

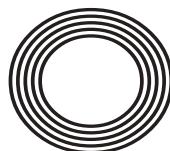
**HOW TO
SECURE
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HOWZAT
England win nail-biting
Cricket World Cup

POP THE PROSECCO
Recipes to help celebrate Prosecco Day

Dame **MAGGIE SMITH**

The actress still in the limelight at 84



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August 2019

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Editor's notes...



Brett Shohet, Editor

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

I hope you are all enjoying the summer months and the outdoors before it becomes a distant memory.

What a great time of year to visit our local high streets and see the buzz in the community with all the events taking place.

Maggie Smith is our cover story this month speaking about the new *Downton Abbey* Film which is due to be released later this year.

We also look at England's nail-biting win at the Cricket World Cup and 100 years of women in the police force.

In business, we show you how to secure investments for your new venture and we also share some recipes for the upcoming Prosecco Day.

In local news, over £15,000 was raised for charity at a summer Festival, children get creative by making radio adverts and a charity is set to open a new sensory hub.

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 August 2019 edition of **VISION** SouthWoodford.

Brett



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ICC CRICKET WORLD CUP 2019



"there's a

WICKET

at the cricket..."

HOW ENGLAND'S INCREDIBLE DEBUT WORLD CUP TRIUMPH WILL GALVANISE OUR YOUNG CRICKETERS OF THE FUTURE

To put England's brilliant cricketing success into perspective, consider this fact – the last time we won a World Cup on home soil in a major sport was way back in 1966 when the men's football side were triumphant.

During that tournament, BBC Sport commentator David Coleman was astounded by a little genius player from Portugal, Eusebio, saying: "Oh my word, have you ever seen anything quite like that?"

Well, the watching audience may have been muttering the very same words on that balmy mid-July Sunday afternoon at Lord's, after an unbelievable climax to a match which reinforced cricket's reputation as a sport that combines docile, statistical nerdery with power-packed nerve-jangling edge-of-seat drama.

And what made this showpiece event a true celebration for the nation was the decision to make the final free-to-air on Channel 4 after a deal was struck with host broadcaster Sky. That meant that all those fans – both young and old – who may normally only have been able to listen to coverage on the radio or catch highlights later on, were able to witness the action unfold, from start to finish.

It swelled the viewing figures to 7.9million in the UK, and while in the short-term the immediate effect will be a surge in interest in the upcoming Ashes series against Australia – which starts on August 1 – the longer-term impact is certainly the more profound, with the success of the Three Lions certain to inspire more youngsters to pick up bat and ball.

The unfolding of events and the lifting of the trophy in final-ball super-over drama will also quieten those whose impression of cricket is stuck somewhere in the W.G. Grace era. Cricket, these days, is a fiercely competitive, modern, fashionable sport. While that familiar clack of leather on willow is a traditional sound that we'll always come back to, there is a drive towards technology that football is only just catching up with.



HISTORY

100 years of WOMEN POLICE OFFICERS

This year marks a century since women police officers were allowed to join the Met, and it's safe to say the force hasn't looked back since.

While many assume it was the capital city that led the way in changing perceptions and levelling inequality as regards the gender of police officers, by the time the Metropolitan Police were assembling their Women Police Officers (WPOs) for duty, the Grantham constabulary had been sending a woman out on the beat for four years.

Edith Smith is officially titled the first female police constable in the UK, and was given her role in August 1915. She had been part of a group called the Women Police Volunteers (WPV), who took it upon themselves to protect the large number of prostitutes who had congregated in the Lincolnshire town, attracted there by the nearby army base.

Duties involved any cases where women, or children were involved, and news of the success of her work quickly spread to London,



where the Met were keen to replicate the positive results.

Smith had to combine police work with duties as a matron nurse in a care home and eventually left the WPV through exhaustion in 1919. Five years later, aged just 44, she was dead from a morphine overdose.

Regardless, her legacy lives on nationwide, and the Met's centenary celebrations have unearthed a number of gems from the archives; notably, a photo from February 1919 showing the first female police officers assembled on Clive Steps in Westminster.

The Met decided to replicate that original image, including recreating the outfits worn by those pioneering ladies. The project took six months to complete, with researchers and modern-day designers needing to use protective gloves when handling the fragile uniforms.

Today, there are almost 8,000 policewomen in the Met, and 40,000 nationally; many still encouraged and inspired by those women who broke the mould 100 years ago.



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We brush our hair to make it look appear glossier. We brush our teeth to make them look whiter. So why shouldn't we also brush our skin to make it look better? Well, apparently, we should be.

How to dry brush your skin

1. Invest in a firm and natural bristle brush
2. Make time for dry brushing in the morning before you shower
3. Start at one knee as this is where your lymph nodes are
4. Apply pressure to the area but not so much that it causes pain
5. Brush upwards towards your heart in small, circular motions
6. Be quick and fairly vigorous
7. Move onto your thigh, then your calf and finally your buttock area
8. Repeat on the other side
9. Shower to wash away any impurities
10. Finally, moisturise as you usual for soft skin

Why is it good for your skin?

Dry brushing helps to stimulate circulation as well as acting as an exfoliant by removing any dead skin cells. It can also help give your skin a natural glow and can even tone your legs and bum area. Plus, it is extremely effective at removing ingrown hairs.

How often do you need to do it?

For optimal results, spend five minutes dry brushing your skin at least two days a week. If you are wanting to try dry brushing in preparation for a holiday or special event, start at least 30 days prior to the occasion for the most noticeable difference.

And the most important question, can it get rid of cellulite?

Although the verdict is still out, many fans of dry brushing swear by its effectiveness in reducing cellulite. Most likely due to the fact that regular brushing can help boost circulation and lymphatic drainage.



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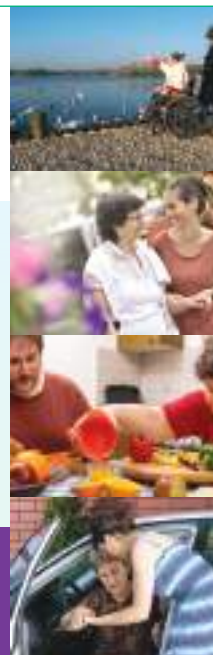
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HEALTH & FITNESS

Even with the best of intentions day-to-day life can get in the way of sticking to a fitness routine. The good news is that it is never too late to get back on the saddle, whatever your age. All you need is determination.

MAKE A COMMITMENT

Whether that be 10 minutes a day or an hour; make a commitment that suits your current lifestyle and stick to it. It can be less daunting to commit to a smaller daily workout than one long mammoth session weekly.

JOG YOUR MUSCLE MEMORY

Start back at the beginning. You may have previously been able to lift a very heavy weight or run a very long distance, but your body is no longer used to this level of activity or strenuousness. Set your ego aside and start small.

BE REALISTIC

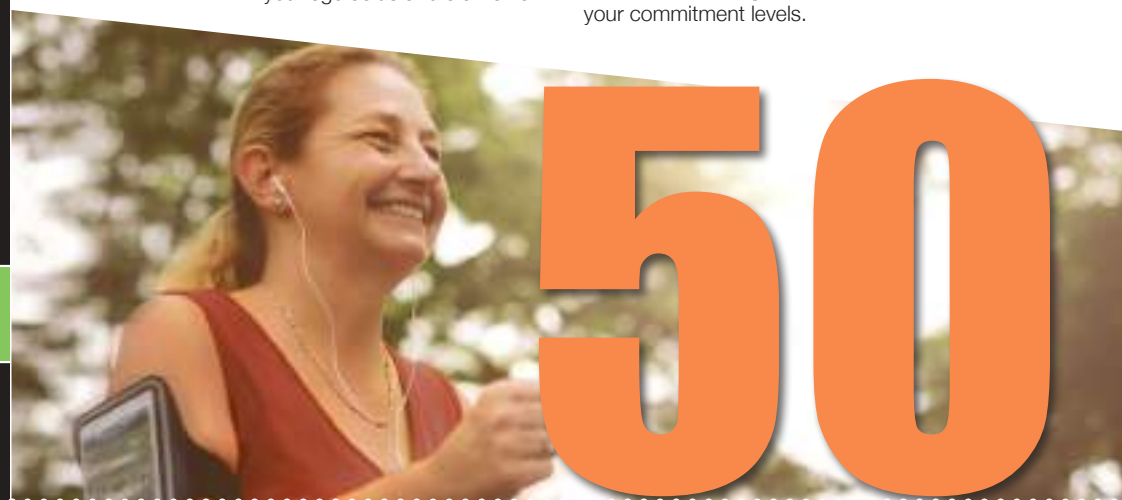
Once you hit 50, it can be a lot harder to stay fit and if you have not trained for more than three years then it is unlikely that you will be able to achieve the same level of fitness that you previously had due to muscle and mobility deterioration. That being said, that doesn't mean you can't get results.

CONSIDER AN EXERCISE BUDDY

If you struggle with motivation, working out with a friend or trainer can work wonders for keeping you on track. Try and find someone who shares the same fitness goals as yourself.

SET UP A ONE MONTH CHALLENGE

There is nothing like a challenge to kick start a new fitness routine and setting a monthly target can seem more manageable if you are worried about your commitment levels.





Live long & prosper

Did you know that the average life expectancy in Japan is 84.2 years old? The highest of any country. In the UK the average for men is 79.2 and for women 82.9.

So, what can we learn from this long-living nation?

1. THE PERFECT PORTION

You will never see a Japanese person pile their plate high with food. A Japanese meal is as much about the socialising and sharing of one's day as it is about the actual eating. They eat slowly and use smaller plates so that their brain has time to recognise that they are full.

2. FANCY A CUPPA?

Japanese really love drinking tea, and Matcha tea in particular which is full of antioxidants and other nutritional valuable properties. And unlike us, they don't add milk, two sugars and half a packet of digestive biscuits.

3. NO SKIPPING BREAKFAST

We've heard this one before, but breakfast really is the most important meal of the day, at least to the Japanese it is. But no sugar laden cereal for them. Instead, they are more likely to tuck into Okayu (rice porridge), Gohan (steamed rice) and broiled fish.

4. CRASH DIETS ARE OFF THE MENU

This nation is definitely not a fan of dieting, not that they need to if their waist lines are anything to go by. Their typical diet includes plenty of rice, fish and pickled vegetables combined with plenty of exercise.

5. CLEANLINESS IS NEXT TO GODLINESS

If you think you are hygienic because you carry a hand sanitiser with you, then you are in for a shock if you visit Japan. Japanese people are obsessed with cleanliness and they are extremely disciplined with keeping themselves clean and healthy.




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Sleep Tight:

Weird and wonderful hotels to visit

Many of us crave the thrill of going away on holiday simply to sample the style, character and culture of a new city, town or wilderness. Yet more and more these days, hotels are becoming just as much of a draw as the places they serve.

Here are four weird and wonderful hotels ready to invite you in:

The Big Idaho Potato Hotel

You may suppose starchy bedsheets are a guarantee with this curious hotel based in Idaho. You'll be chipping in for a decent night's sleep inside this terrifically tuberous crop (in everything but its colossal size).

This voluptuous vegetable once travelled the states promoting the Idaho Potato Commission, but now has taken root back in its homeland.



Hotel de Glace

While ice hotels are nothing new, the Hotel de Glace in Quebec has shimmering, frosty elegance in abundance. In fact, the only things not made of ice or snow are your duvet and pillows. Hairdryers are strictly banned.



Jumbo Stay Hostel

If jetting away takes your fancy then head to Stockholm where you can spend the night... in a jet. This converted Boeing 747 has two suites, each offering natural night-time views over the city's Arlanda airport... just don't get too close to the controls or your experience may take off in a way you hadn't planned.



Crane Hotel

Popping out for a loaf of bread isn't an option at the Crane Hotel in Amsterdam, for the principal reason that you're 50ft up in the air. This converted piece of industrial elegance contains three suites, includes an outdoor jacuzzi and even has a bungee jump. And unlike the view from your window, the prices aren't sky high.



Photo credit: Otto Kittinger/AP Images for Idaho Potato Commission, @LucRousseau



TRAVEL



REFILL STATIONS

Food refill stations are being introduced in supermarkets in an attempt to reconfigure our approach to shopping.

In recent years, use of sustainable packaging has been cited as a huge step forward in our attempts to better protect the environment. As a nation, we are switched on to the wastage contained in the use of bottles, boxes, wrapping and, of course, plastic bags. But while we've made tremendous strides in reducing everyday excesses, recent moves to eradicate one-time use packaging altogether has been met with genuine excitement.

What food refill stations offer is the dispensing of certain types of products to any sorts of reusable containers, which you can bring from home.

Termed 'zero waste stores', the perception is now moving away from these places just being the domain of lentil-loving hippies. Instead, they are thriving dispensaries for a huge variety of foods, from lentils to dried fruit, pasta to homewares, tea and coffee.

While the presentation of these stores is usually rustic, raw and brilliant on the eye, there is a

cost benefit too – namely that without excess packaging, the cost price of goods is kept to its bare minimum, and they are savings that can be passed on to the consumer.

What's more, where previously the refill station concept was that of the independent, organic, back-to-basics store, major supermarket brands are now taking notice.

In a sense, the move towards refill stations is merely an example of consumers driving change by their actions. In our homes, we are dedicated, resourceful and smart when it comes to recycling, but food and goods producers have been slow to respond despite there being a clear desire for simpler, stripped back, more efficient packaging.

Refill stations are very much the 'ground zero' of buying goods, and there is of course an echo here back to the way we'd fill our cupboards and larders some 100 years ago; but in the current climate, perhaps the saying 'backwards to move forwards' is a perfect mantra to have.



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Pop the PROSECCO

Prosecco lovers rejoice for National Prosecco Day takes place this month on August 13. Yes, it falls on a Tuesday which isn't ideal, but that doesn't mean you can't celebrate this fabulous fizz with a few sensational seasonal cocktails.

PEARSECCO

YOU WILL NEED: 1 tbsp caster sugar 🍷 Pear juice
½ tsp ground cinnamon 🍷 1tsp ginger syrup 🍷 Prosecco

HOW TO MAKE:

- 🍷 Mix the sugar and cinnamon in a small dish
- 🍷 Take a prosecco flute, dip the rim in water then dip in the sugar mixture
- 🍷 Pour the ginger syrup into the bottom of the glass
- 🍷 Top with equal amounts of pear juice and prosecco

SOUR FLOWER POWER PUNCH

YOU WILL NEED: 100ml pink grapefruit juice 🍷 100ml prosecco
50ml elderflower cordial 🍷 25ml pink gin (regular gin is fine too)

HOW TO MAKE:

- 🍷 Mix together the pink grapefruit juice, gin and cordial in a glass
- 🍷 Add a few cubes of ice (you can make elderflower ice cubes)
- 🍷 Top with prosecco

STRAWBERRY SLUSH

YOU WILL NEED: 1½ cups frozen strawberries 🍷 300ml prosecco
1 tbsp honey

HOW TO MAKE:

- 🍷 Simply place all the ingredients in a blender and blitz until smooth
- 🍷 Serve in a frosted cocktail glass and garnish with a fresh strawberry

BERRY PROSECCO ICE LOLLY

YOU WILL NEED: One bottle of prosecco 🍷 Fresh strawberries and raspberries
½ lemon 🍷 1 tbsp caster sugar 🍷 Lolly moulds

HOW TO MAKE:

- 🍷 Open the prosecco and leave to stand for 1-2 hours
- 🍷 Chop the berries into small pieces
- 🍷 Mix the prosecco, sugar and juice of the lemon in a jug
- 🍷 Pour the liquid into the moulds until around two thirds full
- 🍷 Add a few pieces of fruit to each mould
- 🍷 Add the lolly handles and leave to freeze for 24 hours



? ABC

Breeze BACK TO SCHOOL

2 + 2 = 4



You have just started to settle in to the summer holidays, enjoying the flexibility that they bring and then all of a sudden, it's nearly September.

Panic sets in. As does the dread of getting the kids back into a set routine.

START A CONVERSATION

The best way to ease your child back into a school routine is to start off by talking to them about it. This is especially important if your child is starting a new school or a new year that will require them to do something new or unknown, whether that be joining a breakfast club or having someone else pick them up.

GRADUALLY START REELING IN BEDTIME

More than likely you have relaxed with your attitude to bedtime, and you may find your child is going to bed several hours later than normal. At least a week

prior to them going back to school, more if their bedtime has become really late, start sending them to bed 10-15 minutes earlier each night so that they can gradually adjust.

GET BACK INTO SET MEALTIMES

We all know that in the holidays our children seem to be hungry every five minutes, and this can result in a grazing style of eating with little or no set mealtimes. Start getting them used to structured mealtimes again as the holidays draw to an end.

ENCOURAGE INDEPENDENCE

The end of the summer is the ideal time to start a set of new routines with your child; whether that be allowing them to make their own packed lunch, clearing away after breakfast or laying their school clothes out for the next day. Not only will this encourage independence, but also make the morning routine easier for you as a parent.

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HOME & DIY



The complex, sometimes convoluted language used by interior designers can often result in a reader running for the hills... which rather defeats the object.

So while design house Oliver Burns aren't bereft of overdone adjectives when it comes to offering their clients a taste of ambition and opulence, they are at least fixed in the MO of their craft – namely when you employ these most talked about interior experts, you will get an end product that echoes art, luxury, originality and detail.

The team work with a cross-section of international clients, which itself poses its own problems... after all, the tastes of an LA rap star are quite different from that of a Middle Eastern Sheikh. But in combined ethical design, expert sourcing of materials, and working within a property's shape and image in complementing interior to exterior, the agency have become renowned as one of the very best in their field.

The good news for those of us who are more television set than jet set is that the classic Oliver Burns look is more than achievable, and on a rather more modest budget. Here are five Oliver Burns ideas you might want to consider...



- 1 Mix contemporary finishes with splashes of colour – Walnut wood plus accents of yellow and turquoise offer incredible transition
- 2 Lighting should come from all around – Spread direction of light and use dimmers to create a mellow glow to your room, hiding away extreme brightness or desperate darkness
- 3 Combine textures and be brave – A polished desk will work brilliantly next to a fluffy sofa
- 4 Double stack – A small painting on a unit in front of a large wall print can create a brilliant contrast of emotions and visuals
- 5 Go against convention – A regal table in a modern kitchen can create an effect that is resplendent and rebellious





We've all cleared out coat hangers from the backs of our wardrobe - some, virtual antiques given the length of time they've been there. But before you throw them away, consider what other uses they may have...

ANTI-STATIC STUNNER

Too much static in that jumper? Just slide it through the body of a wire coat hanger. The metal discharges the electricity in the garment and the static is no longer.

SUPERB SHOES

Hang not just clothes, but shoes. For this, you will require pliers to snip the bottom, horizontal part of the wire. Then, create a loop in each of the two remaining ends and bend them upwards. Each shoe can then rest on the peaks with the hanger being placed on a rail.

BIG BUBBLES, NO TROUBLE

Make a homemade bubble wand. Using a set of needle nose pliers, you need to straighten out and untwist your wire hanger, then work it into a

desired shape. Something circular usually offers the best effect, and consider too it needs to be able to fit into a bucket or flat tray which will hold the bubble mixture.

Then, cut a 20-inch piece of twine and wrap that around the edge of the loop to assist absorption. Complete with a handle and you have your bubble wand.

MAGNIFICENT MAGAZINES

A coat hanger can also work as a magazine rack on the wall, with just a few bends and a nail. Twist the bottom half of the hanger upwards and straighten the top to match it, creating a rectangle shape. Then, hang the hook part on the wall and place magazines and newspapers in the middle.

JEWEL OF THE NAIL

Finally, wooden coat hangers are great for presenting your jewellery. You can use the horizontal wooden rod to wrap over items such as necklaces and bracelets. Then, just pop a nail in the wall to display your treasured accessories for all to see.



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COLOUR *me content*

Colours have a clever way of making you feel different emotions. That is why it is so important that you pick the right shades when decorating your home.

The Kitchen

Depending on what you want for this communal space, you can either go with warm or cool tones. Reds and oranges are ideal for those

who want this room to be a hub of conversation and laughter whereas blues and whites are more suited to those wanting a clean and calm space.

The Living Room

Clearly this is a room that you want to feel warm and inviting so earth tones are ideal. Think brown, beige or orange shades that will make people feel welcome and relaxed.

The Bathroom

The most obvious requirement for a bathroom is that it looks clean and fresh so cool colours are recommended. Try painting the walls white but to avoid the space feeling sterile, inject some colour by using a turquoise shade for your accessories.

The Bedroom

This is the one room where you want to be able to feel the most relaxed but in a different way to the living room as you also want to be able to feel rejuvenated in the morning when you wake up. Go for calming lavender or pale blues.

The Dining Room

A space where you want to entertain perhaps? Or simply share your day with your loved ones. Warm tones are essential for this space as colours like red actively stimulate conversation and make people feel relaxed and ready to eat.

The Study/Home Office

Working from home can be extremely challenging as the urge to simply kick back can become overwhelming. Psychologically, green is the go-to colour for those wanting a space to concentrate in as it is known to boost productivity and creativity.



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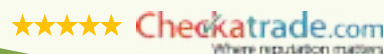
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7 weird ways to get a LUSCIOUS LAWN

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1 GARLIC CLOVES

Not just for warding off vampires, tossing a few garlic cloves across your lawn will also scare off pesky parasites who will try to destroy the roots.

2 APPLE CIDER VINEGAR

If weeds are driving you to despair, try dousing them in apple cider vinegar. Vinegar contains acetic acid which can help prevent weeds from growing but without the chemicals that can harm the quality of your soil.

3 ASPIRIN

Use this method sporadically, but by dissolving two aspirin into a watering can of water and sprinkling over your grass, you can help your lawn fight off bacteria and also insect infestations.

4 RUSTY NAILS

Just like us, grass needs iron in order to thrive, and a few

old rusty nails are the perfect solution for any deficiency your lawn may have. Just add a few nails to a full watering can and sprinkle liberally.

5 COPPER COINS

Grass is prone to infections which can affect its health and overall appearance. A simple trick to boost your lawn's immunity is to bury a few copper coins in the ground.

6 GRASS

Next time you mow your lawn, make sure that you leave the clippings on the surface rather than throwing them away as they will act as a natural fertiliser.

7 URINE

Unfortunately for animal owners, this has to be human urine and it has to be diluted as to not kill the grass, but it is a very effective and completely free remedy. Simply mix one part urine with ten parts water and apply directly across your whole lawn.



MAGNIFICENT *Maggie*



Same Maggie Smith's place as a British drama institution is unquestionable, and her return as Violet Crawley in this year's *Downton Abbey* movie, at the ripe old age of 84, will give her box office acclaim she has perhaps never before experienced.

And yet away from the red carpets, the flashbulbs and the seemingly endless press junkets, this is someone ill at ease with the demands of fame, as **VISION** discovers.

"I really don't like to watch myself," she begins, with typical bruising honesty.

"You are helpless to do anything to stop it once it's out there, and that has always terrified me.

"In the theatre things are a little different because you can say to yourself 'I'll have another go at that tomorrow night... I'll change that, alter that...', but with cinema it is there forever.

"Sometimes you are forced to see yourself at a premiere, and you think, 'Why on earth did I do it like that?'. You would suppose that after all this time I might have got used to it, but I haven't".

Twice-married Smith's working life has a longevity that's difficult to fathom. First stepping into the spotlight in 1952 under the auspices of the Oxford University Dramatic Society, she appeared as Viola in *Twelfth Night* at the Oxford Playhouse.

Switching between theatre and film – from a first Oscar nomination in 1965 opposite Laurence Olivier in *Othello*, to an Academy Award for Best Actress for the title role in 1969 film *The Prime of Miss Jean Brodie* – her work has only ever disappointed one person... herself.

"People have said I am too hard on myself, but it just goes with the territory.

"The truth is I'm critical of everything because I care and worry too much. I'd love to be more relaxed, but after all this time I don't think I'm going to change now."

From intense drama to rich comedy, Smith has circumnavigated a cross section of work that diversifies from *Hook* and *Sister Act* in the 1990s through to the *Harry Potter* movies over the past two decades. And while many saw her place in *Downton Abbey* as being perhaps a gentle sojourn into retirement every bit as decorated as the lady herself, the popularity of Highclere Castle and all those who reside in and around it has seen her star glide higher than ever before.

"It's ridiculous - I was able to live a somewhat normal life until I started doing *Downton Abbey*," she laughs.

"I know that sounds funny, but I am serious. Before that I could go to all the places I wanted and see all of the things that I like, but now I can't, which I find incredibly awful... flattering, but awful."

Smith admits she has never watched a single episode of *Downton Abbey* – "and I don't plan on starting now" – but is thrilled something as traditional as a period drama has engaged a watching audience that might otherwise be distracted by CGI, green screens and special effects so readily used by today's studios.

"It's very easy to get carried away by the technology that's available these days, but when people can invest in the honesty and simplicity of great scriptwriting, it restores your faith in what it is we do."

goat for it

The advantages of keeping a pet goat

A bit of land, a passion for animals and the world's cheapest lawnmower, but surely there must be more to it than just that when it comes to keeping a goat?

A key factor in nurturing these inquisitive, largely friendly animals is to consider the fact it needs to exist in what resembles its natural habitat. That means room to roam – around 200sqft per goat – plentiful natural food supplies and fresh air. If you can provide that, you're halfway there.

Consider too whether the goat you're thinking of bringing into the family likes to be in a herd, or does it seem contented being independent? The chances are it will require company, so perhaps your solitary pet has already turned into a pair.

It (or they) will require adequate shelter from the elements, as well as a constant supply of clean water. When it comes to food, you might want

to add to what's on offer in fields by supplying a mix of grains. While these aren't essential for the survival of your pet, they will add vitamins, minerals and protein into your four-legged friend's diet.

Veterinary bills are rarely cheap and you'll also need to consider hoof trimming, deworming and a few other animal care elements to preserve a happy homestead.

But in return, your animal's manure can act as a brilliant fertiliser, and if you're not afraid to extend your reach, mating will not only add new faces, but can provide you with a supply of milk up to a year after giving birth.

More than that though, goats are characterful, affectionate, unusual and a lot of fun. They require attention, patience and love, but will give back as much as you give them.



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LOCAL NEWS

from your neighbourhood



Calls for station improvements despite recent upgrades

Calls have been made for South Woodford Station to be more accessible despite it only being upgraded earlier this year.

The busy station serves the Central line, one of London's busiest tube lines, which sees almost 5.3 million customer journeys each year.

In March Transport for London (TfL) claimed that South Woodford became fully step-free as a ramp was installed on the westbound entrance, meaning the station had become step-free for customers travelling into central London as well as eastbound.

However, the station has now been criticised for the distance between the train and the platform.

Redbridge councillor Rosa Gomez, who has a visual impairment, says more needs to be done after she fell through the gap for the third time.

Speaking at a transport external scrutiny committee meeting on July 4, she said the station should be made more accessible - even following the improvements earlier this year.

She said: "I have fallen into the gap three times and there is often not people there to assist and I need help desperately."

Cllr Gomez's concern was echoed by commuter Lucy Cairns, who said: "The stepping distance is fine for me but I think it would be too much for those who have mobility issues."

"It's positive that both entrances are now step free but more should be done, if it can, to reduce the distance from the train and the platform."

Speaking after the improvements at the station, Caroline Sheridan, director of renewals and enhancements at TfL, said: "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 in increasing the number of step-free Tube stations means that more than a third of the Underground network will be step-free by 2020."

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Development plans cause concern for care facility



Photo credit: Google Maps

A respite care facility in South Woodford says it must provide a "safe environment" amid concerns what impact a proposed new development will have.

More than 30 families use Green Lodge in Woodford Green for their disabled relatives to receive care but they fear that may change if a new development gets the go-ahead.

A planning application has been submitted by London and City Properties which would mean a new building for nine flats would be built right next door to Green Lodge.

The proposed development comprises of five two-bedroom flats and four one-bedroom flats with car and cycle spaces also included.

In a letter of objection to Redbridge council, Green Lodge said: "The proposal significantly affects access to the rear of Green Lodge. It also obstructs access for service users transferring to and from our adapted vehicles.

"We are providing a service for people who in some cases have profound and multiple learning and physical disabilities and the provision of a safe environment is paramount.

"This includes safe fire evacuation procedures and safe transfers to and from our vehicles."

The council insists there is no threat to the centre or the future of its care provision.

Redbridge Council said: "There is no threat to the service at Green Lodge. It continues to provide much-needed care to Redbridge residents, and there are no plans to change this.

"The proposal for the neighbouring, vacant property will be carefully considered and we would strongly advise those consulted to raise their concerns through the rigorous planning process."

MP backs Johnson after campaign victory

Iain Duncan Smith MP, Chingford and Woodford Green, sent his congratulations to Boris Johnson MP last month after he saw off competition from Jeremy Hunt MP to be named Conservative leader and Prime Minister.

Mr Duncan Smith MP, Mr Johnson MP's campaign manager, said he was pleased the result was so emphatic.

He commented: "With support from over 50 per cent of the MPs and 66 per cent of the membership, Boris Johnson can now focus on delivering Brexit by October 31, uniting the UK to focus on domestic issues and eventually defeat the Marxist beliefs of Jeremy Corbyn.

"Leaving the EU by October 31 will help restore trust in the Conservatives and allow us to embark on a bold domestic agenda.

"Boris Johnson has given a clear commitment to delivering Brexit by October 31 on top of outlining inspiring visions for reforming tax and improving education."

Mr Duncan Smith MP also paid tribute to Mr Johnson MP's record while he was Mayor of London.

He commented: "As Mayor of London, Boris shook up a statist City Hall whilst cutting overall crime by 20 per cent, creating over half a million new jobs, and delivering over 100,000 affordable homes. This is a Conservative record of which we should all be proud."



Photo credit: Twocoms/Shutterstock.com





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LOCAL NEWS



Primary school awarded for 'inspirational' nurturing work

A primary school in South Woodford won a National Nurturing Schools Award recently.

The award, organised by the charity Nurture UK, was handed to Oakdale Primary School at a presentation attended by Wes Streeting MP for Ilford North.

The award recognised the school's nurturing culture and follows a specific two year programme.

Headteacher Carley Smith said: "The school has continued to provide our children with a rich curriculum that enables increasingly high standards to be achieved and for many talents to be developed.

"We are thrilled to have moved forward with the federation between our schools and over the year we

have worked together in many ways, benefitting our community."

Wes Streeting MP said: "Oakdale Junior School is a wonderful and caring school, so it came as no surprise to me that they have been given this prestigious award.

"I really enjoyed my tour of the school with some of the children who have been nurtured by the school to become the confident and articulate young people I met.

"If children receive personalised support early enough it can change their entire lives.

"That's why the work of Nurture UK with schools is so important."

TfL confirm toilets at station will remain closed

The toilets at South Woodford station are beyond repair as TfL claim the Central line would have to be dug up in order to fix the drainage issue.

A TfL spokesperson said: "Unfortunately, repairing the toilets at South Woodford is impossible without digging underneath the Central line tracks.

"Due to the cost of this work, we have no plans to make these repairs. We apologise to customers at South Woodford for this inconvenience."

South Woodford resident, Steve Fothergill, said: "That's ridiculous. I back onto the Central Line, so if my

plumbing goes, I need to dig up the tube line?"

Another resident, Dan Coleman, said: "Having had a chat with staff, they're not wrong. The design of the station is such that the only sewerage line from the westbound toilets runs underneath the track bed. So, to investigate the leak, they'd need to dig the track up.

"As for alternatives, the toilets are quite some distance from the street, so running a new line through the station is restricted by space. Unfortunately, there is no access space behind the station buildings as they back on to neighbouring properties directly."



Photo credit: Amanda Hall



Summer festival raises more than £15k for hospice

A summer festival to rival Glastonbury was held in Woodford recently, raising around £15,000 for Haven House Children's Hospice.

More than 700 people basked in the sunshine as they enjoyed live music, games, a barbeque and refreshments at the Woodford Green hospice.

There was also face painting, glitter tattoos, crafts, an inflatable slide, paddling pools and an enchanted woodland trail.

A star attraction at this year's event was a mini-zoo show, where families were able to come up close to a range of animals including an owl, armadillo, tarantula, skunk, bearded dragon and giant snail.

Event fundraising manager Katie Jones said: "It was great to see so many people coming together to raise an excellent amount for the hospice."

"We really couldn't put on the festival without our amazing army of volunteers and we are so grateful for their support."

"We simply wouldn't be able to provide our specialist care at the hospice and in children's own homes if it wasn't for the wonderful support of our local community, so we'd like to say a very big thank you to everyone who turned out to create such a magical atmosphere and for making the festival a great success."

Essex-based experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking

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Woodford and District National Trust



We have released our summer and meetings information.

These events will take place at All Saints Church Hall in Woodford Green or Memorial Hall, St Mary's Church, South Woodford.

On September 11, at 2.30pm in All Saints Church Hall, we will have Waddesdon Manor by Godfrey Thorpe.

Godfrey is a very experienced guide at Waddesdon Manor and so is the ideal person to talk about this magnificent building, built in 1874 by Baron Ferdinand

de Rothschild in the style of a French chateau and its elegant interiors and paintings plus of course the Rothschild family.

More information about future events will be released in our next column.

Of late, we were given over £100,000 to support National Trust properties of our choice.

The National Trust Woodford and District Centre gave £4,000 to; Dunwich Heath, Hatfield Forest, Wicken Fen, Brancaster Activity Centre, Sheringham Park and Lavenham Guildhall.

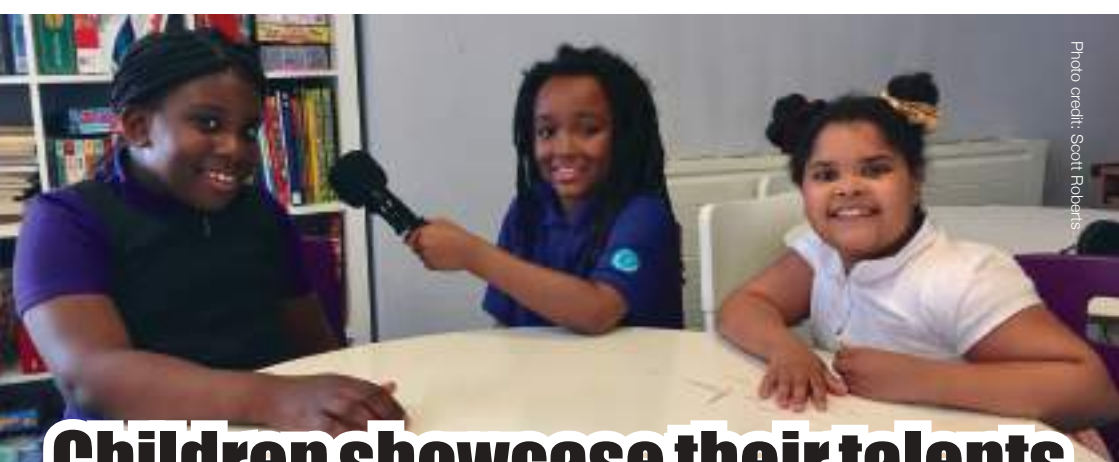


Photo credit: Scott Roberts

Children showcase their talents

Barnardo's is seeking to raise awareness of its services for children and young people in the borough by showcasing their talents in a set of adverts for its charity shops.

The adverts, which launched last month, are being aired at charity shops in South Woodford and Barking and Dagenham as part of a pilot project.

At the start of each month a new advert will feature children and young people from a different Barnardo's service in Redbridge.

The adverts are part of the Barnardo's London Futures strategy which aims to create better outcomes for more children, young people and families living in the capital.

Lynn Gradwell, director for Barnardo's in London, said: "We are delighted to be showing the creative talents of our children and young people with a new set of exciting in-store radio adverts for our charity shops in Barking and Dagenham and South Woodford."

"At Barnardo's we run a variety of services in Redbridge, these include services to enhance the quality of life for children and young people with disabilities and their families, support for young carers with caring responsibilities for parents and siblings and young people who are in the process of transitioning from local authority care to independence."

To listen to the adverts, visit soundcloud.com/barnardoslondonpodcasts

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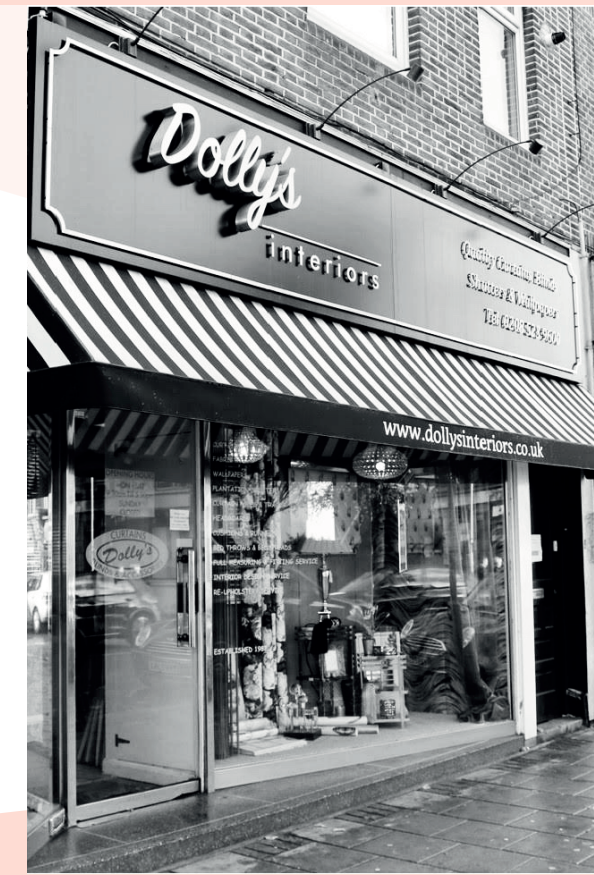
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Lottery grant set to transform museum



Photo credit: Google Maps

Redbridge Museum is set for a major transformation thanks to a grant worth £99,990 from The National Lottery Heritage Fund.

The award will enable the museum, based in Redbridge Central Library, to revamp its permanent exhibition dedicated to celebrating local history.

From Ice Age Ilford to suburban Wanstead and Woodford, the new showpiece displays will reveal 200,000 years of Redbridge history.

Under the proposed new offering, visitors will be able to access a greater range of historic objects as well as even more family-friendly interactive displays.

Public consultation will begin this summer with design work during 2020. The current museum is scheduled to close in autumn 2020 and reopen in spring 2021.

Warning to high-risk road users

Drink and drug drivers in South Woodford and across London have been warned police will be adopting a zero-tolerance attitude after they launched a new operation last month.

Operation Road Challenge began on July 22 and will target high-risk individuals using London's roads with the intention of reducing serious and fatal collisions and preventing high-harm offences.

It's also hoped the operation will drive down the numbers of people involved in gang violence and county lines as police will also be on the lookout for people in possession of offensive weapons or wanted for seriously violent offences.

Detective superintendent Andy Cox, lead officer for Vision Zero, said: "The operational plan will provide a coordinated, efficient and effective response to deny high-risk, violent and dangerous individuals the use of London's roads.

"Specifically targeting subjects in those areas of London suffering from high volumes of fatal and serious collisions, as well as violent crime, this will contribute towards the strategic aim of the Mayors Vision Zero action plan to reducing serious and fatal collisions in London to zero by 2041 as well as supporting the MPS' strategic aim of reducing violent crime across the capital."

Anyone who may have information about crime or those who carry a weapon should contact police on 101.

Disabled charity opens outdoor sensory hub

A Woodford Green charity has opened a new Outdoor Sensory Hub for its users with learning disabilities.

ELHAP is a support service for disabled children, young people and adults from across East London.

The Sensory Hub was opened by the Abridge Golf Club Ladies Committee, led by Karen Rosenbloom, who funded it with a donation of £20,000.

The Outdoor Sensory Hub is based in ELHAP's woodland area and is built like a traditional "roundhouse" using entirely natural materials and with a self-supporting roof. A terraced sensory garden has also been planted in front of the hub.

Head of development for ELHAP, Rachel Joseph, said: "Our Outdoor Sensory Hub will be a base from which the children, young people and adults with learning disabilities who use ELHAP's services can explore the sensory delights of the woods.

"They can spend time in the Hub enjoying the peace and gentle sounds of the woods, take part in a sensory walk, explore our new sensory garden, or enjoy the smells, sensations and flavours of cooking over an open fire in our new firepit.

"We are incredibly grateful to Abridge Golf Club Ladies Committee for their amazing support."



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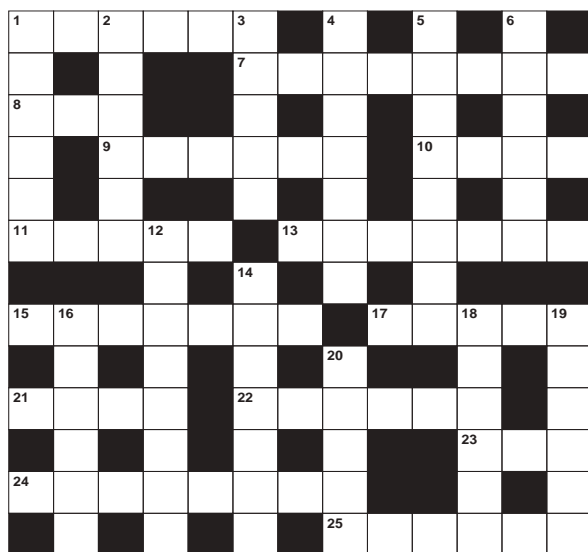
Answers can be found on the Contents Page 4

ACROSS

1. Mete out (6)
7. Come before in time (8)
8. ___ Thurman: actress (3)
9. Remould; allocate parts to different actors (6)
10. Flightless birds (4)
11. Harsh and serious in manner (5)
13. Angled; biased (7)
15. Terrible (7)
17. Allow in (5)
21. Link a town with another (4)
22. Country in N Europe (6)
23. ___ Thumb: folklore hero (3)
24. Highly seasoned smoked beef (8)
25. Browns bread (6)

DOWN

1. Mature people (6)
2. Deprive of food (6)
3. Pertaining to warships (5)
4. Majestic (7)
5. Showed a TV show (8)
6. Advance evidence for (6)



12. Evoke memories (8)
14. Motor-driven revolving cylinder (7)
16. Archer (6)
18. Eg. March and May (6)
19. Outdoes (6)
20. A sum owed (5)

DID YOU KNOW?

► There are more stars in the universe than there are grains of sand on all the beaches on Earth

► You would not be able to walk on Jupiter, Saturn, Uranus or Neptune as they are 'gas giants'

► Comets are bits of solar system material that date back to the formation of the Sun and the planets

► Over one million Earths could fit inside the Sun if they were squashed in, or around 960,000 if it kept its shape

► It took New Horizons, the fastest spacecraft to leave Earth, nine and a half years to reach Pluto

SUDOKU

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

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CLEAN-UP CREW



*The gadgets that clean
so you don't have to*

We all remember Alesha Dixon and her constant claims that "the boy does nothing". He didn't wash up, he didn't clean up; he couldn't even be bothered to brush up. Well, Alesha, the good news is that now you don't have to either, providing your song royalties will stretch as far as picking up some of these incredible gadgets.

IROBOT BRAAVA JET 240 ROBOT MOP

If you have wooden floors then the constant challenge of picking up dust is akin to painting the Forth Bridge, yet with iRobot's natty motorised mop, this little bod will zip about the place, spraying and sparkling the floor as it goes.

LITTER ROBOT III OPEN AIR AUTOMATIC SELF CLEANING LITTER BOX

In the grand scheme of things, remembering to empty out your cat's litter tray shouldn't be one of the week's most arduous tasks, but the reality is we all lead busy lives, and if there's a robot that can separate out the, erm, 'clumps', neatly storing away your feline's little presents in a carbon-filtered drawer, then you should probably let the computerised colossus have its day in the sun, or bin.

GERMGUARDIAN 3-IN-1 AIR PURIFIER

This one won't win any prizes for innovation, but in capturing 99.97 per cent of dust and allergens, as well as beaming out UV-C light to kill airborne germs, this is a cleaning genius that keeps you in tip-top condition.

ALFAWISE MAGNETIC WINDOW CLEANING ROBOT

It's convenient, it's frustrating (think 'smears') and at times it can be downright dangerous, so let this little window cleaning wizard do the hazardous stuff as, via remote control, you instruct it to get into those parts you just can't reach... or can't be bothered to reach. Same difference.

SONICSCRUBBER

It's a toothbrush for tiles, cooker-tops and hard-to-reach areas where elbow grease just doesn't make the grade. With five different brush heads, there's a scrubber for every surface.



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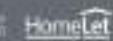
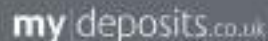
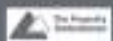
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BUSINESS & FINANCE

Your DRAGONS' DEN moment...

HOW TO GET SOMEONE TO INVEST IN YOUR BIG IDEA

ORIGINALITY

While having a new idea isn't essential – you may just want to improve on an existing product or service in the market – having an edge, or a USP (unique selling point) will certainly lead your investor to believing there is a gap to be exploited.

ENERGY

Investors love to see energy, enthusiasm and a willingness to go the extra mile. Many are investing in the person rather than specifically the idea. Subsequently, that's where organisation and ambition will succeed, while bolshiness, arrogance or ignorance will quickly see you turned away.

TRACK RECORD

While showing a track record isn't always possible – for instance, if your business is a start-up – most investors will want to see evidence that the idea works. It may be that you have to go it alone, prove your market exists, then go back in looking to scale up. If that's the case, having had an initial

conversation should guarantee you getting back through the door further along the line.

KNOW YOUR NUMBERS

It's been the downfall of so many budding young entrepreneurs – see any episode of *Dragons' Den* as evidence – but if you don't know the nuts and bolts of your own business, how can an investor be expected to put their cash forward? In addition, know the size of your market, the strength of your competitors and how conditions will evolve over the years to come. You should be able to reel these statistics and projections off in your sleep – if you can't, don't even step foot inside an investor's office.

DON'T GIVE UP

Sometimes an investor won't reach for their wallet simply because their portfolio is too big or the proposal isn't in their sphere of interest. That doesn't mean your idea is a bad one, it's just pitched to the wrong person.



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SUPER SIX

AT SILVERSTONE FOR LEWIS

Double boost for British F1 fans as hero Hamilton toasts Silverstone's secured future

Lewis Hamilton's sixth British Grand Prix win was great news for home racing fans, as smart in-race management – in taking advantage of a safety car intervention – enabled him to cruise to victory on July 14, by a winning margin of almost half a minute.

Hamilton's seemingly irrepressible cruise towards another driver's championship perhaps wasn't the biggest 'win' of the Silverstone weekend, however. Instead, champagne corks were being popped following the finalisation of talks between Silverstone and F1 supremoes in the week leading up to the race – the outcome of which is a new deal for the Northamptonshire circuit, protecting until 2024 its status as one of the sport's jewels in the crown.

The news brought to an end the worries that the racetrack – which first hosted the British Grand Prix in 1950 and has been present on the F1 calendar

since – would lose its title due to rising costs.

Negotiations had gone on almost two years as Silverstone cited the running costs as unsustainable. To demonstrate this fact, 2018's crowd of 140,500 spectators on race day was a record for the track, but organisers only just broke even.

Before the new deal, fees for hosting the race were steadily rising and would have reached £25m by 2026. That forced the British Racing Driver's Club – the company which own Silverstone – to threaten to pull the plug on what is an iconic sporting event; but common sense has prevailed and the 3.7mile circuit's legacy has been preserved.

Hamilton himself had earlier vowed to fight for the future of the event and it seems that his influence was valuable. He promptly celebrated by becoming the only driver to taste victory in the race six times.



SPORT

Photo credit: Phil Duncan/ProSports/Shutterstock

Net GAIN

ENGLAND'S WORLD CUP HEROES ARE READY FOR THE NEXT LEVEL

Has the game of netball ever enjoyed a greater stage? Brilliant television coverage, fantastic role models, a successful home side, and a 44 per cent increase in participation over the last year.

While it's easy to define success purely on trophies, what surely counts more is that a sport most people forgot about no sooner had they left school is now fully reborn and ready for the next chapter.

For the uninitiated, the Netball World Cup was a flurry of nimble, energetic, highly-skilled sportswomen at their peak. Not only was the movement, precision and craft little short of artistic, but we were witnessing a sport our heroes can claim almost purely as their own.

Netball is as predominantly female as maxi dresses, childbirth and Take That reunion gigs,

and while the recent women's football World Cup came with almost constant comparisons to the men's game, what we witnessed in Liverpool across July was a celebration of a sport that women alone have conquered. And our English girls almost conquered the world.

While semi-final defeat to New Zealand saw Tracey Neville's players fall agonisingly short when it appeared they might just go all the way, at least their third-place play-off win against South Africa presented them with bronze medals – just as they achieved in Australia four years ago – and hope for the future.

That they have now cemented their place in the world's top order gives the Roses something to build on, even if the next major tournament is three years away, as the Commonwealth Games come to Birmingham in 2022.

That's three years for a new coach to get her feet under the table, three years of further increases in participation, and three years to work out how to defeat those dominant Southern Hemisphere sides.

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MAXIMUM CHARGE

FOR MINI COOPER

Will electric vehicles ever fully catch on? Well, one of the most iconic car brands in Britain certainly hopes so as they release their most eco motor yet.

As little as five years ago, there were no new plans for a totally electric Mini. The company had declared combustion engines were the way to go after a largely underwhelming experiment with the BMW-envisioned test car, the Mini E.

They also experimented with the plug-in electric-petrol hybrid Countryman, but the technology necessitated a reduction both in boot space and in the number of seats (the rears were gone), plus hardware needed to run the vehicles swelled the car's weight by a third of a tonne.

But plans for a totally electric Mini Cooper SE kicked off again in 2015, and the iconic British brand believe they have found the sweet spot with drastic

improvements in performance, reduced costs and better efficiencies. The weight distribution, for instance, is only a third of the previous increase, added to better acceleration and braking.

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Mini are taking orders now for what will surely be the most efficient run-around on the market. You'll need to hand over the best part of £30,000 for your new set of wheels, though a government grant will see you reimbursed for £3,500 of that figure. Delivery is expected in March 2020, meaning you'll be the talk – and the eco-toast – of the town by Easter next year.

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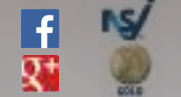
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Bach to Baby concert

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Photo credit: Bach to Baby

Back to Baby present *Master of the Keys*, featuring Madalina Rusu on piano.

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20 Goldhaze Close, Woodford Green, IG8 7LE
August 11, 12.30pm – 5.30pm

A 100ft L-shaped garden bursting with over 100 plants grown in different types of conditions.

A huge 35-year-old eucalyptus resembles a mature oak with beautiful bark.

Admission is £5, with children entering for free. Home-made teas also available.

Visits also available by arrangement throughout August. Call 07801 628799.

Toddler Sense – Superheroes

Toddler Sense Redbridge, High Road, South Woodford, E18 2PA

August 16, 9.30am – 11.30am

Supervillain Saby Bensory has stolen the sun and without it, life as we know it will vanish forever. We need your help.

Help us put the sun back in the sky and celebrate like the champions we are.

All this follows free play time in our adventure play area full of soft play, bouncy castle, tents and tunnels and so much more.

9.30am for two to four years and 10.30am for one to two years.

Book now at www.toddlersense.com/redbridge

Introduction to 3D modelling and printing (10-13 years)

South Woodford Library and Gym, 116 High Rd, South Woodford, E18 2QS
August 27, 10am – 1pm

This hands-on workshop is perfect for beginners interested in learning best practices to work with free 3D design software.

You will print a basic 3D printable object. Please bring your own storage device, for example a USB or hard drive, to save your work.

This workshop is free and available on a first come first served basis.

Space Chase Fun Drop Ins

South Woodford Library and Gym, 116 High Rd, South Woodford, E18 2QS
August 31, 3pm – 4pm

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

Recycling officers Habiba and Michaela and Joyce from Dental Health will be supporting some of these sessions.



Photo credit: www.visionrd.org.uk/centre/south-woodford-library-gym

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The new window system designed to replicate the 19th Century English Flush Sash Timber window.

It can be considered for use in Conservation Areas due to its authentic appearance and is also appealing to any homeowner who wants a top end luxury window. It can accommodate 28mm double or 44mm triple glazing with market leading thermal and acoustic performance. It is hand finished and made by craftsmen.



Residence 9 is manufactured from a modern composite material to give a virtually maintenance free finish. Only available in heritage colours, the 'easy clean rebates' are also foiled in the same finish, which means that the high, maintenance free, appearance is maintained when the window is open.

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