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November 2019

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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. Do you ever feel like time just flies by from month to month? I find it hard sometimes to take some time out for myself and do things I enjoy as I get so involved in the business.

I recently got back into snooker, something that I played so much as a child and became pretty good at it. So, I rejoined my old club and started playing again.

It's so good to reconnect and meet a new group of people to socialise with. Try it for yourself; revisit a passion or hobby you had in your younger days. I'm sure you will enjoy it, like me.

This month we launch our seventh and eighth titles of **VISION**. These will be to EppingTheydon and Leigh-on-Sea, taking our monthly distribution to at least 53,000 homes. Thank you for making this happen.

In local news, a woman has been awarded for her dedication to rescuing street dogs in Sri Lanka, a Fly-tipper is fined £750 and a 16-year-old is charged following a stabbing.

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](mailto:woodford@visionmag.co.uk)

**VISION** is your magazine for your town. I hope you all enjoy the November edition.

*Brett*

## CONTACT US

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UNDER NEW MANAGEMENT



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## A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

### 'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.



# THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



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# THAT'S A CAP!



FASHION

When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

#### The Newsboy Cap

Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

#### The Irish Flat Cap

Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

#### The Baker Boy Cap

A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

#### The Driving Cap

A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

#### The Big Apple Cap, aka The Gatsby

Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

#### The Shelby

Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.

Photo credit: [www.hatsandcaps.co.uk](http://www.hatsandcaps.co.uk)





SKINCARE

INGREDIENTS

# laid bare

Have you ever really looked at the ingredients list on your skincare products? As in, looked and found out what they actually do? Or do you just blindly follow what your preferred brand says you should be using without question? Us too.

## RETINOL

If you are a fan of anti-ageing creams, then you will definitely have heard of retinol. A derivative of vitamin A, this wonder ingredient is great at reducing the appearance of fine lines, deeper-set wrinkles and also sun pigmentation.

## VITAMIN C

This antioxidant is perfect for helping protect your skin from sun damage. Although not as potent as other ingredients, it is useful for brightening up dull-looking skin.

## SALICYLIC ACID

Acid on your skin doesn't sound good, but believe us it is. This particular acid helps to remove old, dead skin cells and at the same time stimulates the growth

of shiny new skin cells. Ideal for those who are prone to breakouts and/or blackheads.

## COLLAGEN

Collagen is a naturally occurring protein in our bodies but unfortunately, as we age, our levels of collagen become depleted. We know, it's not fair. The good news is that it can be found in many skincare products, including day and night creams.

## JOJOBA OIL

Some people worry about oils, especially those with oily or combination skin, but this particular one is amazing at regenerating your skin cells and will genuinely improve your overall complexion. And as an added bonus, it can be used over your whole body.

## HYALURONIC ACID

Another acid, this one works by massively hydrating your skin, resulting in a plumped-up effect. Just what you need for ageing skin that has lost some of its collagen and is looking a little thin.

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## Top travel blogs for advice



Whether you love to travel or are simply devoted to daydreaming, we have scoured the web for the best travel blogs to see you through the long, cold winter ahead.

### Two Travel Monkeys

Best for those who dream big

A husband and wife duo, Jonathan and Kach Howe started their blog back in 2014 when they decided to give up their jobs and travel the world. They have since visited more than 100 countries spanning all seven continents and their blog should be a go-to for anyone who has ever dreamed of selling up and starting over.



### Global Grasshopper

Best for overall travel advice

Rather than the opinions of just one blogger, Global Grasshopper features a collection of diverse writers who are keen to share their experiences and knowledge of travel with others. Expect helpful posts such as how to pack light, the best pet-friendly hotels and hidden gems off the beaten track.



### You Could Travel

Best for adventurous couples

If you love travelling with your other half and want to fall in love with the world together but need a little helping hand, then this married couple's blog is for you. Packed with intimate and candid first-hand travel stories, useful guides and stunning photography.



### Budget Traveller

Best for those wanting more bang for their buck

Voted the National Geographic Traveller Blogger of the Year in 2016, Kash, aka the Budget Traveller, offers invaluable advice for those wanting a stylish and luxury break on a tight budget. From the best luxury hostels to free things to do in cities to finding the cheapest flights, the budget traveller has got it all covered.





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**HEALTH & FITNESS**

## ACANTHOSIS NIGRICANS...

*What is it and why does it matter?*

**How do you know if you have it?**  
 The main symptom is patches of skin that are darker and thicker than usual. They can appear anywhere on the body. The patches are dry and feel similar to velvet.  
 They're most common in skin folds, such as the armpits, neck or groin, and some people also have tiny growths on the patches.  
 The patches often appear gradually, without any other symptoms, but the skin may become itchy.  
 Although it's usually harmless, it's best to get any skin changes checked out by your GP because in rare cases it can be a sign of something more serious, such as cancer.

**How is it related to type 2 diabetes?**  
 If your diet is 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 other effects 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; this is why people with type 2 diabetes are more prone to cancer. Acanthosis nigricans is essentially benign and harmless. However, the raised insulin (called hyperinsulinemia) causes proliferation of the surface of the skin as well as excess melatonin production. Hence the thickening and darkening of the skin. Interesting to note that acanthosis has the same cause, but different symptoms, as skin tags.

**What causes it?**  
 The most common cause is having raised insulin levels, hence it is more common in overweight people. Other causes include:

- type 2 diabetes;
- conditions that affect hormone levels – such as Cushing's syndrome, polycystic ovary syndrome or an underactive thyroid;
- taking certain medicines – including steroids or hormone treatments like the contraceptive pill;
- in rare cases, cancer – usually stomach cancer;
- in rare cases, a faulty inherited gene.

Sometimes acanthosis nigricans happens in healthy people with no other conditions. This is more common in people with dark skin.

**What is the treatment?**  
 There is no treatment, but if you improve your diet and lifestyle you can bring your sugar levels back under control, your insulin levels will normalise and the dark, raised patches often fade over time.

Visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or contact Graham Phillips at Prolongevity, call 07768 275802 or email [graham.phillips@manorpharmacygroup.co.uk](mailto:graham.phillips@manorpharmacygroup.co.uk)

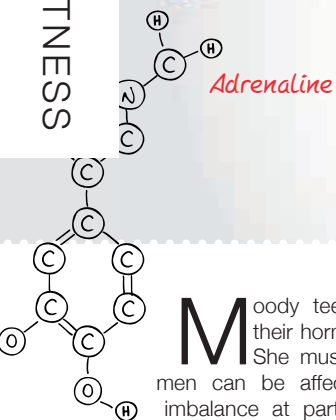




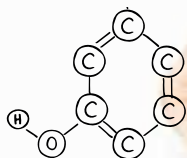
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# HORMONES

HEALTH & FITNESS



Serotonin



**M**oody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

## The key hormones and their functions:

**THYROID:** This hormone helps regulate our weight and internal body temperature and controls our energy levels.

**OESTROGEN:** A female sex hormone that is in charge of reproduction, menstruation and menopause.

**SEROTONIN:** The happy hormone that regulates our moods, memory, sleep and digestion.

**CORTISOL:** A stress regulator, this hormone is produced by the adrenal gland.

**ADRENALINE:** Known as the emergency hormone, adrenaline causes the "fight or flight" response.

**TESTOSTERONE:** The male sex hormone; it helps build muscle and develop male reproductive tissues.

**PROLACTIN:** This hormone is released after childbirth so that the mother can lactate.

**PROGESTERONE:** This hormone helps the

body prepare for conception and pregnancy and regulates the monthly cycle.

**INSULIN:** Produced by the pancreas, insulin helps the body regulate blood sugar levels.

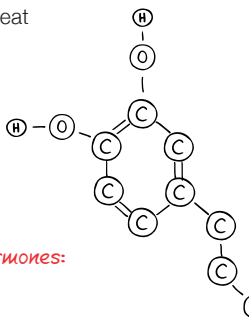
## Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating

## Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.



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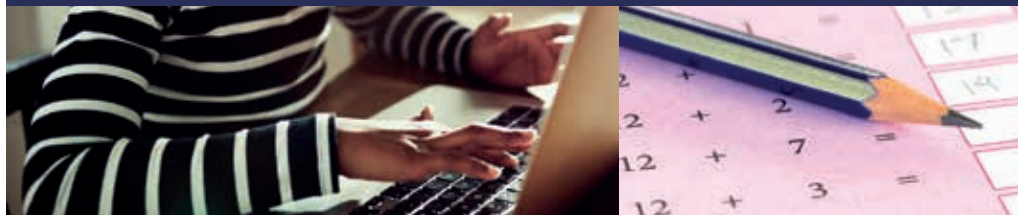
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# TREAD *carefully*

FIVE EXERCISES THAT CAN BE PERFORMED ON A TREADMILL



## INCLINE PRESS-UPS

Turn the treadmill off and stand on the side base with your hands on top of the handles, making sure your body is in a straight line.

Now bend your elbows into a push-up and take your chest down to the console, hold it and then push back up. Perform 10 reps.



## REVERSE MOUNTAIN CLIMBERS

Set speed to 1-2mph, move behind the machine and face away from it, then go into the plank position. With hands on the floor, lift feet onto the treadmill, drive your right leg onto your chest and stretch, then the left one. Perform eight times on each leg.



## WALKING PLANK

Still at 1-2mph, stand at the end of the treadmill and get into the plank position, putting your hands onto the base of the machine. Making sure your body is in a straight line, put your hands onto the band of the machine and simply walk them forward.



## SIDE SHUFFLES

Stand sideways on the treadmill in a squat position and slowly bring the speed up to around 3mph. Moving quickly, move your feet together and out again. Repeat this on the other side. For balance, hold your hands together.



## TREADMILL PUSH

Turn off the treadmill and pull the emergency tag. Then stand on the machine and grip both of the handles with your hands, and bend your elbows slightly. While in that position, drive your legs in a forward motion to push the treadmill belt back.

Complement these exercises with a brisk walk or run to get your body toned.



# How to NIP NAIL BITING in the bud

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

## Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

## Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.

## How can you help your child to break this habit?

- Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly

when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

## What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.



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FOOD & DRINK

You may not believe it, but lamb is actually one of the most consumed meats in the UK, beating the humble chicken and even British beef. Both professional chefs and amateur cooks just love its soft, melt-in-the-mouth pink flesh, and who can blame them?

*What should I look for when choosing lamb?*

Lamb is one of the types of meat where you should try to push the boat out if you can afford to. Go organic, British and grass-fed where possible. Lamb meat should be deep pink in colour with dry, white fat.

*How should lamb be stored?*

Lamb should never be exposed to heat until cooking time, neither should it be left out at room temperature. It should always be stored in the fridge or freezer to prevent it going bad.

*How do I cook lamb?*

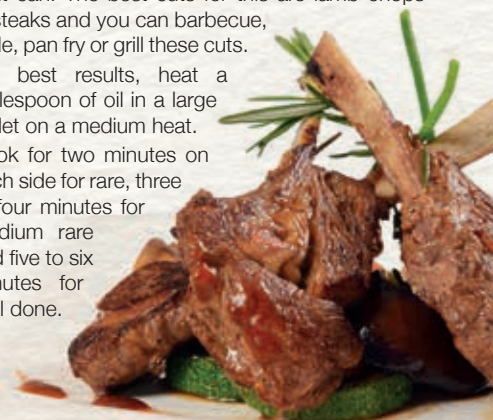
If you want to cook lamb shoulder or a leg of lamb, your best option is to slow cook them.

- Set your oven at 160°C or fan 140°C.
- To ensure the meat does not dry out you need to add plenty of liquid, whether that be red wine or stock plus your chosen herbs.
- We recommend placing your lamb on a bed of onions or vegetables.
- Cover with foil and cook for three hours.
- Remove foil and cook for a further 30 minutes.
- Remove from oven, re-cover and leave to rest for 15 minutes.

*Can lamb be cooked quickly?*

Yes, it can. The best cuts for this are lamb chops and steaks and you can barbecue, griddle, pan fry or grill these cuts.

- For best results, heat a tablespoon of oil in a large skillet on a medium heat.
- Cook for two minutes on each side for rare, three to four minutes for medium rare and five to six minutes for well done.







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**DYNAMIC DELIA CHALKS UP  
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In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3–2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.



FOOD & DRINK





# WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

## remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

## prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

## move and protect

Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

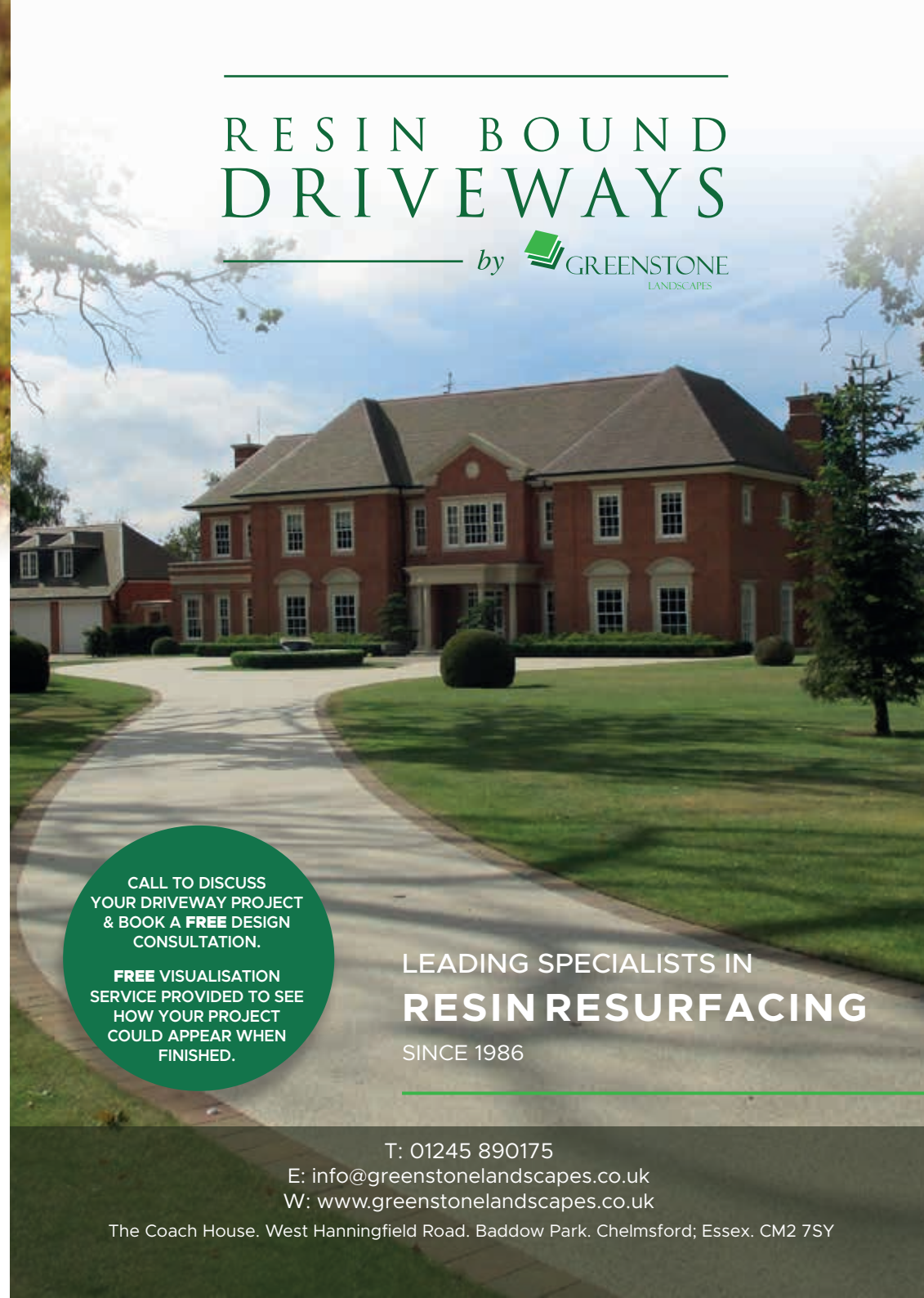
## feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.



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## SEVEN USES FOR A USED TOOTHBRUSH

Doctors recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

### 1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

### 2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

### 3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

### 4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

### 5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

### 6. GROOM YOUR EYEBROWS

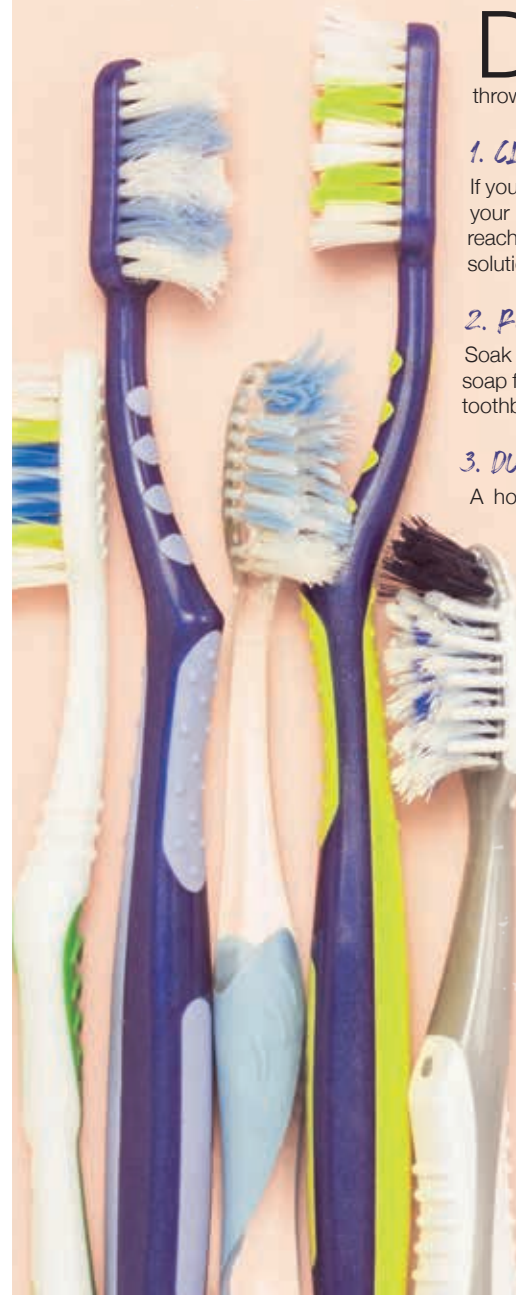
Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

### 7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



HOME & DIY







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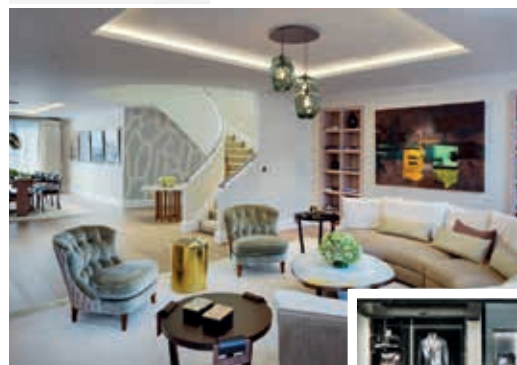
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# DAVID COLLINS

*and a design legacy that continues to evolve*

HOME & DIY



Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design. Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

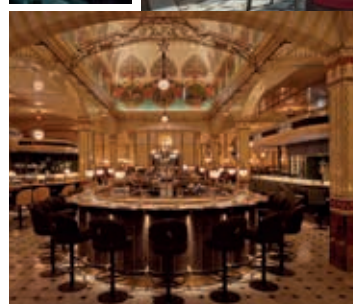
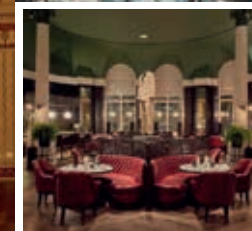
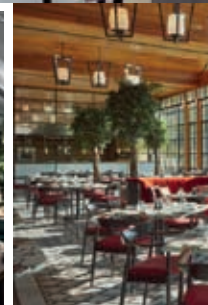
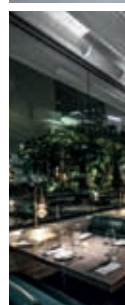
Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been

diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenirs everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and [www.davidcollins.studio](http://www.davidcollins.studio)







# JEWEL of the aisle

WHAT TO LOOK FOR WHEN SHOPPING FOR JEWEL SHADES THAT WILL BRING LIFE TO YOUR INTERIORS

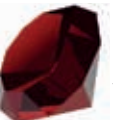
**P**repare yourself: jewel shades and tones are very much back in this autumn. Bold and strong, these colours are perfect for catching the eye. While a good start point is to match new purchases to existing wall colours or pieces of art, here's a more extensive guide, outlining the effect each jewel shade can produce in your home.

## PERFECT PURPLE



Purple is the deepest form of amethyst, and using a sofa in this colour to blend into or complement a dark wall behind can make for stunning décor and a real statement piece in a room. Other audacious types, like deep jade or mustard yellow, can be great combos too.

## ROYAL RUBY



Red already does what it says on the tin, but adapting ruby, a versatile, multi-mooded colour, can offer warmth, passion, brightness and fire. A ruby red lamp will transform the

space in a room. It instantly sets it apart from anything else, such as the regally revered hue, and combined with amethyst creates reflection and balance.

## SUMPTUOUS SAPPHIRE



Sapphire is another bold jewel tone that's very adaptable. The darker blue creates feelings of peace, tranquillity and purity, and, added as a cushion or a throw onto a light object, such as a chaise longue, offers a perfect contrast that is "statement stylish".

## ELEGANT EMERALD



Emerald is a gorgeous jewel tone and works brilliantly with whites, silvers, greys and browns. Its presentation, especially with wood, gives the feeling of nature, life and the outdoors, indoors; while paler shades of formal colours will allow the emerald's deep, solid earthy quality to come to the fore, giving the room an alluring mystique.

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HOME & DIY

## Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

**T**he truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

### MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

### ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

### RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

### THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

### WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...



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Photo credit: S Meddle/TV/Shutterstock

# Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show...

so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Woman receives award for rescuing dogs in Sri Lanka

A dog lover from South Woodford was recognised last month with a special award from the International Fund for Animal Welfare (IFAW) at the House of Lords, honouring her dedication to rescuing sick and injured street dogs in Sri Lanka.

Former social worker Kim Cooling, 62, has rescued tens of thousands of dogs in need at her sanctuary in Sri Lanka. She has provided vaccinations and neutering to many more street dogs, and permanent refuge for around 200 disabled canine residents.

With around three million street animals in Sri Lanka, many dogs suffer malnutrition, disease and injuries from vehicles or human persecution.

After many years of self-funded work to help street dogs, which she felt was only a drop in the ocean in tackling the problem, Kim decided to found Animal SOS Sri Lanka in 2007.

After raising funds to purchase a plot of land and a small clinic in the south of the country, the charity has quickly grown to try to cater to ever-increasing demand on its services.

Kim's charity provides a vital lifeline to many dogs

who otherwise would suffer greatly and likely have a poor chance of survival.

Kim said: "Despite many challenges the work is very satisfying. One of the most fulfilling aspects is giving a sick or injured dog the benefit of the doubt and the chance to recover. Part of our ethos is to give animals a chance.

"When I got the phone call telling me I was to win an IFAW award I was so pleased; just to know I'm appreciated for this work really means so much."

Kim's journey to setting up the centre began many years ago when she and her husband Gary, a roofer, met and fell for an emaciated street dog named Rama while on holiday in Thailand. After bringing the dog back to the UK, the seed was planted.

Kim regularly travels out to Sri Lanka for long visits to work hands on at the rescue centre. At home, she also runs two fundraising charity shops, with the help of volunteers.

Over the years Kim has adopted a number of the street dogs from Sri Lanka and brought them back to the UK to live with her at home.





# Younghero Bella receives recognition

An inspirational teenager was recognised at *The Sun's Who Cares Wins* health awards for raising more than £100,000 for a children's hospice.

Bella Field, 14, from Woodford Green has raised a staggering £115,000 for Haven House. The hospice helped her family after her sister Molly died of an inoperable brain tumour aged eight.

Bella began her fundraising efforts for Haven House at the age of just six with an Easter party. She has since held cabaret nights, quizzes, summer balls, discos and events at school.

Bella was nominated in the Young Hero category by her friend Sophia. The girls were brought together through a counsellor at Haven House after both losing their elder siblings.

Last month, the pair attended the star-studded awards evening, which celebrated all of the nominees from the NHS, charity and health sectors.

*The Sun's Who Cares Wins* awards celebrates

individuals who go beyond the call of duty.

Modest Bella said: "When Mum told me about the nomination, I felt really emotional and very surprised. It's such an honour to be nominated alongside such amazing young people. To me, fundraising for Haven House is so important because they helped my family and me through a very tough time and we feel as though we can never repay them for the invaluable time they gave us."

Barbara Keller, specialist bereavement social worker at Haven House, added: "We're all very proud of Bella who is always willing to put herself forward for new challenges. Whether fundraising, speaking about her own grief journey or gaining mutual support through befriending others who are struggling with similar issues, Bella uses her bubbly personality and unique style to connect in a very friendly and natural way. Over the years I've had the pleasure of working with her she's proved herself to be a real hero."

## 16-year-old charged after stabbing at station

A teenager has been charged following a stabbing at Woodford underground station.

The boy, 16, from Redbridge, appeared at Highbury Corner Magistrates' Court last month under a charge of wounding with intent.

The stabbing happened at around 5.30pm on Monday, October 7. The suspect was arrested the following day.

The victim, a teenage boy, suffered a shoulder wound. He was taken to hospital and later discharged.



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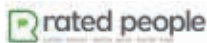


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LOCAL NEWS

## Rugby group wins award from Mayor of London

A group that provides rugby coaching to a special school in Woodford Green was honoured by the Mayor of London at his volunteering awards last month.

The Hurricanes coach pupils at Hatton Primary School as well as Gearies Primary School in Ilford.

The group created an "inclusive tag rugby" tournament to provide opportunities for children with autism and other special educational learning or physical needs, enabling them to engage in this activity.

They have now successfully delivered 32 weeks of high-quality coaching for children who have never had the opportunity to play sport, and have received the full support of the England Rugby community coaching

team and Bancroft Rugby Club.

Mr Khan said he was delighted to give the group and all the volunteers at the awards some well-deserved recognition.

He commented: "It's so important to celebrate the wonderful work of our city's volunteers and community groups. Volunteering presents opportunities for all Londoners to have their voices heard and to make a real difference to our communities at a time when we've seen key support services cut back. To all the nominees and winners, and to the countless other volunteers who generously dedicate themselves to helping fellow Londoners: thank you."

## Fly-tipper left £750 out of pocket

A South Woodford man who dumped household appliances and furniture on the borough's streets has been fined £750.

Imtiaz Fareed Blouch was caught twice on CCTV, just days apart, dumping an office chair, a microwave oven and a Hoover on Nutter Lane, Wanstead.

The bulky items were traced back to Blouch by council enforcement officers who subsequently fined him twice for fly-tipping.

Blouch appealed the fines, stating that he couldn't put his rubbish in a skip he had hired as other people had filled it up. Even though the appeal was rejected,

Blouch refused to pay his fine.

The 63-year-old was summoned to appear in court, which he ignored, resulting in a warrant for his arrest.

Appearing at Barking Magistrates' Court on Friday, September 27, 2019, Blouch pleaded guilty to two counts of fly-tipping.

He was fined £400 and ordered to pay costs of £320. A victim surcharge of £30 was also imposed.

Councillor Kam Rai, deputy leader of Redbridge Council, said: "Dumping rubbish and destroying our environment is a criminal offence and we will not tolerate it."





# Young boy could be UK's next big karate star

One of this country's next stars in karate could be from Woodford after a nine-year-old pupil won a gold medal at the 2019 British Karate Federation International Open Championships in Scotland recently.

Aaron Johnson-Campbell, who attends Avon House Prep School in Woodford Green, won the top prize in the Boys Kunité 7-9 years over 25kg category after four competitive matches against tough competitors.

A school spokesman said they were extremely proud.

He commented: "This was a well-deserved win for Aaron after all the intense training that he put in and his school cannot wait to see the fantastic achievements he will accomplish in the future. Well done, Aaron."

The event was held in the Ravenscraig Arena, Motherwell.

Avon House consists of several buildings spread around the site, including the new Daniels building which boasts a themed library. The original part of the school is an old listed building which incorporates the school's advanced ICT room and art room as well as two classrooms and the school kitchen. Also visible from the road is 492 High Road which the school acquired in 2003 and houses the music rooms and the school office.

The Pre-Prep Department building, school hall, further classrooms, cookery room, playgrounds and school garden spread out across the remainder of the campus.

## Chance to pay tribute to the fallen

South Woodford will host one of six wreath-laying events in Redbridge later this month.

War veterans, churches and the council will pay their respects to the fallen at the remembrance ceremonies and events across the borough.

Arranged by the council in conjunction with the Royal British Legion, there will be a service of remembrance on November 9 at Woodford War Memorial.

A dedication will take place at the Field of Remembrance, High Road, South Woodford, arranged

by Revd Canon Ian Tarrant.

Please assemble at St Mary's Church Hall, High Road, South Woodford at 8.40am. The service will commence at 9am.

The Mayor of Redbridge Cllr Zulfiqar Hussain said: "Every year, we fall silent for two minutes to remember the brave service personnel who have died in wars and conflict.

"It is only fitting that we pay tribute to these men and women, past and present."

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## Woodford and District National Trust



LOCAL NEWS

This summer, members enjoyed trips to Rippington Manor, Knebworth House and Stonor Park, and although the weather has turned colder, there's still plenty for members to enjoy in the coming months.

Why not join up for a modest £15 a year, and enjoy these trips? Remember the cost includes all our winter/spring meetings too. Please contact Richard Speller on 0208 524 0980 for details.

The winter London outings are listed below.

Bank of England: Past And Present, Tuesday, November 5, at 11am.

The Chapel of St Peter & St Paul, Greenwich, and The Painted Hall, Wednesday, December 11, at 10.30am.

Banqueting Hall, Whitehall, Thursday, January 23,

2020 at 11am.

Royal Air Force Museum, Colindale, Friday, February 7, 2020 at 10.45am.

Royal Institution and The Faraday Museum, Wednesday, March 25, 2020 at 11am.

Hidden Gardens in the City – A walk with Tony Tucker, Thursday, April 2, 2020 at 11am.

Our guest speaker in November 2019 is Peter Lawrence, who is a long-standing member of the Woodford and District National Trust Centre and Woodford Historical Society. His talk at All Saints Church Hall on Wednesday, November 13, is about Medieval Churches in East Anglia at 2.30pm. All are welcome to this fascinating presentation.



## Sam set for TV stardom

A singer/songwriter from Woodford Green could be set to become a household name.

Sam Millar (pictured second from left) is the presenter and producer of the *The UK Americana Bar* TV show, built around the growing Americana lifestyle in the UK.

Sam, 47, a lover of all things American, is already a well-respected songwriter with two successful albums under his belt.

Aside from his own writing, Sam became interested in other types of American music including country, blues, jazz and folk music, all incorporated in Americana. After a trip to Nashville, he wanted to try to find a way of bringing his interest to the UK.

Sam said: "I came up with a television show and I

didn't want it to be just another music video kind of show but also to include slots on lifestyle, fashion and cooking. *The UK Americana Bar* TV show is a family variety show where we have film from Nashville, and Ireland. The show even incorporates a Bigfoot."

Already a hit on YouTube, the first episode of the show aired on Showcase on November 3.

Sam said: "It has been a long time coming and the journey has been difficult at times, but thanks to the support of the fans and some trusted friends in the music business, we now have a date to broadcast and it's on Sky TV. The Americana lifestyle has grown considerably over the past few years here in the UK and now is the perfect time for a TV show to reflect this."





# Taxi drivers give young patients a day to remember

Children and families from Haven House Children's Hospice in Woodford Green enjoyed a day trip to London thanks to a group of taxi drivers from Essex.

The children, who have a range of life-limiting health conditions, were taken to the capital to enjoy a morning of fun activities at the BGC Charity Day – a fundraising day in commemoration of 9/11 and dedicated to raising money for good causes.

For three-year-old Annabelle Thomas, it was the first time she had travelled in a black taxi and into London outside of a hospital appointment.

Dad Chris Thomas said: "We had an awesome day. Annabelle was very excited and really enjoyed the taxi ride. We were able to bring her Wizzy Bug on board, which is essential to Annabelle being able to move around independently.

"We had the most fantastic day at the BGC Charity Day. She loved the treasure hunt and magic show. Thank you to our lovely black cab drivers for enabling us to enjoy this day as a family."

The hospice put an appeal out on social media for taxi drivers to help drive children to the event.

PR and Communications Manager Paola Noto added: "With no budget to spend on travel for events like this, the taxi community's support was crucial in enabling us to take the children to have a fun and memorable day out in London.

"We are extremely grateful to the kind-hearted taxi drivers who responded to a call for help and who gave their time and use of their vehicles for free."

The hospice thanked cabbies Martin Franks, Luke Scott, David Birch and Stephen Clark for their support.

# Renewed appeal following shooting

Police investigating a shooting in Woodford Green earlier this year have made a fresh appeal for information.

Officers, including firearms officers, were called to Malvern Drive on Thursday, July 11, and found a 41-year-old man suffering from gunshot injuries.

Detective Inspector Matthew Webb said: "Were you on Malvern Drive at the time? Did you see anyone acting out of character or milling around the scene? Or vehicles in the vicinity?"

"No matter how small or insignificant you may feel it could be, it could prove extremely important to our investigation."

A man in his 50s was arrested on the same day on suspicion of attempted murder and firearms offences. He was bailed until mid-October.

A 28-year-old man was also arrested on the same day on suspicion of attempted murder and firearms offences. He too was bailed until mid-October.

Two other men, aged 43 and 25, were arrested on Wednesday, September 25, on suspicion of conspiring to murder. They have since been released under investigation.

Anyone who saw this incident or has CCTV or dashcam footage is asked to call Trident via 101 quoting Cad 9891/11Jul.



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LOCAL NEWS

## Burglar ordered to pay compensation to victims

A serial burglar with links to Woodford who pocketed £1.2million from his crimes has been ordered to pay just under £295,000 to eight victims.

David Buisson stole mostly cash and jewellery from homes and businesses between December 2015 and June 2017. They included the home of Lord Sugar, to whom Buisson has been ordered to pay £173,000.

In April 2018, police raided addresses in Ongar and Woodford and found tools and items used for drilling and lock picking (pictured).

Buisson fled his home and went to Spain but was arrested in Fuengirola in April 2018.

The 50-year-old was jailed in September last year for eight years after admitting 11 burglaries and two

attempted burglaries.

A hearing was held at Basildon Crown Court last month where he was found to have benefited £1,270,379.50 from his crimes.

The judge granted a confiscation order for his available assets of £294,973. The money will be paid to eight of his victims as compensation.

Buisson must repay the money within three months or face a further four years in jail.

Marie Hall, a financial investigator in the Kent and Essex Serious Crime Directorate Serious Economic Crime Unit, said: "Buisson gave no thought to the distress he caused his victims, whom he targeted in a calculated way."

## Woman trafficker is jailed

Three members of an organised crime gang who trafficked women into the UK for sexual exploitation, including a woman from Woodford, have been sentenced to a combined total of 24 years in jail.

Marian Ninov Vasilev, 34, of The Broadway, Woodford, was sentenced to three years.

Eleonora Vasileva, 34, of Alnwick Road, E16, was sentenced to 11 years while Iliya Mihaylov, 31, of Alnwick Road, E16, was sentenced to 10 years.

The three, who are all Bulgarian nationals, were found guilty of conspiracy to traffic, conspiracy to control prostitution and conspiracy to supply class A drugs at Snaresbrook Crown Court.

All three were sentenced at the same court on Thursday, October 17.

Victims would be greeted at the airport, for which they would have to pay £200, before being transported to a rented location, including The Broadway.

After paying 50 per cent of their takings to the group, the victims would then be forced to pay a weekly room charge and buy items from the gang.

Mihaylov and Vasileva were arrested in March 2019 after police observed them leaving Mihaylov's home. Vasilev was arrested the same day at the brothel address in Woodford. All denied any involvement.

Detective Constable Tom Jackson said: "The actions of the group were abhorrent; the victims, vulnerable and frightened, were at times put in fear of their lives by a callous gang who showed a total disregard for their well-being."

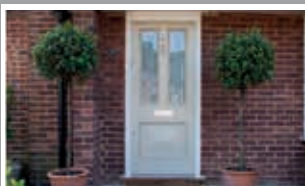
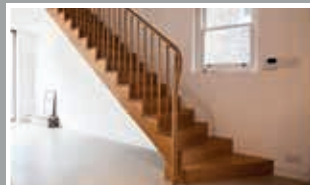


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LOCAL NEWS



## Businesses come together to raise £100,000 for hospice

The 100 Club is a community of like-minded local organisations working together to inspire, support and encourage each other in their businesses, while pledging to achieve an annual fundraising goal of £1,000 each for Haven House Children's Hospice in Woodford Green.

The companies, from across Essex and the surrounding areas, are committed to raising vital funds for the specialist care the hospice gives to seriously ill children and their families.

So far businesses have taken on a number of sporting challenges, organised family fun days and hosted special dining evenings to kick-start their fundraising.

One of the latest to sign up is **VISION** magazines, and Brett Shohet, editor, said he was delighted.

He commented: "I was proud to be asked to become part of the 100 Club. I think it's very important that all of us as local business owners pool together to support organisations such as Haven House Hospice, especially as they are not getting as much government funding as they deserve.

"It is a wonderful organisation and we will support it in every way we can. Also it's been a great way to connect with other local business owners and have some fun raising money for charity."

Businesses that would like to join the 100 Club can contact Amy Bramble on 07557 036054.

## New management team for Woodford Town

A new management team took over at Woodford Town last month.

The restructuring has seen Dee Safer taking up the role of director of football, overseeing all football-related matters with a long-term view focussing on the club's return to the local area from the Harlow Arena.

The new-look management team will be headed by Ross Weare who will be joined by Joe Gadsdon and Roy Darbo, who were part of the promotion-winning Hullbridge management team last season. Neil Day will continue his role as assistant to the team.

A spokesman thanked fans for their patience.

He said: "This is an exciting time for the club and we see these changes as very positive going forward. We would like to thank our fans for their fantastic support this season and ask them to keep faith and patience as always during this transitional period for Woodford Town Football Club."

Elsewhere, officials and supporters of Woodford

Town have been left "frustrated" by the delay in moving into their new ground, but insist it will be worth the wait to see a first-class athletic/football stadium developed on the Ashton Playing Fields site in Chigwell Road.

Woodford continues to groundshare with Harlow FC but had hoped to have moved into a revamped "Ashton's Arena" by the start of the current season. The move has passed the planning stage but there is little outward sign of progress at the site.

A Woodford spokesman said: "Clearly it is a little frustrating as it will be hard to galvanise the local support until we return home. However, projects of this type do move notoriously slowly so fingers crossed the delay will lead to an even better end product than anticipated."

Woodford currently holds a mid-table position in the Essex Senior League and has built up a very noisy and inclusive following despite being based nearly 20 miles away from home.



# लपलेबाँ

## terrorist attacks

We look at the Mumbai terrorist attacks that happened in November 2008, as a new film is released that repaints the tragic events.

On November 26, 2008, a luxury hotel in India was taken under siege by terrorists, who proceeded to barricade in themselves, guests and staff.

The aggressors were 11 members of the Lashkar-e-Taiba terrorist group, an Islamist organisation from across the border in Pakistan. Their actions were the latest in a long line of coordinated attacks dating back some 15 years, and their attack on the Taj Mahal Palace Hotel was a statement intended to "strike a blow against a symbol of Indian wealth and progress".\*

The hotel was not the only place targeted – in total there were 12 coordinated shooting and bombing sites across a period of four days, including another five-star hotel, a train station, a hospital, the Oberoi Trident, a restaurant and a Jewish community centre.

In total, 174 people died (including attackers), with hundreds more injured, although to this day police are unsure of exact numbers.

The events at the Taj Mahal Palace Hotel are the subject of a new film, *Mumbai*, starring Dev Patel, Armie Hammer, Jason Isaacs and Nazanin Boniadi. It is largely inspired by true events, although parts in the film have been fictionalised in order to respect the privacy of those involved.

At the commencement of the siege, there was little information being made available through news reports, and on the first night some hostages were being freed through the windows of the building. Many staff chose to stay behind and help those being held.

Several explosions took place inside the hotel, and over the three days that followed all but one of the terrorists were captured and killed by law enforcement officers. It is believed 31 people died – around half were Taj Hotel employees.

The film serves as a tribute to the innocent civilians and the ongoing fight against terrorism.

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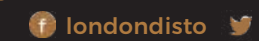
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# ANIMAL LOVERS *look this way...*



PETS

Is your morning not complete without a daily fix of funny felines or pooches living their best lives? If you are nodding your head vigorously right now then these five fabulous "petfluencers" are exactly what you need to brighten up your inbox.

#### 1. Jiffpom: 9.2 million followers

Jiffpom the Pomeranian has developed a somewhat cult following owing to his unbelievable cuteness and almost toy-like appearance. In nearly every post Jiffpom is in some sort of adorable outfit or sweet setup. Follow if you want the ahh factor.

#### 2. Doug the Pug: 3.8 million followers

Pugs are undeniably fashionable at the moment. We just can't seem to get enough of their squished-up faces and tiny little bodies. Doug the Pug has everything that you could possibly want from a Pug Insta page. He loves to dress up and imitate celebrities and, of course, he loves his food.

#### 3. Hamlet the Piggie: 394k followers

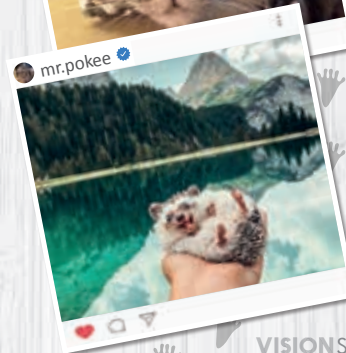
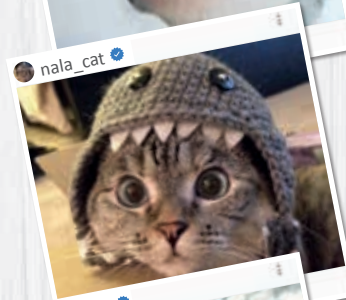
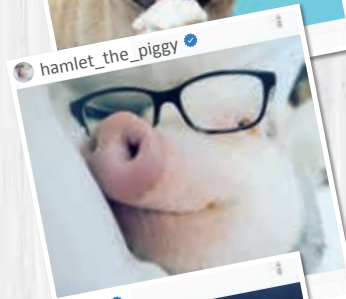
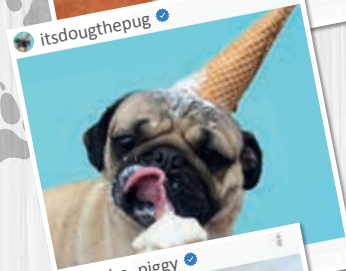
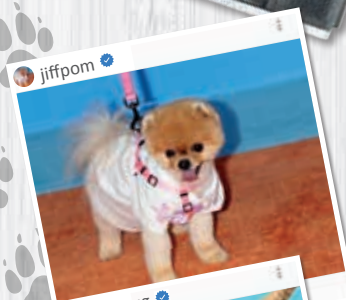
Hamlet lives in Nashville and enjoys the finer things in life, from the latest fashions to cool convertibles. He loves to dress up, especially for the holidays, and can often be seen trying to sneak food.

#### 4. Nala Cat: 4.2 million followers

This eight-year-old Siamese-Tabby mix is known for her wide eyes and mischievous nature. Originally a rescue cat, Nala loves posing for the camera and lots of cuddles. Less gimmicky than some other pet Instagrammers, Nala lets her unique personality shine through.

#### 5. Mr. Pokee the Hedgehog: 1.5 million followers

Sadly Mr. Pokee himself died in March of this year, but his memory and joie de vivre lives on through his Instagram account where his owner continues to share photos of his hilarious and heart-warming exploits. You can also enjoy the adventures of their new hedgehog Herbee.







# PUZZLES & TRIVIA

PUZZLES

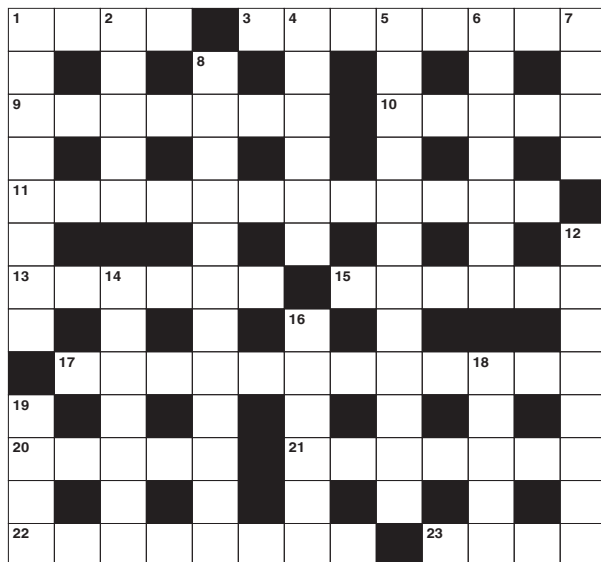
Answers can be found on the Contents Page 4

## ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. \_\_\_ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

## DOWN

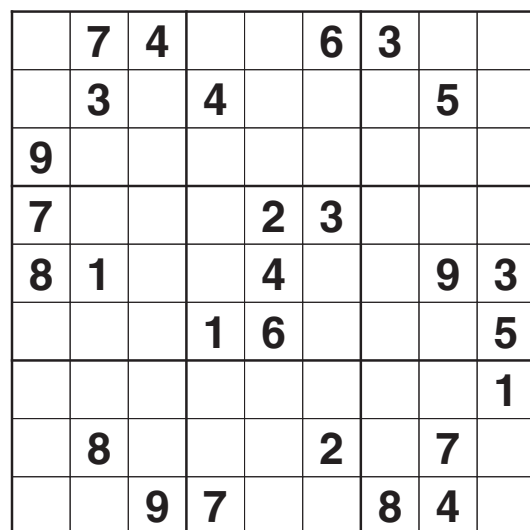
1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)
16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



## DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

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# Water DISASTER

## THE BEST TIPS FOR SAVING A WATER-DAMAGED PHONE

**W**e've all been there – you're sat having your morning cereal... checking messages, browsing social media or looking something up online, when out of nowhere a tidal wave comes cascading over you. You were helpless to prevent your phone becoming soaked through, and this categorically didn't actually happen because you knocked it in the washing-up bowl.

Whatever the careless reasons for having a water-soaked phone, acting quickly can save you:

### ✓ ONE: POWER OFF

If the phone has switched itself off, leave it off; if it's still on, kill the power. Don't attempt to plug it into the mains as we are in full recovery mode.

### ✓ TWO: REMOVE

Remove the microSD and SIM cards from the phone to prevent further damage to them.

### ✓ THREE: POSITION

Position the phone upright so any remaining water

can drain from it. Don't shake, bang or blow into any of the open slots. While it seems plausible that physical action can get water out, you're more likely to be sending it further into the delicate areas of the phone.

### ✓ FOUR: HIGH AND DRY

Avoid the temptation to take a hairdryer to your phone. While heat may seem a good solution for the removal of water, it's more likely you'll end up frying your components. Instead, dry the phone gently with a paper towel or a cloth.

### ✓ FIVE: ABSORB

Pack rice around the phone inside an airtight container or zip-lock bag. Place phone in an airing cupboard or somewhere humid but not hot, and leave for 24 hours.

Fingers crossed, when turning your phone back on it should be back to full working order, but be sure to check touchscreen functionality, microphone, speakers and charging potential in particular.



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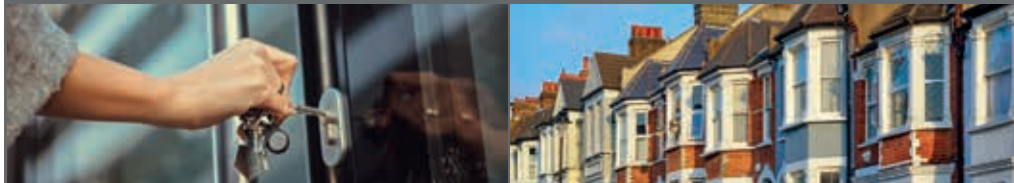
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BUSINESS & FINANCE



# CHEQUE

*it out*



THE HISTORY OF THE NOW (ALMOST  
DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from its sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing

the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.





# Never TOO LATE



SIX REASONS WHY CHANGING CAREER IN LATER LIFE COULD BE YOUR BEST MOVE YET

## ACCESS

With the advent of the internet, it is easier than ever to explore, research and train for new avenues of employment. Access means opportunity, and the only thing holding you back from digging out a new path is your own ambition.

## EMPLOYMENT TYPE

In 2019, more people work for themselves than ever before, thus presenting us with a more versatile way to earn money. It even means we can "dip our toes", so to speak, working evenings or weekends with the aim of building up work before making that big leap.

## NEW INDUSTRIES AT HOME...

The reshaping of British industry over the past few decades means some jobs today simply didn't exist when we were setting out on the road of employment. As a nation, the service sector and technology cohabit perfectly with craft and manufacturing, and with new thinking come new opportunities.

## ...AND ABROAD

In addition, such is our connectivity through computers that the pursuit of new opportunities needn't find us restricted to the confines of the UK. Later life sometimes brings the desire for whole new challenges, so cast your net far and you never know what radical change you might draw in.

## EXPERIENCE

They say with age comes experience, and never is that truer than in today's job market. In the past, the older generation used to fear the young upstarts fresh out of school or university, but that's changing. A generation of YouTubers and influencers hasn't particularly helped the reputations of 'millennials', with older, more experienced operators gleaning a newfound respect amongst employers.

## TIME

The older we are, the freer we are of the things that held us back – childcare, in particular. When kids become more independent or fly the nest completely, the landscape becomes the most inviting it has been for perhaps two decades, and this is the time to strike.



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**The most**

# HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN  
TO BE MESSED WITH!

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.

Photo credit: Michael Zemanek/BPI/Shutterstock



SPORT



# Dynamic DINA



Photo credit: YAHYA ARHAB/EPA-EFE/Shutterstock

Meet The Brit who fired a rare spark of brightness over an otherwise gloomy World Athletics Championships.

The 2019 World Athletics Championships in Doha will forever be remembered for implausible heat, poor organisation, an empty stadium and arguably the least popular winner and runner-up of the showpiece 100m event ever.

The vast majority of onlookers will want to move swiftly on to next year's Tokyo Olympics... but not Dina Asher-Smith.

The brilliant Brit is in no hurry to leave the memories of Qatar behind. You'll not find her complaining about event logistics, nor whether the seated attendance at the Khalifa International Stadium was 40,000 or 4,000. She cares not one bit.

Allowing the gloomy, baking lull to lift off into the Arab sky, the fresh breeze of 200m success was all that remained for the 23-year-old Blackheath

& Bromley Athletics Club member, whose newfound dominance on the world scene is a marker for so many more future championships and a career that holds incredible potential.

Asher-Smith is one of the new breed of track hopefuls, and yet, unlike so many others, she actually pulled off the feat. Where Team GB peers faltered, the King's College graduate showed blistering pace, a flawless stride and a faultless, nerveless drive to the line in beating American Brittany Brown to take gold.

"It was a perfect race and I'm just over the moon," she said at the end of the run, in which she clocked a new national record of 21.88 seconds.

Where Dina Asher-Smith goes from here is up to her. She took silver in the 100m event, has age on her side, plus a level of humility, resilience and strength that can only be earned through victory.

If she can do it in an empty, echoing shell of an arena, just imagine how Asher-Smith will respond to the roar of being a world champion.

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# BANG-UP JOBS

## HOW NOT TO GET RIPPED OFF WHEN BUYING A SECOND-HAND MOTOR

In 2019, used cars don't quite come with the same reputation as the Boycie and Arthur Daley four-wheelers of the 1980s, but it still pays to exercise caution where motors and money are concerned.

### TEST RUN

Make sure you test drive the vehicle, in broad daylight and on a route you choose (unscrupulous sellers might avoid bumpy roads or sharp turns that could show up a vehicle's failings). If buying privately, meet at the vendor's house.

### INSPECTION

In an ideal world, any potential purchase should be run past an independent garage who can give the vehicle a once-over to diagnose problems. An expert will be able to quickly diagnose excess wear and tear, leaks and rust.

If you don't have this as an option, inspect the car as much as you can. Look for any signs of collision repairs such as the overspray of paint near wheels, mufflers and door seals. Check beneath where the car is parked for oil, while a water leak will give off

a smell of mildew.

### SELLER HISTORY

The seller should present to you a full service history and the most recent MOT certificate. If their details are hazy, ask them to clarify.

### RETURN

Check out the terms and conditions over returns. Used dealers will offer warranties, but if purchasing privately you may be buying as seen. Either way, get any agreement in writing.

### ONLINE RESEARCH

With a number plate, you can find out a reasonable amount of a car's history, so search online and consult with your insurance company over a quote, whereby any hidden issues with the car can show up.

Remember, when buying a second-hand car, the power is in your hands. Haggle, be firm, and be willing to walk away if you're not 100 per cent certain the motor is everything it should be.



# 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.

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# WHAT'S ON

*in your area*

**Holy Trinity Fireworks Party**  
**Holy Trinity Church South Woodford,**  
**185 Hermon Hill, E18 1QQ**  
**November 5, doors open 6.45pm**



The annual family-friendly fireworks party will be held on November 5.

Doors will open at 6.45pm with the fireworks starting at around 7.30pm.

Please leave your own fireworks and sparklers at home.

Tickets are £6 for adults and £3 for children aged five and over.

**Sing and Sign Rhyme Time Free Taster**  
**South Woodford Library, 116 High Road,**  
**E18 2QS**

**November 8, 10.30am**

Sing and Sign will be hosting a Sing and Sign Rhyme Time that is free to attend. This is a public session, so all ages are welcome.

Songs and signs will be aimed at Stage One babies aged six months to 16 months, but older or younger children are welcome to get a feel for what they do.

For more information and to book, visit [www.bookmyclass.co.uk/SingandSign/?FID=244](http://www.bookmyclass.co.uk/SingandSign/?FID=244)

**Illustrated Talk: Kazakhstan & Southern Siberia**

**Gwynnell Room, St Mary's Church,**  
**207 High Road, South Woodford, E18 2PA**  
**November 12, 8pm – 9pm**

This is a journey that may not have occurred to you, and Colin Kirtland admits it is a journey with a difference. The birds are often unfamiliar, too.

Tickets are £4 for RSPB and Wren members,

£4.50 for non-members and free for under 18s.

For more information, call 020 8989 4746 or email [nelondonRSPB@yahoo.co.uk](mailto:nelondonRSPB@yahoo.co.uk)

**Woodford Craft Market**

**The Memorial Hall, 209 High Road,**  
**South Woodford, E18 2PA**  
**November 30, 10am – 4pm**

Come and buy Christmas gifts from a selection of local designers selling high-quality and unique products. This year, there will also be new vendors who make children's clothing.

Located inside the memorial hall, you can also enjoy a cup of tea and some cakes.

For more information, please visit [www.woodfordcraftmarket.co.uk](http://www.woodfordcraftmarket.co.uk)

**Christmas Wonderland**

**Haven House Children's Hospice, High Road,**  
**Woodford Green, IG8 9LB**  
**November 30, 10am – 4pm**

Join Haven House for a festive day of family fun in its beautiful grounds.

Meet Father Christmas in his enchanted grotto, shop in the gift marketplace, and relax and refuel in the festive tea rooms. With carol singing and fun games, this is an event not to be missed.

There is a suggested donation of £2 per person on the door (under-threes go free).

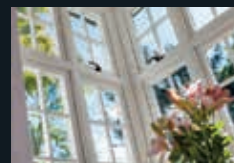
For more information and to book your grotto experience, visit [www.havenhouse.org.uk/Event/christmas-wonderland-2019](http://www.havenhouse.org.uk/Event/christmas-wonderland-2019)



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