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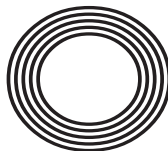
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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. For me this is a great time of the year. Obviously, everyone loves the sunshine and long days but it's such a great time of year to connect with the readers

when I help the distribution team (who do a fantastic job for us might I add) deliver the magazines to homes in the local areas.

The summer months are now in all their glory, so I hope you are all enjoying the long days and outdoor living. Let **VISION** be the perfect companion to complement that environment.

Jeffrey Archer is our cover story this month as he prepares to return to the limelight with a series of books. We take a look back at the highs and lows of the former politician's life.

In local news this month, an ambitious project has been launched to transform a neglected area in South Woodford, residents have expressed concern over plans to turn a nursery into a nine-storey building and a business breakfast raises over £45k for a children's hospice.

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 July 2019 edition of **VISION** SouthWoodford.

*Brett*



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# Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.



# CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew 'Freddie' Flintoff in a show that Harris says "will be a little bit different, more relaxed and approachable, but just as motoring mad."

"When you have part of your audience that doesn't know too much about cars – or maybe doesn't even want to – we have previously had to inject some humour into the parts of the show which were more serious," he continued.

"However, these two are brilliant and when we are together there is so much fun and laughter."

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn't been changed drastically.

"There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals." The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that's been sadly redundant since the show's enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield's town centre. *Top Gear*'s revved up irreverence may well be its salvation.



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# The magic of microblading

It can be hard to keep up with eyebrow trends; should you be going for bold and bushy or barely there brows? And what happens when you have succumbed to the dreaded over-plucking and now want to go back to big brows? Well, microblading could be the answer to all your plucking problems.

## What is microblading?

Microblading is effectively a tattoo. Sounds scary we know but it is highly effective, and the results can be amazing. Microblading artists implant pigment underneath your skin using a handheld tool, although it is worth noting that the pigment does not penetrate as deeply as with a normal tattoo.

## What are the benefits?

If done well, microblading can be a godsend for your rushed morning make-up routine, as you will have full brows every day without the need to groom or use make-up. You can also happily sweat away in the gym without any worry of smudging. The procedure itself is relatively pain free, although some artists recommend using a numbing cream

if the client is particularly worried or has a low pain threshold and it only takes 1 ½ hours to do.

## How long do the results last?

Microblading can last up to three years depending on your skin type, although some eyebrow specialists advise clients to come back every six months for touch-ups if they feel they are needed.

## What do you need to do ahead of a microblading session?

Preparation is vital before microblading is carried out. You need to avoid anything that will thin your blood for example taking aspirin, drinking alcohol or using any beauty products that contain retinol.

## Are there any celebrities who have had this procedure?

Mila Kunis, Gwyneth Paltrow and Mandy Moore are all known fans of microblading, and each of them has stunning eyebrows that complement their face shape and colouring.

No pain, no stain



Do you want a simple, quick and effective way of shifting stains from your whites? Now you can relax, as we have all the answers for the most common stubborn stains.

### Mud

Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

### Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

### Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

### Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

### Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

### Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

### Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

### Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

### Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.





# Do you need some 'MANTIVATION'?

Are you ready to end your unhealthy relationship with beer, takeaways and your sofa? Do you want to take control of your health once and for all before it's too late?

The good news is that by simply adopting a few better habits you can drastically improve your overall wellbeing.

## Variety is the spice of life

Whether you already exercise or even if you've just now decided to start, it is important that you alternate workouts. Not only will this stop your body from becoming used to the same activity, but it will also help keep you motivated and enjoying exercise.

## Buddy up

Most women love a fitness class as they can exercise and socialise simultaneously. Men generally prefer to exercise alone but if you work out with another person, you can add a level competitiveness to your workout which should encourage you to push yourself harder.

## Watch your portion control

Although men can eat up to 500 calories a day more than women, many massively underestimate how many calories they are consuming. Make sure you pay attention to serving sizes and fill at least a third of your plate with fruit and vegetables.

## Combine cardio with strengthening exercises

Cardio gets your heart pumping and is great for burning calories. Even the simple act of walking up the stairs can count towards your daily exercise goals. Strength training on the other hand is vital for building muscle which helps you to burn more calories. Push ups are a great muscle building exercise.

## Take the right supplements

Zinc enables the male body to produce testosterone. Fish oil helps to keep blood pressure low and helps prevent cardiovascular disease. Selenium is the single best nutrient for helping to prevent cancers including prostate, colon and lung.



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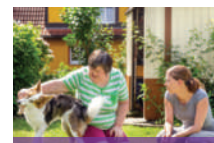
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# Experience the wonder of *wild swimming*

**S**hockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

### What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

### Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.
- Dress appropriately. If the water is cold, then wear a wetsuit to protect yourself from

hypothermia.

- Keep warm and dry clothes close by.
- Goggles are a good idea for seeing in murky waters.
- Do not jump straight into wild water. Instead ease in slowly to adjust to the temperature and check the depth.

### What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

### Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
- The Barle, Somerset
- Shepperton Open Water Swim
- London Royal Docks



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# Flower Power



FOOD & DRINK

**F**lourishing flowers can serve as so much more than simply brightening up your garden. Why not utilise the edible ones in these delicious summer recipes?

### *Lovely lavender*

You may be more used to flavouring your Sunday roast with a sprig or two of rosemary but lavender works brilliantly with lamb and is completely safe to eat. The sweetness of honey also works wonders with the rich fragrance of lavender flowers.

### *Dandelion delight*

Most gardens have an abundance of dandelions so why not utilise them? The heads of these flowers are 100 per cent edible and we recommend chopping a handful up and adding to an omelette or Italian frittata. You can even add in some wild garlic if you have any in your garden.

### *Calming chamomile*

Most known for its use in teas, chamomile flowers also work wonderfully in a summer jelly. Simply dissolve honey in a jug of boiling water and add a generous portion of the chamomile. Strain out the leaves once they have had time to steep and then add gelatine to set.

### *Top with tulips*

Tulips are a gorgeous spring flower and their vibrant petals can perk up even the most lacklustre garden so it's a natural progression for creative cooks to add these flowers to their dishes. And all you need to do is gently sprinkle a selection of untreated petals over a summer salad and enjoy.

### *Elderflower mocktail*

With people trying to cut back on their alcohol consumption, booze-free drinks are more popular than ever and what could be better than a freshly made, thirst-quenching cordial? Add a handful of elderflower heads and some lemon zest to a simple sugar syrup and leave to infuse for 24 hours or longer if possible, then dilute.

### *Poisonous flowers to avoid:*

Daffodils | Hydrangea | Clematis | Azalea | Foxglove





# LETTUCE eat greens

Do you know your cos from your chicory? Your roquette from your radicchio? If not, then now is the perfect time to learn.

## LETTUCE

Probably the most well-known and most used of the salad greens, lettuces are cost-efficient, easy to grow, extremely low in calories and are full of vitamin A and potassium.

The most common types of lettuce are iceberg, known for its crunch and high water content and romaine or cos, which you typically find in a Caesar salad which contains high levels of folic acid.

## CHICORY

Perfect for those that prefer a slightly more bitter taste, chicories work well alongside strong flavours such as pickled vegetables and blue cheeses.

Varieties of chicory include endive, a sweeter type of salad leaf that is ideal for appetisers due to its elegant appearance, as well as frisée which is recognisable by its pale green leaves and offers a strong bitter bite.

And we can't forget ravishing radicchio with its distinctive purple colour which provides a spicy flavour that is just perfect for a stand-alone salad.

## BRASSICA

When you think of the brassica family, cauliflower probably springs to mind, but it also includes many other greens that are wonderful in salads and definitely pack a punch when it comes to both flavour and nutrition.

Arugula, also known as rocket, is part of this family and is known for its peppery taste.

Rocket is very high in vitamin K and is popular sprinkled over a pizza or simply served as a side salad with a standard lemon vinaigrette. Superfood of the moment kale is also a brassica and is extremely high in fibre but be warned, it has a slightly grassy taste.

Lesser known varieties that are definitely worth a try include...

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“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

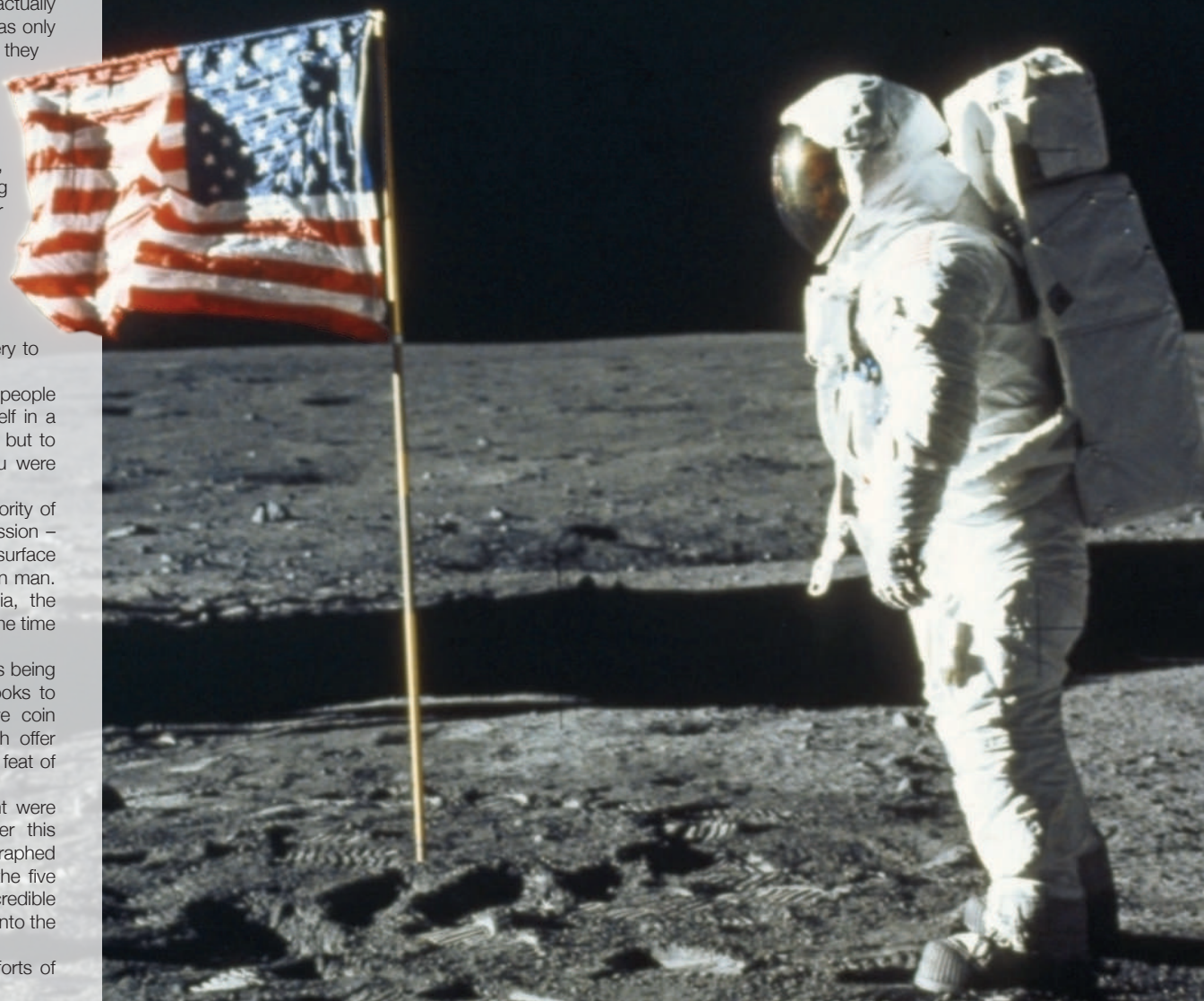
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

# “ONE SMALL STEP FOR MAN...”



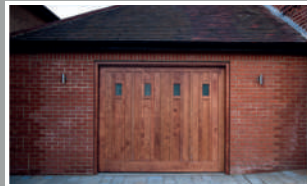
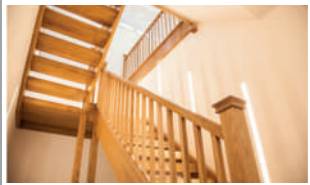


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# THE PERMISSION MISSION

They say failing to plan is planning to fail, and that's no better evidenced than when it comes to making changes to your home.

For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

- > A Standard application form
- > A Location Plan (which shows the site area) and a Site Plan (which shows the proposed development in detail)
- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

It's important to have an exact vision of what your plans are from the off. Repeated changes or alterations will have a profoundly bad effect on your budget, as well as incurring significant time delays.

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.

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# from FASHION HOUSE to HOME



Dolce & Gabbana's return to design sensibilities with Smeg is perhaps one of the more pleasing style collaborations of recent years, and the latest in a long line of brand extensions that see fashion and function collide, with spectacular results.



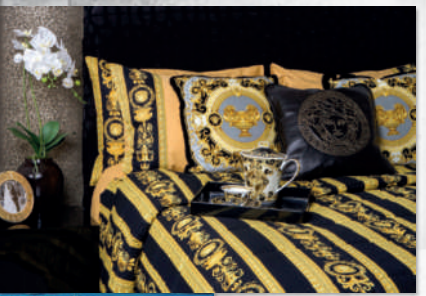
Here are a handful of collaborations and product extensions for every room in your house:

## The kitchen: DOLCE & GABBANA AND SMEG

Tiresome teapots, tardy toasters and bland blenders have been revived as true items of fashionista food finesse in this most unique of collaborations. The hand-painted designs offer echoes of high contrast and holiday happiness. There are also reflections of the circus and canal boats, with intense irreverence abound.

## The living room: DIESEL AND MOROSO

Moroso, the contemporary furniture maker, have teamed up with fashion heavyweight Diesel to present a range that is a mass of delicious contradictions. From simple shapes echoed with eccentric designs, and a collection split between dark underground tones and the brilliant beauty of nature, there is something for everyone... particularly the person who wants to find a fabric lizard staring at them as they sit down at night to watch *Coronation Street*.



## The bedroom: VERSACE

From bed linen to towels, cushions to ashtrays, Versace's extension from the core world of clothes fashion now embraces hundreds of products, most of them with a characteristic gold edge... and a price tag to match.

## The bathroom: CHRISTIAN DIOR

It may be over six decades since one of the world's leading fashion designers passed away, but the Dior brand lives on, with clothes, fragrances, interiors and accessories as plentiful now as any time in the past. To prove it, how about this double-sized bathroom towel? Just don't expect any change out of £1,000.



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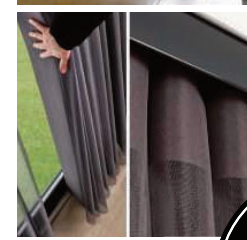


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# White Vinegar

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**N**ot only are shop bought cleaning products expensive but many also release harmful chemicals that can cause headaches, throat and eye irritations, and even cancer. And don't even get us started on how they aggravate allergies.

But what is the alternative? An unclean home? How about using a store cupboard staple instead?

## Use as a multipurpose cleaner

White vinegar is ideal for cleaning sinks; simply pour onto a sponge and wipe over the whole area. It is also brilliant for removing limescale from taps. Add a few drops of lemon juice if you are not keen on the smell.

## Get streak-free glass

No need for a separate window cleaner, just spray some white vinegar onto any mirrors, windows or shower screens and wipe with a lint-free cloth or even more frugally, with an old piece of scrunched up newspaper.

## Soften stiff towels

After a few too many washes, your once soft towels can become stiff from overexposure to detergents; counteract this by using white vinegar instead of fabric softener next time you wash them.

## Combat lacklustre looking leather

Mix equal parts white vinegar and boiled linseed oil in a spray bottle, shake and spray evenly. Spread over the total surface area with a soft cloth, leave for five minutes and wipe over with a clean one.

## Vanish ballpoint pens marks

Remove ballpoint pen from walls or desks with a quick dab of undiluted white vinegar.

## Clean your window blinds

Simply don a pair of white cotton gloves, dip your fingers in white vinegar mixed with equal parts hot water and then slide your fingers along each blind, removing any stubborn grime as you go.

## Do not use white vinegar to clean

- Frosted glass
- Limestone, natural stone or marble worktops

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## PLANT OF THE MONTH:

## echinacea

What don't we love about Echinacea? It's sturdy, easy to grow, undemanding and it provides handsome long-lasting flowers that attract beautiful butterflies in abundance. So, where do we start with this perfect plant?

## WHAT TYPE OF PLANT IS ECHINACEA?

Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

## HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

## HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

## WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

## WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

## DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.



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# A NOVEL *excuse*

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."



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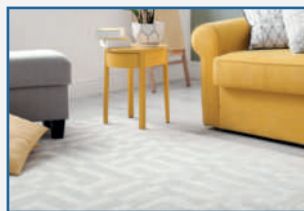
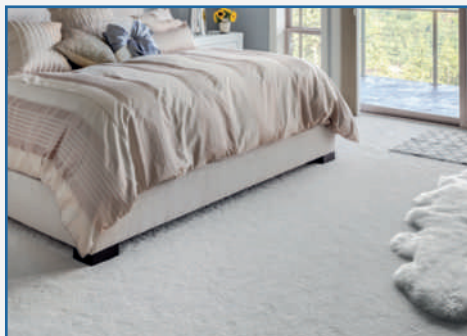
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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



MP for Chingford and Woodford Green and Haven House Patron Iain Duncan Smith, Lord Sugar, Director of Treehouse Nursery and event sponsor Maria Sanchez, Sir Martin Sorrell and Haven House Chief Executive Mike Palfreman.  
Photo credit: Claudine Hartzel Photography

## Business breakfast raises over £45k for children's hospice

Two giants in business came together recently in support of a Woodford Green Hospice, raising thousands of pounds for the charity.

60 Minutes with Lord Sugar, hosted by the advertising industry's most prominent figure Sir Martin Sorrell, raised £47,392 for Haven House Children's Hospice who care for seriously ill children and their families.

Lord Alan Sugar was quizzed by Sir Martin and the audience on topics such as Brexit, Donald Trump and anti-Semitism.

Guests also heard from Steve and Rachel Brodie, parents to baby Isaac, who were supported by Haven House during the final days of his short life.

Chief executive for the charity Mike Palfreman said: "Events like this don't just happen. I would like to thank Lord Sugar and Sir Martin for giving their time, insight and business acumen to us. To have two such incredible speakers in the same room is a huge privilege and I am grateful to them both for their commitment to Haven House."

"I would also like to extend my thanks and gratitude to our parent speakers, our sponsors and to all those who attended and helped us raise such a significant amount for Haven House. The range of services we provide cost £4.2million per year to deliver. Events like this are a vital way for us to raise funds so we can continue to support local children and their families."





# Project launched to transform neglected area



A community project has been launched that could transform an area of South Woodford.

Ambitious plans have been designed that could dramatically change the look near to the station and George Lane. However, to make it a reality, £22,586 of funding is needed with a deadline set of August 12 for the money to be found.

The area has been chosen as Transport for London (TfL) recently opened up a new entrance at South Woodford Station.

The plans include an orchard to provide free fruit for the community, all products to be made from recycled products and as sustainably as possible, digging out the current planted area outside the tube station and replacing with planters and investigating solar power for Christmas lights on the existing pine tree.

A fundraising page has been set up online with those leading the project saying: "These spaces are currently run-down and unfortunately, often used as a public urinal, or worse, by certain members of the community.

"We want to refurbish this area to prevent this

happening. High-level planters should discourage this behaviour and increased use of the area will also prevent abuse.

"There are many benefits, not least, the increase in the residents' community wellbeing, which will result in less crime and greater security in the local area.

"New community orchards help to address the nation's allotment shortfall, promote community production and ownership of fruit, and help us rediscover the pleasures of eating organic fruit grown close to home.

"In an era of climate change and peak oil, planting trees which will provide a large yield year after year for decades to come is a logical move, helping to build food security and community resilience."

The project has been supported by several members of the public including Tricia Darrell who said: "We can never have enough green well cared for spaces in our area this could be a fabulous start to show people what is possible when a community works together."

For more information visit [www.spacehive.com/south-woodfordvillage](http://www.spacehive.com/south-woodfordvillage)

## Suspects attempt to steal cashpoint

Detectives investigating an attempted cashpoint theft are appealing for assistance in identifying a man they wish to speak to.

Police were called to a service station on Chigwell Road, Woodford Green, at approximately 4.10am on Thursday, February 14.

A van with the words "The Best Things in Life" written on the side had reversed into the station's forecourt and up to the ATM. Three suspects with their faces covered jumped out and began attempting to steal the cashpoint. Their attempt was unsuccessful, and they drove off in the van.

Detectives from the Met's Flying Squad are investigating and have identified a man they believe was with the van prior to the offence. Officers have made attempts to locate the individual but are now requesting the assistance of the public.

Anyone who recognises the man in these images is asked to call Crimestoppers anonymously on 0800 555 111 quoting crime reference number 4403336/19.



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Photo credit: Lorna Roberts/Shutterstock.com

# Call for ultra low emission zone to be extended

A campaign group is calling for an emission zone to be extended after claiming air pollution in the South Woodford area often exceeds the legal limit.

Redbridge Cycling Campaign say the Ultra Low Emission Zone (ULEZ), which is currently enforced in central London, should be extended further out to benefit communities such as South Woodford.

It comes after the campaign group recorded high nitrogen dioxide (NO2) levels in May.

The group said: "The NO2 limit breaches show readings up to 90.5 micrograms per cubic metre, compared with the 40mg/m3 limit set out in the government's air quality objectives."

"The emissions breach is despite action taken by the Mayor of London, Sadiq Khan, who introduced cleaner buses on routes throughout Redbridge and charges to deter dirty vehicles from central London put in place last month."

Redbridge Council cabinet member for civic pride,

councillor John Howard, said: "It proves that we need tough action to clean up our air quality in Redbridge."

"This is why we are consulting on a new air quality strategy, introducing clean air zones around schools and creating our own Low Emission Neighbourhoods."

"Our commitment to reduce pollution includes working with Transport for London to improve Ilford Hill and finishing Quietway 6 to make walking and cycling easier for all our residents."

"We are also making it easier for drivers to swap diesel and petrol cars for more eco-friendly versions by installing more charge points in the borough."

"We were one of the first London boroughs to install a public rapid charge point and in anticipation of the ULEZ expanding to Redbridge in October 2021, we are looking to expand the initiative across the borough, as well as charge points for commercial vehicles."

Motorists could be expected to pay £12.50 a day if their car breaches exhaust emission guidelines.

## Nursery could be turned into nine-storey building

Strong opposition has been voiced by the community after plans were submitted to turn a nursery in South Woodford into a nine-storey office building.

Incey Winceys Nursery could be converted if plans get the go-ahead but it's clear many people are not happy

Rena Pathak, from the South Woodford Society, a group which aims to protect the over-development of the town, said: "I'm really sick of selfish developers thinking they can do what they want in South Woodford. It's the community that suffers - there's nothing in this plan which offers support to the community."

Incey Winceys Nursery say they will fight to remain on the site but have contingency plans if necessary.

The application can be viewed on the London Borough of Redbridge planning website.



Photo credit: Google Maps



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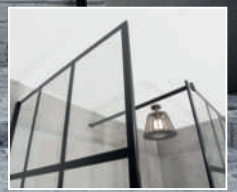
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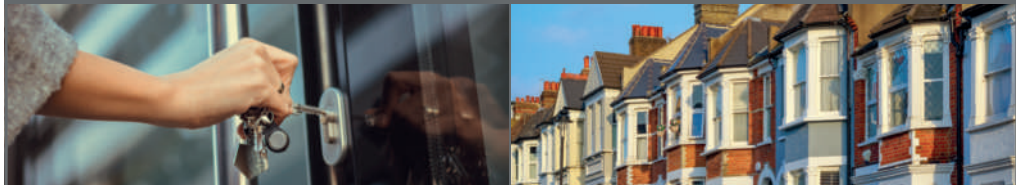




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## Student's play to be read at the National Theatre



A student from a school in Woodford Green was shortlisted for the National Theatre's annual playwriting competition for 14 to 19 year olds and had her play read by professional actors as part of the New Views Festival.

Emilia Hitching's play *To Charlie* was one of nine plays shortlisted from 350 entries across the UK by a panel of judges and was performed as part of the festival on July 2.

In the play, Rachel has not spoken to her mother in two years but has no one left to call when she enters hospital to give birth. Two intrinsically different women must co-exist, if only to keep up appearances for the midwife, to allow Rachel's baby to enter a family at peace.

Emilia, from Bancroft's School, said: "New Views has been a creative outlet for me during a fairly taxing first year of sixth-form and I have cherished the hours that I spent working on my script.

"It has been gratifying to have something which is solely mine, that I can pour all my creative energy into and polish not because it will be graded or examined but because I care about it."

## Restaurant named as finalist for two prestigious awards

A South Woodford restaurant has been named as a finalist in two categories at the London Curry Awards 2019.

Grand Trunk Road, in High Road, has been shortlisted in the Chef of the Year (voter's choice) and Restaurant of the Year categories.

The London Curry Awards recognise and celebrate the devotion, service and food provided by some of

the best establishments in the industry.

At the time of going to print, the winners were due to be announced at a black-tie award ceremony on July 1 at London's Brentford Lock Holiday Inn Hotel.

## Student runner-up in Met Police art competition

A student from a school in Woodford Green was named as a runner up in the Met Police's 100 years of women art competition.

Iris Lloyd-Brissenden, from Ray Lodge Primary School, was named as a runner-up in the Key Stage Two category.

The competition stemmed from an engagement programme with primary and secondary schools, run as part of the 100 years of women in police campaign and led by the Met's team of dedicated schools' officers.

The trip to the Met's iconic headquarters and chance to meet the commissioner were part of a whole day of activities on Wednesday, June 19 planned for those who impressed the judges – including a boat trip along the River Thames with the Met's marine policing unit, the chance to meet police horses and dogs and see a display by specialist Met divers.

After lunch with deputy assistant commissioner Lucy D'Orsi, the students aged between six and 14 were then ushered into Scotland Yard's press conference room for the certificate ceremony.

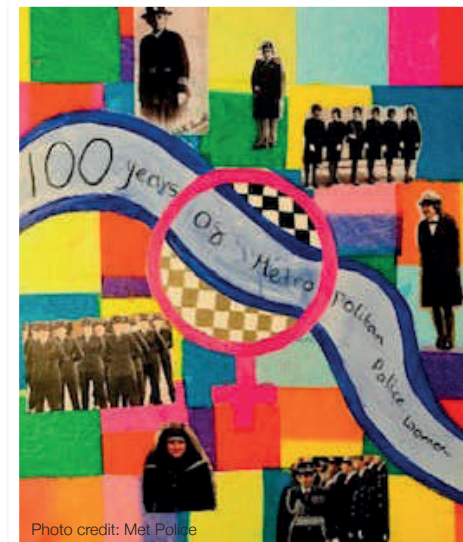


Photo credit: Met Police



LOCAL NEWS





# Man helped by charity encourages people to volunteer

Children's charity Barnardo's is looking for people to volunteer at its store in South Woodford.

The plea comes following last month's National Volunteering Week.

Volunteer Mark Gill, who went to Barnardo's on April 30, 1953, when he was six months old, is supporting the campaign.

He said: "In 1996 I began working for Barnardo's first of all in the marketing and communications department, and eventually finance where I stayed for around 17 years until I retired in March 2018.

"In total I worked for Barnardo's for 21 years and the charity has had a huge impact on my life."

After retiring, Mark decided he still wanted to play an active role in supporting the charity, so he decided to volunteer at a charity shop in Wanstead.

He explained: "I still wanted to keep my foot in the door, so I now help out at the Wanstead shop on

Mondays and Tuesdays as well as at events for the community fundraising team.

"There's quite a variety of things to do and volunteering gives you a great 'feel good' factor. For me it's about giving something back to Barnardo's.

"For people considering volunteering with Barnardo's I would say definitely give it a go. You've got nothing to lose and the children supported by the charity have everything to gain by your generosity."

Volunteers can choose from a wide variety of roles - from helping behind the scenes or helping on the shopfloor by arranging window displays, styling mannequins or serving customers at the till.

To find out more about volunteering with Barnardo's, pop into Barnardo's stores or visit the website at [www.barnardos.org.uk/volunteering](http://www.barnardos.org.uk/volunteering)

Alternatively, please email [volunteering.Enquiries@barnardos.org.uk](mailto:volunteering.Enquiries@barnardos.org.uk) or call 0208 498 7320.

# Local resident opens garden to the public

A South Woodford resident is opening her garden to the public for the charitable National Gardens Scheme (NGS).

Helen Auty, of Cheyne Avenue, is taking part in the initiative for the seventh time as she welcomes visitors to her fruit and vegetable garden.

The scheme raises money for nursing and health charities through admissions, teas and cake.

The NGS said on its website: "Thanks to the generosity of garden owners, volunteers and visitors we have donated a total of £55 million to nursing and

health charities, and made a record annual donation of £3.1 million in 2018."

Helen said: "The reason I want to do this is because I remember all my friends that aren't here that should be here, I do it for them.

"I have plants to sell, cups of tea and cake, so please, everyone is welcome. I have been arranging appointments for those who would like to come down, so if interested, call 0208 530 1343."

Helen is among 3,500 gardeners in England and Wales taking part in the scheme.



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# Appeal shows need for hospice

Haven House Children's Hospice, based in Woodford Green, has launched a new campaign to highlight the vital role it plays in supporting children and families living with a life-limiting condition.

The campaign, *What could you not live without?*, focuses on feedback from families who say Haven House is a lifeline for them when caring for a child with a serious illness.

The campaign, which was launched to coincide with Children's Hospice Week, encourages people to think about the one thing that they could not live without. For many this could be simple things such as chocolate, mobile phones or football.

Eileen White, Haven House's director of care, said: "When a child is diagnosed with a serious life-limiting condition, the whole family is thrown into turmoil. We

are here to support them through these difficult times. Haven House offers an extraordinary blanket of care and compassion that wraps around the whole family.

"The parents we support often tell us that we are their lifeline, and that they don't know where they'd be without us. Parents often provide round-the-clock care with little sleep for both them and their child.

"Our skilled nursing team care for children in the hospice and at home, giving parents a break. Anything from a few hours or a full day away from caring helps parents stay well and feel better able to cope."

The hospice is calling on supporters to help support its work so that it can continue giving children and their families the support they so desperately need.

To find out more visit [www.havenhouse.org.uk/appeal/summerappeal](http://www.havenhouse.org.uk/appeal/summerappeal)

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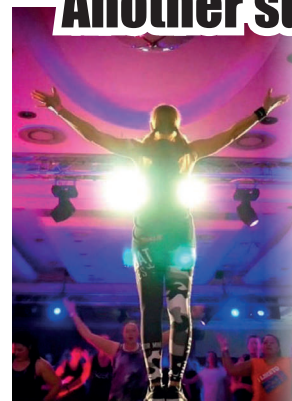

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# Another successful turnout for Essex FestiFit



An event in Chigwell that took place on Saturday, June 8 had a huge turnout. FestiFit UK was a fun-filled festival that gave newcomers and gymgoers a chance to discover a journey into health, fitness and exercise through a range of activities and classes.

FestiFit owner, Turkan Sarica, said: "The event went very well and overall feedback was great, people are looking forward to joining up for next years event. We had live entertainment including singers and dancers, and we had 50 plus businesses selling and speaking about their brand and products. It was a strong networking event with lots of food, drink and a variety of different exercises and dance groups."

With famous faces like Jack Fowler from *Love Island* 2018 attending for a meet and greet and a turnout of just under 2,000 people, Turkan was extremely chuffed.

He said: "The weather wasn't great, but it was such a fantastic turnout, we just keep coming back bigger and stronger every year and we had so many people joining up to get involved in FestiFit UK 2020."



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# PUZZLES & TRIVIA

PUZZLES

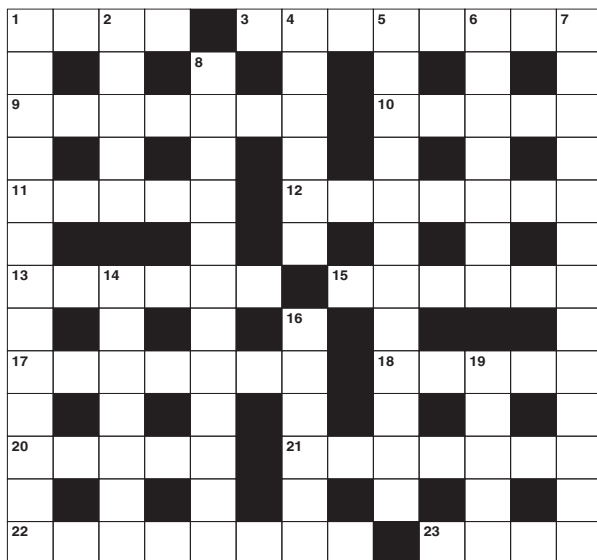
Answers can be found on the Contents Page 4

## ACROSS

1. Large-headed food fish (4)
3. Appetising drink (8)
9. Open-minded; given freely (7)
10. Weatherproof coat (5)
11. Relating to a city (5)
12. Organ of digestion (7)
13. Make worse (6)
15. Star like object that often emits radio waves (6)
17. With reference to (7)
18. Hackneyed (5)
20. Accustom to something (5)
21. Ice hockey offence (7)
22. Peer (8)
23. Small flake of soot (4)

## DOWN

1. Figment of the imagination (13)
2. Meat and vegetables on a skewer (5)
4. Burnish (6)
5. Duplication (12)
6. Statements of intent to harm (7)
7. Boxing class division (13)

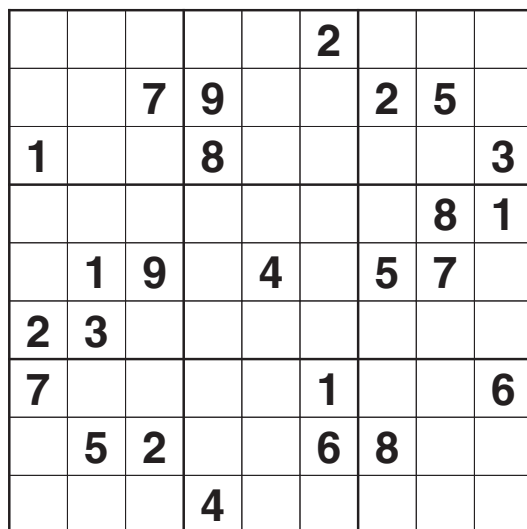


8. Principal face of a building (12)
14. Agitate (7)
16. Respiratory condition (6)
19. Form of expression (5)

## DID YOU KNOW?

- Most bears have 42 teeth, including four long canines
- An ostrich eye is bigger than its brain
- Lobster blood is colourless, but turns blue when it is exposed to oxygen
- The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- Due to its composition, camel milk doesn't curdle naturally
- Frogs can't swallow with their eyes open
- Dragonflies have six legs, but can't walk due to the weight of their body

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BUSINESS & FINANCE

As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

### THE TOP TWO

**Sri and Gopi Hinduja:** The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

**David and Simon Reuben:** If risk-taking delivers

reward, then it's little surprise the Reuben brothers are in second position, with an estimated worth of £18.7bn. The duo dived with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

### SELECTED OTHERS

**Ed Sheeran:** Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

**Valerie Moran:** Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

*A rich man's world?*



When to  
change your...

# WIPER BLADES

When you think about it, your wiper blades go through quite a bit. There's rain, snow, mud, grit, not to mention full-on, head-on wind resistance, and a whole lot more besides.

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That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:



**Wiper blade = wipe:**

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

**Streaker alert:** How many times do we put up

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front us? The rule with streaks is simple – your blade is deficient and needs replacing.

**Skipping along:** A wiper blade that skips probably hasn't been used for a while may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

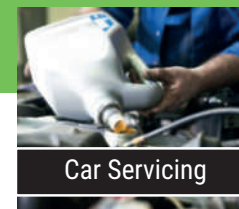
**Smear test:** Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

**Squeaking needs tweaking:** Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

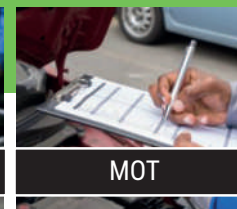
Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.

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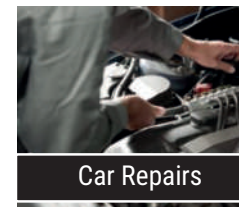
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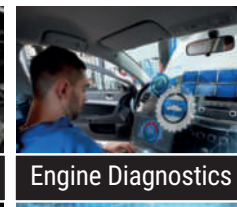
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As if regaining the Ashes weren't incentive enough in itself, England have an added carrot, namely that they can equal Australia's 33 victories, with a further five series ending as draws.

Edgbaston will be the venue for the first Test, beginning on August 1 and Trevor Bayliss' men will hope the Birmingham ground offers up some lucky omens. Not only did it host England's 1000th test match in 2018, when they beat India, it also provided the Three Lions with one of their memorable victories over the old enemy - that incredible two-run win during the historic 2005 series, the smallest ever margin of victory in an Ashes test. It gave England the impetus to go on and clinch a 2-1 series victory. They've won every home series since.

The four subsequent tests will be at Lord's, Headingley, Old Trafford and The Oval, with England starting as favourites.

Both squads are strong in the bowling department; it's in the batting order where the two countries need to overcome selection issues. For the Aussies, David Warner and Steve Smith have returned from their suspensions, and just as well, with many believing they are the only two holding the run-scoring operation together. Usman Khawaja, Marcus Harris, Joe Burns and Travis Head would disagree.

As for England, Joe Root, Jos Buttler, Ben Stokes and Jonny Bairstow make up a formidable middle order, but Keaton Jennings and Joe Denly have far from cemented their places as openers, and speculation continues over whether Jason Roy's ODI form can be translated into Test cricket.

Be prepared for a slow lead-up to one of the longest-running sporting contests ever.



Photo credit: RexShutterstock





SPORT

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Kick-off

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City. Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City.

The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth. The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture.

Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

*Let battle commence...*



Liverpool v Norwich City 09/08/19  
Liverpool v Everton 04/12/19



West Ham v Man City 10/08/19



Spurs v Aston Villa 10/08/19



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# WHAT'S ON

*in your area*

## Jumble Trail

Various locations (see below)  
July 6, 9am – 1pm



This is a great opportunity to shop for a wide variety of pre-loved goods and support your local community. The event is sponsored by Portico Estate Agents and each stallholder will make a donation to Haven House Children's Hospice.

The streets included in the Jumble Trail are Chelmsford Road, Derby Road, Buckingham Road, Malmsbury Road, Stanley Road, Carnarvon Road and Walpole Road.

Come along and join in the fun.

## The North East London Osteoporosis Support Group

The Becket Centre, St Thomas of Canterbury Church, 557-559 High Road, Woodford Green, IG8 0RB

July 11, 1.15pm

Speaker Professor Susan Lanham-New will discuss the nutritional aspects of bone health.

£4.50 to be paid on the door (includes cream tea).

## Galaxy Ceramic Painting Workshop

Creative Biscuit, 61 George Lane South, Woodford E18 1JJ

July 16, 7pm – 9pm

Learn how to paint a galaxy pattern on a ceramic using techniques and tricks to make a ceramic that is out of this world.

You will be guided through how to create the perfect space-age mug, plate or bowl.

The ceramics will then be glazed and fired and ready to be picked up from the shop one week later.

The workshop includes either a mug, plate or bowl or you can upgrade to one of our many other ceramics from cake stands to picture frames on the night.

To book, visit [www.eventbrite.co.uk/e/galaxy-ceramic-painting-workshop-tickets-63473754709](http://www.eventbrite.co.uk/e/galaxy-ceramic-painting-workshop-tickets-63473754709)

## Festival in the Park

Christchurch Green, Woodbine Place, London, E11 2RH

July 17, 12pm – 9pm

Following last year's huge success, Redbridge is hosting its second international disability awareness day festival.

Visitors to the festival can expect to find a range of exhibitors, plus a sports zone, art and craft markets, music and family entertainment.

Entry is free.

The festival highlights what services are available to enable disabled people to stay independent, and promotes equipment and aids that could maintain or improve independence.

It also provides an opportunity to showcase what people with a disability can do in the field of sport, arts and entertainment.



## Fun Day

Wanstead Rugby Club, Centenary Fields, Roding Lane North, Woodford Green, IG8 8JY  
August 4, 12pm – 5pm

It's Fun Day Sunday at Wanstead Rugby Club, in aid of Transitions UK.

The charity supports disadvantaged young people at risk to ensure they transition to happy, healthy, fulfilled adult lives.

There will be a mini car boot sale, stalls, a bouncy castle, BBQ, magic, games, craft stalls, a bar and more.

## Space Chase Fun Drop Ins

South Woodford Library & Gym, 116 High Rd, London E18 2QS

August 4, 11, 17, 24 and 31, 3pm – 4pm

Drop in for games, puzzles and colouring. This event is free of charge, just turn up.

Visit [www.redbridge.gov.uk](http://www.redbridge.gov.uk) for more information.

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