

2020
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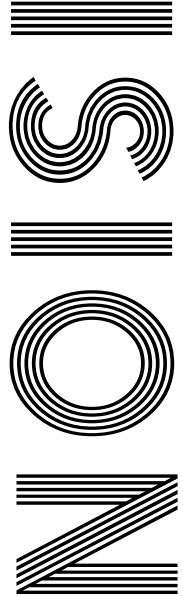
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BONNET**

**MUSCLE-
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7 techniques for a
full body workout

CAROLINE FLACK

*The media backlash following
the star's tragic death*



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March 2020

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Editor's notes...



Brett Shohet, Editor

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

We are nearly there, **VISION** readers, only one more month and the clocks will have changed.

I am preparing myself for a change as I start to be a president of my network group. What a privilege. I am looking forward to it but obviously slightly nervous about what is to come. It's so nice to connect with other local businesses and business owners, especially from my industry, which is not always the most favourable.

Advertising and promoting your business is not always the top of the list when starting or looking to generate more customers, but it needs to be done. Did you know Coca-Cola spends on average £6billion globally each year? It has been an established brand for many years but still appreciates the importance of keeping its brand message.

In local news, two burglars are jailed thanks to a retired policeman, a fashion designer receives a national award and a fly-tipper is fined around £2,000.

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

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

Brett



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A MOUNTAIN AMONG MEN

A full-page background image of Kobe Bryant in a yellow and purple Los Angeles Lakers jersey, number 24. He is in a dynamic pose, jumping with his arms outstretched, looking upwards. A basketball is suspended in the air above his head. The background is dark and out of focus, showing the basketball hoop and some arena lights.

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the words to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.



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Hot off THE RUNWAY

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequinned belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.

Photo credit: ASOS.com, chcarolinaherrera.com



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make-up GET SET, GO

Make-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no. So why not make your own instead?

ROSE WATER & WITCH HAZEL SETTING SPRAY – *Best for oily, mature and acne-prone skin*

YOU WILL NEED: 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

ALOE VERA & LAVENDER SETTING SPRAY – *Best for dry or dull-looking skin*

YOU WILL NEED: 2 tablespoons aloe vera gel | 2–3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2–3 weeks, using when needed

HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6–8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed

LET'S
GET

Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.
STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

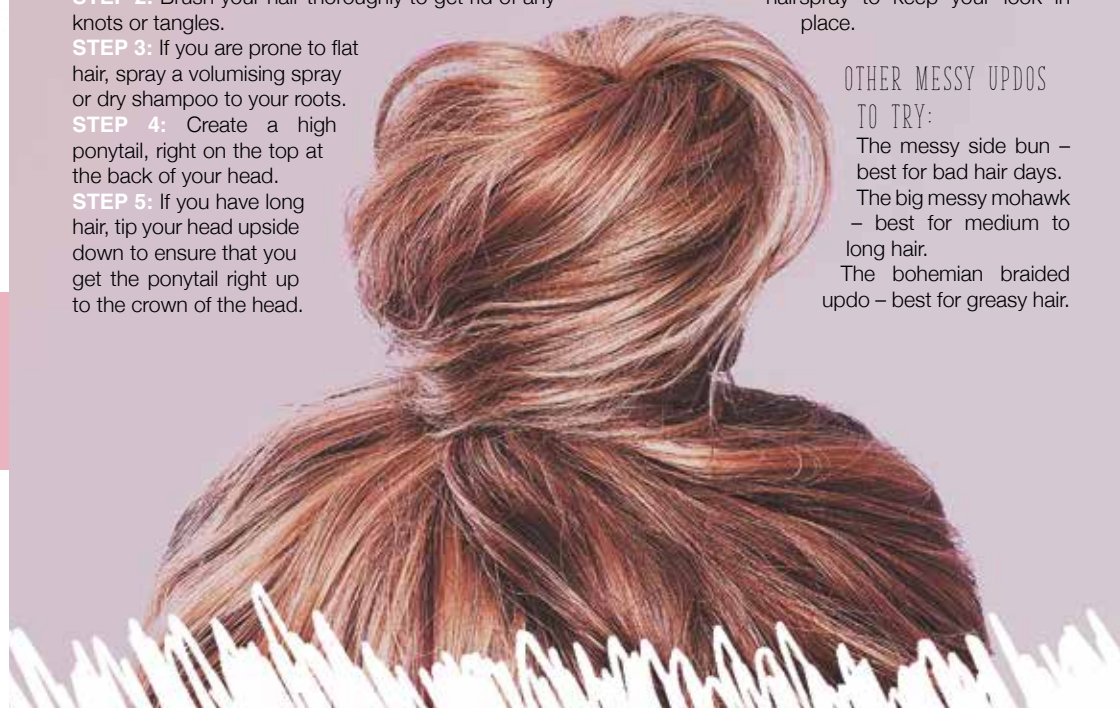
STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.



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HEALTH & FITNESS

EAU MY GOD

**HOW MUCH WATER
SHOULD WE ACTUALLY BE
DRINKING EVERY DAY?**

It has become the 'cure all' catchphrase, hasn't it? Feeling tired? Lacking energy? Got dull skin? A little peckish? Then have a glass of water. So accustomed have we become to this information that it's easy to believe a tall, cool glass of H₂O can fix all of the world's ills.

Why is it, then, that so few of us actually manage to drink what we should? The Natural Source Waters Association believes that 89 per cent of us Brits aren't reaching optimum hydration, leading to fatigue, headaches, mental foggiess and a general feeling of 'meh'.

It is a well-known fact that a human can survive up to three weeks without food, but only three to four days without fluids. This is because our bodies are made up of 60 per cent water, meaning that even a 2 per cent drop in the total fluid levels prevents cells in our bodies operating at full efficiency. At this point, you are technically dehydrated, and it is not uncommon to feel emotional, weary and unable to concentrate.

Your goal, then, should be to aim for eight glasses (250ml each) of water per day, which is around two litres. At first this may feel excessive, but like all good habits it will soon become second nature. Handily, there are many tools designed to help us drink more, from fitness apps which encourage us to log our water consumption, free water fountains and even drinking bottles with in-built counters to help us keep track.

Another burning question is whether other beverages help us stay hydrated as effectively as water, and the answer, sadly, is no. Sure, coffee, tea, soft drinks and even alcohol will improve our fluid levels to an extent, but nothing quite hits the spot like good old-fashioned H₂O. So if you want to be the best version of you this year, get drinking.





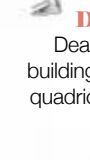
MUSCLE *mania*

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.
Men and women alike can incorporate the following muscle-building techniques into their workout routine.



SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.



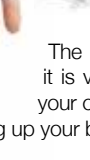
DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.



DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.



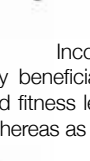
PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.



BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.



OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.



ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.



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Prediabetes

Everything you need to know

In England, one in three adults has prediabetes, an astonishing 50 per cent of us.

Prediabetes is a condition where blood glucose levels are higher than normal. Left untreated, the glucose levels will only increase further. This is when prediabetes develops into type 2 diabetes. But the good news? It's both preventable and reversible.

Most people with prediabetes don't know they have it. This is because many people will not experience symptoms. Those who do may find themselves being thirstier than normal, needing to go to the toilet more frequently, feeling tired, having blurry vision or having skin tags.

So there's no warning. It's only when the condition develops into type 2 diabetes that symptoms begin. If you or your doctor suspects you have prediabetes, you will most likely be given a blood test.

The good news is that prediabetes is reversible with the correct changes to your diet and lifestyle, including avoiding sugar and processed food, taking regular exercise, reducing your alcohol intake, losing weight and stopping smoking.

Preventing type 2 diabetes has to be better than living with type 2 diabetes. Even if the condition is properly managed, anyone with type 2 diabetes can expect a significant impact on their health, including dying up to 10 years earlier.

If you are overweight and over 40 years of age, you're very likely to already have prediabetes. The only way to be sure is to have a blood test.

Other simple ways to help naturally prevent or treat prediabetes include eating a low-carb or low GI diet, avoiding processed foods, giving yourself a 12-hour eating break between dinner and breakfast and drinking plenty of water.

In terms of healthy diet, one size does NOT fit all. By understanding what foods affect you most, you can improve your health by making informed food choices. No diets, no hunger and no calorie counting – just a healthier you. This is where www.prolongevity.co.uk can help.

DIAGNOSTIC CRITERIA FOR DIABETES AND PREDIABETES

NORMAL	PREDIABETES	DIABETES
FPG: <5.5	FPG: 5.5-7.0	FPG: >7.0
OGTT: <7.8	OGTT: 7.8-11.1	OGTT: >11.1
HBA1C: <42	HBA1C: 42-47	HBA1C: >47
HBA1C: <6.0	HBA1C: 6.0-6.4	HBA1C: >6.4

Diabetes.co.uk

OGTT - Oral Glucose Tolerance Test
FPG - Fasting Plasma Glucose



HEALTH & FITNESS



Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil
A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt
High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries
An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli
Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes
Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...



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Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.

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Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.



Photo credit: Lisa Kolbasa/Shutterstock.com



TRAVEL

What's in your pet's

In all likelihood, you probably haven't thought that much about what ingredients are in your pet's food. You have simply picked a brand that is well known, cost effective or that you know your pet will eat. However, maybe it's time you started to look a bit more closely at the preservatives that your preferred pet food contains.

Why do pet companies add preservatives to pet food?

Preservatives are essential for dry pet food as without it the fat in the food would oxidise and go bad. Wet pet food, on the other hand, does not need to have preservatives added as the seal on the can or pouch will keep the contents fresh. Preservatives are also added to pet treats.

Are preservatives bad for pets?

There are some preservatives that are natural, and these do not have a detrimental effect on your pet's health; in fact, they can be beneficial for your pet. However, chemical preservatives that are added have been linked to cancer and other health issues.

Natural preservatives and their benefits

- Vitamin C (ascorbic acid) – supports your pet's immune system
- Vitamin E (tocopherols) – improves digestion and heart health
- Rosemary – good source of iron and contains anti-cancer properties

Chemical preservatives and their risks

- Butylated hydroxytoluene – identified as a suspicious cancer-causing compound
- Butylated hydroxyanisole – identified as a possible carcinogen
- Tertiary butylhydroquinone – prolonged exposure has been linked to stomach cancer
- Propyl gallate – this is prohibited from being used in infants' or children's food as it has been linked to the blood disorder methaemoglobin

Food dyes are also often used in pet food but have been known to contribute to hypersensitivity reactions and behavioural problems. The caramel colour is particularly dangerous as it contains 4-MEI, which is a known animal carcinogen.



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How to make an

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Easter bonnet

With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays.

With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com

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HOME & DIY

DIY

Mother's Day GIFTS

HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY
GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer
• Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft
knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.

- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.

Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.

Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.



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WHY

'En Provence'

IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatching fabrics, wrought iron and wood; and most definitely no fluffy carpets.

Photo credit: Livingetc.com



HOME & DIY

5 *surprising* USES FOR DISHWASHER TABLETS

Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.



REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.



ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.



GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.



CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.

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TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.



Photo credit: Dave Shopland/BPI/Shutterstock

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Retired policeman helps bring violent criminals to justice

Two violent burglars are behind bars after a retired Met officer from South Woodford teamed up with a serving policeman to apprehend them.

Retired officer Kenneth Alen called the police when he noticed a suspect vehicle park outside a house last August and then spotted two men get out who put on face coverings and hoodies. The house belonged to a woman with a young family who were not at home at the time of the incident.

After the black Audi S-Line sped off when he approached the driver's door, Mr Alen headed towards the front door of the house as the suspects were making their way out and attempted to stop them. He was punched several times in the process.

By now, other officers had arrived on the scene. One of them, PC Natalia Kolodziej, chased the suspects into the kitchen, where she grappled with the two men while waiting for support from Mr Alen and her colleagues.

The men were detained with assistance from Mr Alen and PC Kolodziej's colleagues. They were found to be in possession of flick knives, a large screwdriver and a large quantity of gold – later identified as having been stolen from the address.

On February 14, David Hansen, 27, of Lawes Way, Barking Riverside, and Sean Bello, 24, of no fixed abode, were sentenced to nine years and seven and a half years respectively, after being found guilty of aggravated burglary at Snaresbrook Crown Court.

DC Danny D'Arcy, of the East Area Command Unit, said: "A police officer is never off duty, and this is a prime example of that."

"Hansen and Bello pose a significant risk of harm to the public and have been incarcerated for their crimes thanks to the valiant and selfless actions of Mr Alen and PC Kolodziej, who teamed up to go above and beyond what is expected of them to apprehend armed and violent offenders in difficult circumstances."



Photo credit: Steven Power

Comedians raise the roof for children's hospice

Top comedian Jon Richardson hosted an impressive line-up to raise funds for Haven House Children's Hospice in Woodford Green last month.

The *8 out of 10 Cats Does Countdown* star brought friends Rob Beckett, Ninia Benjamin, Pete Firman and Suzi Ruffell to the Backyard Comedy Club in Bethnal Green for a sell-out show on Tuesday, February 18.

Jon is an avid supporter of hospices and initially came to hear about Haven House on Twitter after one of the hospice's shops was broken into, causing devastation for staff and volunteers. Jon reached out to Haven House, offering his support, and met three-year-old Annabelle Thomas, who has spinal muscular atrophy type 1 and who receives care from the hospice.

Jon said: "Supporting Haven House is something I feel very strongly about. The hospice is remarkable and provides a vital service, helping families through challenging times. Annabelle, her mum Michelle and

dad Chris won my heart when I met them. Hearing how the hospice has supported them in their time of need was inspirational.

"Like most people, I only really found out about the amazing work hospices do when one stepped in to provide exemplary care for a family member. They have done so many times since and I will never be able to repay that debt. Haven House is a particularly special example. Its staff are true heroes and I will continue to offer my support for as long as I am able."

Head of Community Engagement at Haven House, Lindy Hunt, said: "What a cracking evening for Haven House. We are very grateful to Jon for hosting such a special evening for us. We would like to thank our stellar line-up of comedians for giving us their time for free, the audience for bringing the roof down with laughter and applause, and our sponsors Orbian Management."

The evening raised £12,367 for the hospice's specialist services.

Fire crews rush to blaze outside church

Four fire engines and around 25 firefighters were called to a fire on High Road in South Woodford.

Two cars and a van were destroyed by the blaze on February 20. Part of another car and a small part of the exterior of Woodford Methodist Church were also damaged by the fire. One man was treated at the scene by London Ambulance Service crews.

The Brigade's fire investigators believe the fire was

accidental and was caused following a spillage of fuel while a generator was being refilled.

The Brigade's control officers received 21 calls about the blaze.

The Brigade were called at 11.44am and the fire was under control less than an hour later. Fire crews from Walthamstow, Chingford and Leytonstone fire stations all attended.

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National Trust



Whether you are a National Trust member or not, everyone is welcome to join us at our series of 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.

One bonus of coming to the local Woodford and District meetings, and of being a member, is the opportunity to come along to organised visits and walks in London. We have just had one to the RAF Museum in Colindale, where a party of 12 enjoyed a guided tour around several of the 'sheds' housing the story of the RAF, plus many of the iconic planes and stories from the early days of flight right up to the jet age. It gave a great insight to the service.

The visits coming up are the Royal Institution and Faraday Museum on March 25. We all meet at the place of the visit, Albemarle Street in W1S 4BS, at 11am. This will be followed by a walk on April 2 called Hidden Gardens of the City, meeting at Mansion House station, and is a visit to some of the City's



Photo credit:
rafmuseum.org.uk

hidden and beautiful gardens around the offices and streets of London's financial district.

For more information, contact Richard Speller on 07774 164407.

Fashion designer wins national award

A fashion designer in South Woodford said she is absolutely delighted after she won the Wedding Outfit Designer of the Year award at the British Asian Wedding Awards recently.

Mani Kohli, one of the UK's top ethnic designers and a specialist in bespoke bridal and groom and evening and party wear, set up the Khubsoorat Collection on the High Road in 1985.

Since that time, she has worked with the likes of former Prime Minister Theresa May and Myleene Klass, and on the hit film *Bend it Like Beckham*.

She said: "I'm thrilled. Any kind of appreciation is a pat on the back. When I first opened, there wasn't much choice for Asian women. There was a gap in the industry for women who wanted to be seen, so they felt more comfortable with a classic look. Lots of women have taken to it because of the practicality, feel and look. "The Indian look with western appeal has grown and I've now added menswear to it as well."

Mani has been celebrated as an entrepreneur, with numerous awards and accolades, as well as for her contribution to the fashion industry.

The British Asian Wedding Awards recognise the efforts and dedication of suppliers within the wedding industry across Britain.





Photo credit: Jewish Blind and Disabled

Special guest visits specially designed apartments

Residents at specially designed apartments for Jewish people living with physical disabilities or visual impairment in South Woodford welcomed a special guest last month in the form of Sir Iain Duncan Smith MP.

The MP for Chingford and Woodford Green visited Milne Court in Churchfields, South Woodford, and toured the 57 apartments.

Sir Iain MP said: "This development is a great example of how accessible housing, with support to hand, can enable people to retain their independence and live their lives to the full.

"These unique facilities enable tenants to live an independent life with the dignity of personal choice that can only come from having their own front door and a great support network from the Jewish community looking out for one another."

Lisa Wimborne is chief executive of charity Jewish Blind and Disabled, which provides the apartments, and welcomed the visit.

She said: "It was a good opportunity for me to talk to him about the issues that matter to our tenants, in particular the NHS and current benefits system."

For more information, visit www.jbd.org

Nursery is top of the class following Ofsted

A nursery in South Woodford has been judged outstanding after a recent Ofsted inspection.

Little Kidsown Ltd in Maybank Road was visited in January and the results were published last month.

Inspector Amy McKenzie said children at the nursery are happy and secure and consistently show high levels of enjoyment and engagement during their time

at nursery. She was equally fulsome in her praise for staff.

She added: "Staff are very committed to their roles and create a highly encouraging and stimulating environment for children to learn and play."

Little Kidsown was rated outstanding in all of the inspection criteria.



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LOCAL NEWS



HM Lord-Lieutenant opens new luxury care home in Chigwell

The doors to a new care home in Chigwell have been officially opened by its first resident, together with HM Lord-Lieutenant of Essex, Jennifer Tolhurst.

The art deco-styled Lambwood Heights on Lambourne Road is the new addition to Oakland Care's portfolio.

Lambwood Heights is already home to residents, including Pat Maidman, who cut the ribbon with HM Lord-Lieutenant Jennifer Tolhurst to the applause of invited guests including local councillors, local business representatives, residents and their families.

The Great Gatsby themed event featured entertainment from Lambourne Primary School Choir and singers from West Hatch High School. Guests were invited to tour the home and see the facilities

while enjoying canapés and champagne.

Ishbel McGregor, 94, has been living at the home for three weeks and her daughter Lynne is delighted.

She explained: "The care that mum has received in the short time she has been at Lambwood Heights has been second to none."

HM Lord-Lieutenant Jennifer Tolhurst commented: "It was a huge honour to be invited to come and open Lambwood Heights. A lot of work has gone into the design of the building and the rooms, and there are many things here that encourage residents to be stimulated and happy."

To celebrate, Oakland Care made a donation to Mary's Meals, a charity that provides chronically hungry children with one meal every school day.

Fair inspires school leavers to Aspire to Learn

Aspire to Learn, together with Eton Manor Rugby Club, hosted an Apprentice and Training Fair, creating opportunities for school leavers within the local community.

This was one of the first social and business partnered events of its kind in the borough and was supported by the Mayor of Redbridge.

With the help of local, national and global businesses, the South Woodford-based training provider introduced aspiring apprentices to a debt-free alternative to university and were able to discuss their career ambitions with future employers as well the numerous vacancies on offer.

Apprenticeships are becoming more popular, allowing people to "earn while they learn" and gain qualifications.

As part of National Apprenticeship Week 2020, held from February 3 to February 7, businesses and educational institutions throughout the UK hosted events, highlighting some of the 500 apprenticeship standards approved for delivery, covering a range of sectors.



NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Photo credit: Amanda Hall

The Sparkle Walk is back on Friday, May 15, 2020, and it's bigger, brighter and packed with even more glitter.

Don't miss the opportunity to join Haven House Children's Hospice on its third annual Sparkle Walk. Walk our 10k route with friends, family and colleagues, and get your sparkle on for an unforgettable night out.

The walk will begin at 7pm at Memorial Green, Wanstead, and will finish at The Cuckfield, Wanstead.

There's a £16 entry fee that includes a glass of fizz, a Sparkle Walk 2020 T-shirt and an extra piece of merchandise.

In 2019, 300 local supporters turned the streets

of Woodford pink and more than £35,000 was raised towards vital hospice care. Whether you want to remember someone special, have a great night out with friends or get fit for your local children's hospice, everyone is welcome to walk and #sparkleforhavenhouse.

The 10k route encompasses Epping Forest, South Woodford and Wanstead, with a halfway Sparkle Station in the grounds of Haven House.

Please visit havenhouse.org.uk/sparkle10kwalk2020 to register.

Thank you to the event's first co-sponsor, 100 Club member Hills of Woodford Toyota.

Fly-tipper made to pay nearly £2,000

A fly-tipper who took the easy option of illegally dumping the contents of a garage in Woodford Green ended up nearly £2,000 out of pocket after he was prosecuted.

Mohammed Naz Khan, 35, of Barking, was caught emptying the bulky contents of a garage storage room into a residents' bin area on the Ray Lodge Estate.

The incident was recorded on security TV and was reported to the Redbridge Enforcement Team.

At Barkingside Magistrates' Court, Khan admitted that he and his brother had disposed of the waste from his late father's garage storeroom, as he was selling the property. He admitted seeing very clear signage at the bin room, warning residents not to dispose of any bulky items in the household waste bins.

The haul ranged from tools, workbenches and a roof aerial to satellite TV accessories, a toilet, garden tools and even laminate flooring.

Mohan Khan admitted helping his brother to dump the waste items. Both men pleaded guilty to fly-tipping. Each had to pay a fine of £1,384, Redbridge Council costs of £417 and a victim surcharge of £138, totalling £1,939.

The leader of Redbridge Council, councillor Jas Athwal, commented: "Our residents deserve to live in a clean and safe environment, which is why we take a zero-tolerance stance against this type of grime crime.

"Our message is simple: those who choose to ruin our local environment will be caught and they will face the consequences of their selfish behaviour."

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GARDENING

We can all become bored with the same old plants and flowers in our gardens, so why not spruce things up with a variety of species that offer a tropical flourish all year round?

CHUSAN PALM

There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.

This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

BAMBOO

Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

GINGER LILY

To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO

An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES

Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.





PUZZLES & TRIVIA

PUZZLES

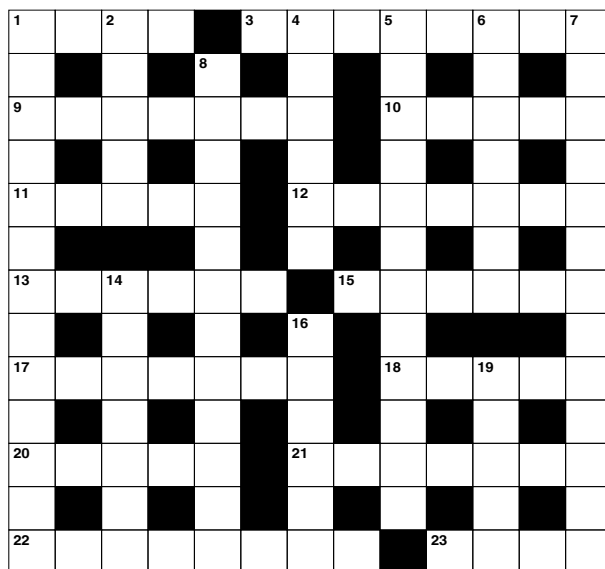
Answers can be found on the Contents Page 4

ACROSS

1. Unwell (4)
3. Coming out of (8)
9. Freezing (3,4)
10. Italian cathedral (5)
11. Herb (5)
12. Mode (7)
13. Make tidier (6)
15. Adjust in advance of its use (6)
17. Sharp tooth (7)
18. Shady spot under trees (5)
20. Ornamental stone (5)
21. Chanted (7)
22. Overabundances (8)
23. Dairy product (4)

DOWN

1. Perfect likeness or double (8,5)
2. Requiring much mastication (5)
4. Change (6)
5. Reallocate (12)
6. Traditional piano keys (7)
7. Amiably (4,9)
8. Despair (12)
14. Antiquated (7)



16. Reach a destination (6)
19. Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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Release the PRESSURE

EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

Equity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

Lifetime Mortgages

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where

the size of the debt is actually greater than the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.

THERE ARE TWO TYPES OF EQUITY RELEASE:

Home Reversion Scheme

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per



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Apprenticeship Scheme Management is a productive and forward-looking way for a business to grow talent and develop a motivated, skilled and qualified workforce as apprenticeships gain traction across the UK.

Employers who have an established apprenticeship programme have seen productivity in their workplace improve by 76%, with 75% reporting that apprenticeships have improved the quality of their product or service.

Sue Potter from S Potter Talent has over 10 years' experience in leading apprenticeship programmes from creating, launching new schemes, remodelling ones, as well as rolling out mentoring programmes to support the apprentice on their journey. Sue can work with any size company from SME to large corporate. Sue has received accreditations from the appropriate professional body on all the schemes she has worked on. Her breadth of experience spans identifying the skill gaps within the business and the impact of these in the



short, mid and long term. With this knowledge she creates workable training strategies to support the current and future needs of the business.

S Potter Talent offers bespoke consultancy and programme management for apprenticeship schemes including:

- Auditing apprentice opportunities within your business
- Providing business advice on employer responsibilities and legislation covering all aspects of apprentice schemes
- Utilising available funding, for example the Apprenticeship Levy
- Setting up and supporting apprenticeship schemes.

Sue can also offer:

- Training needs analysis to identify where the gaps are
- Design and implementation of training programmes and courses aligned to the needs of the business and individuals
- Co-ordination of an organisation's L&D strategy and plan, utilising internal and external training providers as appropriate.

If you are interested in learning more about apprenticeships and how they can benefit your business growth, contact Sue on: 07486 073844, email: info@spottertalent.co.uk or visit: www.spottertalent.com

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SOLE TRADER VS LIMITED COMPANY

SETTING YOU UP TO

FLOURISH IN BUSINESS

So, you've got an idea, you've honed in on a potential market, and you possess all the enthusiasm and endeavour that's going to make you the next Richard Branson. But what sort of legal entity is best for your fledgling enterprise?

The decision of whether to set up as a sole trader or limited company really depends on the sort of business you're running and your aspirations behind it. Many starting out want to feel their way into the business world, and operating as a sole trader enables just that. In essence, you are your business. It's simple and quick to set up, and affords you the chance to start earning immediately, perhaps even alongside a full- or part-time job.

At the end of each tax year you or an accountant will crunch the numbers and you can keep whatever profits you make. There are also a variety of deductions available, such as benefits for use of home and car, provision of electricity and other elements that contribute towards the running of your business.

The appeal of starting a limited company is slightly different. In the first instance, that 'limited' refers strongly to the liability – namely that you and the company are two separate entities. If the worst should happen and the business accumulates debt or runs into operational issues, the culpability is purely with the organisation and doesn't fall on your shoulders.

Limited companies also benefit from better tax breaks, but payroll is more structured and formal. There are set wage terms, and beyond that comes a whole raft of admin and filing tasks to HMRC and Companies House.

Finally, in terms of customer perception, the idea of operating as a limited company is seen to be of loftier status than a sole trader, while bringing in other directors and stakeholders and applying for commercial resources (such as business credit) is easier too.





WORLD WIDE WEB REACHES 30

What started out as an idea for scientists to share information went on to change the world 30 years later.

Sir Tim Berners-Lee's initial idea, called Mesh, was originally described by his boss as, "Vague but exciting."

It wasn't for another year, in 1990, that he started writing code for the project, which had taken on a new name: the World Wide Web.

Thirty years on, and Berners-Lee's invention has more than justified the lofty goals implied by its name. But with that scale has come a host of troubles, ones that he could never have predicted when he was building a system for sharing data about physics experiments.

He is well aware of the problems. In his annual letter marking the anniversary of the WWW he writes: "While the web has created opportunity, given marginalised groups a voice and made our daily lives easier, it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit."

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web."

He has a solution, but it is radical: a sort of refoundation of the web, creating a fresh set of rules, both legal and technical, to unite the world behind a process that can avoid some of the missteps of the past 30 years.



Photo credit: Debby Wong/Shutterstock.com



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

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

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DASHCAM



TO THE RESCUE



The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

00:02:38:05

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RIGHT PLACE

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HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

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TOKYO 2020
THE NEW SPORTS



SPORT

3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.

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WHAT'S ON

in your area

Coffee Mornings

Elderberries Day Centre, Broadmead Road, Woodford Green, IG8 0AD

Every Wednesday, 9.30am – 11.30am

If you're local, why not pop in to one of the new coffee mornings in Woodford Green?

It's the perfect opportunity to socialise and meet new people.

The event is free to attend, with tea, coffee and biscuits available at low prices.

To book your place, call 0208 504 2771 or email dayopportunities@redbridge.gov.uk

A Muse of One's Own

St Mary's Church, 207 High Road, South Woodford, E18 2PA

March 7, 7.30pm

A celebration of choral music by women composers, including Holst's *Mass in A Minor* and Mackie's *Missa Brevis*.

Tickets are £12 in advance for adults or £15 on the door. Children under 18 are free.

To book tickets online, visit www.ticketsource.co.uk/whats-on

RSPB Talk: Birds of Southern Sri Lanka

Gwinnell Room, St Mary's Church, 207 High Road, South Woodford, E18 2PA

March 10, 8pm – 10pm

Jonathan Forgham discusses how unique species tend to develop on islands.

£4 for RSPB and Wren members, £4.50 for non-members and under 18s go free.



Tea Dance

Sir James Hawkey Hall, Broomhill Road, Woodford Green, IG8 0BG

March 11, 1.30pm – 4pm

Try dancing the afternoon away with Mr Wonderful,

One Place East's resident DJ, as he plays tracks to make you feel good.

No advance booking required (except for groups). Tea and biscuits provided.

£5 per person. Call 0208 708 3044 for more information.

Chatterbooks

South Woodford Library and Gym,

116 High Road, South Woodford, E18 2QS

March 17, 3.45pm – 4.45pm



Come to the Chatterbooks session to talk about the book of the month and do crafts.

Read the book in advance for a head start.

Enquire at South Woodford Library to learn the Chatterbooks book for the month. Please call 0208 708 9067 or email southwoodford.library@visionrcl.org.uk

Shakespeare Week Celebrations

South Woodford Library and Gym,

116 High Road, South Woodford, E18 2QS

March 19, 4.30pm – 5.30pm

Celebrate Shakespeare Week by creating your own pop-up book.

Shakespeare Week takes place from March 16 to March 22.

It is a national annual celebration giving children opportunities for enriching and enjoyable early experiences of Shakespeare.

Please book in advance via the library or call 0208 708 9067.



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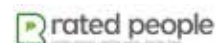
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