is good for your hair as it will make it stronger by getting rid of any split ends meaning it will be less likely to snap; it does not actually make your hair grow any faster.



SUSTAINABLE *fashion*

Fast fashion is no longer fashionable. Today's top designers are all about sustainability and ensuring that we can look good and save the environment at the same time.

Stella McCartney

Probably the most well-known sustainable fashion brand, Stella McCartney has always been passionate about clothing that is eco-friendly and ethical but also bang on trend. Celebrity fans include Gwyneth Paltrow, Heather Graham and Meghan Markle.

H&M

As well as selling environmentally-friendly pieces in their 'Conscious Exclusive' collection, this brand also launched an initiative which allowed customers to hand in any unwanted clothes, from any shop, in return for a £5 off voucher to spend in their stores.

Zara

In 2016, in response to H&M's sustainable fashion range, Zara launched its own environmentally friendly range called 'Join Life'. They have also pledged not to send any leftover stock from their HQ, stores or factories to landfill by 2020.

Iden

This denim brand with a conscience makes stunning clothes using organic and recycled fibres that have been produced with low environmental impact. The best thing about this brand (apart from their ethical standpoint) is that they truly understand what a woman wants, no needs, from a pair of jeans.

Toms

Who doesn't love a pair of Toms? And of course, you feel better about buying yet another pair of shoes knowing that each time you buy a pair, this generous brand donates another pair to a developing country. They even sell vegan Toms.

Veja

This fabulously forward-thinking brand has been making envy-inducing trainers with a difference since 2005. Each element that goes into making a pair of their trainers has a positive impact on the environment. For example, the cotton used comes from an organic farm in Brazil and the rubber for the soles is both natural and sustainable.



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We all know how important sun cream is, but do we really know what type we should be using, how much we should be applying and whether spending a bit more really will save our skin in the long run?

What is the difference between UVA and UVB rays?

UVB rays are responsible for the reddening of your skin and the unpleasant feeling of being sunburnt whereas UVA rays cause more long-term damage as they penetrate deeper into your skin and cause premature ageing. UVA stars are visible on all UK sun creams and indicate the percentage of UVA radiation absorbed in comparison to UVB. You should always pick a sunscreen that has between four and five UVA stars.

What is SPF?

SPF stands for sun protection factor and is the measure of how much protection a sun cream gives against harmful UVB rays. SPF 15 filters out approximately 93 per cent of all UVB rays, SPF 30 keeps out 97 per cent and factor 50 manages to prevent a whopping 98 per cent.

How much should I be applying?

Most people actually massively underapply when it comes to sun cream, but it is essential that you apply the correct amount which is 1oz per application. You should also apply at least 30 minutes before going out in the sun and should always reapply every two hours and immediately after swimming.

How long does sunscreen last?

It can be tempting to use last year's bottle if you have some left over but most sun creams only last between 12 to 18 months and this can be even less if they have been exposed to high temperatures or direct sunlight.

Are cheaper sunscreens as effective as more expensive ones?

Recent testing by *Which?* found that many supermarket-branded sun creams were equally, if not more effective than some of the best sellers.



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Brilliant Bakes

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English Muffins

Simply mix 300g flour, 7g fast-action yeast, 6g salt, 15g caster sugar, 15g softened butter, 170ml milk and one egg to form a soft dough.

Knead for 10 minutes, then leave to prove in a lightly oiled bowl for an hour.

Dust your work surface with polenta and flour before rolling your dough to 2.5cm thick. Then cut out eight muffin shapes and prove for a further 30 minutes.

Finally, griddle the muffins for five minutes on both sides.



Combine 650g flour, 7g fast-action yeast, 2tsp of salt, 50ml milk and 25ml olive oil in a bowl, before slowly adding 325ml of warm water.

Knead on a floured surface for five minutes, before proving until doubled in size. Knock back the dough and knead till smooth then prove for a further hour.

Divide into six balls which can be rolled into pizzas, add your favourite toppings, then cook in the oven for 12 minutes at 200 degrees celsius or gas mark 6. Voila!

Vegan Dough

Chocolate Croissants

Combine 500g flour, 50g sugar and 1½ tsp salt with 300ml of cold water and 14g fast-action yeast to form a dough which must be kneaded for five minutes then chilled.

Now flatten 300g butter between two pieces of baking paper into a rectangle about 20x15cm and chill. Next, roll out your chilled dough and place your butter in the centre before folding over the four corners to envelop the butter. Repeat this chilling and folding process twice more before chilling overnight.

On the morning you want to bake, cut your dough into six thin triangles which can be rolled up, left to prove for two hours and then baked for 15 to 18 minutes at 200 degrees celsius or gas mark 6.

For chocolate croissant follow the same recipe as above but conceal pieces of dark chocolate within the rolls of your croissant.



FOOD & DRINK



WHAT A WASTE

In the UK we throw away a staggering five million tonnes of edible food every year, which puts a strain on both the environment and our pockets. But by taking a few simple steps you can minimise the food you waste...

MAKE THE FREEZER YOUR BEST FRIEND

Freezing food is one of the best ways to cut down on waste and save money, by buying meat in bulk and freezing leftovers. Invest in some sturdy food bags and a permanent marker so you can divide food into individual portions and label it clearly. Uncooked meat will keep in the freezer far longer than cooked.

KNOW THE DIFFERENCE BETWEEN 'USE BY' AND 'BEST BEFORE'

'Use by' dates are usually on high-risk items like fresh meat or fish and ought to be adhered to, whereas 'best before' labels refer more to quality. So if your tomatoes are past their 'best before' date but still look edible, they probably are.

GO LOCAL

If you find yourself spending a fortune on a big shop at the weekend, only to find yourself throwing most of it out by Thursday, consider buying less every few days. Most supermarkets have smaller, more convenient stores in towns and suburbs, but you may also find yourself returning to the family-run butcher, baker or greengrocer just down the road.

USE THE LOT

Save parmesan rinds or wobbly veg to flavour soups and stocks, throw used coffee grounds on your garden and use grated citrus zest to flavour cakes and sauces.

BEAT WITH CHEATS

Buy a selection of frozen berries for smoothies and frozen chopped onions for stir-fries. Keep your fridge stocked with tubes of fresh garlic and chilli and your cupboard with herbs and spices for instant flavour and zero waste.



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Lauren Alaina

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Mr. Kate

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In the world of interior design, style, craft and beauty, standing out is what counts, and when you realise that Mr. Kate isn't actually a mister at all, but Kate Albrecht, you're halfway to realising why this high-energy, punchy, slightly rebellious American designer is making waves.

From a simple blog started back in 2011 that explored her passion for design and DIY, the 35-year-old, who is partnered in media projects by husband Joey, is now a conveyor belt of YouTube videos and TV appearances, as well as providing bespoke design services for some of Hollywood's biggest names.

Here are some of Kate's top tips for interior excellence:

IDENTIFY: Look at a room, a space or just an object and identify what needs to change. Is it a corner that's too dark, is the sofa outdated or is an entire room the wrong colour? Make a list and keep referring back to it to ensure you don't get side-tracked as the project develops.

GET INSPIRED: Use Instagram, blogs or magazines to pull together visual ideas and suggestions.

WICKED WALLS: Focus heavily on wall space as these are the areas we see the most. Always aim to fill space with colour or decoration rather than leaving large areas untouched.

THE ILLUSION OF EXPENSE: Add expensive looking items where possible in a room. These subtle cues can lift an entire space, particularly helping along older objects that, while you can't do without them, perhaps bring the tone down.

FUNCTIONAL AND FUN: A room should be a combination of practical and decorative. Combine the two for maximum impact and sensible living space.

SHAPESHIFTING: Use a combination of round and angular objects to create balance and variation.

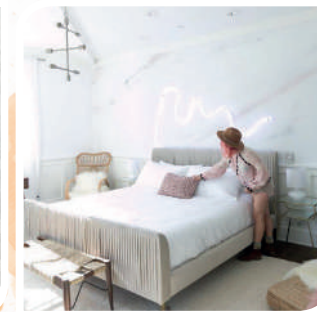
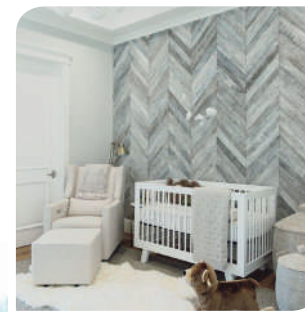
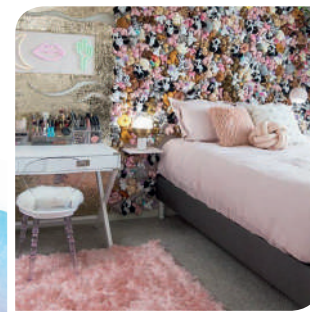


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HOME & DIY

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At first glance, the eclectic style looks easy to pull off — an assortment of mismatched furniture pieces, books and various other knick-knacks effortlessly strewn around a lounge or bedroom, to create a lived-in and homely atmosphere.

But what at first appears to be effortless style must actually be well planned out in order to avoid a home that feels at best cluttered, and at worst, like a live-in jumble sale.

The key to achieving the style is therefore planning and consistency. You need to build the look around key features that already exist in your home. An antique fireplace, for example, will become even more stunning when set against a freshly-painted olive wall and accessorised with carefully chosen gilt frames and glass candlesticks.

Similarly, the eclectic style should not be restrained

to one room. The muted colours, art pieces, lamps and mirrors must be free to spill down corridors and all around the home. An antique hatstand in the hallway, a wall of framed photographs in the bathroom and Art Deco side-tables from 1920s Paris paired with a rustic country-style bed in the master bedroom.

An important part of eclectic styling is to ensure key pieces are juxtaposed with each other. Never buy sets, never choose a blanket in a single colour and be brave enough to pair items from very different eras, styles or genres — for instance a metallic frame above a wooden sideboard, or perhaps a zigzag cushion on a velvet chair.

And if you can mix textures while still maintaining comfort and a homely feel, your ability to create this individual look will mean you are always surrounded by stylish decor.

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Low flow showerhead

Attachable showerheads can come in at under a tenner, but reduce water usage by up to 75 per cent, whilst still enabling a relaxing, reviving experience. Saving you up to £200 a year, you'll have earned your money back in the first month!

Steel straws

Forget dated plastic or horribly flimsy paper versions offered up in a certain fast food restaurant, only a steel straw will do when it comes to proper drinks and dedicated environmentalism. Providing you remember to clean it out with a wire brush, this drink delight will last for years.

Recycled pens

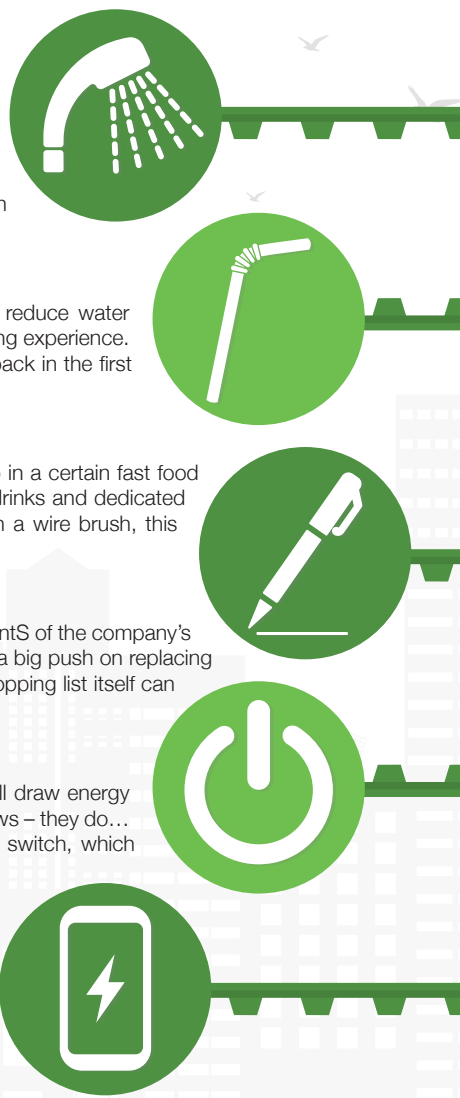
Pilot's B2P pens are made from old water bottles, with 80 per centS of the company's range comprised of recycled plastic parts. They're also making a big push on replacing ink cartridges rather than the entire pen, meaning even your shopping list itself can be environmentally friendly.

Energy-saving power switches

You mean you didn't know turned-off appliances commonly still draw energy from the plug even when they're switched to 'off'? Here's the news – they do... unless you're smart enough to install an energy-saving power switch, which eliminates the pull.

Solar-powered phone charges

Charging our phones creates one of the most concerted demands on the grid, but if you let that ball of fire in the sky do the work for you, particularly with summer just around the corner, your ray of sunshine doesn't just begin and end with a message from a loved one.



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GARDENING



THE 10 MOST COMMON MISTAKES WE MAKE WHEN GARDENING

1. TOO MUCH OF A GOOD THING

Less is more when it comes to good gardening. If you cram too much together it will look a mess, or worse still, die.

2. OVER- AND UNDER-WATERING

Be regimented over your watering routine and adjust it depending on rainfall to ensure your garden is nicely hydrated at all times.

3. WEEDING THEM OUT?

Ensure what you're pulling up are weeds and not slow-developing flowers. Remember, everything grows at a different rate and sometimes the most mundane of plants will become the most beautiful flowers... but only if they're left in the ground!

4. FAILING TO PREPARE (YOUR SOIL)

Give your plants a chance by ensuring the soil is in good condition. A simple testing kit will let you know if you need to re-compost, add fertiliser, or simply switch to a different soil type.

5. INVITING IN A BULLY

Ensure what you're planting doesn't have the ability to take over your entire plot.

6. ANIMAL LIFE

Plants and flowers may be pleasing on the eye, but for local wildlife they represent dinner, so ensure your investments are well-protected or they may end up an evening meal for a squirrel or rabbit.

7. HERE COMES THE SUN

Ensure plants are in the right areas to either soak up or be protected from the sun – it's a life-source and a killer in equal measure.

8. SOWING YOUR SEED

Follow seeding instructions carefully or, much like fast-growing trellis plants, your garden floor could become a maze for all sorts.

9. PESTICIDE PERIL


Consider that while pesticides will kill pests, they will also do real harm to your soil and grass if you use too much.

10. SPREAD THE WEALTH

For a pleasing finish, try to tend to all your garden space in equal measure rather than blowing all your budget on one flowerbed.



THE GAME IS UP



The end of *Game of Thrones* has provided some of the year's major talking points, yet for a brilliant actress so long a cornerstone in a mystical world of medieval conflict, could Emilia Clarke's move towards more conventional projects be her biggest challenge yet?

.....

The eighth and final TV adaptation of George R. R. Martin's *A Song of Fire and Ice* was nothing short of spectacular. With plot lines that swayed between unpredictable and unfathomable, the supercharged exit of HBO's greatest success story has made stars out of even its minor actors, and taken lead names Emilia Clarke, Kit Harington and Sophie Turner to unfathomable heights.

What those actors do next is the stuff of rich speculation, and particularly for 32-year-old Clarke, who wants to sway between subjects as willingly as Jon Snow's Longclaw, but hasn't yet had the opportunity.

As an actress, the Brit appears so interwoven into the deepest *Game of Thrones* fabric, yet an ability to embody and imbue characters such as Sarah Connor (*Terminator Genisys*) and Qi'ra (*Solo: A Star Wars Story*) only serves to epitomise her genuine talent for owning a role, whatever the genre.

Summing up *Thrones*, she admits the conclusion of the legacy was a lot to come to terms with. "On the first glance of the script for season eight, I stepped out of my house for a walk to try to get my head around everything that I had just read. I didn't ring anyone - I was still unable to make sense of it all.

"The scripts took me away from everything - it was like I was having an out of body experience."

While the *Thrones* machine has ground to a halt, immediate rumours of a spin-off series have surfaced, and you sense Clarke would find it difficult not to be lured back; after all, so much of her adult life has been centred around the story - she was just 23 when filming for the first scenes began.

What's refreshing is the fact the actress doesn't look at the world entirely through a film set. She spreads her influence wide and recently became an ambassador for the SMA Trust, an organisation that helps those with spinal muscular atrophy. She is also a representative for the Royal College of Nursing in the UK, a link that echoes back to her own health issues - the actress revealed this year that she had suffered two brain aneurysms. The first caused a stroke, aged just 24, and upon filming the final series she frequently felt faint and suffered from headaches.

Now "on top" of her health and seemingly aware of the need to slow her pursuit of greatness, she has two films in pre-production to see out the year. *Above Suspicion* is a true story that combines FBI espionage and romance, while *Last Christmas*, a light-hearted, seasonal romance set in London, sees her star alongside Henry Golding and Emma Thompson.

"I can't look too far ahead," says Clarke, who credits her late father for giving her the confidence and relentless ambition to succeed in the industry. "In fact, I've never really had the option to."

In the immediate short-term then, Clarke's ambitions are clear.

"I need to do more dancing" she laughs. "Dancing like a maniac. Crazy dancing. It is the best thing."



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LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps

Petition launched to fight Sainsbury's parking restrictions

A South Woodford business owner has set up a petition to fight against new parking restrictions at Sainsbury's.

The owner of Sid & Evie's in George Lane, Suzanne Bennett, says the new parking rules, which limit free parking at the superstore on the same road to 15 minutes, will discourage visitors from using local shops.

She said: "The new parking restrictions put in place require customers to spend £5 to redeem a parking space for two hours.

"Or customers are allowed 15 minutes free parking, which for people with children or the elderly, is nowhere near enough time.

"In my opinion, the whole thing has been done quite poorly."

Suzanne has also had the help of her husband, Chris Bennett.

He said: "This whole issue unfortunately adds to the rapid decline of South Woodford's high street and is part of a wider problem that we all face in South Woodford.

"Local businesses are finding it hard enough to operate in the current macro-economic climate, therefore adding another barrier to local business will only add fuel to this already raging fire."

Before the new charges were brought in on May 7, Sainsbury's offered two hours free parking.

A spokesperson for Sainsbury's said: "We've introduced parking charges at our South Woodford store which customers can redeem against their shop.

"We have made these updates to ensure our customers have better access to parking spaces when they need them."

This comes just after Suzanne found the planning brief to the car park, dating back to 1977, which outlines: "The developer is to provide a 200 space public car park, additional to parking requirements generated by the development."

Suzanne added: "So they've completely disregarded this, the total car parking space capacity is 298 and 200 of them are supposed to be open to the public."

To sign the petition, visit www.change.org/o/sid_evies

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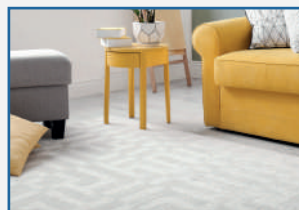
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Overturned lorry causes road chaos

There was traffic chaos in South Woodford last month after a lorry overturned.

Police were called at 8.34pm on Wednesday, May 15 to reports of a road traffic collision on the A406, near the Charlie Brown Roundabout, E18.

A spokesperson for the Met Police said: "Officers, the London Ambulance Service and the London Fire Brigade attended and found an overturned lorry."

There was standstill traffic on both the M11 and the A406 North Circular after police closed roads to clear the lorry that overturned almost 36 hours previously.

The road was completely shut in both directions between junction 4 of the M11 for South Woodford and the Redbridge Roundabout, where the A406 meets the A12.

There was congestion past Ilford, back to Chingford, through Gants Hill along the A12 and back to Loughton on the M11.

A Met Police spokesperson added: "The driver was taken to an east London hospital with non-life-threatening or life-changing injuries."

The vehicle was recovered on Friday, May 17.

Dental practice holds charity event for Stroke Association

A dental practice in Woodford Green held a charity event to raise money for the Stroke Association recently.

Improve Your Smile Dental Practice held the annual coffee and cake morning on May 3 on Woodford High Road.

There was live music performed by Maureen Tarler as customers enjoyed a hot drink and slice of cake.

The Only Way is Essex's Chloe Meadows also went along to support the event by drawing the raffle alongside Dr Malik and his team.

A spokesperson from the dental practice said: "Thanks to the generosity of patients and visitors as well as local businesses who donated cakes and fantastic raffle prizes, the Improve Your Smile team have so far raised nearly £1,000 for the charity."

"In doing so, we have helped to raise awareness of stroke including the signs to look for and how to reduce the chances of having one."

"Volunteers from the Stroke Association were on hand to check people's blood pressure if they chose to."

"Incidentally, there are links between oral health and strokes. Gum disease sufferers are nearly twice as likely to suffer from coronary heart disease too. In recent studies, oral infection has been identified as a risk factor for stroke – yet another reason to make sure you look after your teeth and gums."





Popular reptile shop celebrates 15th anniversary

A reptile shop in South Woodford celebrated its 15th anniversary recently with an all-day packed party. Owner of The Reptile Ranch Sandy Badham has had the same friendly smile on her face since the opening of their family-run shop 15 years ago. Members of the community and regular customers were all invited to the party on May 11. The jam-packed event had a raffle where all the proceeds raised were donated to local charity Haven House Children's Hospice, in Woodford Green. Sandy said: "We asked customers what charity we should choose to raise money for and everyone was agreed on Haven House."

"I think because they are a local charity, it means more to the locals and people are more willing to give when they can see where the money is going." The raffle prizes included a signed Anthony Joshua boxing glove, tickets to see *Only Fools and Horses the Musical*, a signed copy of a newly released ghost novel, a free tattoo voucher and many more. Sandy commented: "It was absolutely amazing and we were all totally blown away. We were busy from the moment we opened our doors at 10am to when we closed them at 8pm. "It was such a special day and we managed to raise £3,000 for Haven House Children's Hospice."

Petition launched in bid to boost school places

Parents from South Woodford have backed a petition for the council to take action after children were denied a place at their local school. The petition calls on council chiefs to invest more money into building new primary schools, with reception classes, to ensure children can attend the one closest to their homes. So far more than 200 people have signed the petition which urges Redbridge Council to take action. It is claimed many children locally are having to travel more than the statutory maximum walking distance to

school of two miles. Campaigners say: "As local residents in the Woodford, South Woodford and Wanstead area it has become very apparent that the local available school places at reception (age) are inadequate to accommodate the needs of children within the area. "Our children are suffering the brunt of this and not being allowed the given right of attending a school within their local community which they can walk to. Redbridge Council were asked to comment by **VISION** but failed to respond."

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Photo credit: Tanya Braun

Pupils celebrate walking to school

Pupils at Churchfields Junior School in South Woodford were joined by London's Walking and Cycling Commissioner Will Norman to celebrate the strides they've made to get healthier.

The students took part in Walk to School Week (WOW), the year-round walk to school challenge with charity Living Streets.

WOW rewards children who walk to school at least once a week with collectable badges.

Will said: "I'm delighted to join children from Churchfields Junior School during Walk to School Week. It's great to see that Living Streets is encouraging pupils to walk to school. Walking, cycling and scooting to school are fun and easy ways to build more activity into the day – and active kids are healthier, happier and do better at school."

"We're investing record amounts to make walking the safest, easiest and most enjoyable way of getting around no matter how old you are - helping tackle the air pollution crisis and reduce congestion."

Joe Irvin, chief executive, Living Streets, added: "I'm delighted that Will Norman was able to join us to see first-hand the fantastic impact WOW is having in schools in Greater London."

"Walking to school is an enjoyable experience and an easy way for children to fit some valuable exercise into their day."

"It's National Walk to School Week and I hope the pupils here at Churchfields Junior School inspire others across Greater London to start walking more too. They'll be getting healthier and helping London cut traffic congestion and pollution at the same time."

Local woman pleads guilty to role in drugs gang



A 20-year-old woman from South Woodford has admitted her role in a gang who posted videos of themselves boasting bundles of cash on Snapchat.

Khadija Shariff was among seven defendants who pleaded guilty to conspiracy to supply crack cocaine and heroin during a trial which concluded in Exeter Crown Court on April 25.

The 'County Lines' gang flooded Exeter in Devon with drugs from London, allegedly using children as young as 13 to deal the drugs for them, including heroin and crack cocaine.

Detective sergeant Matt Lawrence said: "These convictions are down to the hard work of the Devon and Cornwall Police investigation by the Serious and Organised Crime Investigation Team (SOCIT) who launched Operation Connard which focused on the trafficking of Class A drugs into Exeter from the London area."

The sentencing of the nine defendants, aged between 19 and 39, will take place in due course.



Photo credit: Amanda Hall Photography



Supporters paint streets pink

Hundreds of women and men strutted their stuff on May 1 to raise money for Haven House Children's Hospice.

In total, 300 supporters of the charity painted the streets pink in this year's Sparkle Walk – a 10km route. The route encompassed parts of Epping Forest, South Woodford and Wanstead, with the halfway Sparkle Station on the grounds of Haven House.

Seeing the walkers off were reality TV stars Billie and Greg Shepherd. The couple, who have recently become ambassadors for the hospice, got involved with the festivities with glitter face paint. Greg also dressed up for the occasion in a wedding dress – paying tribute to the couple's recent wedding day.

Billie said: "We had the most wonderful evening. Haven House is an amazing charity and we feel so proud to be part of it."

Also taking part were several mums whose children are cared for by the hospice.

Jaycee Wharfe, whose son Finnley is receiving support from the hospice, completed the walk with 12 of her friends and family.

She said: "The hospice support for our family has

been tremendous. As well as caring for Finnley, they are so supportive to me. This is the second time I've taken part in the Sparkle Walk and it's my way of showing my gratitude to Haven House. I can't thank them enough. We had a great time and we are all ready to sign up next year."

It is anticipated that over £30,000 has been raised for Haven House, which provides vital support in the local community to seriously ill children and their families facing the unimaginable.

Katie Tyler, Haven House events fundraising manager, was delighted with the success of the night.

She said: "What an unbelievable night. Thank you so much to everyone who came along and supported Haven House."

"The walkers all had big smiles on their faces, so we know they had a great night and they've helped raise an amazing amount of money which makes such a difference to Haven House – thank you everyone."

Haven House would like to thank Hetheringtons in South Woodford for sponsoring the event, The Cuckfield Pub and all the fantastic volunteers who helped on the evening.

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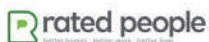


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Essex's first ever country music festival coming in July

It's time to throw on your cowboy hat as Essex is debuting a brand new country music festival coming this July.

Taking place in Chelmsford on Friday, July 12 and Saturday, July 13, Dixie Fields is a new boutique music festival featuring a cinema under the stars, camping, BBQs and a host of great country music.

Along with headliner, Lauren Alaina, other artists taking to the stage include Holloway Road, Megan O'Neil, Royal South, and local band The Jackson Line.

American country star, Lauren Alaina, was first discovered when she competed on season 10 of *American Idol* where she captured the hearts of the viewers and finished runner up.

The *American Idol* star has shared the stage with country legends Carrie Underwood, Luke Bryan, Alan Jackson and Martina McBride.

Former *TOWIE* star, Megan McKenna, is also set to take to the stage with chart toppers High Heeled Shoes and Far Cry from Love, the Essex star is said to be excited to be performing in her hometown.

Dixie Fields promises to be a festival like no other, with organisers working on it for over a year.

From open air cinemas to an American country shopping village, Dixie Fields is being held in the grassland fields.

For more information and ticket prices, visit www.dixiefields.com

Tube station becomes fully step-free

Transport for London (TfL) have announced that South Woodford Tube Station is now fully step-free.

South Woodford was previously only step-free for customers using the eastbound entrance for services to Epping.

With the installation of a new ramp at the westbound entrance, the station has become step-free for customers travelling into central London as well.

South Woodford is the 78th Underground station to become step-free and the third of five stations on the eastern section of the Central line to be made step-free in recent years.

South Woodford Station will be further improved in the coming months with the installation of better platform lighting.

Caroline Sheridan, Director of Renewals and Enhancements at London Underground, said: "South Woodford Station becoming fully step-free will make a positive difference to thousands of our customers every day.

"We are very aware of the challenges of getting around London for those with mobility needs or with children in buggies and are working hard to make our network accessible to all.

The Mayor and TfL's recent investment increasing the number of step-free Tube stations means that more than a third of the Underground network will be step-free by 2020."

There are now more than 200 step-free stations across the TfL network.



LOCAL NEWS

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PUZZLES & TRIVIA

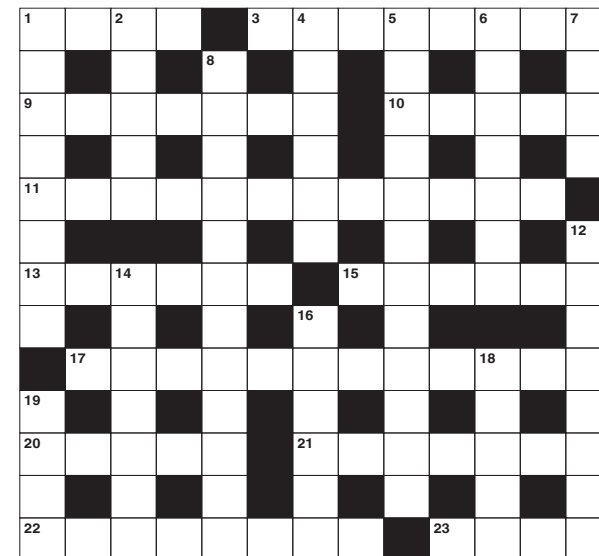
ACROSS

1. Arrived (4)
3. A division between people (8)
9. Contaminate (7)
10. Polite and courteous (5)
11. Invigoratingly (12)
13. Loose part of a garment (6)
15. Sporting venues (6)
17. Emergency touchdown (5-7)
20. Decay (5)
21. Solicit votes from (7)
22. Re-evaluate (8)
23. Give up one's rights (4)

DOWN

1. Secretively (8)
2. Distinctive design (5)
4. Type of nursery (6)
5. Without parallel (6,2,4)
6. Not legally recognised; void (7)
7. Longest river in the world (4)
8. Failure to act with prudence (12)
12. Gift of money (8)
14. Arched structure in a garden (7)
16. Prevents access to (6)

18. Visual representation (5)
19. Mammal with antlers (4)



DID YOU KNOW?

- ▶ Portugal produces more than half of the world's cork
- ▶ Perth is considered to be the third windiest capital city in the world
- ▶ Australia is the only continent without an active volcano
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ There are over 100 major rivers in Jamaica
- ▶ The 13 stripes on the American flag represent the original 13 colonies
- ▶ Square watermelons are common in Japan and are often very expensive

SUDOKU

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



MOTIVATE *your mate*

Let's just be honest for a second when your boss's back is turned – we work to live, not live to work. It's a fact. And with that in mind, it's perfectly natural to feel at times as if the grind, monotony, complications and stresses of work have become a little too much to deal with.

At these times, most of us could use a sympathetic shoulder, but even better than that is the workmate who lifts our mood, restores belief and motivates us to achieve new heights.

Want to become that person? Here are five tips:

1 HELP – I NEED SOMEBODY
Sometimes the easiest motivation towards helping a mate get the job done is simply to say: "I'm here if you need me – you don't have to do it all by yourself... we're in this together."

2 A GENTLE REMINDER
On occasions, stating the obvious is enough. "Come on, you're great at what you do" can be the quickest and most effective motivation.

3 TAKE THE POSITIVES
Not everything goes our way in life, but for long-term motivation magnificence, if you can

help colleagues take positives out of setbacks, you'll always be a great person to have around.

4 PUT YOURSELF IN THEIR SHOES
Every person is different and motivations are often subjective. Instead of bombarding someone with positive, clichéd soundbites, try to find out their specific goals and desires so you can tailor your advice to their unique situation.

THE JOKE'S ON ALL OF US
5 Finally, why not remove angst completely by turning to our faithful friend, humour. Laughter is a positive emotional response on which some of the greatest commercial wins have been constructed.

Of course, one of the best things about motivating your mate is that what you put in, you get out. And when one of those days comes round when you could do with a bit of a lift yourself, that work buddy of yours will be right on hand.

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Phil Berg, Reach Your Goals & BNI
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Brian Gates, Asentiv & BNI
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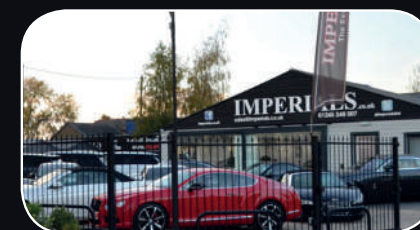
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THE GERMAN GIANT

BMW BRAND HISTORY

Bayerische Motoren Werke. It may not roll off the tongue, but it forms the acronym for one of the motoring industry's most recognisable brands. It began as three separate manufacturers – two in Bavaria, Rapp Motorenwerke and Bayerische Flugzeugwerke (BFW); and in Thuringia, Fahrzeugfabrik Eisenach.

The first of those companies, Rapp Motorenwerke was an aircraft engine manufacturer. It had launched in 1913 but had struggled and was then drafted in to help the Germans' war effort. Only an order of 600 engines in 1916 saved the company from closure although its fortunes then continued to improve, despite the country's catastrophic defeat in World War I. A merger with BFW (which later became Bayerische Motoren Werke), combined with Germany's agreement to cease plane production, saw a move to new premises and an extended product list that included cars and bikes.

The BMW name only became relevant to automobiles in 1929 when the company purchased

Fahrzeugfabrik Eisenach, who at the time were making Austin Sevens. BMW's engineers then took that idea a step further and began making luxury cars, starting with the BMW 328.

Car production ended at the time of World War II when aircraft engines again took priority, for obvious reasons. The company was responsible for the inner workings of the notorious Nazi fighter Focke-Wulf FW-190, but despite another military defeat, the quality of production and workmanship ensured there was still a demand for the German company's goods.

Several of BMW's 'signatures' from those early days still remain – the 'kidney grille' was first introduced on the 303 in 1933 and the famous logo incorporates the flag of Bavaria.

And in the years that have followed, the manufacturer has consistently reinforced its ability to create the very best cars and bikes, moving into a luxury market which, alongside other German brands Audi and Mercedes, it looks likely to forever be a part of.



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World Cup WIPE OUT



SPORT

ENGLAND'S 50-OVER FIRECRACKERS LOOKING TO LIFT THE WORLD CUP TROPHY FOR THE FIRST TIME.

This year sees the 12th edition of the ICC Cricket World Cup, and what a tournament it promises to be. It will be the fifth time since the inaugural competition in 1975 that England will have hosted the event (with Wales assisting on two occasions), and many feel the Three Lions have never had a better chance to lift the trophy.

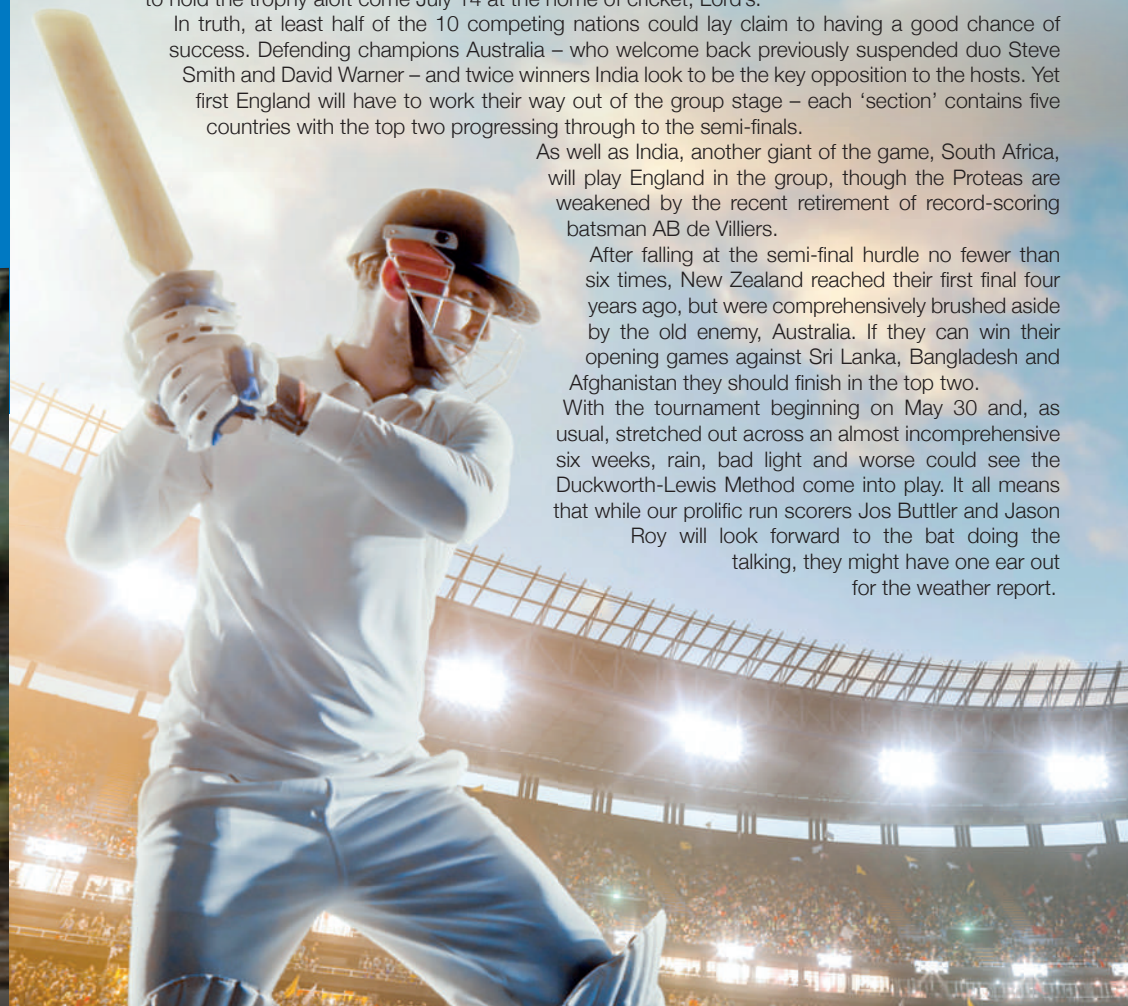
Eoin Morgan's men are the number one-ranked side in the 50-over format, and with that, favourites to hold the trophy aloft come July 14 at the home of cricket, Lord's.

In truth, at least half of the 10 competing nations could lay claim to having a good chance of success. Defending champions Australia – who welcome back previously suspended duo Steve Smith and David Warner – and twice winners India look to be the key opposition to the hosts. Yet first England will have to work their way out of the group stage – each 'section' contains five countries with the top two progressing through to the semi-finals.

As well as India, another giant of the game, South Africa, will play England in the group, though the Proteas are weakened by the recent retirement of record-scoring batsman AB de Villiers.

After falling at the semi-final hurdle no fewer than six times, New Zealand reached their first final four years ago, but were comprehensively brushed aside by the old enemy, Australia. If they can win their opening games against Sri Lanka, Bangladesh and Afghanistan they should finish in the top two.

With the tournament beginning on May 30 and, as usual, stretched out across an almost incomprehensible six weeks, rain, bad light and worse could see the Duckworth-Lewis Method come into play. It all means that while our prolific run scorers Jos Buttler and Jason Roy will look forward to the bat doing the talking, they might have one ear out for the weather report.



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in your area

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185 Hermon Hill, South Woodford,
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Every Friday evening 7.30pm – 9pm

The singing group rehearse on Friday evenings and anyone is welcome to join and improve on singing. No experience is necessary, just come along to a rehearsal.

The Mash-Up Society

15 The Broadway, Woodford, Woodford Green,
IG8 0HL

June 8, 7pm



Pioneers of pluckery: the Mash-Up boys are bringing acoustic versions of old skool house, garage and hip hop anthems to the beautiful people of Woodford in Essex.

Tea and Cake Party

12 Derby Road, South Woodford, E18 2PU

June 14, 11am – 8pm



Why not come to the tea and cake party raising money for Haven House children's hospital, with a minimum donation of £1 for tea and coffee.

For more information, call Michelle Vanlint on 07789 964271.

Free Health Talk

Manor Rd, Chigwell, Woodford, Woodford
Green, IG8 8AE

June 26, 5.30pm – 8pm

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Big Summer Festival

The White House, High Rd, Woodford,
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June 29, 11am – 7pm



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Guide Dogs Regional Open Day

7 Manor Rd, Woodford, Woodford Green,
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July 6, 11am – 3pm

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