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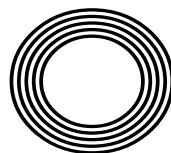
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January 2020

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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 a very Happy New Year.

Thank you for all your support and feedback last year.

Because of this we have a **VISION** of us growing to even more areas in 2020, including areas out of Essex.

Personally, I will be looking to make 2020 a year to remember, with a move to a new house as we are looking to move from an apartment.

I have also been asked to be the president of a local business networking group I attend.

What a privilege – it will give me an opportunity to connect even more with the people in my community and some personal development along the way.

I hope you all keep up your New Year's resolutions and make 2020 a year to remember.

In local news, a pub could lose its Fruit machines, we have a round up of the General Election results, and the community helps to reunite a man with his dog.

We welcome any of your stories for our local news pages. So if you have a story to share, please email woodford@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the January 2020 edition.

Brett



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THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

The history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

He also received an OBE in the New Years Honours List to end a remarkable year.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.



What's the score?



Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet.

Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.

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THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

> Gender-free fashion is more sustainable.

Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.

> Gender-free fashion can help put an end to stereotypes.

Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.

> Gender-free fashion is all inclusive.

You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.



Photo credit: H&M



FASHION



Skin: DEEP

THE BEST GADGETS FOR GREAT SKIN

We've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:

FOREO IRIS

A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.



ZIIP BEAUTY

If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.

REVIVE LIP THERAPY

While "a moment on the lips, a lifetime on the hips" may be a rather crueler reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.



DRx SPECTRALITE FACEWARE PRO LED FACE MASK

It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.



DIY Miracle MOISTURISERS

You may have been tempted to make your own moisturiser before but have been put off by the vast amount of ingredients you needed to buy, and the lengthy processes needed to mimic your usual store-bought product.

However, these homemade lotions are simple, cheap and highly effective; not to mention kind to your skin.



'FEEL GOOD FACIAL' MOISTURISER

You will need:

- ½ cup coconut oil
- 1 tsp vitamin E oil
- 6 drops of an essential oil such as lavender or ylang ylang

How to make:

Mix all of the above in a bowl (use a hand blender if your coconut oil is very solid) • Once you have a smooth and creamy paste, place your mixture in a jar

How to make:

Heat the shea butter, coconut oil and cocoa butter until melted • Remove from heat and add the aloe vera juice and oils • Store in an airtight container

When choosing your essential oils, make sure you pick the right ones for your skin type – rose is good for dry/ageing skin, citrus oils are good for rejuvenation and patchouli or lavender are ideal for reducing the appearance of stretch marks.



'FOOT REVIVER' MOISTURISER

You will need:

- 1 cup honey
- 2 tbsp whole milk
- ½ orange

How to make:

Warm the honey and milk in a pan • Stir in the juice of half an orange • Mix well and leave to cool • Apply to clean feet and leave on for 45 minutes



'BODY BLITZER' MOISTURISER

You will need:

- ¼ cup coconut oil
- ½ cup shea butter
- ½ cup cocoa butter
- 1 tbsp aloe vera juice
- 5–10 drops of essential oil

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The sight of a shot glass may send minds racing back to Friday nights in Ritzzy's. However, on this occasion, the end result is health, not a hangover, with "shorts" and "shots" rapidly gaining in popularity for those who want to cram as much goodness into a thirsty thimble.



The Antioxidant

To reduce the risk of infections, diseases and cancer

INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



The Daily Wellness Wonder

To boost immunity and aid alertness

INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ½ tsp black pepper • ¼ tsp cayenne

PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses



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HOW TO GET A DECENT WORKOUT WITH
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TIME TO EXERCISE

The Thruster

This is one of the simplest resistance band exercises you can do; it's great for quads, hamstrings, glutes, core, shoulders, upper back and triceps.

Stand on the band, legs shoulder width apart. Hold the two ends and lift your hands up to shoulder height. To start off, do a squat with your hands kept next to your shoulders.

Once you are standing up again, push your arms up over your head, then lower them back down to shoulder height.

The Chest Fly

Most of us want to improve upper body strength, and with this stretch you can do that easily.

Simply secure the band to something behind you, grab each handle and extend arms out to meet in front of the body, before lowering arms back out to the standing position.

The Glute Kick-back

They say the legs are at the core of real fitness, so getting your glutes in shape is a great idea.

Simply drop onto all fours, wrap the resistance band around below your left shin, or further forward by holding it in your hand. Then loop it around the ankle on your right foot. Lifting that leg off the ground, extend to full length and feel the stretch.

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Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so.

Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

Why try beetroots?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

Beets are also known for:

- 🍷 Lowering blood pressure 🍷 Preventing dementia
- 🍷 Preventing constipation 🍷 Lowering cholesterol
- 🍷 Improving performance when exercising

The history of beetroots

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

How can I eat beetroots?

Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

Inspirational beetroot recipes you can try at home:

- 🍷 Beetroot and pear puree 🍷 Red velvet beetroot cake
- 🍷 Beetroot, goats cheese and walnut salad
- 🍷 Risotto with beetroot greens



FOOD & DRINK



Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought. However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?

What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



Jackfruit Curry

YOU WILL NEED:

- 1 onion
- 1 tsp ginger
- 3 garlic cloves
- 2 tbsp curry powder
- 1 tbsp flour
- 1 cup vegetable stock
- 1 can coconut cream
- 1 can tomatoes
- 1 can jackfruit – drained and rinsed

HOW TO MAKE:

- Cook onion until soft
- Add ginger, garlic and other spices
- Lower heat and add flour
- Pour in stock, cream and tomatoes, cook for 3 minutes
- Add jackfruit
- Cook for 20–25 minutes
- Shred the jackfruit



BBQ Pulled Jackfruit

YOU WILL NEED:

- 1 red onion
- 1 tsp cinnamon
- 1 tsp cumin
- 2 tsp smoked paprika
- 2 tsp chipotle Tabasco
- 1 tbsp apple cider vinegar
- 4 tbsp BBQ sauce
- 1 can chopped tomatoes
- 2 cans young jackfruit in salted water

HOW TO MAKE:

- Cook onion until soft
- Add spices
- Add Tabasco, vinegar and 3 tbsp BBQ sauce
- Add tomatoes, jackfruit and 200ml water
- Simmer for 30 minutes (lid on), stirring to break up jackfruit
- Remove lid and cook for a further 10 minutes
- Shred jackfruit and add 1 tbsp BBQ sauce



Jackfruit (no tuna) Sandwich

YOU WILL NEED:

- 1 can young jackfruit in water
- ¼ cup finely chopped red onion
- 1 tsp Dijon mustard
- 4 tbsp Veganise (vegan mayo)
- Relish

HOW TO MAKE:

- Rinse jackfruit and pat dry
- Shred with a fork
- Mix with all other ingredients
- Season to taste



Photo credit: www.veganmag.com



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YOU MAY NOT LIKE WINTER AND THE COLD WEATHER THAT IT BRINGS, BUT FOR YOUR PET, THIS TIME OF YEAR CAN BE DEADLY

1. DO NOT LEAVE YOUR PETS OUTSIDE UNATTENDED

When it is particularly cold your dog should not be left outside unattended as it could quickly develop frostbite or hypothermia. The same goes for cats: if the temperature drops too much, try to keep your feline friends indoors. Rabbits and guinea pigs should be moved to the shed if the weather is particularly bad.

2. INVEST IN A DOGGY JUMPER

If you have a short-coated breed of dog, then consider purchasing a jumper or coat to keep it warm when out and about. It is also worth noting that if your dog keeps lifting its paws or stopping walking, it may be because the ground is proving too cold for it.

3. CHECK THAT YOUR CAT FLAPS DOES NOT BECOME FROZEN SHUT

If your cat is still going outside, make sure you check that the cat flap does not become frozen shut. It is also a good idea to have a litter tray inside for your cat during the colder months.

4. COLD PETS NEED MORE SUSTENANCE

You need to ensure that your pets are getting sufficient calories to keep themselves warm, especially if they are outside often. You should also keep them hydrated and check that your guinea pig's or rabbit's water bottle has not frozen.

QUICK PET PROTECTION CHECKLIST:

- ❄️ Wear reflective clothing (you and your dog) when walking in the dark.
- ❄️ Fit your cat with a microchip.
- ❄️ Check your garden for foxes/badgers.
- ❄️ Keep anti-freeze products out of reach.
- ❄️ Be vigilant of cats under cars.





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THE TOP FIVE TOURIST ATTRACTIONS TO VISIT IN YORKSHIRE

NATIONAL RAILWAY MUSEUM, York

A railway buff's dream ticket, with a museum showcasing the very finest trains that have adorned the UK's spiderweb of tracks – from stunning, inconceivably powerful locomotives to miniature trains on narrow-gauge railways. This celebration of British engineering is complemented by exhibitions, galleries and outdoor play areas.

YORK MINSTER, York

One of the world's most magnificent cathedrals, it has been drawing advocates of faith, solitude and mind-blowing architecture since the 7th century. Put another way, when the foundations were laid at Paris's Notre-Dame, York Minster had already been welcoming people in for 500 years.

In 2020 it offers multi-sensory services, exhibitions, events and open days in a celebration of contemplative contentment.

ROYAL ARMOURIES MUSEUM, Leeds

A £42.5million purpose-built museum constructed in Leeds dock, the Royal Armouries looks at the passages and processes of war across the globe, with weaponry, artefacts, re-enactments

and tributes to those who have fought for their principles. And, as with all national museums, entry is free.

TROPICAL BUTTERFLY HOUSE, Sheffield

Whoever thought York would become renowned for its blend of tropical animals, from lizards to tarantulas, birds to snakes? Add in otters, owls and creepy-crawlies... oh, and a few thousand butterflies, and the Tropical Butterfly House in Sheffield – which also doubles as a falconry centre – is a natural world wonder. Last year it celebrated its 25th birthday.

THE BOTANICAL GARDENS, Sheffield

Situated very close to the city centre, Sheffield's Botanical Gardens are every bit the paradise of calm and serenity we associate with the likes of Kew or the Eden Project. The 19-acre site slopes majestically, offering wonderful views from green spaces, tree-clustered woods, bespoke gardens and spectacular Grade II-listed glass pavilions. With music, theatre, art shows and Christmas events, this is truly an all-year-round attraction for open-air enthusiasts.



TRAVEL

Photo credit: Pexel/Shutterstock.com, Jeanette Teare/Shutterstock.com

Little WHITE LIES

Hilarious fibs parents tell their kids

Ask any parent – keeping your young ones in check is a tough task. And yet, the process is often made considerably easier with the clever use of some truth-bending.

A recent study found that a parent will tell more than 3,000 fibs throughout the process of elevating their child into adulthood, in protecting them from the truth, in not knowing an answer, or just wanting a quiet life.

Here are some classic little white lies that every parent will be able to relate to:

"If the wind blows you'll stay like that"
– an effective way to stop kids pulling silly faces

"If you don't brush your teeth they'll all fall out"
– perfect dental hygiene play

"Your eyes will go square"
– the classic incentive to move away from the telly

"Eat your greens or you won't grow up strong"
– a produce-themed exaggeration

"Unless you share you'll have no friends"

– harsh but (un)fair, and probably untrue

"When the ice cream van plays his tune it means he's run out"

– mean, just mean

Add in various threats that bad behaviour may lead to kids being sent away, parents going to jail or the small matter of the world ending, and it's incredible that our nippers even make it to adulthood in one piece.

It's believed that around the age of eight, kids stop believing everything they are told... probably because so many of those naysayer naughties never came true in the first place.

And yet, when it comes to little white lies, it's not always parents trying to pull the wool over their youngsters' eyes. The best piece of advice of them all – you know, that festive one – is truly a warning that needs to be heeded, because Santa really does know if they've been bad or good...



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Oaklands (2½ to 11): Thurs 5 March 9.15am
Normanhurst (2½ to 16): Fri 6 March 9.15am

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If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt



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HOME & DIY

BACK TO BLACK

WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.





DIY bed canopies

If you want to bring a touch of elegance to your bedroom while at the same time creating a cosy focal point, then look no further than a bed canopy.

Bed canopies are fairly expensive to buy, but incredibly cheap to make. If you decide to do one home DIY project in the new year, this should be it.

CHOOSE THE CANOPY FABRIC

With canopies being available in a wide variety of materials, colours and textures, the world really is your oyster. For a luxurious vibe, opt for velvet or silk, or if you favour a more laid-back look, opt for linen or mesh.

CHOOSE THE CANOPY HANGING ELEMENT

Arguably the easiest way to hang your canopy is with an embroidery hoop; simply unscrew the hoop, pass the fabric through it, ensure it is even and reseal the hoop. Alternatively, you can utilise copper pipes to create a larger canopy that cascades

around your whole bed.

Or, if you are wanting a more natural vibe, you could even use a simple (but sturdy) branch which can be hung from the ceiling with a few chains and basic hooks.

INSTALL THE HOOKS & HANG THE CANOPY

As a bed canopy will be hanging above your head, it is important that all the screws are secure; drywall anchors are a good idea and will ensure that your bed canopy does not fall down. Enlist a helper when attaching the fabric to ensure it is hung evenly.

ADD SOME CREATIVE TOUCHES

Once your bed canopy has been installed, you can personalise it with accessories to ensure that it matches the décor of the rest of your room. Fairy lights are a great idea for a child's room or even for adults who want to feel like they are sleeping under the stars. Curtain tie-backs are another popular option.

Photo credit: design'sponge, urban outfitters and www.countryliving.com



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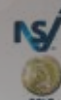
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“
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CASE STUDY
FOR A LOT OF
PEOPLE
”

Jameela Jamil

It’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Ben McCabe

Star-studded evening for children's hospice

Reality TV stars Billie and Greg Shepherd were joined by a host of celebrities in a spectacular evening of fundraising for Haven House Children's Hospice in Woodford.

The couple, who are ambassadors of the charity, organised the fundraising dinner and were joined by friends and family at Alec's Restaurant in Brentwood on Sunday, December 8 for the glitzy event.

The star-studded line-up included Billie's sister Samantha Faiers and her partner Paul Knightley, Luisa Zissman, Danielle Armstrong and Ferne McCann.

The highlight of the evening, which came as a surprise for guests, was when Greg took a hit for the team and shaved off all his hair to raise funds.

Greg was sitting in the middle of the room as a crowd swarmed around him. Auctioneer Luisa Zissman did a great job of getting the guests bidding for a turn with the shaver.

Billie later shared a picture of herself with Greg before he'd had his head shaved, captioned: "Here's to @havenhousech our first ever charity fundraising event

thank you to everyone that has come to support us".

Guests watched a short video of three-year-old Annabelle Thomas, who has spinal muscular atrophy and who receives support from the hospice. The hospice has been vital in providing her with physiotherapy and support at home. The video touched a nerve with guests in the room, with generosity helped raise £42,700 from the evening.

Guests enjoyed a three-course meal, raffle, auction and entertainment from Essex's finest, including Luke Burr, Moni Tivony, CJ Sax and Bongo Ben.

Director of income generation at Haven House, Pushpinder Gill, added: "Haven House provides crucial support to families during the most difficult of times. We are only able to exist thanks to the generosity and support of our local community.

"My heartfelt thanks to Billie and Greg for such a spectacular occasion. The money raised will help us reach more families and make sure they get all the support they need, so they can make the most of every moment together."



Photo credit: Google Maps

Underage gambling could see pub lose fruit machines

A pub in South Woodford could become the latest in Redbridge to lose its fruit machines.

Evidence presented to the council's licensing sub-committee showed that the Railway Bell on George Lane failed to prohibit children under the age of 18 from playing on the machines, which are strictly for over-18s.

After the pub was sent a written warning following the first occasion, training and measures were implemented by the pub. A further visit was undertaken, which resulted in another failure.

Lawyers on behalf of the Spirit Pub Company, which owns the Railway Bell, said there were no issues with the operation of such a machine.

A statement read: "Following the visit to the premises in January and June 2019, the company has taken steps to address the issues raised by the outcome of the test purchase exercise. In particular, the company has carried out internal investigations and implemented additional procedures and training."

Speaking after the pub lost its permit, Sue Harper, the council's corporate director for place, said: "Businesses with permits to operate betting machines have a legal obligation to protect children and other vulnerable people from being harmed or exploited by gambling."

The meeting to consider the Railway Bell application was due to be heard on November 29, but at the time of going to print it is now expected to take place in the New Year.

Duncan Smith clings on to his seat



Former Conservative leader Iain Duncan Smith MP narrowly held on to his seat in last month's General Election despite the best efforts of his rivals to unseat him.

Mr Smith MP saw his majority reduced to 1,200 votes, with Labour's Faiza Shaheen securing 22,219 votes. Geoff Seff, Liberal Democrat, finished a distant third with 2,744 votes. Mr Duncan Smith has held the seat since 1992.

Mr Duncan Smith MP tweeted: "Delighted and humbled to have been re-elected as MP for Chingford and Woodford Green. My thanks to my team, all those who supported & voted for me. Looking forward to returning to Parliament so @BorisJohnson and @Conservatives can #GetBrexitDone and move on with the country's priorities."

The area is also covered by the Ilford North constituency. Wes Streeting, Labour, emerged victorious with 25,223 votes, ahead of Howard Berlin, Conservative.

Finally, John Cryer will continue as MP for the Leyton and Wanstead constituency after winning with 28,836 votes.



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Photo credit: Syco/Thames

LOCAL NEWS

TOWIE star Megan proves she has The X Factor

Woodford Green is celebrating the success of one of its own after Megan McKenna won *The X Factor: Celebrity*.

The former *The Only Way Is Essex* star was victorious in the grand final of the debut series of the celebrity version of the talent show.

In the final she beat off competition from sibling duo Max and Harvey, *The Chase*'s Jenny Ryan and social influencers V5.

As a result of winning the series, Megan secured a recording contract with Simon Cowell's record label, Syco.

The success was hailed by locals, including Hermon

Hill resident Lilly McChesney, who said: "It is amazing to see a local girl go on to win *The X Factor*."

"I know it's only a celebrity version so there is less competition, but what an achievement – go girl."

Another fan of the show, Victoria Gamble, said: "Well done Megan, a well-deserved win."

"She looked so happy to win so I'm really pleased she has done it."

Unable to hide her joy, Megan was overwhelmed after winning. She said: "My dream has come true. I've worked my whole life for this moment thank you so much to everybody who voted words cannot explain how I feel, I cannot believe I have won *The X Factor*."

Volunteers needed for festival to go ahead

To help make one of the highlights of the Woodford calendar a success, organisers are asking for volunteers to help.

The Woodford Festival attracts huge crowds every other year, with the biennial event including entertainment for all the family.

Now organisers are looking ahead to 2020, with the event set to take place in October. Despite being 10 months away, the festival takes a lot of planning, so the Woodford Festival Association (WFA) is appealing

for new volunteers to help ensure it can go ahead.

The festival lasts a week and includes a wide range of performing and visual arts, presented mostly by local residents.

WFA chairman, Geoff Seeff, was delighted with the community's positive response to the nearly 100 individual events that were staged at the last festival held in 2018.

For more information on how you can volunteer, email geoffseeff@cix.co.uk



Photo credit: Facebook

Weare pays the price for Town's recent poor form

After a poor run of recent form, Woodford Town decided to part company with Ross Weare, the head of its management team, last month.

An official club statement explained the reasons behind the decision.

It read: "In light of recent results we have decided to make changes to our management structure and as a consequence it is with much regret we have to announce that Ross Weare has left the club.

"Over the last few years, Ross has given everything to the team whilst assisting the previous manager and

while holding the role himself.

"We would like to put on record our gratitude to Ross and wish him all the best for the future, he is a top coach but more importantly he is a true gentleman.

"In the meantime the existing coaches Joe Gadson and Roy Darbo will take care of first team duties while being overseen by director of football Dee Safer."

The new management duo lost its first two games, with a 3-0 defeat against league leaders Hashtag United before they went out of the London Senior Cup against Corinthian-Casuals.

Health organisation called in to tackle school bug

Public Health England (PHE) had to step in to help a Woodford Green school recently after an outbreak of flu and suspected norovirus.

St Antony's Catholic Primary School, in Mornington Road, worked closely with the health organisation in November to reduce the spread of the illness.

The school proactively sought the support of PHE and kept parents informed throughout with advice on how they could help minimise the risk of the virus spreading. At the time of going to print, teacher Miss Smith confirmed pupils had started to return.

She said: "It has been good to see some children returning to school after not being too well lately and

we appreciate parents' support with regard to having to reschedule trips and performances."

Dr Edward Wynne-Evans, head of PHE's local health protection team, said: "There have been several children absent from school with confirmed flu, and others with suspected norovirus after symptoms of diarrhoea and vomiting.

"This is not unusual for this time of year and we have been providing advice to parents and the school to help reduce the spread of infection.

"If your child shows symptoms, they should not attend school and not mix with others outside the home until 48 hours after symptoms have stopped."



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Woodford and District National Trust



Whether you are a National Trust member or not, everyone is welcome to attend one of the local talks, outings and even holidays.

Meetings take place at Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Green, throughout the autumn, winter and spring months.

So why not come and join us? The new talks programme is now available; meet people and learn about our events.

For more details, call Richard Speller on 07774 164407 or email speller643@btinternet.com

The talks from January to April are:

"The National Trust in Essex and South Suffolk" by Jonathan Rhodes, Wednesday, January 15 at 2.30pm

- All Saints Church Hall, Woodford Green. Jonathan is the National Trust property operations manager for this area.

"Josiah Wedgwood" by David Young, Tuesday, February 11 at 10.30am - Memorial Hall, South Woodford. David is a very experienced speaker who has given talks all over Essex and is extremely well known in Chingford as Chairman of the Historical Society there.

"The Capable Mr Brown" by Russell Bowes, Wednesday, March 11 at 2.30pm - All Saints Church Hall, Woodford Green.

AGM, followed by "An Introduction to War Memorials" by Richard Speller, Wednesday, April 15 at 2.30pm - All Saints, Woodford Green.

Pet owner thanks community after reunion

A man from Woodford has thanked the community for its support after he was reunited with his dog after she went missing for three days.

The moment Alan Whitton, 49, and his Jack Russell, Mitzi, were reunited was captured on video and received national coverage as he broke down in tears as she was dug out from a foxhole.

Now Alan, who is a life coach and therapist, is offering free sessions to anyone who supported him, shared social media posts or even wished him well.

He was walking Mitzi on November 19 when she got lost in Knighton Wood in Buckhurst Hill.

Mitzi usually returns quickly so it didn't take long for Alan to worry, and after hours of looking he had to return home.

Posters were soon put up locally, and days later he received a call from another dog owner who said their pet was paying a lot of attention to a foxhole.

He explained: "She said her dog had been sniffing around a foxhole, and it never sniffs foxholes, so I dropped everything and went to investigate."

Alan rushed to the area and, with the help of a spade, Mitzi was dug out.

"I needed shovels. The lady who called me kindly gave me one and I started digging.

"The people started turning up to help; it was amazing. I just broke down, I was overwhelmed with



joy and disbelief, I had started to lose hope."

Alan told **VISION**SouthWoodford: "I feel really lucky to have Mitzi back and want to thank everyone who helped or wished me well.

"To give something back I would like to offer free coaching sessions with no questions asked - I am so grateful to everyone for their help in getting her back.

"This is the first time she has ever gone missing. I call her my business partner because she is always with me, by my side.

"That night I didn't want to go home without her, but it was late we had to. It was also a really cold night, I couldn't sleep, it was hellish, I thought she was going to die."

NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Local businesses gathered on Tuesday, December 10 to celebrate not only the start of the festive season but also their incredible efforts in raising a staggering £100,000 for Haven House Children's Hospice.

In total, an impressive 127 businesses now make up The 100 Club – a community of 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.

The Club has brought together businesses from West Essex and the surrounding areas and from a wide range of sectors.

On the evening members gathered at The Manor House in Wanstead to celebrate this impressive milestone and to kick off the festive season in style.

Guests heard from 100 Club member and former drummer for The Clash Terry Chimes. Terry is a member of the Rock 'n' Roll hall of fame and for the last 25 years he's been a chiropractor and acupuncturist.

Amy Bramble, community fundraising executive, said: "Congratulations to all that have contributed to this incredible achievement. The initial aim of The 100



Photo credit: Stephen Power

Club was to gather 100 businesses to work together while supporting the vital work of Haven House and we have surpassed that.

"I would like to say a huge thank you to everyone who has supported Haven House in the local community, as we wouldn't be able to do what we do without you. Without people's tireless fundraising and kind generosity, we wouldn't be able to continue to provide the care for which we are so well known."

Amy added: "The 100 Club continues to go from strength to strength and I am very much looking forward to what the new year has in store."

Haven House would like to thank Assemble Media for sponsoring the evening.

Spreading some smiles over Christmas

A dental practice in Woodford Green helped some ill children smile over Christmas. Improve Your Smile Dental Practice in Woodford Green co-sponsored the Haven House Children's Hospice Christmas Wonderland on November 30.

The practice is part of the Haven House 100 Club which now has 127 member companies who have all pledged to raise a minimum of £1,000 for the charity this year.

The day gave children and their parents the opportunity to enjoy the Improve Your Smile Tooth Trail. The Treasure Hunt of sorts encouraged children to think about looking after their teeth while answering fun and factual teeth-related questions. Each participant received a certificate and some goodies, and parents went home with some literature on caring for their children's teeth. The practice also raised money by holding a "Guess How Many Toothpastes in the Jar" competition.

A spokesman for Improve Your Smile said the day was very memorable.

He said: "The grounds welcomed more than 800 people during the day and the total amount raised was in excess of £8,000, of which the organisers of the event should be really proud; from live music to Santa's Grotto, the farm animals to stalls selling a variety of Christmas gifts, to the delicious mulled wine, there was something to keep everyone entertained and warm."



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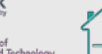
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THE WINTER *warmers warbling* IN YOUR GARDEN

HOW TO BEST LOOK AFTER YOUR FEATHERED FRIENDS THIS WINTER

There's nothing that connects us with nature better than seeing the splendence of birdlife active and happy in our front and back gardens. And yet, while these brilliant breeds are more than adept at dealing with the cold commotions of the winter months, a helping hand never did a house sparrow or a hawfinch any harm, right?

SUPER SEEDS

You can pick them up in your local pet shop or even make your own, but a ball of seeds, perhaps bonded with high fat suet, will help guide your fluffy friends through cold times.

GOING NUTS FOR PEANUTS

Crushing some peanuts and putting them in a bird feeder will provide an excellent snack.

WATER GOOD IDEA

Remember, frozen water isn't drinkable and you definitely can't clean yourself in it, so keep a check on birds' ability to get hydrated and stay fresh when the temperature really drops. Simply leave water from the tap out when things are freezing outside.

BOXED OFF

Put a birdhouse or nest box out nice and early so that your visitors have somewhere to bed in before the cold snap arrives. Boxes should be placed away from the sun and with a clear flying line into them to ensure their residences will be taken up.

PROTECT AND RESPECT

While respecting the habitats of other garden dwellers such as cats and foxes, ensure your birds are kept well away from predators.

SORRY FOR SOGGY FOOD

Keep a close check on soggy or slushy food, as birds won't be able to digest this. That means removing anything that comes into contact with rainfall or perhaps even melting snow.

If you can master these top tips for birds, your garden will be awash this winter with colour and song — a perfect paradise for winged wildlife.



GARDENING

Fire it up

Easy steps you can take to create your very own garden firepit

Nothing says "family and friends" quite like gathering round an open, glowing fire in the garden; yet the days of this sort of event only ever occurring in the summer, and with a sausage or two turning on a barbecue, are long gone.

Nowadays, firepits provide a practical, attractive and interesting focal point for people to socialise around, and, far from being just the domain of those long, lounging evenings of July and August, you can even fire one up in the winter months. Here's how:

1. LOCATION

Create a firepit in an area of your garden away from plants, overhanging bushes or trees, and where children typically won't be playing nearby.

2. SHAPE

Firepits are almost always circular. This gives maximum access around the edges and prevents any angled or sharp edges that people could trip over.

3. MATERIAL

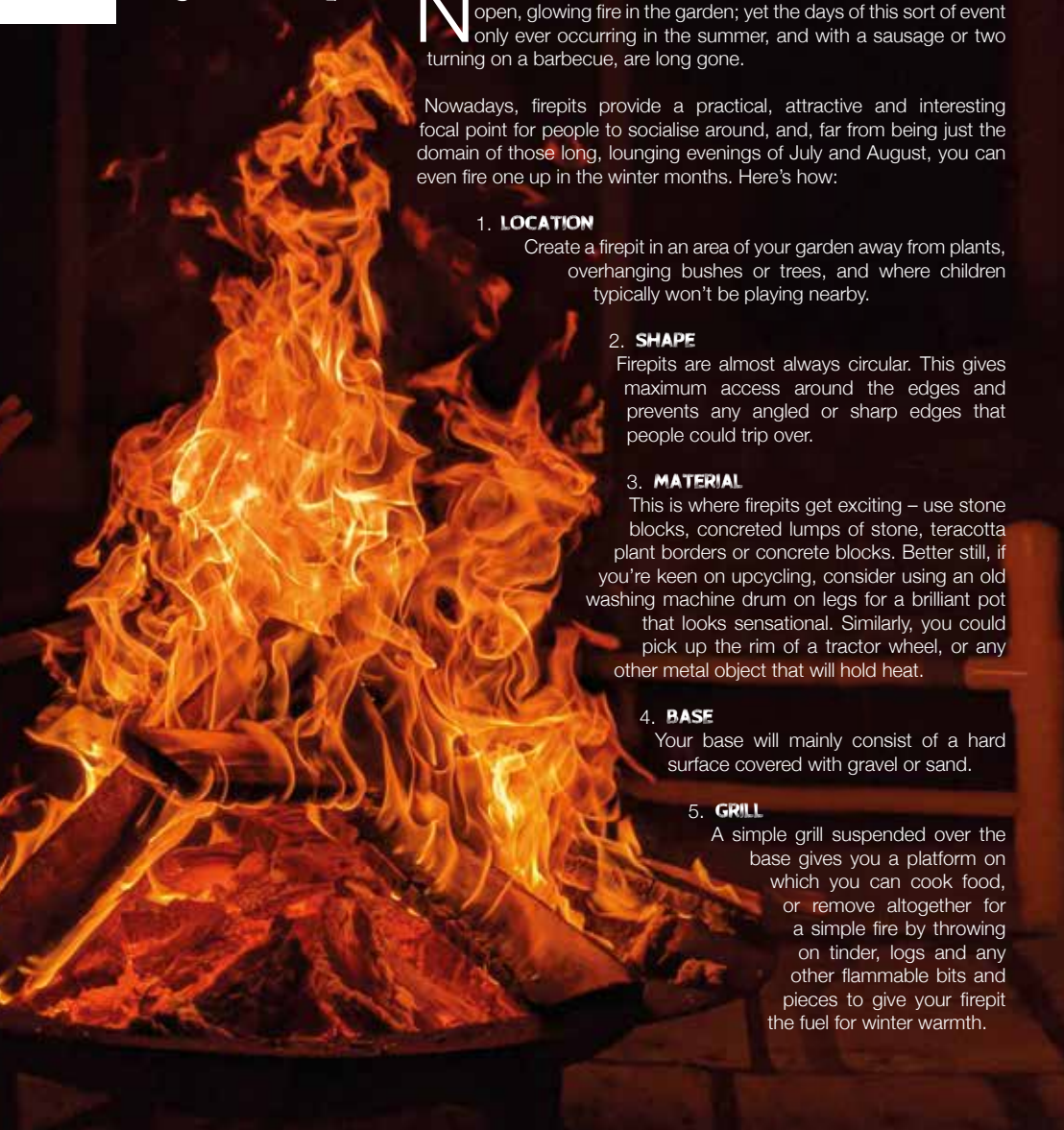
This is where firepits get exciting – use stone blocks, concreted lumps of stone, terracotta plant borders or concrete blocks. Better still, if you're keen on upcycling, consider using an old washing machine drum on legs for a brilliant pot that looks sensational. Similarly, you could pick up the rim of a tractor wheel, or any other metal object that will hold heat.

4. BASE

Your base will mainly consist of a hard surface covered with gravel or sand.

5. GRILL

A simple grill suspended over the base gives you a platform on which you can cook food, or remove altogether for a simple fire by throwing on tinder, logs and any other flammable bits and pieces to give your firepit the fuel for winter warmth.



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PROTECT *my* PHONE

in Case of Theft

Thankfully, long gone are the days when losing a mobile phone potentially meant opening your contacts, data and stored information up to the prying eyes of a thief.

Decent insurance policies mean landing a new phone can be quick and inexpensive, and stolen handsets can be rendered virtually useless to a thief given that there is a range of security settings in place to block them... but only if you've taken the time to set them up:

PIN

It's the simplest deterrent out there, and setting up a PIN or biometric authentication pass (such as fingerprint or facial recognition) is the quickest and most effective way to keep criminals at bay.

LOCATION LOCATION LOCATION

While police do not recommend embarking on your own Bergerac-like pursuit of a stolen mobile, a remote tracking service can tell you where your phone is in the event it's simply lost or has been picked up by mistake.

DROP AND LOCK

By logging in to another connected device, you can lock your handset and wipe data in seconds.

FACTORY RESET... WON'T RESET

Perhaps the best deterrent of all for a thief is the disabling of the factory reset function until additional authorisation has been provided.

From all the leading mobile phone manufacturers, these security processes come as standard the first time you turn on the mobile. However, in the rush to start using a new handset, it's common for us to skip parts of the process, so every now and again it's recommended you go back through to check your security settings.

Of course, the best way to prevent possible theft of your mobile is to keep it away, out of sight and in a zipped pocket or bag whenever you're not using it.



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WHAT'S THE DEAL

with Deborah?



How has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

ONE: You are the boss – the organisation will behave as you do, so be driven at all times.

TWO: Don't be distracted – only focus on the elements that will take your business forward.

THREE: Adapt your plan – be flexible and willing to change your way forward.

FOUR: Believe the dream – be passionate, authentic and optimistic at all times.

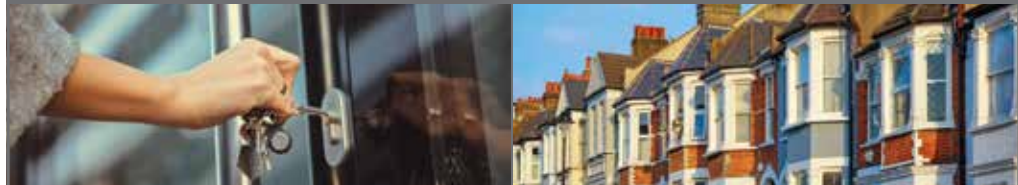
FIVE: Forgive yourself – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."

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PUZZLES & TRIVIA



PUZZLES

Answers can be found on the Contents Page 4

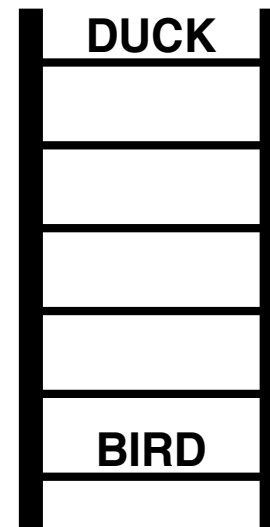
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- ▶ GOOD NEWS
- ▶ GOODBYE PARTY
- ▶ GRADUATION
- ▶ HALLOWEEN
- ▶ MOTHER'S DAY
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- ▶ PROMOTION
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- ▶ WELCOME PARTY

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DID YOU KNOW?

- ▶ A male ostrich can make a roaring noise, similar to a lion's roar
- ▶ Annually, cows kill more people than sharks do
- ▶ Butterflies taste with their feet, as their taste senses are located there. They can taste by standing on food
- ▶ Wolves can go for more than a week without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't roar

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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TOKYO 2020 THE NEW SPORTS



SPORT

1. SKATEBOARDING

In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be

interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.



Photo credit: skateism.com



Whisper it quietly, but England are the tournament favourites to win the Euros in 2020, and here's why.

Way back in 1996 we were waiting for football to come home, and some 24 years later the train is yet to pull in at Wembley Central. Yet what Gareth Southgate couldn't do as a player he may just achieve as a manager, if the bookmakers are to be believed.

Having qualified for the summer's pan-continental European Championships in sumptuous fashion, the Three Lions have every chance of clinching a major trophy for the first time since the 1966 World Cup, with semi-finals and final to be held at Wembley.

As UEFA delegates and bigwigs conducted a typically pompous draw in Budapest at the end of November, England's group became clear, as did the reality that they will perhaps never have a better chance to win a major tournament.

England were drawn in Group D along with Czech Republic, Croatia – who beat us in the World Cup semi-final in 2018 – and either Scotland, Israel, Norway or Serbia.

Not only does that line-up look palatable, but only eight teams of the 24 entrants bow out at the group stage, meaning it's arguably more difficult to exit the tournament than qualify in the initial knockings.

That said, other groups already look somewhat foreboding, with Germany, France and Portugal all locking horns in Group F; and even Spain perhaps not relishing the threat of Poland and Sweden in Group E.

- > **Group A:** Italy, Switzerland, Turkey, **Wales**
- > **Group B:** Belgium, Russia, Denmark, Finland
- > **Group C:** Ukraine, Netherlands, Austria (plus one team TBD March 2020)
- > **Group D:** **England**, Croatia, Czech Republic (plus one team TBD March 2020)
- > **Group E:** Spain, Poland, Sweden (plus one team TBD March 2020)
- > **Group F:** Germany, France, Portugal (plus one team TBD March 2020)

England have never been favourites to win a major tournament... until now. In Southgate's young lions we trust.

Photo credit: PixHound/Shutterstock.com

UEFA EURO - Group stage - Matchday 1 of 3

England	11/10/20
Croatia	4/10

UEFA EURO - Group stage - Matchday 2 of 3

England	18/10/20
TBD	20/20

UEFA EURO - Group stage - Matchday 3 of 3

Czech Republic	21/10/20
England	20/10



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Got your NUMBER

WE ARE IN THE MIDST OF AN ELECTRIC CAR REVOLUTION, BUT WILL GREEN NUMBER PLATES REALLY KEEP SALES RISING?

If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.



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

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

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

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

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

So whatever your questions are, we have the experience and knowledge to help you get the right vehicle, at the right price.



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Planet Leasing Ltd is a credit broker and not a lender and is authorised and regulated by the Financial Conduct Authority (FCA) - Reg No. 668093. All prices are based on the following business contract hire profile: 9k monthly amount as the initial rental / 8000 miles per annum / Driver maintained. Prices shown exclude VAT. For personal rates add 20% VAT to above prices. E&OE. All prices correct at time of going to print. Images for illustration purposes only. Finance availability subject to credit status. Terms & Conditions apply.

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WHAT'S ON

in your area

Exhibition on Screen: Lucian Freud: The Self-portraits
Odeon, 60/64 High Road, South Woodford, E18 2QL
January 14, 6.30pm



For the first time in history, the Royal Academy of Arts in London, in collaboration with the Museum of Fine Arts in Boston, is bringing together Lucian Freud's self-portraits.

The exhibition will display more than 50 paintings, prints and drawings, creating a unique opportunity for Exhibition on Screen to reveal the life's work of a master in one show.

For more information on the exhibition and to book, visit www.odeon.co.uk

Snow Slime Workshop

South Woodford Library, 116 High Road, South Woodford, E18 2QS
January 18, 2pm – 3pm

Make some snowy slime to take home.

This event is £2 and suitable for children aged five and over.

For more information, call 020 8708 9067 or email southwoodford.library@visionrcl.org.uk

NCT Redbridge Back to Work

All Saints Woodford Wells, Inmans Row, Woodford Green, IG8 0NH
January 24, 10.30am – noon

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

If so, join Kelly and Alison for a chat and meet with other parents also starting to plan their return.

This event is brought to you by NCT Redbridge and is free of charge (donations on the day are welcome). You do not need to be a NCT member to attend.

For more information and to book your space, visit allevents.in/ilford/back-to-work-info-and-support-meetup/200018606575923

For any questions, email parentsupport.redbridge@nct.org.uk

Origami Animals

Woodford Green Library, Snakes Lane West, Woodford Green, IG8 0DX
January 25, 11am – noon

Make some simple origami animals for Chinese New Year.

This event is free and suitable for children aged five and over.

Chinese New Year Crafts

South Woodford Library, 116 High Road, South Woodford, E18 2QS
January 25, 2pm – 3pm

Join the South Woodford Library and Gym with its Chinese New Year themed crafts to welcome in the year of the rat.

This is a free event and suitable for children aged three and over.



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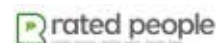
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