

OLIVIA
COLMAN
**TAKES TO
THE THRONE**

SLEEP EASY
Top tips for a restful sleep

THE HOLIDAYS ARE COMING
How Coca-Cola stole Christmas

JOE WICKS

The Body Coach changing the health industry



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December 2019

CONTENTS

- 6 SANTA SUITED & BOOTED
- 8 THE CROWN
- 11 FASHION
- 12 BEAUTY
- 15 HEALTH & FITNESS
- 21 TECHNOLOGY
- 23 FOOD & DRINK
- 27 PETS
- 28 KIDS
- 31 HOME & DIY
- 40 JOE WICKS
- 43 LOCAL NEWS
- 59 GARDENING
- 62 HISTORY
- 63 PUZZLES
- 64 TRAVEL
- 67 BUSINESS & FINANCE
- 71 SPORT
- 74 MOTORING
- 76 THE **VISION** LISTINGS
- 78 WHAT'S ON

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. I would like to take this opportunity to wish all our readers, clients and local businesses a merry Christmas and a wonderful new year.

Thank you for all of your support and feedback. Without you all, I would have no reason to be as passionate as I am with what I do.

This year has gone so quick, it seems a common theme that when I drop the magazines in to local businesses, they find it hard to believe that a month had already passed since the last edition. It only feels like a few months ago we were starting our fourth and fifth areas of **VISION** and now we are in eight areas, with more to come next year.

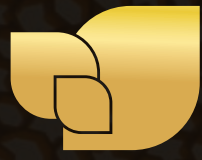
It's a great time of year to be with the ones you love and get them some special gifts to show them how much you care. Just remember to spend your money local. Let's look after our High Streets.

In local news, we look at the candidates in this month's General Election, a playground for disadvantaged and disabled children has received a donation from Amazon and South Woodford now has improved access to Citizens Advice.

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

Brett

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Suited AND BOOTED



If you thought it was just modern-day society that's taken in by the strength of marketing, think again. Here's the story of how Christmas was stolen not by the Grinch, but by the soft drinks brand.

He's arguably the most iconic and most easily recognised person on the planet, but even Santa is a Coca-Cola marketing team's plaything, and the evidence is staring us right in the face. That's right – that trademark red-and-white suit that we have come to know, love and welcome into our homes on Christmas Eve is a brand team's creation that's straight out of the marketing textbook.

Before Coca-Cola sidled up to the most travelled man on the planet, Saint Nicholas could be seen in all manner of colours, clothes and designs. Pictures exist of him dressed in a tan-coloured suit; others show him wearing shades of light and dark blue; while in some pictures he comes across as a somewhat sinister elf-like character dressed in green as he dots from house to house.

It was only natural then that, as the power of the media grew in the lead-up to World War II, so too should a universal image of the great man emerge. And siding with the world's biggest-selling soda – and its red-and-white livery – well, it was a match made in heaven... or, at least, Lapland.

And that, boys and girls, is the story of how Santa's red-and-white suit was created by the guys at Coca-Cola.

Or is it...?

While the tale of Santa taking on the colours of the world's leading drinks brand is a water-cooler classic that has done the rounds for years, it is only actually half-true.

That famous fluffy livery was actually to be found on pictures of the great man going back into the nineteenth century. It was cartoonist Thomas Nast who truly popularised the use of red and white with his hugely successful sketch series in the 1870s. And some believe Coca-Cola wasn't even the first drinks brand to popularise the figure, with carbonated water producers White Rock using him in adverts from the early 1920s.

However, where Coca-Cola can take credit is in capitalising on the big guy's popularity. Consider White Rock had 90 per cent of the fizzy water market back in 1920s America, and with imitation being the greatest form of flattery and all that, logic follows that the brand Coca-Cola adopted its own version of Santa (holding a bottle).

With the help of illustrator Haddon Sundblom, it evolved the big man into an even stronger caricature of himself. This served to vanquish the various other images of Father Christmas who back then could still be found dressed in such variant colours, all the while subconsciously linking the drink to a figure representing kindness, generosity and happiness in the minds of youngsters (and a few adults).

Put it this way: try finding a festive Coca-Cola image that doesn't feature its brand ambassador, and you'll appreciate that while the American drinks giant may not have chosen the colours for Santa, it has certainly ensured he's staying dressed in his perfect red-and-white suit, and we'll all drink to that.



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THE CROWN

NEW SERIES, NEW DECADE, NEW CAST – THE RETURN OF *THE CROWN*

As new series of prime-time drama go, *The Crown* has been a long time in coming. It's been two years since Claire Foy stepped aside as Queen Elizabeth, and in the intervening passage of time we've had a real royal wedding (Harry and Meghan), royal births, the Windsors taking a national newspaper to court and all manner of rumours regarding the seedy and nefarious actions of some in lofty positions. If all this were to be wrapped into a 10-part Netflix drama we'd probably suggest it was too far-fetched.

As it is, we're about to be treated to something rather more palatable, surely, as Olivia Colman CBE steps into the role of HRH for the first time.

The 45-year-old's long-awaited debut reflects the true evolution of an actress. Beginning at the much-renowned Footlights Dramatic Club at Cambridge University, she shared the stage with the likes of David Mitchell, Richard Ayoade and Peter Serafinowicz, before excelling in *Rev*, *Broadchurch*, *The Night Manager* and *The Favourite*.

Her landing in such a major Netflix product feels perfectly timed, having just been awarded a CBE in the Queen's Birthday Honours for her services to drama.

The new series also welcomes Helena Bonham Carter (Princess Margaret), Ben Daniels (Lord Snowdon) and an entirely new cast, with a storyline that builds from the 1970s, broaching the Queen and Prince Philip's tumultuous relationship.

As for Colman CBE, her pursuit of creative endeavour is as premium fuelled now as at any time in the past.

"Working makes me happy and I do struggle to say no," she admits. "I've an inherent fear of being pigeon-holed, and I think as a result of that I reach out in as many different ways as I can."

The good news for fans of *The Crown* is that given the series are shot back to back, season four will be along very shortly. Set in the 1980s, it will deliver Margaret Thatcher (Gillian Anderson) and Emma Corrin (Princess Diana)... and no doubt a yuppie or two.

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DON'TS

How did we ever exist without the humble tumble dryer? It's quick, efficient and, most importantly, not dependent on the unpredictable British weather. But it can cause chaos to your clothes if not used correctly.

1. Bras

The main job of a bra is to provide support, but by tumble drying this item you risk the elastic becoming stretched and out of shape.

2. Leather items

Leather, suede and faux leather should always be air-dried as heat can cause these materials to crack or become distorted.

3. Delicate fabrics

Silk, lace and sheer net items should never be tumble dried as the high temperature will set in wrinkles.

4. Gym wear

Activewear is made from man-made fibres which are designed to keep you cool and supported, but they will not keep their shape in the dryer.

5. Athletic shoes

Shoes that are made from leather, canvas or the latest high-tech performance fabrics should not be tumble dried as the heat can cause the soles to fall off.

6. Knitted jumpers/cardigans

Tumble drying knitwear can cause the items to lose their shape by causing the fabric to shrink or stretch.

7. Fur items

Real fur can crack in the dryer, whereas faux fur can melt or become tangled.

8. Swimwear

Costumes, bikinis and swim shorts should be washed or rinsed after each use, but avoid tumble drying as this can ruin the fabric.

9. Ugg boots

Although super cosy, Ugg boots are not the best footwear to get caught in the rain in, and when they do get wet it can be tempting to throw them in the dryer. Don't. Sheepskin will shrink in the heat.

10. Tights/stockings

Even a few minutes in the tumble dryer can cause irreversible damage to hosiery: think tangles, knots and even runs.



FASHION



Tis the season of late-night shopping and dazzling festive soirees, but every night staying up late looking fabulous is followed by a gruelling early morning where you look and feel tired. Fortunately, there is plenty you can do (or NOT do) in order to appear as fresh as a winter morning.

THE DOS

✓ DO take your daily vitamins. Sleep is the best way to replenish body and mind, but on nights when you know you're not going to get enough shut-eye, slathering on a moisturiser rich in potent vitamin C can be the next best thing.

✓ DO use a shade lighter. It might seem counterintuitive to highlight your shadows, but using a concealer one tone lighter on your under-eye area is actually a great way to brighten your eyes, giving the impression of vitality.

✓ DO be generous with mascara. Want to look bright eyed and bushy tailed? Then open up those peepers with lashings of mascara.

THE DON'TS

✗ DON'T overdo it. Tempting though it might be to cover up your evening antics with make-up, you might find yourself looking even more fatigued. Youthful skin glows, so stick to products that are light and illuminating, rather than heavy, powdery ones that are prone to settling in skin creases.

✗ DON'T skip your cleansing routine. Washing your face may be the last thing you want to do on a dark, cold morning, but the only way to rejuvenate a dull complexion is to remove the dead cells. Use products that are gentle but powerful to effectively brighten the skin.

✗ DON'T load up on caffeine. Coffee might make you feel better in the short term, but too much is going to frazzle your mind and dry out your skin. Instead, drink plenty of water.



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Goodnight sweetheart



HEALTH & FITNESS

Moving away from screens earlier, therefore, seems the best way to maximise the efficiency of sleep, but remember as well the need to moderate room temperature, dim lighting and remove excess noise within or around your bedroom.

Sure enough, most of us can reel off a good number of the benefits of sleep – sharpness, mood enhancement, lowering of blood pressure, better immunity, improved memory, stress reduction and even maintaining of body weight – so it's not as if we don't know it's good for us.

Doctors recommend a trial week of "regular as clockwork" bedtimes, with long rests and the adoption of healthy habits. They then invite people to see if they feel improved in all those physical and psychological aspects. If the answer is yes, it goes to show why getting your head down may be the best thing you can do, not just for your health and well-being, but for your sanity too.

Getting adequate shut-eye is more important than any vitamin, mineral, food or workout, so why are we so blasé about sleep?

Eat sensibly, rehydrate, breathe in clean air – we take all these for granted as being good for our health. And yet the thing that, on average, will occupy one-third of our lives – sleep – is messed about with, interrupted and at times completely abandoned.

There is nothing more natural than sleep, and an interrupted pattern of rest can be linked to immune system weakness, body cell deterioration, depression and anxiety, not to mention an inability to concentrate.

Yet the answer isn't simply to go to bed earlier – you'll need to consider what's around you. Numerous studies have shown that smartphones and device usage is on the increase, and it's the "blue light" emissions from these that can delay the release of sleep-inducing melatonin, as well as resetting the body's internal clock (circadian rhythm).

we need



hours per day



hours per month

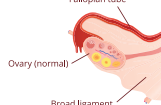


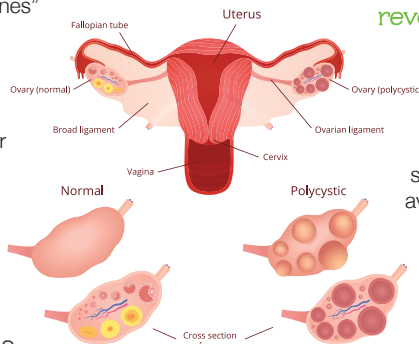
hours per year

POLYCYSTIC OVARIAN SYNDROME

Polycystic ovarian syndrome (PCOS) is a common condition that affects how a woman's ovaries work.

It has three main features:

- > **irregular periods** – your ovaries fail to release eggs (ovulation)
 - > **excess testosterone** – having high levels of “male hormones” in your body, which can result in acne and excess facial or body hair
 - > **polycystic ovaries** – your ovaries become enlarged and contain fluid-filled sacs that surround the eggs
- 
- The diagram illustrates the anatomical differences between a normal ovary and a polycystic ovary. The top part shows a normal ovary, which is small and oval-shaped, containing several follicles. It is connected to the uterus by the fallopian tube and surrounded by the broad ligament. The bottom part shows a polycystic ovary, which is significantly larger and contains many small, fluid-filled sacs (follicles) arranged in a circular pattern around the perimeter. The label 'Normal' is placed next to the smaller ovary for comparison.



If you have any two of these three features, you may be diagnosed with PCOS. It's thought to be very common, affecting about one in every five women in the UK, but not everyone gets the symptoms such as weight gain, thinning hair and oily skin.

PCOS is also associated with an increased risk of developing other health problems, such as type 2 diabetes.

What causes PCOS?

The primary cause is having persistently high levels of insulin, the hormone that controls sugar levels in the body. This raised insulin leads to the increased levels of testosterone. While PCOS is associated with being overweight, it not caused by it.

Treatment for PCOS – can it be reversed?

If you have PCOS (whether or not you're overweight), reducing your insulin levels and avoiding spikes is key. This is where the ProLongevity service can help, because by avoiding sugar spikes you'll keep your insulin low and slow. This also explains why a standard treatment for PCOS is metformin, which we usually think of as being a treatment for type 2 diabetes. Just as all roads lead to Rome,

so all aspects of metabolic syndrome lead to raised insulin.

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HIIT PILATES



Want to look and feel 20 years younger?
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WHAT IS HIIT PILATES?

HIIT stands for High Intensity Interval Training, which involves short periods of intense anaerobic exercises with very short amount of rest periods. You can expect lots of leg-dominant exercises such as jumping lunges, squat jumps and burpees. HIIT Pilates, on the other hand, focuses on core strength, which is so important in standard Pilates, as well as getting your heart rate up.

CAN ANYONE TRY IT?

Yes, unlike with standard HIIT, this combination workout puts less pressure on your joints and instead focuses on ensuring you engage all of your muscles, resulting in a more effective but less strenuous workout. That being said, it is still a full body training session that will challenge your body.

WHAT ARE THE BENEFITS?

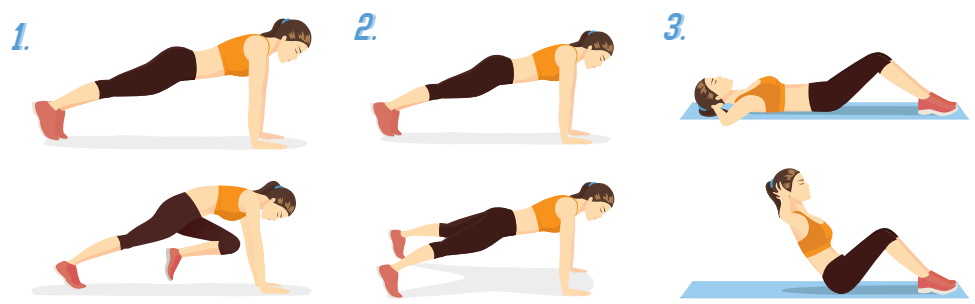
- > Burns more fat than with regular cardio
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- > Keeps your heart healthy
- > You will lose weight, not muscle
- > You will feel stronger, leaner and more flexible
- > Suitable for all ages and fitness levels

WHAT TYPES OF EXERCISES CAN I DO?

- 1. Mountain Climbers:** Start in the plank position, pull one knee in towards your hands, then extend back to the plank. Repeat with the other knee.
- 2. Plank Jacks:** Start in the plank position, holding your abs tight. Jump your feet outwards into a 'V' position and immediately back to your starting position.
- 3. Triple Crunchers:** Lie down with your feet flat and your knees bent. Support your head with your hands, elbows out wide, and then lift your shoulders off the floor in three gradual movements until you are sitting upright. Keep your abs tight.

Carry out all of the above for one minute, rest for one minute and repeat twice more.



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Should you buy a SLOW COOKER?

Owning a slow cooker is now nearly as common as owning a toaster or a kettle, with many praising the virtues of this time-saving kitchen appliance.

And what better time to invest in a slow cooker than in winter when the nights are cold and your belly screams for foods that are warm and comforting, but is this cooking device right for you?

How does a slow cooker work?

A slow cooker works by cooking food for long periods of time at a low temperature. Heat is created in the base of the appliance and is then transferred up the sides of the cooker to slowly heat your food. Most slow cookers have the option of cooking at either a low or a high temperature, depending on how long you have to create your meal.

What are the benefits of a slow cooker?

- ✓ You are highly unlikely to burn your food.
- ✓ You can use cheaper cuts of meat.
- ✓ It frees up your oven or hob for other cooking.

- ✓ Minimal washing-up.
- ✓ It uses less energy than a standard oven.
- ✓ It is portable, convenient and saves time.

What are the downsides to using a slow cooker?

- ✗ Diluted flavours owing to condensation can lead to bland food.
- ✗ Not all recipes are suitable for slow cooking – such as meat that needs browning.
- ✗ Fresh spices and herbs can be overpowering in the slow cooker, so always use less than the recommended amount.
- ✗ It can be inflexible.
- ✗ No quick-fix meals.
- ✗ Tinned and even frozen veg does not work as well in a slow cooker – fresh produce is best.

Slow cookers are good for curries, soups, stews, casseroles, sauces and even mulled wine.

Best slow cooker brands: Crock-Pot Slow Cooker, Sage by Heston Blumenthal Fast Slow Pro Pressure/Slow Cooker, Russell Hobbs Chalkboard Slow Cooker 3.5L.





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Who doesn't like something a little bit naughty at Christmas, whether that be your favourite festive tippie or a boozy chocolate liqueur? And what could be better than receiving one of your preferred indulgences as a gift?

So, why not create a personalised edible treat for a loved one this festive season?

CLEMENTINE CHRISTMAS GIN

You will need:

One bottle of London Dry Gin • 4-5 clementines • 200g caster sugar • 1 piece of fresh ginger • 2 star anise

How to make:

Slice the fruit into segments (skins attached) • Add to a sterilised jar with the other ingredients • Seal and shake • Leave in a cool spot for two weeks • Shake occasionally to infuse the flavours further • After two weeks, strain your liqueur • Pour into an attractive bottle and finish with a ribbon



CRANBERRY & CHILLI JAM

You will need:

2 red onions • 4 cloves of garlic • 3-4 fresh red chillies • 500g cranberries • 150g sugar • 40ml red wine vinegar

How to make:

Peel and finely chop the onions and garlic • Deseed and slice the chillies • Sweat the above in a large pan for 10 minutes • Add cranberries, vinegar, sugar and 50ml water • Simmer for 20 minutes • Mash the mixture slightly and cook for a further 15 minutes • Season to taste • Add to sterilised jars



CHRISTMAS BOOZY TRUFFLES

You will need:

300g quality dark chocolate pieces • 300ml double cream • 50g unsalted butter • Your preferred liqueur – Grand Marnier, coconut rum, whiskey • Your chosen coating

How to make:

Gently heat cream and butter in a saucepan • Remove from heat and add chocolate • Stir until you have a smooth mixture • Add your chosen liqueur • Chill for a minimum of four hours • Shape your truffles using a melon baller and place on greaseproof paper • Immediately coat your truffles • Store in the fridge in an airtight container



FOOD & DRINK

THE Perfect Turkey

The turkey is the centrepiece of most traditional family Christmas dinners. Ensuring that it is cooked to perfection is one of the most important, not to mention stressful, tasks that you can undertake this holiday season.

Should you soak it overnight? Should you baste it? To wrap or not to wrap? These truly are the questions.

Soaking your turkey overnight

There is no set-in-stone way to prepare your turkey, but some swear by brining your bird overnight. This involves soaking your turkey in a salt-and-water solution to keep it moist. You can also add herbs and spices such as peppercorns, juniper berries and bay leaves.

Get your timings right

You need to weigh your bird so that you can ensure that you roast it for the correct length of time. Once you know how much your

turkey weighs, follow these below cooking times to ensure cooked yet moist meat.

Heat your oven to 180 degrees Celsius or 350 degrees Fahrenheit.

- > 4–5kg – cook for 2 ½ hours
- > 5–6kg – cook for 2 ½ to 3 hours
- > 6–7kg – cook for 3 to 3 ½ hours

Then add half an hour for each additional kg.

Rest your turkey

You should rest your turkey for between 1 ½ and 2 hours. It is also advisable to take your turkey out of the fridge before roasting for a minimum of half an hour to prevent shrinkage.

Basting and covering

If you place your turkey on a bed of vegetables, then there is no need to baste it; plus, you will have the added benefit of a delicious gravy. To ensure a crisp skin but to not dry out the meat, it is advised to cover your turkey loosely with foil for the first hour.



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no-nos for your pets

Christmas is a time to overindulge as a family, and for animal lovers, that extends to their pets.

Now you may think you are being kind in giving your pet their very own Christmas dinner, but there are certain festive foods that they should not be eating.

Snacks & Sweet Treats

✗ MINCE PIES

These pastry-encrusted traditional Christmas treats include raisins, currants and sultanas, all of which can be fatal to dogs.

✗ NUTS

Certain nuts can be toxic to animals, so it is best to avoid giving any varieties to your pets just in case they have a bad reaction.

✗ CHOCOLATE

Chocolate can be deadly to your pets so it should be kept out of reach at all times. Don't forget about tree chocolates.

The Main Event

✗ TURKEY SKIN & BONES

Although a few slices of turkey meat will not harm your pet, the skin of the bird is too

fatty for their digestive system and the bones can pose a choking hazard.

✗ PIGS IN BLANKETS

So delicious, and your dog would probably think so too, but these Christmas dinner accompaniments are simply too fatty and salty for your pet.

✗ STUFFING & GRAVY

Although not toxic to pets, both of these are high in salt and fat as well as containing several herbs and spices that may irritate your pet's stomach.

Puddings

✗ CHRISTMAS PUDDING AND CHRISTMAS CAKE

Just like mince pies, these both contain raisins, sultanas and currants that can be fatal to your pets.

✗ ICE CREAM AND CREAM

Cats and dogs both find it difficult to break down lactose which is found in both of the above tasty desserts; therefore, it is advised not to give them any. Even lactose-free ice cream can be problematic.





HOW TO OCCUPY YOUR KIDS ON THOSE LONG CAR JOURNEYS OVER CHRISTMAS

What is the most dreaded phrase that children typically say on long car journeys? Yes, you guessed it, it's "Are we nearly there yet?"

This innocuous-sounding question is often uttered within minutes of leaving the house and turns even the most patient parent into a bad-tempered tyrant.

Check out our free car games and eliminate boredom for good.

1. TRAVEL BINGO

Think of 5 or 10 things to find that can be seen from your car window. Create a bingo card with these items listed and then simply let your kids find them and cross off throughout your journey.

2. I'M GOING ON A PICNIC

This is a great memory game for children aged 5 upwards and can have as many players as you like. The first player says "I'm going on a picnic and I'm bringing...", followed by something that begins

with A. The second player repeats what the first player said and then adds something beginning with B, and so on.

3. 20 QUESTIONS

An oldie but a goodie, this guessing game can be enjoyed by children of all ages. Player one thinks of a person, place or object. Then the remaining players take turns to ask questions which must be answered with only yes or no. After each answer the questioner may have a guess.

4. WHO CAN STAY QUIETEST THE LONGEST?

If you really can't take any more of your children complaining and bickering, this is the game to turn to. Engage their competitiveness and enjoy five or hopefully more minutes of blissful silence.

5. ELECTRONIC DEVICES

If all else fails, you know you can always turn to the iPads and smartphones for a quick boredom fixer.



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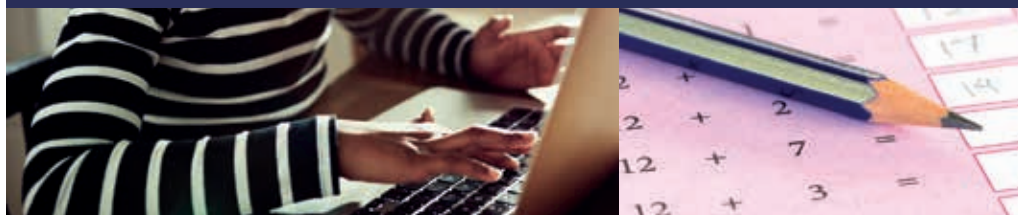
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Photo credit: David Giles via idealhome.co.uk



THE quite-est THING

BATHE IN THE SUCCESS OF RESTORING YOUR FAVOURITE TUB

We live in an era where throwaway culture permeates almost everything we do, and yet where bathroom suites are concerned – and baths, in particular – there is shimmering style and majestic magnificence in being tempted into a traditional tub.

That's why more and more people are now choosing to restore their tubs rather than remove and replace. Not only may this see you preserving a bathroom mainstay that is, most likely, a level up from today's cheap, lightweight fibreglass versions, but you'll save the back-breaking work of lugging the things up and down stairs too.

HERE ARE EIGHT STEPS TO GET YOUR BATH BACK ON ITS FEET:

- Sand down bumps, rust or affected areas.
- Reglaze your bath. DIY kits spell out the process, and while the fumes can be potent, you will quickly see old caulk, grime and scratches vanish.

- Give your bath a new lick of paint – for an acrylic or porcelain tub, select an EP-acrylic paint with a glossy finish; for iron bath tubs, use a latex primer then at least two coats of latex paint.
- Use a paint sprayer on the bath itself to achieve a smooth, streak-free finish inside and out.
- Apply a new coat of porcelain using a professional tradesman.
- Opt for new colours – your bath doesn't have to be white (nor that horrible lime green), so be ambitious, outlandish and brave in your new creation.
- Replace taps... a new, elegant set of taps on a bath – much like replacing kitchen unit handles – can create instant uplift.
- And finally, don't stop at the bath... because if the tiling around your tub looks like something out of a horror movie, you still won't want to take a dip. So clean, scrub, regrout and caulk your tiles to offer the cleanest finish possible.



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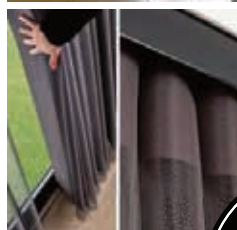


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DAVID LINLEY AND INTERIOR DESIGN'S MISSING LINK



HOME & DIY

Talk about interior design, architecture, design and craftsmanship, and so much of what you hear revolves around the intentions, desires and whims of the designers themselves. It's almost as if they are going to be the ones living in the spaces they curate.

Clearly, in most cases they're not, and that's where the Linley stable of designers and architects takes a different approach towards creating artistic excellence.

At the heart of Linley is the intention to style a client's own vision before anything else. Sure, the Belgravia-based experts, who have been a major player in working with upmarket clients for more than 30 years, can extol the virtues of custom-made and tailored cabinets, furniture and kitchen spaces, but unless it has client direction, a project won't begin.

When bespoke designs are brought forward, Linley designs favour a few simple rules: items are sleek and sharp, utilising



whites, greys, blacks and browns, with references to art deco, 1970s elegance with polished tones. They are happy to juxtapose styles and periods to create rooms with distinction and flair, but the celebration of eras is without brazen, shouty, disturbing colours. In short, subtlety is key.

Small item collections are often in glassware or polished wood (such as boxes, desk items and picture frames), with a fascination for intensity, detail and perfect lines.

A Linley home is one to be viewed from many angles, with interiors that are to be stroked, brushed and admired; although the attention to detail demanded of everything, from intricate objects to sweeping units that glide into the distance, come with price tags to match, so beware.



Photo credit: blog.davidlinley.com

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diy Christmas Gifts

What could be better than giving someone you love a handmade gift? Not only does it show that you have put a lot of thought and effort into it, but it can also save you money – and who knows, you might even enjoy it!

Festive Bath Bombs... you will need:

300g bicarbonate of soda | 100g citric acid | Food colouring
Essential oils – orange, cinnamon and peppermint all work well
A misting bottle | Bath bomb moulds | A muffin tin for storage

how to make

- Mix the bicarbonate of soda and citric acid together.
- Add 2–3 drops of essential oil.
- Gradually add the food colouring.
- Add water, stirring as you go – be careful not to add too much.
- Your bomb is ready when the mixture holds together in your hand.
- Add the mixture to the moulds, one half at a time, then press together.
- Carefully remove your bombs and store in tin.

Merry Mugs... you will need:

Plain white mugs | Oil-based Sharpie pens in festive colours
Alphabet letter stickers

how to make

- Create a phrase using your stickers on your mug – this could be someone's name or something festive such as "Joy" or "Happy Xmas".
- Draw polka dot shapes around the stickers in your chosen colours, then leave to dry. Be sure to cover around all the edges and in between the letters.
- Remove stickers and bake the mug in an oven at 220 degrees Celsius for 30 minutes – put in a cold oven and then turn temperature up.

Alternatively you can create any design or pattern you like, even write a message on the mug. You can also decorate with acrylic paints, nail polish and glitter.

Christmas Coasters... you will need:

4 x 4.25" square ceramic tiles | 4 old Christmas cards | Minwax Polycrylic
Mod Podge | Hot glue | Felt

how to make

- Cut each card into a 4x4 square.
- Spread Mod Podge onto each tile and apply a card to each one.
- Use a credit card to smooth out the card, then leave to dry for 2–4 hours.
- Coat each coaster with Minwax Polycrylic, then leave to dry.
- Stick a 4x4 square of felt to the bottom of each tile to protect surfaces.

Photo credit: www.prima.co.uk, www.lifefamilyfun.com

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Joe Wicks is the marvellously built man-mountain whose drive towards health and well-being has inspired a nation of fitness fans, all keen to supplement their daily sweat by investing in sensible, supplementing food solutions.

In an era where we're being bombarded with influencers, energisers and "body-makers", the 34-year-old has carved for himself an attractive niche that relies on plain talking, sensible planning, ambitious targets and a small amount of humility thrown in along the way. For evidence of that, take his approach to running.

"We all know how important proper cardio is and running is arguably the best way of really getting your whole body primed to increase strength and fitness... but it doesn't mean you have to enjoy it.

"I regard myself as fit – I eat well, exercise a lot and I'm strong – but when I did the London Marathon I quickly learned the difference between power and endurance, and while I was quick enough over the first half of the course, it was a really painful and slow experience by the end... and that's okay, because we're all growing and learning together."

Wicks, whose popularity comes out of being one of the original Instagram fitness kings, has recently been throwing that (muscle-bound) frame behind breaking his own world record for the number of people he could get attending a single 30-minute High Intensity Interval Training (HIIT) class.

Having previously gathered 3,804 people in Hyde Park, Wicks ventured to Dubai to try to go one better, as well as embracing the health ambitions of the world's fastest-growing economies. During his time there, the fitness guru – who is a best-selling

author having made millions from his *Lean in 15* and *30 Minute Meals* books, among others – also conducted a workout session at a Dubai school, with 450 kids involved, and got his running shoes back on for a half-marathon challenge.

"For me it's always been about mixing up ideas and getting fitness going in different environments," he says. "When getting in shape falls into the same old routine, that's when it becomes dull, and that's what I want to steer people away from, because it's a killer for motivation."

Wicks, who recently created a series of YouTube videos offering "seven days of sweat" to encourage people to get fit and motivated before Christmas, got married over the summer to Rosie, and in the new year will welcome his second child into the world (baby Indie was born in September 2018).

And that world record attempt? Well, although huge numbers attended the Skydive Dubai field at Dubai Marina, the team fell agonisingly short of their target. Typically, Wicks sought out the positives from the experience.

"Failure is all part of building towards success in the future," he said. "I actually embrace those times when things don't go my way, because it makes me even more determined to find the right answer in future, and whether that's not managing to bench press as much as I'd like, or not hitting a treadmill PB or simply giving in to a treat occasionally, moving forward is always about failing in the past, so we get up the next day and go for it all over again."

Photo credit: Ken McKay/ITV/Shutterstock



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Lord Levy says thank you to volunteers for their contribution

Lord Levy, the recently retired president of Volunteering Matters, the charity leading UK volunteering in policy and practice, came to South Woodford recently to praise the contribution made by members of the local Jewish community who support local causes and help those in difficult circumstances, irrespective of background or faith.

He singled out Woodford Forest United Synagogue's asylum seeker drop-in centre in Churchfields, where individuals and families can find company, friendship and a hot meal as an example of how local communities can assist others in need.

To celebrate the volunteers' contribution to community life, Woodford Forest United Synagogue hosted a sit-down tea for 150 volunteers who are

involved in a wide range of local activities, including caring for the elderly, making hospital visits and supporting mental health initiatives.

Robin Jacobs, chairman of Woodford Forest United Synagogue, said: "This was a wonderful opportunity for us to thank all our community members who donate their time so generously to help those in need within and beyond our community. We are extremely grateful that Lord Levy could take time out from his busy schedule to visit our community and personally thank the volunteers for their ongoing efforts."

Left to right Rabbi Wollenberg, Lord Levy and synagogue chair Robin Jacobs



Resident collects first fully-electric MG in the UK

A man from South Woodford is one of the first drivers in the UK to purchase a new fully-electric car from MG.

Anthony Fuschillo picked up the keys to his new zero-emission MG ZS EV from the recently-launched Glyn Hopkin MG dealership in East London. The handover signals the start of customer deliveries of what is being billed as “the first truly affordable, family-friendly electric car”.

Anthony commented: “Since I first saw the car, I liked the look of it, and when I learnt about the new electric version and saw the offers available, I knew I had to place my order. I’m thrilled to be picking up my new MG ZS EV from Glyn Hopkin and I’d like to thank

the dealership staff for all of their help. I’m looking forward to many years of emission-free motoring.”

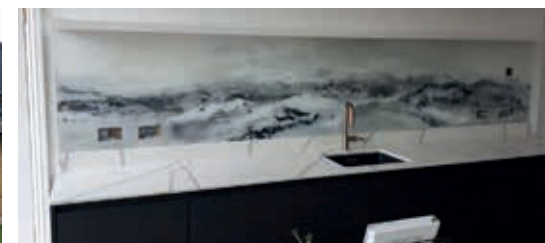
The all-electric SUV is powered by a 44.5kWh lithium-ion battery with a WLTP-certified combined range of 163 miles, and a rapid charging capability that allows drivers to replenish the car’s battery to 80 per cent capacity in only 40 minutes.

Fraser Cohen, managing director of Glyn Hopkin commented: “Mr Fuschillo is the first lucky customer to collect his new ZS EV, but he certainly won’t be the last. Demand has been incredibly high for this excellent new car since order books opened in July.”

To find out more about Glyn Hopkin, please visit www.glynhopkin.com



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Drug dealer jailed for nine years

A man from Woodford Green who was part of an organised crime group supplying cocaine to the home counties has been jailed for nine years.

Four men, including William Roberts, have been sentenced to more than 39 years in prison after being found guilty of drug related offences.

The four men appeared at Harrow Crown Court on November 18, having already been found guilty of conspiracy to supply class A drugs, and were sentenced. They included Roberts, 31, of Springfield Gardens, Woodford Green who was sentenced.

Detective chief inspector Tracy Pemberton, from Hertfordshire Constabulary’s Serious and Organised Crime Command, said: “These convictions are the result of a long-term investigation into one of the major drug supply networks. We have managed to totally dismantle this organised crime group.

“These groups pose a threat to local communities and the force is committed to pursuing individuals and networks involved in serious and organised crime.”



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LOCAL NEWS



Final General Election preparations are underway

With the General Election less than a month away, voters in South Woodford will be choosing from a number of different candidates.

In Chingford and Wood Green, former Conservative leader Iain Duncan Smith (pictured left) will be bidding to be re-elected in the constituency he has served since 1992. He faces competition from Geoff Seeff for the Liberal Democrats and Faiza Shaheen for Labour.

The area is also covered by the Ilford North constituency. Wes Streeting (Labour, pictured in the centre), has served the constituency since 2015 and

the other candidates are Howard Berlin (Conservative), Mark Johnson (Liberal Democrat), David Reynolds (Green), Neil Anderson (Brexit) and Donald Akhigbe (Christian Peoples Alliance).

Finally, the area is also covered by the Leyton and Wanstead constituency.

John Cryer (Labour, pictured right) has served the constituency as MP since 2010 while the other candidates are Noshaba Khiljee (Conservative), Ben Sims (Liberal Democrat), Ashley Gunstock (Green), Zulf Jannaty (Brexit) and Henry Scott (Independent).

Citizens Advice improve access to advice

People in South Woodford and across Redbridge now have improved access to Citizens Advice after it unveiled a radical change in its services last month.

Operating from newly refurbished premises in South Woodford, phone advice will be available to the residents of Redbridge from 9am to 5pm, five days a week. This has been made possible because Citizens Advice Redbridge is joining Adviceline, a national service with local presence.

Redbridge residents can access the service during opening hours by dialling 0300 3309063.

Susanne Rauprich, chief executive of Citizens Advice Redbridge, said: "As one of the smallest Citizens Advice in the country, we are acutely aware that demand far outstrips our ability to respond. Good advice should be available to anyone who needs it."

Stephen Young, advice sessions supervisor said: "The refurbished offices in South Woodford will make the volunteering experience more pleasant."

The opening of the South Woodford premises was conducted by Zulfiqar Hussain, Mayor of Redbridge, and attended by volunteers, trustees, staff and friends of Citizens Advice Redbridge.





Amazon provides support for adventure playground facilities

A South Woodford adventure playground for disadvantaged and disabled children has recently received a £1,000 donation from Amazon.

Since 1976, Every Life Has a Purpose (ELHAP) has helped to provide adventure play opportunities to disabled and disadvantaged children, young people and adults across East London and Essex.

The charity, which was recently awarded Adventure Playground of the Year, welcomed the donation as part of the "Amazon in the Community" programme, which supports communities in and around where it operates in the UK.

Fiona McDonnell, director of consumer retail at

Amazon, said: "ELHAP is a magical and unique charity that has helped to support tens of thousands of children and young people in the community, and we're very happy to be able to provide our support with this donation."

Rachel Joseph, head of development for ELHAP added: "ELHAP's primary focus is to help make lives brighter for children and young people with disabilities in East London and Essex, and we're very thankful to the Amazon team for their support. We hope to put this donation toward upgrading some of our play facilities, including a new trampoline and building a new "jail" that the kids love playing with."

Football's coming home as club returns

Woodford Town Football Club could be making its long-awaited return to Redbridge after plans were announced to spend £1.6million rebuilding the stadium on the council-owned site in Chigwell Road.

The plans for Ashton Playing Fields will allow Woodford Green Athletics Club to stage British Division 1 meetings and also see Town, who play in the Essex Senior Football League, return to the borough.

The project was given the green light in July and will see new gym facilities and a multi-use club room installed, a grandstand for football and athletics spectators built and the pitch and pavilion upgraded.

The athletics club and the football club will both have community outreach programmes and members of the public will still be able to access the astroturf

hockey pitch and the three grass football pitches while the work is carried out.

The football club and athletics club will pay an annual rent with additional income anticipated from the new gym facilities.

Councillors were due to consider the redevelopment plans as **VISION**SouthWoodford went to press.

After the plans were announced, the club took to Twitter.

They tweeted: "Great news for the club, slowly but surely we've stabilised on pitch with a style of football our fans enjoy & appreciate. As for the fans, if any clubs have better & louder support, they are very lucky-hopefully a confirmed return home will be the catalyst for numbers to swell."



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Help seriously ill children spend Christmas at home

A hospice for children in Woodford Green is appealing for the public's help so that its residents can spend precious time with their families at home this Christmas.

Readers are being asked to help children at Haven House, like Annabelle, who is three years old and has spinal muscular atrophy. Together with hospice at home visits, physiotherapy, play and music therapy, Haven House has helped Annabelle and her family re-build what they thought they had lost at diagnosis.

When Annabelle was six months, she stopped reaching and kicking her legs and she became quiet. After multiple trips to the doctors, Annabelle became severely ill, and was admitted to hospital. On the day before Christmas Eve, her parents Michelle and Chris were given the devastating news of Annabelle's

diagnosis. They were told that she would not walk, talk or eat and wouldn't live past the age of just 18-months, they were heartbroken and helpless.

Michelle explained: "We will never forget that Christmas. All our hopes and dreams for Annabelle stopped that day. What was meant to be a magical time instead became the agonising possibility that this could be our first, and last, Christmas together."

Katie, a hospice nurse, visits Annabelle at home and offers her support and help when it is needed.

Christmas is an emotional time for Michelle and Chris. There is always a tinge of sadness, however, they make it as magical as possible for Annabelle and love nothing more than being at home together.

To donate, go to www.havenhouse.org.uk/donate/sendawish/20/credit-card



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Take a trip down memory lane in the library

People in South Woodford are being invited to take a trip down memory lane at a heritage coffee morning on December 3 at the library.

A spokesman for Vision RCL, who are organising the event, said they hoped to see as many local people attend as possible.

He said: "Do you remember the Plaza Cinema in George Lane, the LEB showrooms or the M11 motorway being built in Woodford?"

"Today, shops come and go, but in the past, many remained for a long time. You may remember Hedges the drapers, which first opened in the 1890s and eventually closed in the mid-1970s, or Warnes, the school outfitters at 128 George Lane. Come along and share your memories of Woodford and enjoy a cup of tea or coffee at our reminiscence session."

The event, at 116 High Rd, runs from 11am to 12 noon.



Robert reminisces about his school days with students

Students at Woodbridge School got a snapshot of what life was like for pupils during the Second World War last month.

Robert Putt, 90, studied at the school in Woodford Green from September 1940 to December 1943, when the school was known as St Barnabas School for Boys. When he joined, it had only been open for three years and was located in a new building.

The school has kept a number of records from the time which Robert was pleased to look at, including the school punishment book.

Robert described his experience of being at school during the war and talked about the daily trips to the basement during the air raids.

Robert said he has very fond memories of the time. He said the war helped with his understanding of geography as he would sit with his grandfather and study the maps in the newspapers showing where the troops were.

Robert left school at the age of 14 and went to work in the stock exchange. He was called up to the army at 18 and received telecoms training.

He said: "I enjoyed my school days more than anything, they were happy days, despite the war. You should always treasure your schooldays as life after school becomes repetitive and is therefore harder to remember. But your schooldays are when lots of things are new and they stick in your memory forever."

School honours up and coming jiu jitsu star



An up-and-coming jiu jitsu star has been honoured by his school. Rodrigo Mariani, who goes to Woodbridge High School, moved to England from Brazil and started training as a way of losing weight and getting in shape and only went twice a week as he used to get beaten up by other students.

He was presented with a Headteacher's Award for his achievements last month. Rodrigo said: "I used to hate going to training because my older brother would smash me. After a year, I got my yellow belt and went for my first competition, where I won gold and that's when I fell in love with the sport."

Since then, Rodrigo became one of the youngest blue belts in England, at the age of 14, fought his first few competitors locally and went a year undefeated.

When he turned 15 last year, he was able to compete in the European Championship in Portugal and the World Championship in California where he won both competitions against some of the best blue belts in the world.

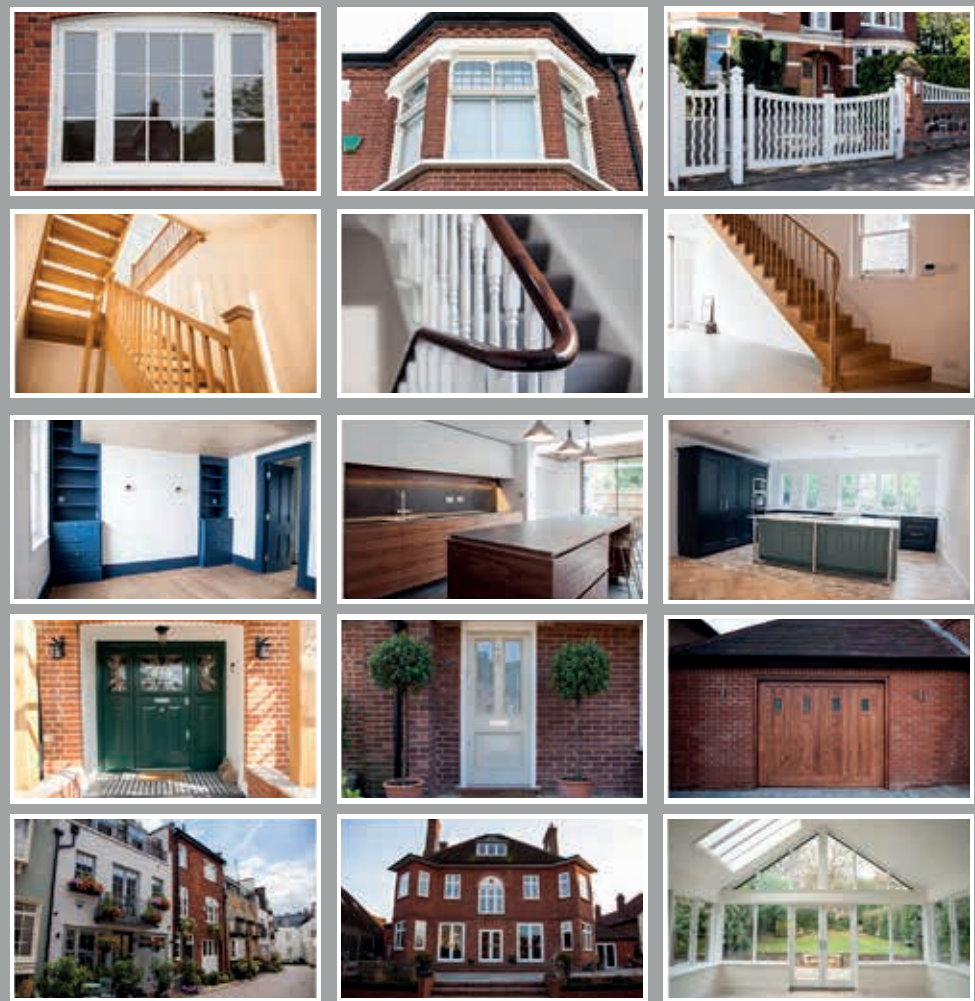
Rodrigo now travels more to compete and has won more titles in Europe and around the USA. This year, he was able to compete in the European Championship, and came second, and got double gold in the Europeans NoGi Championship in Rome in October, where he won his weight division and open class.

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Project helping over-65s stay healthy scoops national award

A pioneering project that helped older residents in South Woodford and across Woodbridge stay active has won a prestigious national award.

Since launching in Redbridge two years ago, Streets Apart has supported 369 older adults stay active by getting them involved in bespoke activities, including led walks around the borough.

The project, which has led to improved health and wellbeing, reduced isolation and enhanced independence amongst over 65s, earned Best Sustainable Travel Initiative prize at the Modeshift Awards.

As part of the project, Living Streets and the council

organised 61 led walks, as well as training up 56 volunteers so they could continue to lead walks for older adults in the community.

Redbridge Council's corporate director of people, Adrian Loades, said: "A big congratulations to all those who helped bring this project alive and deliver it across the borough. We are proud to have won this award."

"The impact of this project on those taking part has been fantastic. Streets Apart has been a resounding success in our borough, and is one of the many great examples of the projects running in Redbridge to help our residents – across all ages – to stay healthy and active."

Hospice has a 'wicked' Hallowe'en party

A supporter of Haven House Hospice from South Woodford has raised more than £600 for the charity which supports life-limited children by holding a Hallowe'en party.

Ziggy Pindoria is director of independent training provider Aspire to Learn at George Lane.

Ziggy explained: "I have worked with children with disabilities and terminal illnesses at an early age, volunteering and providing respite for parents running care schemes – this led to my career in education."

"As a mother I nearly lost my own child, so I can understand the need for a safe loving environment that can provide care and support. I have a brave friend who, had she known of the hospice, would have benefited immensely."

On the night, children enjoyed a DJ and activities including glitter tattoos, games corner, cake



decorating, witches' piñata and there were prizes for best costume, scariest costume and funniest costume.

Ziggy said the event was very memorable.

She commented: "It was a family event which allowed the children and parents alike to have a wicked time with each other."

Children stay in bed.... for charity



Children at a nursery in South Woodford got to wear their pyjamas for the day last month in aid of the BBC's *Children in Need* appeal.

Youngsters at Kids Inc Nurseries on Cleveland Road made cookies and Pudsey bears to raise money for the annual appeal.

Inderpal Dhania, deputy manager, said a great day was had by all.

She said: "It was really nice and all the children understood what they were doing it for."

Nationally the appeal raised £47.9million. Children in Need is the BBC's official UK charity and raises money for disadvantaged young people around the country, such as those experiencing poverty, with disabilities, or victims of abuse or neglect.

Commuters criticise TfL after pigeon dies

Commuters criticised Transport for London after a pigeon trapped upside down in netting at Woodford Underground Station died earlier this month.

London Wildlife Protection, a volunteer-run animal welfare organisation which specialises in the rescue of injured, sick, young and trapped pigeons, doves, crows, magpies, jays and jackdaws in and around London, tweeted about the bird asking to turn the power off so it could be rescued.

But, 15 hours later, onlookers reported that the bird had died.

London Wildlife Protection tweeted: "Contrary to the Animal Welfare Act, no action was taken to save it – it was knowingly left to suffer. We received messages from commuters who were appalled."

Other Twitter users also registered their

displeasure.

One wrote: "@TfL @TfLTrafficNews #tfl why did you choose to let this bird suffer and die a slow and painful death? All she did wrong was get caught in your dangerous netting. What did she ever do to hurt you?"

Tom nominated for award after running marathon

A sports physiotherapist in Woodford is set to be honoured by blood cancer charity Anthony Nolan for his fundraising efforts at an awards ceremony held at the Tower of London.

Tom Kopelman, from Woodford Green, has been shortlisted for the Individual Fundraiser of the Year Award at the Anthony Nolan Supporter Awards 2019, after deciding to raise money for the charity he credits with giving his dad a second chance at life.

Tom's nomination is in recognition of his fundraising at the London Marathon 2019, where he raised £11,000 and was Anthony Nolan's highest individual fundraiser at the event. This money will be vital in helping the charity add more potential donors to the stem cell register, giving hope to blood disorder and blood cancer patients looking for a life-saving match.

The physio's dad, Peter, received a stem cell transplant in 2016 to treat an aggressive form of leukaemia. Peter is now doing well, but Tom and his family continue to advocate for Anthony Nolan's work.

Tom explained: "I didn't really appreciate the work that Anthony Nolan did until I needed them most. My dad underwent months of treatment and then found a stem cell match, none of which would have been possible without Anthony Nolan. He's now free of cancer – they saved his life."

The awards take place on Thursday, November 28 at the Tower of London, and all winners will be revealed on the night.



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PLANT OF THE MONTH:

Sarcococca *confusa*

Sarcococca confusa, also known as Christmas box, is an evergreen shrub that bears small white flowers. Somewhat surprisingly, given its heavenly honey-scented blooms, it is one of the least popular evergreens available, but don't let that stop you from choosing this obliging plant for your garden.

Where to grow Sarcococca confusa

Sarcococca confusa is a hardy plant that is very easy to grow. It prefers a relatively shady spot but can still thrive in full sun as long as the soil is kept damp.

Due to its sweet fragrance, it is advised to grow this plant close to your house where you can enjoy the full force of its aroma in flower borders, flower beds or containers.

How to plant Sarcococca confusa

You can plant this tough shrub at most times of the year, except when the ground is frozen solid, waterlogged or extremely dry, but if you want to perk up your garden this winter, then this is the plant for you.

Simply plant the shrub in moist, well-drained soil, water well and apply a granular general feed around the plant. It will also benefit from a layer of garden compost or bark chippings around the roots.

How to care for Sarcococca confusa

In early spring, lightly trim or prune back the shoots of your shrub and then apply another layer of compost around the base of the plant. In its first year, water regularly.

What other plants complement Sarcococca confusa?

As this shrub is lush and green all year round, with flowers between December and March, it is suited to plants that only peak at certain times of the year such as deciduous plants. It also complements taller shrubs such as hydrangeas.



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Berry nice INDEED

Warming those winter garden vistas with some bursts of festive colour

We all know the colours and the coldness of winter when it comes to gardening. Many of us regard it as a season reserved only for planning the dawning of spring, when luscious life can return to our outside spaces.

And yet, winter can be about much more than greens, browns and greys where gardens are concerned. Certainly in the use of berries, your outside space can quickly adopt all the sprigs and spray of summer. With that in mind, then, here are some plants that will help keep things colourful:

SORBUS

In white, pink, yellow, red, blue and quite the most stunning copper tones, the berries from this deciduous tree will bring breathless colour to even the darkest corner.

HOLLY

A festive favourite, holly combines a burning red berry with that intensely detailed, beautifully curated leaf, with a combination of greens that offsets its radiant bedfellow with a flourish of frosty finesse.

VIBURNUM TINUS

In its prime between the months of December and April, just when you think the golden pink buds of this characterful plant can't offer anything more, the ends burst open, offering a spray of white flowers. One of the first risers for spring's sumptuous season of colour, the Viburnum Tinus will soar in prominence just as the temperatures begin to do likewise.

CALICARPA

This shrub has purple, jewel-like berries that look as if they've come straight from a safe deposit box in Hatton Garden. An intensely rich shade, the plant goes into overdrive in autumn and winter, offering colour to even the gloomiest garden.

And if the beauty of the winter rebels isn't a pleasure enough to see, the range of birds they will attract to your garden will only serve to delight you further.



LIFE AND TIMES OF *Mr Kipling*

“Through one of the marvels of modern science, I am enabled, this Christmas Day, to speak to all my peoples throughout the Empire.

“I take it as a good omen that wireless should have reached its present perfection at a time when the Empire has been linked in closer union. For it offers us immense possibilities to make that union closer still.”

These 62 words were spoken by King George V in 1932 in the first ever Christmas broadcast to the nation on the radio.

Historians see it as one of the great speeches of the twentieth century and it is catalogued in the British Library. The majestic words, which were widely acclaimed, were written by one of the greatest British authors, Rudyard Kipling.

He was born in Bombay, India, on December 30, 1865. In 1870, Kipling was sent to England to stay with a foster family in Southsea and then went to boarding school in Devon.

In 1882, he returned to India and worked as a journalist, writing poetry and fiction in his spare time. Books such as *Plain Tales from the Hills* (1888) gained success in England, and in 1889 Kipling went to live in London.

In 1892, Kipling married Caroline Balestier, and the couple moved to Vermont, USA, where

they had their two daughters. In 1894 Kipling wrote his most famous book, *The Jungle Book*. In 1896, a quarrel with his wife's family prompted Kipling to move back to England and he settled with his own family in Sussex. His son John was born in 1897.

Other books followed, including *Kim* (1901) and *Puck of Pook's Hill* (1906). *The Just So Stories* (1902) were originally written for his daughter Josephine, who died of pneumonia aged six.

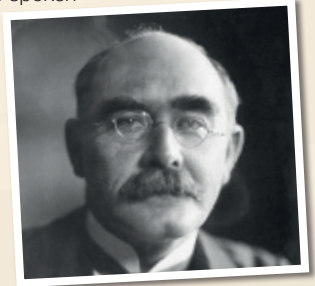
In 1902, Kipling bought a seventeenth-century house called Bateman's in East Sussex where he lived for the rest of his life. He travelled a lot, including repeated trips to South Africa in winter.

In 1915, his son, John, went missing in action while serving with the Irish Guards in the Battle of Loos during First World War. Kipling had difficulty accepting his son's death – having played a major role in getting the chronically short-sighted John accepted for military service – and subsequently wrote an account of

his regiment, *The Irish Guards in the Great War*. He also joined the Imperial War Graves Commission and selected the biblical phrase inscribed on many British war memorials: *Their Name Liveth For Evermore*.

Despite his personal friendship with King George, Kipling declined most of the many honours that were offered to him, including a knighthood, the Poet Laureateship and the Order of Merit, but in 1907 he accepted the Nobel Prize for Literature.

Kipling died on 18 January 1936 and is buried at Westminster Abbey.



PUZZLES & TRIVIA

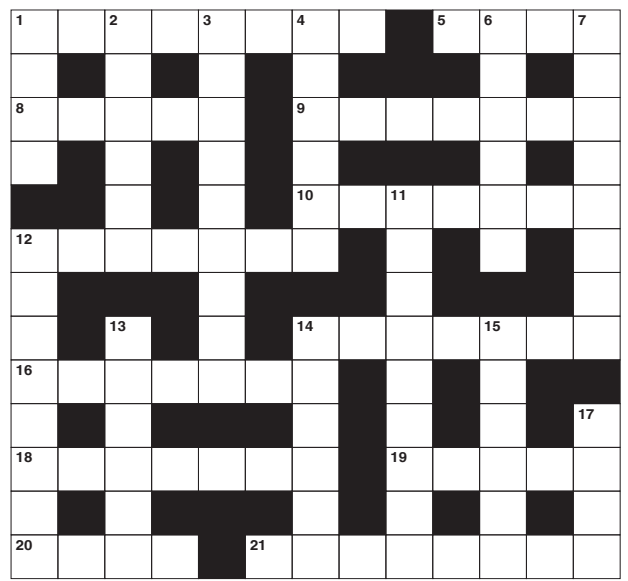


ACROSS

- 1. Very small African parrot (8)
- 5. Mire (anag) (4)
- 8. Criminal (5)
- 9. Beyonce ____: singer (7)
- 10. Strongly influencing later developments (7)
- 12. Enhance a photo (7)
- 14. Degree of eminence (7)
- 16. Boring (7)
- 18. Set up (7)
- 19. Gemstones (5)
- 20. Opposite of won (4)
- 21. Small falcons (8)

DOWN

- 1. Hoist (4)
- 2. Closely woven fabric (6)
- 3. Using both eyes (9)
- 4. Having a jaunty appearance (6)
- 6. Alyssa ____: US actress (6)
- 7. Determined (8)
- 11. Clumsy (9)
- 12. Fitting (8)
- 13. Love affairs (6)
- 14. Smear or blur (6)



- 15. Action of making use of something (6)
- 17. Poses a question (4)

DID YOU KNOW?

- ▶ Mastercard was known as Interbank from 1966 to 1969 and Master Charge from 1969 to 1979
- ▶ Porsche also makes tractors
- ▶ The first product to have a bar code included was a packet of Wrigley's gum
- ▶ Nokia was named after Nokianvirta, the Finnish river, where the business first began as a paper mill in the 1800s
- ▶ There are 22 stars in the Paramount logo, although the original has 24
- ▶ Hilton was the first international hotel chain
- ▶ The values on the Monopoly board game have been the same since 1935
- ▶ Cheerios cereal was originally called Cheerioats

SUDOKU

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						4		6
		1	6				3	5
5								7

Things to consider for a NEW YEAR BREAK on a budget

Whether you fancy some winter sun or a romantic city break, booking a last-minute New Year break on a budget can be a challenge, to say the least.

But fear not – it can be done.

Choose a less-popular destination

Certain areas of the globe are known for their New Year's Eve party extravaganzas – think New York, Las Vegas and Sydney – but if you don't want to be paying off your New Year break for the next 12 months, consider going to a less-popular destination such as Budapest or Prague.

Consider going en masse

If you have a large group of friends who enjoy going away together, look into the option of renting a house rather than staying in a hotel. For those who don't have their heart set on going abroad, there are some great deals to be had on shared

accommodation in the UK – you could even rent out a castle!

Take the risk of booking last minute

Most people like to have their New Year's Eve plans set in stone at least a few weeks before the big event, if not more, but one way of finding a super-cheap deal is to wait until the very last minute. Yes, this is risky, and you may not have a lot of choice in terms of your destination, but if you can't be spontaneous on New Year's, when can you be?

Compare prices

You may think it would be cheaper to book a budget package deal with flights, accommodation and transfers included, but that is not always the case. It is advisable to shop around to get the best deals.



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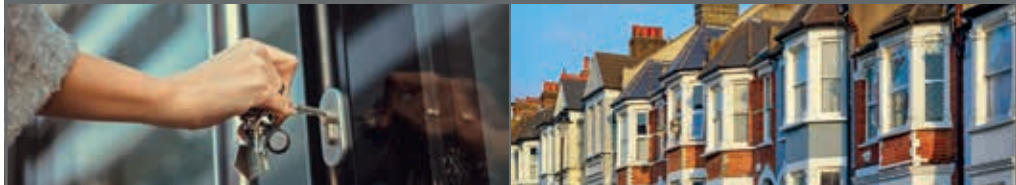


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How to clear festive debt

According to a national debt charity, nearly eight million people in the UK expect to fall behind in their finances in January after overspending on Christmas.

1. Don't bury your head in the sand

If you are serious about clearing your debt, you need to know exactly what you are dealing with.

2. Look at areas of spending you can cut back on

Whether that be your daily shop-bought coffee or cancelling your gym membership.

3. Switch providers

An ideal time to evaluate all direct debits and see if you can save money by switching providers.

4. Look for 0% balance transfer deals

If you have overspent on your credit cards, now is the time to switch to a 0% balance transfer deal.

5. Set a realistic budget

Once you have paid all your bills, set a budget for any disposable income and utilise the rest to pay off your debts.

6. Pay off your most expensive credit card first

There is no point paying equal amounts off all of your credit cards if one has a much higher interest rate than the rest.

7. Pay more than the minimum amount

Paying back the minimum amount on your cards means you will likely only be paying off interest, not actual debt.

8. Sell any unwanted gifts or home stuff

January is the ideal time to have a good clear-out and sell any items you no longer want.

9. Consider a personal loan

It could make financial sense to take out a personal loan to consolidate your existing debt into one manageable monthly payment.

10. Ask for help

If you are struggling with debt, consider seeking the advice of a group such as Citizens Advice.



BUSINESS & FINANCE

From NETWORK to NETWORTH

The concept of network marketing may be nothing new, but the rewards of time and financial freedom have never been greater... providing you do your homework first.

Those of us of a certain age will remember the Avon lady coming round and selling her beauty wares on weekday nights. For this journalist at least, it was a first initiation into network selling (not that anyone had thought of such a snazzy name for it back in the 1980s).

With the advent of the internet and a surge in the number of people registered as self-employed in the UK, the concept of embarking on a business model that promotes person-to-person selling, often with home as an office, is an appealing one.

From a consumer perspective, the concept works best and gleans the most trust from a single-tier network – in other words, being sold to by one person, be that sponges and make-up, food, computer equipment or anything else. It's the most basic form of selling, with one person selling

products to another having acquired stock from a supplier, even if that includes an initial set-up fee.

Where network marketing's reputation becomes sullied is when multiple tiers come into effect, and where the premise is to recruit other salespeople further down the chain. While in some instances this may be legitimate, the set-up of this begins to lean towards a pyramid scheme, where exploitation of those lower down the chain is compounded by the risk that the structure will collapse completely.

If you've been attracted by network marketing, here are a few things to tick off before pursuing:

- ✓ Is the company reputable?
 - ✓ Are you responsible for selling tangible products rather than recruiting others to sell for you?
 - ✓ Are you enthusiastic about the products?
 - ✓ Is there a clear and quick path towards you making money, with little or no investment?
- If so, your business awaits...



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RACING LINE

LEWIS HAMILTON WINS SIXTH WORLD TITLE TO CLOSE IN ON MICHAEL SCHUMACHER'S RECORD

He may have lost "the battle" in failing to fight off a late rally by his Mercedes-Benz team-mate Valtteri Bottas, but Lewis Hamilton won the war by finishing second to secure his sixth world Formula One championship title in Texas at the start of November.

The Stevenage-born driver needed to be within seven places of the Finn to clinch the drivers' title, and even though he started fifth on the grid, Hamilton came within four laps of sealing the championship win with a race victory.

But in the end, Bottas' DRS overtake was irrelevant, such was the Briton's advantage on the season leaderboard. This latest crown took him past Juan Manuel Fangio's five titles and within one of Schumacher's tally.

The 2019 renewal of the championship has had it all – dull and one-sided races, intriguing battles and unexpected results. Hamilton, by his own admission, won the "boring races", often leading from the first corner to the chequered flag.

Germany's Hockenheim circuit saw his only uncharacteristic mistake, as he exited with 11 laps remaining in treacherous track conditions. At the time he

commented that it was his "worst day at the office".

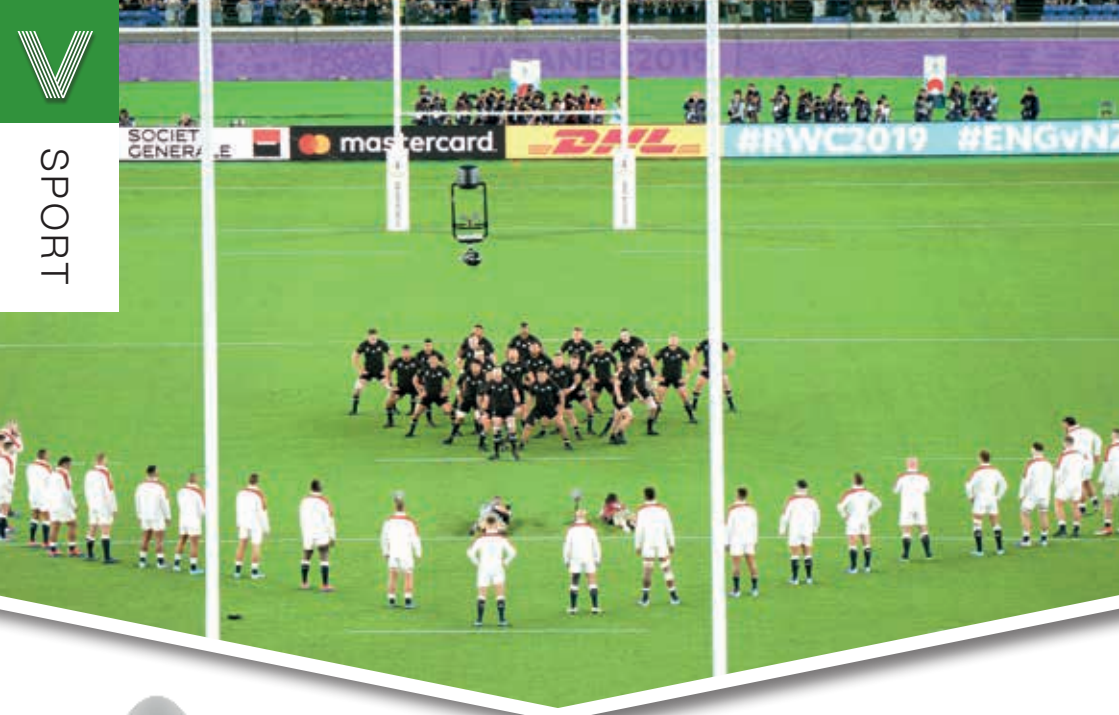
Winning more than half of the 19 races is one big reason why Hamilton has topped the table for the third straight season, not to mention the fifth time in six years, and yet there are still two immediate records in the racer's sights.

He currently equals his own highest seasonal points total of 408, so any scoring finish in either of the last two races will see him surpass that. In addition, his 10 GP wins this season leave him just one short of his previous best.

The sign of a true champ is one who keeps on winning despite his success, and Hamilton this season has once again embodied that unrelenting spirit.

Photo credit: Pixathlon/Shutterstock





The FINAL HURDLE

England's 2019 World Cup might have ended with defeat to a familiar foe, but in the land of the setting sun there was at least a sporting silver lining on show.

You would suppose that any team capable of beating the Wallabies and the All Blacks in a Rugby World Cup should go on to clinch the Webb Ellis Cup with something to spare, but England's failure to drag themselves over the final hurdle in Yokohama was as much down to South Africa's dogged spirit as it was the Red Rose running out of steam.

Some 16 years on from England's only World Cup win, Eddie Jones's side looked set to exorcise demons of pitifully poor recent tournaments, especially after scoring in excess of 35 points in each of their pool matches.

Then, beating South Hemisphere giants Australia and New Zealand respectively in the quarter- and semi-finals, they set up a huge final clash with the

Springboks.

However, England's final was over almost as soon as it began, with prop and vital scrum component Kyle Sinckler accidentally caught by the elbow of his own team-mate Maro Itoje after just two minutes.

It left them susceptible in the scrum, and South Africa won five penalties on their way to a 32-12 victory, with a somewhat deceptively large margin of victory opening up in the closing stages as England went for broke. Their opponents were as decisive as England were wasteful, and the experience will go down as a case of what might have been.

And yet, what we should gain from this is the confidence to compete with the very best. The Six Nations begins in less than three months' time and, with Wales, Ireland and France all in periods of transition, it would be a brave person to bet against the World Cup experience making England even more likely to land silverware in the spring.

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Fuelling THE THEORY

IS PREMIUM FUEL REALLY WORTH THE EXTRA INVESTMENT?

We've all seen those suffixes at the petrol station – "Super", "V-Power", "Premium", "Nitro+", or "Ultimate" – luring you to the more expensive pump as you prepare to dole out anything up to £100 to fill up your tank.

For some of us, whether it's petrol or diesel, simply filling up is enough of a financial chore, without wanting to contemplate voluntarily spending more on jazzed-up fuel. For others, premium denotes performance and longevity, but does the added investment pay back? In the long term, the answer is, surprisingly... yes; but don't bother if you're driving a Nissan Micra.

In short, if you own a high-spec vehicle, then filling up from the premium pump could be a sound move. The fuel's higher-octane rating means it works better with engines of a higher compression, so that leads to increased performance and more-efficient maintenance of your system.

The downside is cost – on average, performance fuel will cost you around 10p per litre more. Spin that out over the course of a year's motoring and you've added on a fair whack to your road bills, but on the plus side your car will be running more efficiently, and for longer. There's also the prevention of "engine knock" to consider – that's where unburned fuel pre-ignites in a vehicle's engine, damaging interior components.

But all this largely only applies to premium vehicles, where higher-octane motors mean higher-octane fuel. For what you might describe as "everyday cars", go for the cheaper option. Your little run-around will have a standard octane rating of 95, meaning that the electronics are configured so that the vehicle will run in a satisfactory way on the regular fuel.

Put another way, there's a good chance upgrading your fuel will make little noticeable difference... except to your wallet.

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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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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

Coffee afternoon

**Slug and Lettuce, 184 George Lane,
South Woodford, E18 1AY**
Every Wednesday, 12.30pm – 2pm



Photo credit: Google Maps

Need a change of scenery? Need to see some friendly faces to share and learn from experiences?

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Design and decorate your own Christmas tree

South Woodford Library & Gym, 116 High Road, South Woodford, E18 2QS
December 7, 12pm – 1.30pm

Get ready for Christmas. Make a different decoration every week and be ready for the big day.

Children can make their own mini Christmas tree and then decorate with stickers, sequins and ribbon to take home and display.

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Anthony Joshua vs Andy Ruiz Jr

**Railway Bell, 87 George Lane,
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December 7, 9pm

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Soul Sister Sunday Sessions

**Air-Yoga Studio, 90 George Lane,
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December 8, 7.30pm – 9.30pm

Kat King is the host of this monthly women's circle, she is there to facilitate a gathering of women where they can make self-enquiry in safe space.

Why not join and enjoy a gentle kundalini flow, kriyas, guest speakers, yoga nidra and enjoy a hot drink at Kikirocs downstairs.

To buy a ticket, visit www.allevents.in/london/soul-sister-sunday-sessions

Christmas present wrapping service

**Boots, 170-172 George Lane,
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