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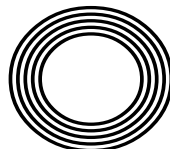
*This season's
trends*

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THE SIGNS**

Breast Cancer
Awareness Month

Amanda
HOLDEN

How the BGT judge became the highest paid TV star



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October 2019

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Editor's notes...



Brett Shohet, Editor

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

At last, I managed to get a break and some sun last month. It amazes me that when you start your break, it takes such a short while to relax

and forget about life at home, but when you return, it takes what feels like weeks to get back in the swing of things.

We had some lovely calls this month congratulating us on the **VISION** magazines and the content it has. These calls really make my day so please let us know if you feel the same way.

Next month, we launch our seventh and eighth title of **VISION** in Essex in just over three years. These will be **VISION**EppingTheydon and **VISION**Leigh-on-Sea, taking our monthly distribution to at least 53,000 homes. Thank you for making this happen.

People ask me, do you like working for yourself and having no boss? My reply is the same... our readers and clients are our bosses. Without them we would have nothing, so thank you again.

In local news, a hospice has been shortlisted for a prestigious award, a school celebrates its centenary and Woodford Town FC continue to show promise.

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

Brett



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Has Meghan Markle lost her sparkle...

It was just 17 months ago that 1.9 billion people turned on their TV sets to watch American actress Meghan Markle walk down the aisle to marry Prince Harry.

The former *Suits* actress had already won the hearts of the British people once it was revealed that she and the Prince were dating.

Meghan, 37, could do no wrong and Harry's popularity was rubbing off on her.

But at the end of the summer a new poll on royal popularity turned out to be a shock for the young couple.

First Harry has lost his number one spot to his grandmother the Queen, who at 93, is still showing the rest of them how it is done.

He was followed by his brother William, his wife Kate and then Prince Philip, who has retired.

Then comes Meghan at number six, only slightly higher than her father-in-law Prince Charles.

So, what has gone wrong? The couple have been involved in a number of controversies, which has shaken the images of the Duke and Duchess of Sussex. They are being seen as hypocritical in their determination to become eco warriors. Their mantra has not gone down well with the public as they continue to take expensive carbon polluting private jets while encouraging the rest of us to do more to save the planet.

These included Meghan flying off to New York in George Clooney's private jet for a baby shower before little Archie was born.

And Harry did not score any brownie points by attending a climate change conference in Sicily arriving by private jet. There was also the holiday with Elton John with the couple and Archie arriving by private jet.

Needless to say there was a comparison with William who flew to Balmoral for a holiday with his family only costing £75 a head.

A number of staff have also quit working for the Sussexes for a variety of reasons, but it is earning

Meghan the nickname Duchess Difficult.

And of course, the one that was the most controversial of all was the cost of their new home, Frogmore Cottage in Windsor, which taxpayers forked out £2.5 million to refurbish.

Harry and Meghan have since tried to redeem themselves by taking commercial flights to both Rome and Cape Town recently.

Meghan has also turned to her American showbusiness pals in the hope of improving her image. She has called in a Hollywood Crisis Management company in a bid to improve her reputation.

Sunshine Sachs, who represented disgraced movie mogul Harvey Weinstein in 2015 when he was accused of groping model Ambra Battilana Gutierrez.

One of the bosses of the firm, Keleigh Thomas Morgan, represented Meghan when she was on *Suits* and is working with the Duchess and Harry on the new Sussex Royal Foundation which the couple formed after the split with William and Kate.

But this move is unlikely to go down well at Buckingham Palace, who have their own communications team in place.

The couple also recently hired highly experienced global PR Sara Lathan who was a senior adviser to Hillary Clinton's 2016 Presidential campaign.

Senior Palace courtiers have been left bemused over the last few months that the couple have ignored advice from their own highly professional team and instead listened to outsiders in Hollywood.

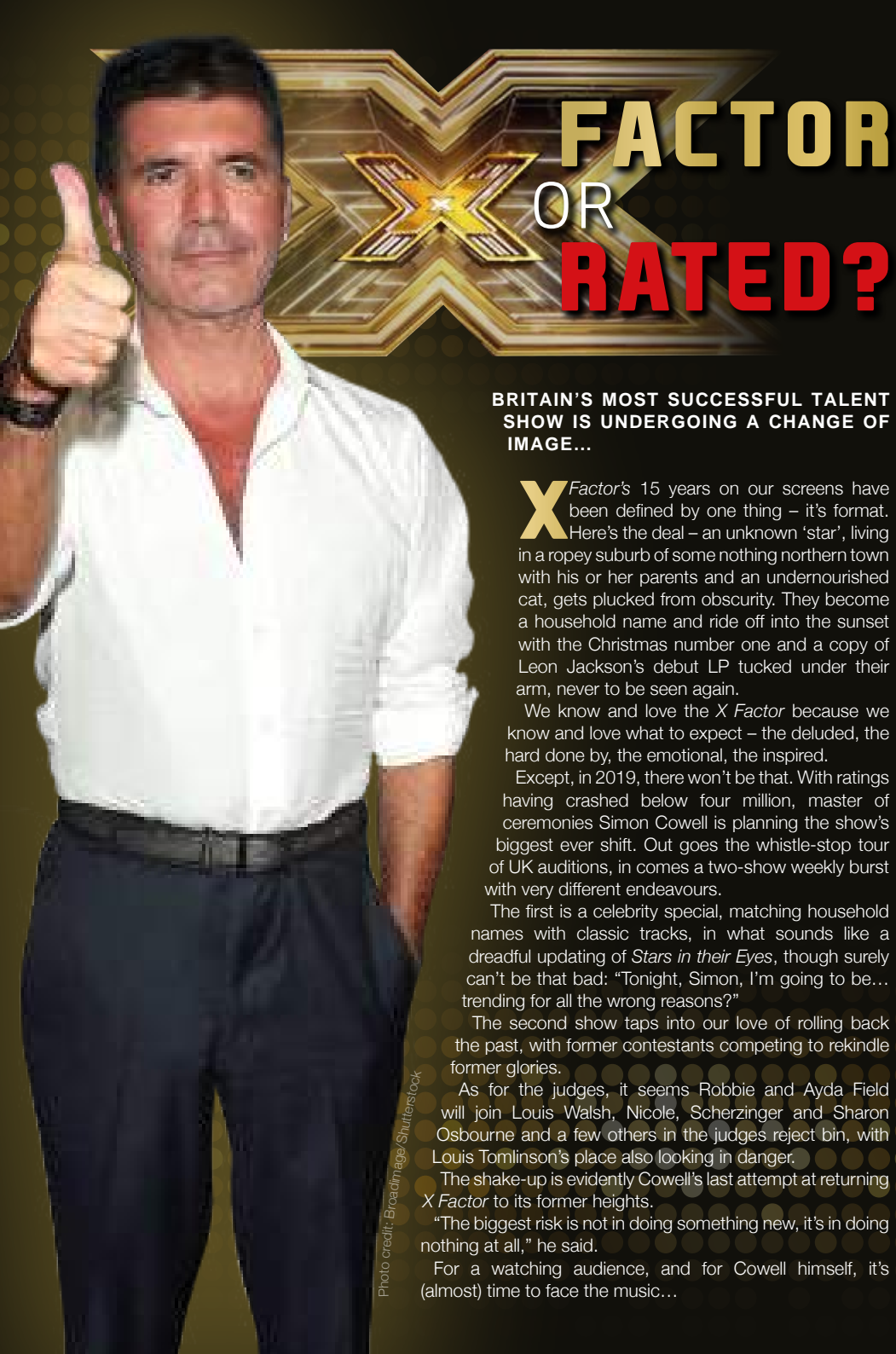
One courtier said: "They shouldn't need to hire expensive US PR firms. All they need to do is follow the example of the Queen and other Royals – go out and meet people, shake their hands and be nice to them."

It may pay them to follow that simple advice and save themselves a lot of money on an expensive crisis management solution.

with the British public?



Photo credit: Frank Augustin/AP/Shutterstock



FACTOR OR RATED?

BRITAIN'S MOST SUCCESSFUL TALENT SHOW IS UNDERGOING A CHANGE OF IMAGE...

X *Factor's* 15 years on our screens have been defined by one thing – it's format. Here's the deal – an unknown 'star', living in a ropery suburb of some nothing northern town with his or her parents and an undernourished cat, gets plucked from obscurity. They become a household name and ride off into the sunset with the Christmas number one and a copy of Leon Jackson's debut LP tucked under their arm, never to be seen again.

We know and love the *X Factor* because we know and love what to expect – the deluded, the hard done by, the emotional, the inspired.

Except, in 2019, there won't be that. With ratings having crashed below four million, master of ceremonies Simon Cowell is planning the show's biggest ever shift. Out goes the whistle-stop tour of UK auditions, in comes a two-show weekly burst with very different endeavours.

The first is a celebrity special, matching household names with classic tracks, in what sounds like a dreadful updating of *Stars in their Eyes*, though surely can't be that bad: "Tonight, Simon, I'm going to be... trending for all the wrong reasons?"

The second show taps into our love of rolling back the past, with former contestants competing to rekindle former glories.

As for the judges, it seems Robbie and Ayda Field will join Louis Walsh, Nicole, Scherzinger and Sharon Osbourne and a few others in the judges reject bin, with Louis Tomlinson's place also looking in danger.

The shake-up is evidently Cowell's last attempt at returning *X Factor* to its former heights.

"The biggest risk is not in doing something new, it's in doing nothing at all," he said.

For a watching audience, and for Cowell himself, it's (almost) time to face the music...

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“You’re never fully dressed without a smile”

Want a Hollywood smile but without the A-list price tag? Try out these simple home remedies that are known to help whiten your teeth and even better, they are chemical-free.

Coconut oil: Actually, any oil will work as it is the process of swilling oil around your mouth to remove bacteria that is said to help prevent your teeth from becoming yellow. We recommend coconut oil as it has a pleasant taste and contains lauric acid which reduces inflammation and kills bacteria.

Baking soda: This common kitchen staple has so many uses; one of which being the ability to naturally whiten your teeth. Its abrasiveness can help scrub away stubborn stains as well as stopping further bacteria from growing due to its alkaline properties.

Strawberries: As well as tasting sweet and delicious, the malic acid that strawberries contain may help to remove discolouration from your teeth, although they are unable to penetrate long-standing stains.

Salt: Create a mouthwash using a teaspoon of salt mixed with warm water and swill around your mouth. The antibacterial properties of salt will not only help brighten your smile but will also help keep your gums healthy.

Activated charcoal: Charcoal is definitely having its moment in the spotlight with one of its miracle abilities being an effective teeth whitener. We recommend using a 100 per cent natural tooth polish that is made from activated coconut shell charcoal. Apply as you would with a standard toothpaste.

White foods: Not for rubbing on your teeth but as a general diet choice that will help prevent further stains; white foods such as rice, potatoes and fish are less likely to discolour your teeth than brightly coloured foods.

DIY remedies to avoid: ☹ Lemons ☹ Oranges ☹ Apple cider vinegar



BEAUTY



fashion fixes

If you are already feeling the desire to ditch the day dresses, to say sayonara to sandals or to toss out the tank tops, then these key autumn fashion trends for men and women are just what you need.

Statement shoulders

If you loved the '80s then you are in for a treat this season, as shoulder pads are back, baby. Or, to be more precise, statement shoulders are the look du jour. Look out for big, bold and embellished designs which will definitely see you stand out from the crowd.

Go hell for leather

A biker jacket is always a must-have item for the colder months, but this year you can expect to see a plethora of leather pieces hitting the high street, from tight leather pants to loose-fit leather dresses. Men can also rock this trend by embracing their inner Hells Angel and buying a leather trench coat asap.

Baggy Trousers

Nope, not a homage to pop band Madness, but a distinctive steer away from the beloved skinny jeans. Not only does this look flatter most body shapes but it can also be dressed down with a jumper and trainers or smartened up with heels and a blouse.

Scarf up

Men look out, this is your autumn accessory: an oversized scarf. Think thick, woolly and super long. You know, the kind your nan used to knit for you. Simply wrap nonchalantly around your neck, over a lightweight jumper.

Velvet galore

Luxurious and decadent, this fabric took over the men's catwalk shows with Dolce & Gabbana, Ralph Lauren and Emporio Armani all showcasing their velvety designs. Expect to see velvet shirts, suits, coats and even ties.



Photo credit: ASOS.com



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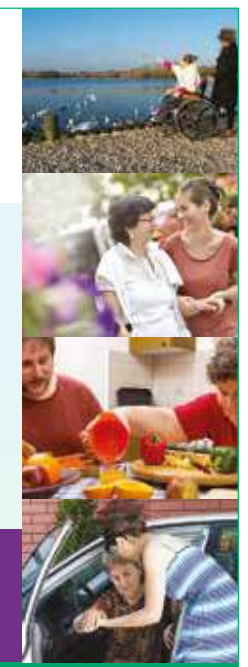
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HEALTH & FITNESS

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OF THINGS

18 • Oct • 2019

With October being Breast Cancer Awareness Month, is it time to reassess our perceptions of this illness?

As a nation, our understanding of cancer has never been better, our healthcare is in its best ever place, and rates for the successful banishing of this dreadful biological disease are the best recorded.

We have so much to celebrate where breast cancer is concerned, yet the reality is someone will still wake up tomorrow, and the next day, and the day after that, and have their life ruined by this terrible disease.

Breast Cancer Awareness Month is a global campaign running across October that aims to engage as many people as possible in raising both awareness and funds in the fight against the disease. You can take part in wear it pink on Friday, October 18, and find out more on how to get involved by visiting wearitpink.org

The aims coming from the scientific world are big, with the intention that, by 2050, everyone

who develops breast cancer will live. Research is focused into four areas – risk and prevention, early detection and diagnosis, treatment, and secondary breast cancer.

By focusing on these stages of the disease and monitoring progress and results, specialists can use the most advanced techniques to save lives. In 2018, that meant the five-year survival rate topped 95 per cent; up from 82 per cent three decades ago.

So to answer the question posed at the top of this piece – no, it's definitely not time to reassess our perceptions where breast cancer is concerned. It is an affliction that ends lives, as well as causing untold pain for those left behind. It is an enemy of women of almost any age, any background, any social status, and the only thing we need to recalibrate is how we can fight in ways harder, tougher and even more stubborn than before.



breast cancer
now

SKIN TAGS... *Why they matter*

Skin tags are small growths that hang off your skin. They are common and essentially harmless, but can be removed if they bother you.

What skin tags look like

Skin tags are small, soft, skin-coloured growths on your skin. They can vary in colour and size – from a few millimetres up to 5cm (about 2 inches) wide.

They are usually found on the neck, armpits, around the groin, or under the breasts, but they can also grow on the eyelids or under the folds of the buttocks.

They can look like warts, but skin tags are usually smooth and soft (whereas warts tend to be rougher with an irregular surface).

Skin tags are knobby and hang off the skin (whereas warts are usually slightly raised or flat)

Skin tags are not contagious (whereas warts spread very easily, so a sudden outbreak or cluster of growths is more likely to be warts)

NB: Skin tags do not usually cause any pain or discomfort.

Why skin tags occur

Skin tags are made of loose collagen fibres and

blood vessels surrounded by skin. Collagen is a type of protein found throughout the body.

Both men and women can develop skin tags. They tend to occur in older people and (significantly) people who are obese or have type 2 diabetes.

Why skin tags matter

If you have a diet high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin). But insulin has numerous actions on the body, one of which is cell-proliferation (important for example at puberty, when the body grows rapidly).

Uncontrolled cell-growth is a bad thing however, which is why people with type 2 diabetes are more prone to cancer. Skin tags are benign and harmless but they DO indicate that your insulin levels are probably too high. For more information contact Graham Phillips at Prolongevity - no pressure - just helpful qualified, professional advice, 07768 275802, graham.phillips@manorpharmacygroup.co.uk, www.prolongevity.co.uk

NB: Never attempt to remove large skin tags yourself because they'll bleed heavily.



FRESH

for the day ahead?
Or did **SNORING**
ruin your sleep last
night (again)?

A visit to Dr Malik at Improve Your Smile could help bring back blissful sleep, happy mornings and better functioning

IN CARTOONS and television comedies, snoring has always been a source of humour. But for many sufferers and their partners, it is a serious matter. As well as damaging relationships, its effects – including poor quality of sleep and lack of sleep – can lead to far worse things. Yet strangely, research indicates that in 90% of cases, snorers go untreated; most of them probably unaware help is available.

HOW SERIOUS IS SNORING?

Snoring is frequently, though not always, part of the condition known as Sleep Apnoea. This is characterised by a reduced capacity to breathe, or by pauses in breathing, during sleep. The pauses, called apnoea, can last from a few seconds to a few minutes, and may occur five to thirty times in an hour. Sleep Apnoea can lead to health complications such as heart disease, high blood pressure, diabetes, stroke, daytime sleepiness and difficulty in concentrating, and sufferers run a higher risk of having work-related or driving accidents.

There are three types of sleep apnoea: Central Apnoea, Obstructive Apnoea and a combination of the two (Central and Obstructive). Central Apnoea results when the brain fails to activate the muscles needed for breathing during sleep. Obstructive Apnoea results when the airways collapse or are obstructed during sleep.

WHAT IS THE TREATMENT?

Depending on the cause and the severity of the condition, sleep apnoea can be treated using non-surgical or surgical methods. Dr Amjad Malik encourages people who snore to attend a free initial consultation. Having identified their particular problem, he

is able to offer a number of solutions. In many cases, a simple and effective method is a snore guard. This is a mouth piece designed to allow the lower jaw to be thrust forward so the tongue does not fall back and obstruct the airway during sleep. These are custom-made for a perfect fit – superior to any ready-made ones.

DO ONLY ADULTS SNORE?

It is rare for children to snore (and can be a cause for particular concern), but Dr Malik has successfully treated children, and believes there are advantages in treating a person while they are still growing. In children and in adults, the cause of snoring can be the relationship between the shape of the palate and the size and position of the tongue, which obstructs the breathing during sleep. This can often be remedied with orthodontic treatment to realign the upper arch of teeth to give the tongue more room, so it lies in a better position.

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KIDS

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FIZZING RAINBOW

Difficulty rating: Very easy

YOU WILL NEED:

- Baking soda • Vinegar • A syringe
- Food colouring

WHAT TO DO:

- Mix 4 tbs baking soda with 3 drops of colouring and 1 tsp water
- Set aside on a tray
- Fill the syringe with vinegar
- Squirt on the soda and watch as it fizzes

FANTASTIC PLASTIC

Difficulty rating: Easy

YOU WILL NEED:

- 1 cup milk • 4 tsp white vinegar
- A bowl • A strainer

WHAT TO DO:

- Heat up the milk (with adult supervision)
- Pour the milk into the bowl
- Add the vinegar and stir for 1 minute
- Pour the milk through the strainer
- You will be left with lots of lumpy blobs
- Leave to cool slightly and rinse
- Mould into your desired shape
- Leave for 2 days to completely harden

BEND WATER

Difficulty rating: Medium

YOU WILL NEED:

- A plastic comb • A tap • A head of clean hair

WHAT TO DO:

- Turn on the tap until you have a very thin stream of water
- Brush the top of your hair 15 times
- Closely bring the comb towards the water. Do not touch the water with the comb
- Watch as the water bends towards the comb as if by magic

BUILD A BALLOON INFLATOR

Difficulty rating: Medium to hard

YOU WILL NEED:

- 1 empty plastic bottle • ½ cup vinegar
- Baking soda • A funnel

WHAT TO DO:

- Pour the vinegar into the bottle
- Stretch the balloon a few times and then, using the funnel, fill it half way with baking soda
- Place the neck of the balloon over the bottle top.
- Lift the balloon up so that all the baking soda falls into the bottle and mixes with the vinegar
- Watch as the balloon fully inflates itself



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shakshuka

Are you looking for a quick midweek snack or a lazy weekend breakfast? Shakshuka, which literally means "all mixed up", is a popular Middle Eastern dish full of flavour.

This recipe contains a large amount of tomatoes which have numerous health benefits. These include improved eye sight, a good stomach health and reduced blood pressure.

Tomatoes contain a large number of antioxidants that have been proven to fight different forms of cancers. They are also a rich source of vitamins and minerals.

SHAKSHUKA - serves 6

INGREDIENTS:

- > 2 tbsps olive oil
- > 2 diced onions
- > 2 red peppers, cut into strips
- > 3 tins chopped tomatoes (1.2kg)
- > 1 1/2 tsp garlic purée
- > 1 tbsps tomato purée

- > 6 tbsps SPICE WAY Shakshuka Fast Gourmet www.spicewayuk.com/product/shakshuka
- > 6 large eggs

- > Salt and pepper to taste
- > Handful fresh parsley

METHOD:

- > In a large deep frying pan, fry the onions in the olive oil until translucent.
- > Add the peppers and continue frying until they are soft.
- > Stir in the tomatoes, Shakshuka Fast Gourmet mix, tomato and garlic purée, salt and pepper and simmer for 30 minutes. The mixture will thicken.
- > With the back of a ladle, make six small indentations in the sauce and break the eggs into them.
- > Cover the frying pan with a lid and continue to cook for approximately 5-6 minutes, depending on how you like your eggs.
- > Sprinkle chopped parsley on top and serve with crusty bread or pita.

Credit: Karen & Louise www.spicewayuk.com

THE RISE OF Sourdough

THE SECRET BEHIND THE ORIGINAL RAISED BREAD

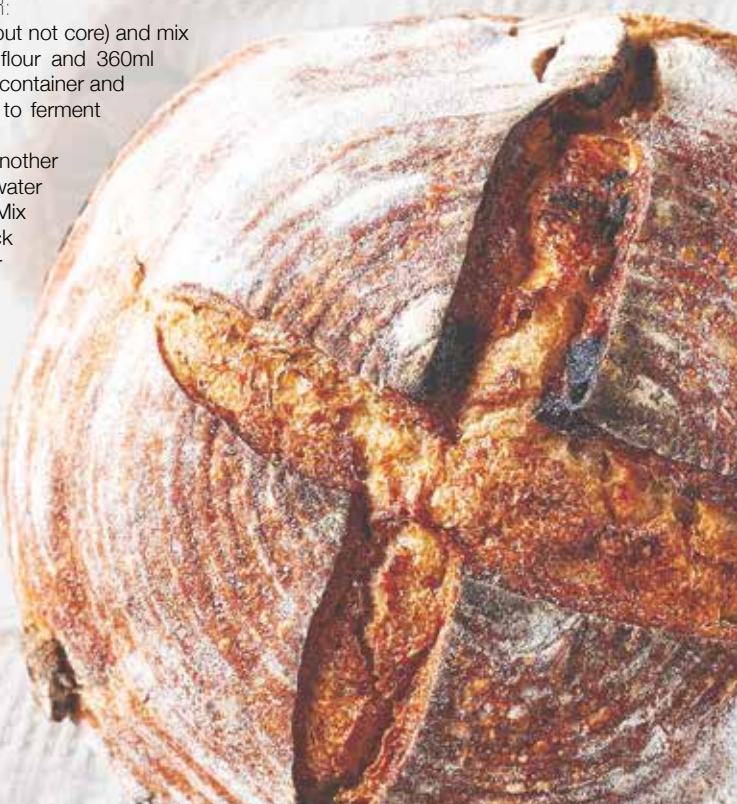
They say that bread is older than metal, though the kind our ancestors made before the Bronze Age was the flat, unleavened kind. It was those clever Egyptians who were one of the first cultures to discover that grains could be fermented and turned into delightful doughy treats.

But the trouble with sourdough is it's a slow rise; it takes patience. Instant yeast transformed the way we made bread when it was developed in the 19th century, thanks to its ability to guarantee fast and reliable leavening. But that speed and consistency comes at a cost, which is precisely why sourdough is popular once more. Not only does it have a lot more flavour than regular white bread, thanks to the lactic acid-producing organisms that help it rise, it will also leave you feeling less bloated.

You don't even need to go to a fancy bakery to buy it, as once you've mastered a sourdough starter you can replace instant yeast in the bread you make at home. You can even use it to make pizza dough, waffles, pancakes and doughnuts, for a more flavoursome life.

HOW TO MAKE A SOURDOUGH STARTER:

- ✦ Grate one organic apple (skin but not core) and mix with 1kg strong white bread flour and 360ml tepid water. Tip into an airtight container and mark the level outside. Leave to ferment for three days.
- ✦ Discard half the mix and add another 250g bread flour and 170ml water – this is called 'feeding'. Mix thoroughly in the bowl. Tip back into the container and leave for a further two days.
- ✦ Once your starter is active, discard half of it, as before, and mix in another 250g bread flour and enough water to return it to the consistency of a very wet dough. Leave for 24 hours.
- ✦ Provided your starter is bubbling, it is now ready to use.
- ✦ Cooking temperatures and timings may vary depending on your plan on using the dough, double check specific recipes before baking.




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TRAVEL

TURN ON THE

lights

WHERE ARE THE BEST PLACES TO SEE THE AURORA BOREALIS?

The Northern Lights are one of Planet Earth's most amazing natural phenomena, having drawn in, enchanted and amazed generations of travellers to Scandinavia and North America for hundreds of years.

First witnessed by astronomers Gassendi and Galilei in 1621, the stunning, dancing sprays of neon light, almost extra-terrestrial in their appearance, form when charged particles are emitted from the sun at the time of a solar flare. These penetrate the earth's magnetic shield, then collide with atoms and molecules in the atmosphere.

The key areas for seeing these displays of nature's beauty can be found in a zone within northern Scandinavia, between 66°N and 69°N, otherwise known as the Aurora Zone. The band can become larger when there is high activity of geomagnetic action which is why the lights can, on occasions, even be visible from north-west Scotland.

Traditionally, it's been said the best places to

witness the Northern Lights were Sweden and Norway, but Finland, Iceland and Greenland can all lay claim to offering stunning tourist experiences. Much of this factors in the tranquil majesty of surroundings lakes, forests and fells which, while almost completely devoid of light pollution, also add to the mystical air of this remarkable sight.

In recent times, northern territories in Canada have also attempted to take advantage of what is now a global fascination for the Northern Lights. The Yukon provides wild animals, scattered towns and villages and delicate snowfall against a backdrop of shimmering lights.

And the display isn't just a visual treat to those in the Northern Hemisphere. The Southern Lights (Aurora Australis) are rarer in their visibility but can be spied from Australia, New Zealand and South Africa.

It's also known that similar displays can be seen above Jupiter and Saturn, although tourism numbers, thus far, have been disappointingly low.



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Nice One NICKY

A dalliance with design that has lasted 50 years

Nicky Haslam has assumed many guises throughout his life - designer, show horse breeder, global socialite, friend to the stars. The inspirational designer even waited until his 73rd birthday to release his debut album, finally indulging one of his boyhood daydreams with the assistance of industry heavyweights such as Nick Mason (Pink Floyd), Helena Bonham Carter, Bryan Ferry and the late Cilla Black.

But it is clearly for his immaculate take on style and fashion that we have become most absorbed in Nicky Haslam's work. The Buckinghamshire-born icon has been the creative auteur and driving force behind London institution NH Design, and while he admits his workload has reduced in recent years as he fights against the idea of retirement, his hunger for interiors has never abated.

"We're slaving away on a wonderful house and a wonderful restaurant in New Orleans, a big project in New York, a place in the south of France outside St Tropez, plus some wonderful penthouses in Park Lane, with 360-degree views of London. We're busy."

The designer, who has written for *The Telegraph*, *Vogue* and *Tatler*, and has properties scattered across London, believes the key to good interiors is detail and control. He fills space with objects, blends styles without fear and constructs a 'lived-in' vibe that is brave yet relaxed.

"People are still looking at image and opulence, but these days there is much more attention being paid to comfort and possessions, probably because we are working so hard and we just want to be settled in our own spaces."

"Minimalism is old hat as far as I am concerned. Just surround yourself in what feels right. Don't splash colour around or re-wallpaper because everyone else is doing it; instead, be inspired by things in your locale - reflection is important - and want to learn. Even having practised design for decades, I am still picking up new ideas."



Photo credit: nh-design.co.uk



pretty PLATES

The humble plate – where would we be without it? But just because it's a functional item doesn't mean it can't also be a fun and frivolous one.

We've found the best decorative designs out there and we are even going to show you how to create your own.

FLORAL FEVER

Who doesn't love a bit of flora and fauna in their home? And what better way to brighten up your dining table than with a set of beautiful flower detailed plates?

ABSTRACT

For contemporary art lovers out there, why not invest in a set of abstract style plates that will reflect your modern style? Look for designs that do not restrict themselves to a standard shape and instead embrace layering techniques such as this offering from American modern ceramics designer Pigeon Toe Ceramics.

RECYCLED

Eco-friendly tableware is all the rage at the moment with an increasing number of businesses catering for those who want sustainable products throughout their homes. Disposable bamboo plates are an attractive option, but we favour those made from palm leaves.

ANIMAL ANTICS

Ideal for families with a sense of humour or those wanting to unleash their inner party animal, these fun and frivolous Wild Dining plates will turn any occasion into a celebration. We love the Sara Miller collection, which is colourful, vibrant and the perfect antidote to the winter blues.

DIY DESIGNS

If you are a fan of Kate Spade plates but your budget doesn't quite stretch that far then why not create your own version at a fraction of the cost. All you need is a stencil of your chosen design – whether that be an animal, piece of fruit or even a feel-good motto – and some coloured acrylic paints.



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✓ GO GREEN

Plants bring life and colour to an otherwise drab space. They also improve your air quality, making them well worth the extra care and attention they require. And breathe...

✓ HANG OUT

Art is a great way to really personalise your home and you don't need to spend a fortune. Whether it's a favourite record, childhood photo or quirky cartoon that made you smile once, it belongs on your wall.

✓ SHELVES IT

As well as an excellent way to maximise storage in a room, shelves also become a feature in their own right if you fill them with interesting books and mementos – the kookier the better.

✓ REFLECT

Mirrors aren't just for gazing at yourself adoringly, they can also bring light and space to an otherwise gloomy room.

✓ MAKE A STATEMENT

A really unique piece of furniture can bring to life an otherwise unremarkable space, which is why you need to hunt down that vintage cocktail globe or shabby chic chaise longue, pronto.

✓ GO THROW

Is your sofa looking a little tired? Has your bed seen better days? Then throw a throw on it my friend, the bold and brighter the better.

✓ BELLS AND WHISTLES

From vintage doorknobs to bespoke light switches, it is this attention to detail which sets the style savvy and the style-less apart.

✓ RUG DOCTOR

Not only does a decent rug 'tie a room together' – according to *The Big Lebowski's* 'the Dude' – it can also effectively hide that wine stain from last Christmas.

✓ MAKE IT PERSONAL

You can spend a fortune and still not feel entirely comfortable somewhere, because if it doesn't reflect who you are, it won't feel like home. So find your quirk, embrace your inner weirdness, then frame it and put it on your wall.

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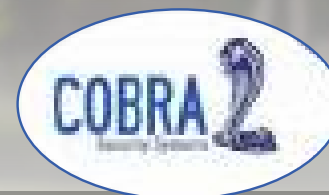
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To pond OR NOT TO POND?

THERE ARE APPROXIMATELY THREE MILLION GARDEN PONDS IN THE UK, BUT SHOULD YOU JUMP ON THE BANDWAGON?

PROS:

Ponds are aesthetically pleasing

Probably the most obvious benefit and the reason why people are tempted to install a pond in their garden is that, put simply, they look good. Think colourful fish, exotic plants, waterfalls and statues.

They provide relaxation

On the simplest level, the soothing sound of water can create instant calm in your garden.

Opportunity to encourage education and interaction

If you have children, a pond offers a great platform for discussions about nature. Watch tadpoles turn into frogs and spot any birds that come to visit.

Great for the environment

Fancy yourself as a bit of a conservationist? Then a pond is a great way to help support your local habitat. The moisture that ponds provide can help surrounding soil stay moist which is beneficial to nearby plants.

CONS:

Ponds can be expensive

You need to dig your pond, invest in pond liner, a pond pump and a filter and choose plants, all of which adds up. And don't forget fish – more expensive, especially if you have your heart set on some eye-catching Koi carp.

They require a strong commitment

A pond is very high maintenance. It requires constant cleaning to prevent the water from becoming contaminated by plant debris. The pond's filtration system will also need to be cleaned, inspected and repaired when necessary.

Safety can be an issue

As with any open water, you need to be vigilant and take the necessary precautions when any small children are in the vicinity. If you are worried about your children or grandchildren around water, then perhaps a pond is not for you.



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Holden

ONTO TOP SPOT

Throughout an impressive career, Amanda Holden has consistently wowed her fans with a breezy, no-nonsense personality and stunning looks. Vivacious and charming, buoyant and brutally honest, it comes as no surprise that the bubbly beauty is also on one of TV's top earners.

Having spent almost three decades in the spotlight – her first television appearance was as a contestant on *Blind Date* back in 1991 – you could forgive Amanda Holden for running out of steam when it comes to career opportunities. However, far from scaling back, the luminous 48-year-old is working harder than ever, pursuing new projects in radio, music and fashion, whilst also retaining her crown as queen of primetime TV thanks to her enduring role as a judge on *Britain's Got Talent*.

With her down-to-earth charm, brilliant wit and stunning looks, Holden is the epitome of the woman the girls want to be and the boys want to date.

Long gone are the days when she was best known as the wife of gameshow host Les Dennis – the Portsmouth native is now an icon in her own right. And though Chris Hughes, husband and father of her two daughters – Alexa, 13, and Hollie, seven – is himself a successful record producer, there is little doubt who the primary breadwinner is in their London household thanks to the announcement in August that Holden had beaten the likes of Holly Willoughby and Claudia Winkleman to be named

television's highest paid female star.

Though she has been steadily maintaining her starry status since joining the judging panel of BGT back in 2007 – the debut season of the talent show – her recent rise to the top of the money tree is thought to be thanks to her new role as a Heart Radio DJ. Replacing Emma Bunton as the co-host for the breakfast show opposite Jamie Theakston, it is rumoured that the blonde beauty is raking in a £1.5million for the pleasure of rousing millions of Heart listeners every weekday morning.

Proving that Britain really does have talent, the former actress turned presenter is embarking on her own pop career after a clip of her and her two daughters singing *Tightrope* from the hit film *The Greatest Showman* went viral. Meanwhile, her foray into the world of fashion has seen her style a critically admired wardrobe with Fenn Wright Mason. Flattering, affordable and perfect for the coming party season, the seven-piece occasion wear collection with the British brand looks set to spell out many more style-based endeavours for the savvy entrepreneur.

Having proved she is far more than just a pretty face, you can be certain we won't be seeing the back of Amanda Holden anytime soon... which is ironic really, as she also recently added 'Rear Of The Year' to an already long list of awards.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Businesswoman wins interior design competition

A woman from South Woodford has been named as London's best amateur interior designer in a national competition.

Sofie Hepworth was awarded with a £500 prize after being selected as the Styled By Me winner for Anglian's London North and East Anglia division.

Sofie's Styled By Me winning entry was a photo of her bathroom, posted to her 50,000 Instagram followers @threeboysandapinkbath, that featured a pink roll top bath, brass accents, geometric print floor tiles and blue woodwork.

Sofie's entry was selected as the winner for the London North and East Anglia division by the guest judge and interior stylist, Sophie Robinson, who has featured on BBC One's *DIY SOS*, BBC Two's

Great Interior Design Challenge and ITV's *60 Minute Makeover*.

Sophie said: "There were a lot of fabulous bath entries this year and they were all incredible. But this room has even had an Instagram handle named after it - so must be a worthy winner."

"I love that the pink roll top bath is centre stage and the cool blue walls really make it pop. The jungle print window blind and flamingo framed print give this room a feeling of whimsy and escape. That I imagine is of high importance when you live with three boys."

Now in its third year, Anglian's Styled By Me competition celebrates the nation's passion for on-trend interiors by inviting and encouraging style-savvy homeowners to share their interior design.

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LOCAL NEWS

Photo credit: Simon Goodwin Photography

Café named as finalist for prestigious award

A café in South Woodford has been named as a finalist for a prestigious award.

Creative Biscuit Ceramics Café, on George Lane, has been shortlisted for Best Activity Day Out in the London and South East region at the Days out with the Kids awards.

Owners Karen Dunn and Tim Smith said: “We were thrilled to be nominated - especially as we’re up against big hitters like Up at the O2 and Kidzania.

“As a small family business it means a lot to us.

“We love getting everyone to try painting and creating - not just the kids, but the adults too.

“We have everything crossed, but just being nominated is amazing.”

At Creative Biscuit Ceramics Café, customers can paint all types of pottery which are then fired in the kiln so they last forever.

Regional winners will be announced on October 24 and national winners on November 6.

For more information, visit www.creativebiscuit.co.uk

Worried father confronts PM on hospital visit

A man from South Woodford confronted the Prime Minister last month when he visited the hospital where his daughter was being treated.

Omar Salem said his new baby daughter had to wait for two hours for emergency treatment due to a staff shortage and wasted no time in making his views known to Boris Johnson MP who was visiting Whipps Cross Hospital in Leytonstone.

Mr Salem spoke to Johnson MP and was caught on camera outlining his concerns.

He said: “This ward is not safe for children. There was one registrar covering the entirety of this ward and the neonatal unit. That is just not acceptable. I mean would you like that for your own children? The NHS has been destroyed.”

Mr Salem said the PM was living in ‘La La Land’ on the visit.

Taking to Twitter after the event, Mr Salem praised hospital staff and urged Mr Johnson MP and his government to take urgent action.

He wrote: “He should get on with properly supporting the NHS so that patients get the care they deserve, there is adequate staffing with good working conditions and worried fathers like me can have some peace of mind.”

Mr Salem has revealed his daughter is on the mend.

He said: “Our daughter is very much better, which is a great relief. Thank you to the ambulance/A&E staff and the ward staff who cared for her. She will be in hospital for a while longer for precautionary reasons.

“If Parliament wasn’t prorogued (and recess cancelled) @BorisJohnson could have been questioned on the NHS by elected representatives from all parties @ PMQs hours after our encounter.”

Joy as nine-storey office plans withdrawn



Photo credit: Google Maps

A nursery in South Woodford has thanked its supporters after a planning application, which would have forced them to move, was withdrawn.

Incey Winceys Day Nursery, in Eastwood Close, was facing the threat of having to move as plans were submitted to turn its nursery building into a nine-storey office.

However, the application from developers was withdrawn following pressure from the community, including more than 300 public responses of which most strongly opposed the proposal.

The plans had angered parents whose children attend the nursery as well as the South Woodford Society (SWS) who said it would have been "overdevelopment".

Rena Pathak, from the SWS, had said of the plans: "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."

Residents had also voiced their concern, with one resident of Pulteney Road saying: "The height of the building was not within keeping of the low-level Victorian and Edwardian buildings which define South Woodford."

Incey Winceys Day Nursery had made contingency plans in case the planning application was approved.

However, that is not necessary and the nursery celebrated its 10-year anniversary on October 5.

The application, including all public comments, can be viewed on the London Borough of Redbridge planning website by searching application 1701/19.

'Who dun it' dinner to raise money for charity

In the vain of famous board game Cluedo and the Agatha Christie novels, Haslers Chartered Accountants and Business Advisers are to host a

murder mystery night in aid of several local causes.

Held at the Hallmark Hotel London in Woodford on Thursday, November 21, the event will raise money for the Haslers Foundation – the in-house charity of the Loughton accountancy firm.

Guests will enjoy a fantastic three-course dinner, before being set the task of finding out who the murderer is.

Tickets for the event cost £75 per person or £700 for a table of 10. All money raised by the foundation on the night will go to local causes.

Since it was founded in 2008, the charity has donated more than £160,000 to charities and organisations, such as SNAP, Havens House Hospice and Epping Forest Reuse.

Haslers' chairman, Jon O'Shea, said: "We are on the lookout for the next Miss Marple or Poirot to join us on this intriguing investigation. Our murder mystery promises to be a really fun night out and will help to raise hundreds for our foundation."

"We would like to thank Hightower Wealth Management and West Essex Life for their support of this event and look forward to finding out who the murderer is later this year."

If you would like to participate in the Murder at the Manor Charity Dinner, please visit www.eventbrite.co.uk/e/murder-at-the-manor-charity-dinner-tickets-67732332229

Metropolitan Police discover cannabis factory

Police were called to a home in Chigwell Road, South Woodford on September 24 after reports of an 'at home' cannabis factory.

A spokesperson for Met Police said: "Officers attended and found a number of cannabis plants within the property."

No suspects were at the location and no arrests have been made.



Photo credit: Met Police



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Woodford and District National Trust



LOCAL NEWS

The local National Trust Woodford and District Centre Committee were recently given a wonderful opportunity to play 'wish list' benefactors to many N.T. properties thanks to a remarkable legacy from a deceased member of our centre, who left a large amount for us to give.

Gwen Clarke lived in Leyton and worked at Whipps Cross Hospital for many years secretarially, headhunted before moving to the London Hospital and staying for over 25 years, ending as head of medical secretaries, where part of her duties was liaising with the surgeons there.

She moved from Leyton to Wanstead in 1994 and her great faith took her to Christ Church and St Mary's where she was a regular attendee. She also came to

our Woodford and District Centre meetings. She moved into Harts House as a respite home after some health concerns and lived there happily until her demise.

All said, she was fun, lovely to be with and we are so grateful she gave us the chance of helping so many trust areas with her kindness.

Some of the National Trust beneficiaries from the Legacy include Rainham Hall, £15,000, Blickling Hall, £3,300, Orford Ness, £6,500, Grange Barn, £5,100, Alfriston House, £8,000, Melford Hall, £2,000, Wimpole Hall, £4,000, Ickworth, £1,000, Peckover House, £10,000, Scotney Castle, £11,000, Oxburgh Hall, £6,500 and Batemans, £14,000.



Photo credit: Kelvin Okafor

Drawings bring in the crowds

An artist from South Woodford unveiled a highly detailed pencil portrait to mark the 50th anniversary of The Beatles' *Abbey Road* album.

Kelvin Okafor created a drawing of John Lennon using graphite and charcoal which was displayed at the Mall Galleries near Buckingham Palace in London between September 12 and 15.

He said: "Everyone knows who he was in music, literature and how much of an inspiration he was. Personally, it connected with me and I was commissioned to do the piece this year."

As well as this impressive portrait, Kelvin had a selection of his drawings on display from the past 10

years, including Mother Teresa and Bernie Grant MP.

Pieces in his collection have earned him national awards and respect from critics and students; his work is used for inspiration in schools and colleges.

Kelvin added: "Being commissioned by the House of Commons to produce a portrait of the late Bernie Grant MP was a great honour. I was the first person ever to be commissioned by the House of Commons to produce a portrait."

During the exhibition, floods of people visited his collection, which almost brought Kelvin to tears. He also said he is looking forward to sharing his work and giving motivational talks to children.



Hospice shortlisted for prestigious awards

Haven House Children's Hospice has been shortlisted for three prestigious awards in this year's Nursing Times Awards.

The awards showcase the superb innovations that are shaping and improving nurse-led care in the NHS and independent healthcare providers.

The Woodford Green based hospice, which cares for children with life-limiting conditions and their families, could scoop awards in three categories: Nurse Leader of the Year, Child and Adolescent Services award and the HRH Integrated Approaches to Care.

Mike Palfreman, chief executive at Haven House, said: "It's fantastic to see Haven House shortlisted for three awards, and huge congratulations goes to everyone whose hard work has been recognised in

making the shortlists.

"The most important thing is that these initiatives have already had a big impact on the care of our children and families."

Eileen White, director of care at Haven House, has been nominated for the Nurse Leader of the Year award.

Mike said: "Eileen's commitment, vision and passion for delivering the best possible care to children and families dealing with life-limiting conditions is truly inspiring.

"Her leadership during a turbulent time has prepared Haven House for the future and I look forward in anticipation to what she will achieve going forward."

The winners of the Nursing Awards will be announced on October 30.



Customers raise a glass to Christine

Customers of a hairdresser in South Woodford joined her last month to celebrate her 20th year in business.

Christine Thompson took over Finn's The Hair Place at 85, George Lane, in 1999 and to mark the anniversary last month, customers were invited to join her for food and drinks.

Christine said she thinks the reasons for her success are simple.

She said: "When a client comes, they're not in and out in 10 minutes. Over the years they become friends and I just give the time. I try to be as welcoming as I can - I love what I do and think that shows.

"I wanted to say thank you to those who have been with me for 20 years."

Larry Peterson is one of Christine's longest serving customers and joined her for the celebrations.

He explained: "She's such a lovely lady and its her personality. She's so funny - you have a laugh with her and I won't go anywhere else."



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School proudly celebrates its centenary

A school in Woodford proudly celebrated its centenary last month.

Woodford County High School first opened to its pupils on September 29, 1919. Seven teachers oversaw the education of 110 girls in a building that had been repurposed having served as a military hospital throughout the First World War.

On the school's website, headteacher Jo Pomeroy said the school has increased ten-fold in size over the last 100 years.

She added: "It's core purpose remains unchanged, the ways in which it prepares girls to thrive in adult life is constantly evolving."

Staff and students marked the anniversary with a number of activities across the week.

On September 27, the day started, in line with

tradition, with a parade of banners on the front lawn, followed by a birthday service with a number of invited guests (governors, former staff, Old Girls and PFA representatives). The service concluded the formal part of the day when a number of other activities were held.

On Sunday, September 29, more than 700 students returned to the school to celebrate this milestone anniversary at an Old Girls' Association event.

Speaking before the week started, Ms Pomeroy said she was very much looking forward to what was planned.

She commented: "The end of the week should bring some surprises. It is our hope that there is something for everyone in our celebrations, making these truly memorable occasions."

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.

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LONDON, ESSEX & SURROUNDING AREAS

Accommodation branded a 'travesty'



Photo credit: Channel 4

A proposal to stop top building temporary modular housing developments for homeless families on council-owned land in South Woodford has been refused by councillors.

Councillors Linda Huggett and Howard Berlin asked the council last month to stop building provision for the homeless of similar design to that in Chigwell Road, a 30-unit three-storey temporary accommodation unit, until 2030.

Cllr Huggett described the temporary modular housing site in Chigwell Road as a "travesty" and highlighted architect George Clarke's criticism of the site in a recent Channel 4 show.

She said: "Homes is the important word – providing homes, not units. Families should not be put in overcrowded, sub-standard second-hand containers which is what this is... I'm not even sure they meet the standards for a prison cell."

However, councillor Ross Hatfull, said: "I do not want to be putting families in tiny modular units in inappropriate sites. What I would like to do is put them in decent council homes – but we can't."

"We can't because we have no funding from central government to build council properties."

Channel 4's George Clarke criticised Redbridge Council on his show, *George Clarke's Council House Scandal*.

He said: "We're supposed to be one of the wealthiest in the developed world and that is the best we can do. They are just units – that awful word the housing industry uses when they talk about the numbers needed to re-house people."

women, which meets once a month at St Mary's Church Hall.

Speakers have included Tracy Mackness of Giggly Pig Company, local textile designer John Allen, Geoff Bowden and many more.

In addition to its monthly meetings, WWW has several subgroups including supper club, craft club, theatre club and walking group.

Over the past 18 months, WWW has raised over £3,500 for Haven House. It'll be running the tearoom at Haven House's upcoming Christmas Wonderland on November 30.

WWW welcomes visitors for a cup of tea and a slice of cake at one of its monthly meetings. They meet on the third Monday of the month at 7.30pm (excluding December).

Find the group on Facebook or Instagram or contact via woodfordwi@yahoo.com

Boost for residents as free parking extended

An increase in free parking in South Woodford and across the borough has been met with joy from residents.

Redbridge Borough Council has doubled free parking on high streets to one hour.

As well as motorists enjoying an extra half an hour of free on-street parking, a fully cashless payment system has been introduced.

Leader of the council, councillor Jas Athwal, said: "We are committed to supporting residents and local businesses and by doubling the free parking allowance on high streets to an hour, it will make it much easier for people to visit our local shops and help businesses grow."

"This will be a real boost for our high streets and help revitalise the local economy."

Resident, Stephen Edwards, said: "I often don't take my car out to the high street as it's a hassle but this will definitely give me more options."



Wonder Women are going strong

Woodford Wonder Women WI (WWW) is halfway through its second year in the community. President Deb Roper leads the group of 35 local



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Woodford Town FC continue to show promise

Woodford Town have made a strong start to the season in the Essex Senior League Premier Division and the London Senior Cup.

The club officials, club chairman Antony Scott, first team manager Dum Safer and football director Jason Brissett, met with London Mayor Sadiq Khan when they recently attended a council fundraising dinner.

They nabbed a quick photo with the Mayor as the development of their new ground is well underway.

The Woods also progressed into the senior cup with a 1-0 victory over Clapham Scorers. Manager Dee Safer praised the togetherness of his squad despite a number of high-profile players departing the club.

He said: "We have no hold on players and they leave with our blessing, however we have a steady stream

of quality from several sources as we showed tonight, we also end up with players 100 per cent committed as you could see tonight (September 24)."

The Woods also said goodbye to a promising youth player after a move to Brentford B team. 17-year-old Jaden Thompson-Brissett impressed them in the league and helped Town sit sixth in the Essex Senior League after 27 matches.

Talking on the club website, Thompson-Brissett said: "For me it was good to come to Woodford because I wanted to learn about men's football and there were a lot of young players here."

"It is a young team and that can be good and bad in certain ways, but we have all kicked on and flourished and a lot of people have noticed that."

Campaign launched for safer train services



Photo credit: Featureflash Photo Agency/Shutterstock.com

Mr Duncan Smith, MP for Chingford and Woodford Green, has launched a campaign for better and safer train services.

Speaking at Woodford Station, Mr Duncan Smith MP said he believes Transport for London should be focused on issues of overcrowding and the fact that the Central Line seems to have the worst record for assaults.

Mr Duncan Smith MP said a number of his constituents were concerned about the quality of the service and had written to him calling for more frequent trains from Woodford because of a high level of overcrowding from the stations.

He said he was even more concerned about the record of assaults on the Central line particularly sexual assaults.

Mr Duncan Smith MP explained: "There needs to be more coverage of CCTV cameras and a real drive to try and clean up their act on this particular line. So I'm going to be writing to Transport for London because I think its high time they focused on those issues because all my constituents deserve a safe and better service and I am determined to campaign for that better and safe service."



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Many of us go through the odd moment of wishing we could turn back the clock, but the power of time is something only very few have ever had in their command.

And yet, the meeting of 25 nations in Washington DC 135 years ago this month will always be marked as a monumental moment against which we've been setting our watches ever since. On October 22, to be exact, the great and the good at the International Meridian Conference decided that the Royal Observatory in Greenwich would become the site of the Universal Time meridian of longitude.

It's positioning of Greenwich Mean Time (GMT) as a standard bearer for the world is most probably a reference point that will never be changed. Subsequently, the delineation of world time zones has always been either plus or minus a specified quantity of hours – the furthest time zone being that of the Baker and Howland Islands in the Equatorial Pacific, which rank a full 12 hours behind us.

Of course, these time zones are subject to significant shift. When lines marking time boundaries are drawn on a map, a number of peculiarities can be found, often arched around small islands.

The most extreme example of time difference is at the Diomed Islands, which sees us return to the Pacific. Big Diomed dwarfs Little Diomed, which

sits two-and-a-half miles away. With one being the furthest east you can go and the other being the furthest west, and the international date line running down the middle, they are, in effect, one day apart (21 hours, to be exact). That means if you stand on one with a pair of binoculars and look at the other, you are viewing tomorrow... or is it yesterday?

More pertinently, given that one is owned by Russia and the other by America, the Diomed Islands appear a chink in time even GMT won't be able to resolve.

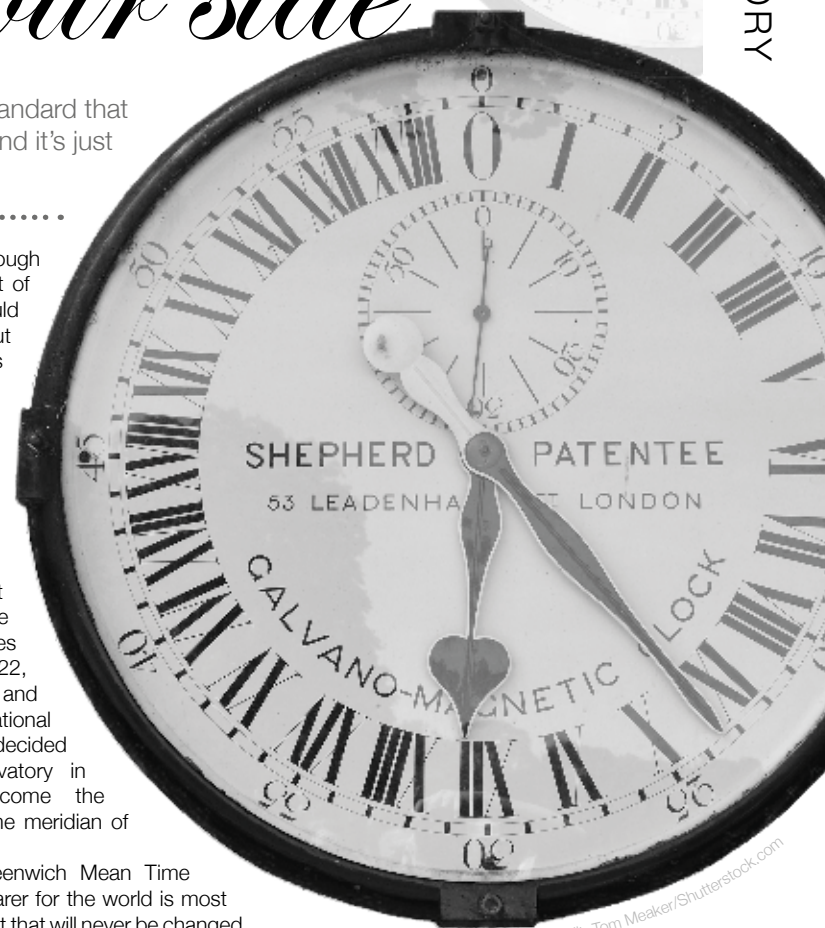


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HISTORY



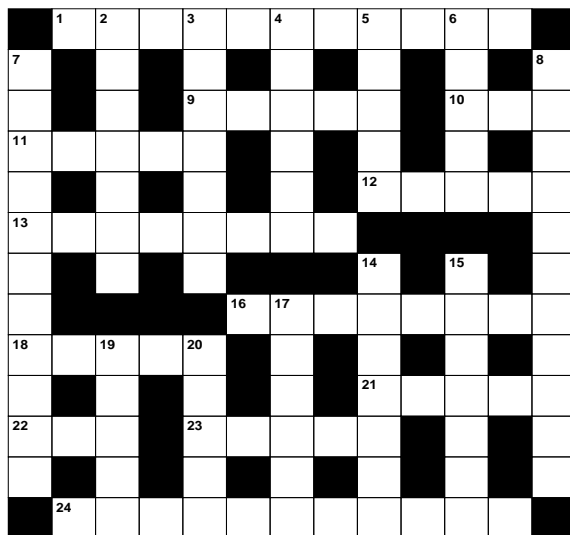
PUZZLES & TRIVIA

ACROSS

1. American actress (5,6)
9. Suffuse with colour (5)
10. Pub (3)
11. Walked at a steady speed (5)
12. Showered with love (5)
13. Sufficiency (8)
16. Figure of speech (8)
18. Financial resources (5)
21. Edge (5)
22. Bun (anag) (3)
23. Awake (5)
24. Tumultuous (11)

DOWN

2. Prophets (7)
3. One of the platinum metals (7)
4. Material; textile (6)
5. Role; office (5)
6. George ____ : *Middlemarch* writer (5)
7. Act of making peace (11)
8. Unintentional (11)
14. Upstart; one who has recently gained wealth (7)
15. Henry David ____ : US author and poet (7)
17. Follows (6)
19. Stroll casually (5)
20. Device used to sharpen razors (5)



DID YOU KNOW?

► The 2022 Commonwealth Games will be held in Birmingham

► Tiger Roll become the first since Red Rum to win the Grand National race back-to-back

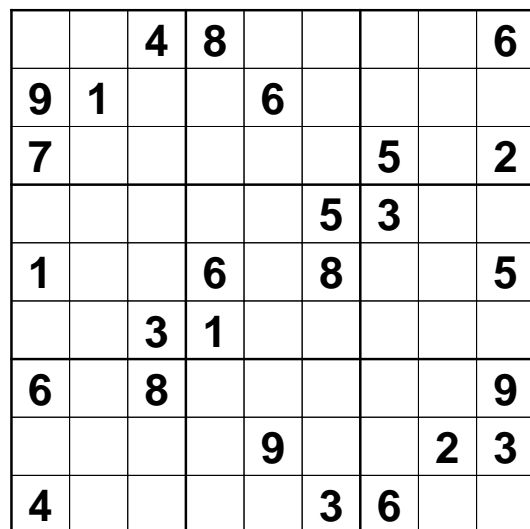
► The 2018 Netball Commonwealth Games was the first final since netball was introduced at the 1998 Games that didn't feature both Australia and New Zealand

► Wheelchair rugby was originally known as murderball

► Abe Mitchell is depicted on the top of the Ryder Cup trophy

► The FIFA World Cup was first held in 1930 and Uruguay was crowned the winner after beating Argentina 4-2 in the final

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PLAIN SITE

TELLTALE SIGNS THAT THE WEBSITE YOU ARE VISITING IS DODGY

One
Staying one step ahead of the fraudsters isn't a battle just reserved for those who patrol the internet. The unregulated nature of the world's biggest information source means we need to take control of our own vigilance. But by following a few easy steps, you can protect yourself from the dark forces at work across the web.

One
S for security
When visiting a site, in the web address at the top, look for an 's' after 'http' at the beginning of the line. The lack of an 's' doesn't directly imply you are on a scam website, but it is telling you that the security certificate is inadequate, and you should refrain from entering personal information.

Some browsers – Google Chrome being one – add a padlock icon denoting any website that is fully secure, or the web address could be shown in green. The highest form of encryption for any site will also show the website name before the address.

Two
Too good to be true?
On the internet, just as in real life, if something you see online appears too good to be true – particularly if you've clicked on an advert or had a pop-up appear on your screen – it probably is.

Three
You have my word
Consider as well the trustworthiness of sites that have poor spelling or grammar. Very few scammers are fully adept in the finer workings of the English language, particularly if that site is being run many thousands of miles from the UK. Authentic marketing will almost always look professional in style and content.

Four
Google away
Finally, if a site looks suspicious, put its name into Google. If it's a known rogue business then there's a good chance it's being discussed across the web.



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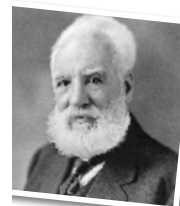


BUSINESS & FINANCE

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WHY THE PHONE IS RE-EMERGING AS THE BEST SALES TOOL OF THEM ALL

We live our business lives riding on a wave of technological brilliance – from emails to conference calls, gobsmacking gadgets to algorithms. Yet it's an invention dating back almost 150 years that's rapidly reconnecting us with efficient business practice.



Here are five reasons why we should never have moved away from the genius of Alexander Graham Bell.

IMMEDIACY

There's no time to waste in modern business and you'll not get a quicker response than from asking direct over the phone. Countering objections or following through to close a deal are quick, easy, linear processes, meaning you'll be in business quickly.

PROTECTION

While the phone doesn't offer the ability to correct mistakes in the same way an email would, it can hide nerves or discomfort in a way a face-to-face meeting never could.

RAPPORT

The human touch is a key pivot of any sales process. 'People buy people', and building rapport over the phone ends up being about much more than business... it's the casual chat – the wife, the family, the weekend, the football scores – that can be tackled in just a minute or two, yet is so valuable.

INSIGHT

We've all heard of people 'hiding behind their keyboards'. Those taps of the keys and the language used can hide a thousand lies, yet try bluffing quite so effectively when your own mechanism is your voice. Detecting emotion and responding to it in an appropriate way is a gift the telephone offers, where so many other forms of communication don't.

ON THE LINE

While we'd never condone pressure selling, being on a phone call does offer a certain longevity to a sales process. You can have someone 'on the line' and pretty close to a captive audience when making a call; compare that to the ease with which someone can escape a pitch simply by deleting your email.



5 easy ways to £earn extra money

Who couldn't do with some more money in the run-up to Christmas? And what if you could do this without disrupting your daily life or causing yourself any additional stress? You'd be crazy to say no.

1. Sign up for online surveys

You won't make a fortune by signing up to these sites that offer cash or shopping vouchers in return for your information and opinions, but you can make around £50 per month if you put in the work.

2. Become a mystery shopper

This is a great option for those who love to shop and aren't afraid to be honest. Most companies are free to sign up to and there is no commitment to carry out assignments. The only drawback is that you sometimes have to pay for goods or services up front and wait to be reimbursed.

3. Rent out your home (or housesit someone else's)

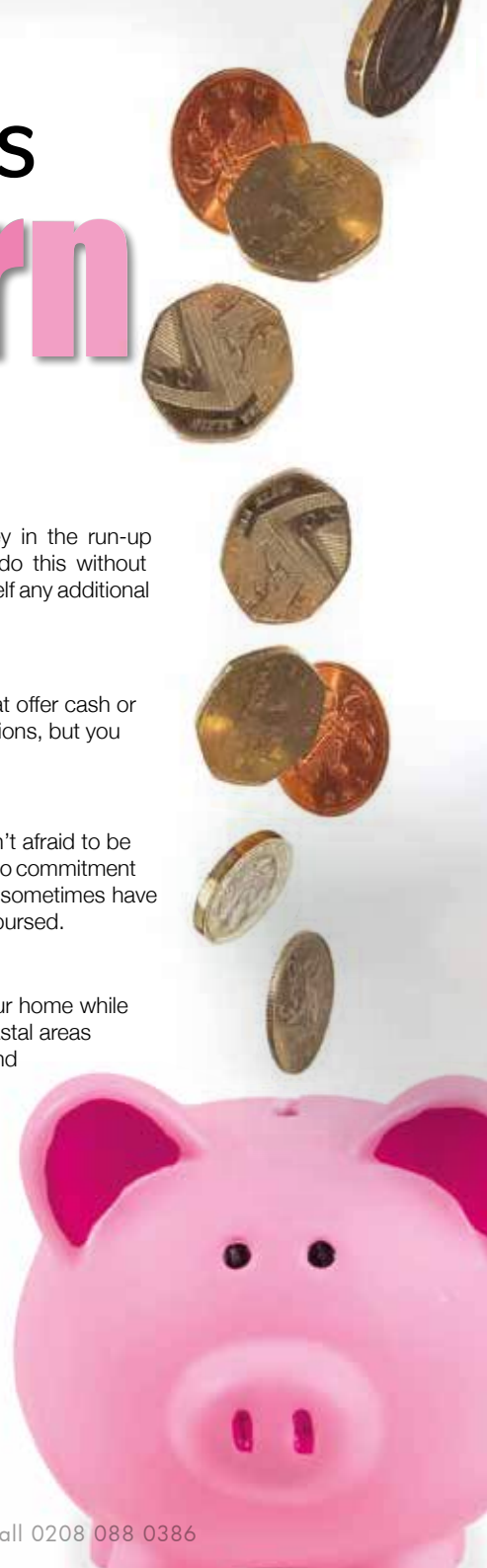
If you are planning some winter sun, why not rent out your home while you are away? Popular destinations such as London, coastal areas or cities that have a particular seasonal attractions demand the highest fees. Reputable companies like Airbnb will cover insurance in case of any damage.

4. Make money from your skillset

Did you know that more than a quarter of workers in the UK have some sort of secondary income? But if the thought of a second job seems too much, consider offering your services as a freelancer.

5. Become a dog walker

With the cold weather setting in, many people will want to outsource the task of walking their dogs, so if you don't mind the outdoors and are comfortable around our four-legged friends, why not give it a go?



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SPORT



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DEAD AND BURY-D

The sad demise of a once proud football club and what it means for 91 other Football League members.

In September, and in a scenario football fans have seen played out countless times, most expected the white knight to ride in and save Bury Football Club's 125-year membership of the Football League.

The nearer the deadline became, perversely, the more belief grew that things would resolve themselves. And yet, there was no white knight, there were no further stays of execution, and having failed to prove funds were in place for them to survive the season whilst taking care of the Company Voluntary Arrangement agreed a few months previously with creditors, Bury Football Club were expelled from the world's richest football league.

On the face of it, to let a former FA Cup winner wilt for the equivalent of two weeks of Alexis Sanchez's wages is preposterous, but the Shakers' plight is a

stark reminder that self-sufficiency is a requirement, not an option, and the Lancashire club's drive for higher division football – and the wages that accompany it – must be a salient warning to all clubs.

Emotionally, the situation was made worse for the Gigg Lane outfit by local rivals Bolton Wanderers' survival, though this isn't necessarily the end for Bury. They exist still as a business, with owner Steve Dale seemingly desperate to relinquish all ties as the club seek entry at a much lower level – probably the Northern Premier League – for the 2020/21 season.

What's left is very much the same as before. The pursuit of the riches at the top of the game is as fervent as ever in English football, and clubs will continue to gamble big time in pursuing that. What's changed is that chairman and owners know the trap door is no longer bolted shut.



On the road again? why not check out **BRITAIN'S BEST ROADS**



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For the motoring enthusiast, there are few things in life more pleasurable than an open road, a fast car and a bit of Canned Heat on the stereo.

While many of the UK's best roads wind their way through, along and on top of stunning geological features, mostly in the north of England or Scotland, there may be some 'must-drive' routes a little closer to home:

ONE: A838, Laxford Bridge to Tongue, Scotland

Let's start right at the top, and a road that pivots through the Highlands' incredible natural beauty. At 77 miles long it is the perfect distance to savour sea vistas and mountain landscapes, yet with an average of just 96 vehicles using it each day, you really will feel you have your own slice of tarmac.

TWO: The M6 Toll

For those who have driven through the mess that is the M6, the sheer joy of gliding along the M6 Toll is a sensation like no other. Always clear of incidents, its winding, graceful curves allow fast and satisfying driving. In fact, a recent poll found the average speed of all vehicles on the road to be 76mph, a full 6mph above the speed limit.

THREE: A40, Wales/England Border

On the face of it a dual carriageway linking two countries, the road that skips through Pencraig, Whitchurch and Monmouth burrows deep into the Wye Valley, flanking its river and can be likened to the experience of a rollercoaster ride through the Canadian Rockies.

FOUR: A592, Windermere to Penrith

Better known as the Kirkstone Pass, this incredible route reaches almost 1,500ft, with spectacular valley views, drystone walls and wonderful winding roads.

FIVE: The Snake Pass

Edging through the Peak District towards Glossop, the Snake Pass is true to its name in offering a slithering track often seen on car adverts. The tranquillity of the spot is what draws drivers in, with elevation and adverse cambers testing driving skills to the max.



Everything you wanted to know about leasing but were afraid to ask!

Leasing a new car used to be something that businesses did, and if an individual wanted a new car it would mean going to a main dealer. Times have changed along with buying habits, it is not unusual for people to shop for vehicles online without actually test driving the vehicle or speaking with a salesperson.

At Planet Leasing in Loughton, we adopt a unique approach. Internet pricing but with the ability to come into our office and actually talk with someone who knows what they are doing!

Acquiring your next vehicle through a brokerage has many advantages, we are not owned by any manufacturer which means you can talk to us about any make and model of brand new car, truck or van. We utilise fleet terms which, coupled with our panel of specialist lenders, enable us to provide the very best pricing.

For businesses, we can advise not only on the most appropriate vehicle for your needs but working alongside your accountant, if required, we can recommend the correct type of funding. For example, if you want to be able to claim your full annual investment allowance a lease purchase would be the correct finance type. If you have a limited company and you are considering a car for yourself, we can advise you on the tax costs to help you decide on whether to finance a car through a business or not and whether an alternative fuel vehicle is the right choice. For your commercial vehicle requirements, we can supply and finance anything up to 3.5 tonnes and we can also arrange for specific bespoke modifications such as racking, water tanks, drop-sides, etc... to be added as required.

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WHAT'S ON

in your area

Wader quest

**St Mary's Church, 207 High Road,
South Woodford, E18 2PA
October 8, 8pm**



Waders have a special place in the hearts of most birdwatchers as they are varied and often don't move fast.

Rick and Elis Simpson want to spread knowledge about them and improve their conservation. Tickets are £4 for RSPB and Wren members and £4.50 for non-members. No charge for those 18 and under.

For tickets, email nelondonRSPB@yahoo.co.uk or call 0208 989 4746.

Back to work

**All Saints Woodford Wells, Inmans Row,
Woodford Green IG8 0NH
October 11, 10.30am – 12pm**

Are you starting to think about returning to work? Would you like some advice on flexible working, your legal rights and some general support to chat about how you will manage things like childcare, balancing work and family life and separation anxiety?

If so, come and join Kelly and Alison for a chat and meet with other parents also starting to plan their return. Both Kelly and Alison are working mums having made the return to work more than once.

This event is brought to you by NCT Redbridge and is free of charge. For any questions, email parentsupport.redbridge@nct.org.uk

Father Figurine

**Redbridge Drama Centre, Churchfields, South
Woodford, London E18 2RB
October 15, 8pm**

With the current climate of mental health discussion, Father Figurine talks about the fragilities and

vulnerabilities in men and young boys.

This piece combines poignant spoken word poetry with hip hop dance, to explore the fractured relationship between a father and his son and their inability to healthily deal with a traumatic event.

Tickets range from £8.50 to £10, visit www.redbridgedramacentre.co.uk

Haven House Chasing Pumpkins Run

**Haven House Children's Hospice, The White
House, High Road, Woodford Green, IG8 9LB
October 27, 11am**

Chasing Pumpkins is back for a second year. This is an official chip-timed trail run, where the 5K and 10K courses will take you through Epping Forest and around Higham's Park Lake.

This route is perfect for beginners or a test for those more experienced runners.

Entry fee is £15 which includes an official chip time, pumpkin medal and treats.

For more information and to sign up, visit www.havenhouse.org.uk/Event/chasing-pumpkins-5k-10k-run

Diwali night

**Wanstead RFC, Roding Lane North,
Woodford Green IG8 8JY
November 2, 6pm – 1am**

A night full of lights, food, music and dance. Diwali traditional Puja and Rangoli will be at 6.30pm, a three-course meal and Bollywood music will be at 8pm onwards and fireworks at 9pm. Strictly ethnic, Indian attire.

Tickets are £20 for adults, £10 for children up to 12 and kids below the age of five are free. To book, contact Joydeep on 07556 308423.



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