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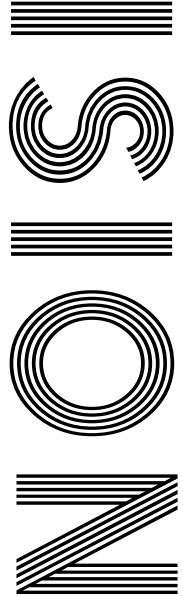
UK'S  
NOT SO  
SMART  
MOTORWAYS

LOVE IS IN  
THE AIR

Online dating tips

CHOCAHOLIC

*Ways to use leftover Easter eggs*



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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**SouthWoodford. What a strange time we are living in. These are difficult times, but we will get through them. If we look back through history and all the events we have

gone through, we are still here and we will get through this too.

I'm looking at this as an inconvenience for now. But also looking forward to who I will be and where **VISION** can be after this period. It's what we have done in the past that has made us who we are right now, and it's what we do right now that will make us who we are in the future.

I'm making sure I stick to a routine and treat every day as normal within the restrictions that have been laid out. Get a good night's sleep, eat cleanly and healthily and be safe.

But the most important thing is knowing that we are here for one another. Local businesses are going to need us more than ever right now.

Before that next purchase, ask yourself, can I get this from my local business? That one call could change their business' future or their families. Also reach out to me. If you want a chat or need to find a business that is not featured in **VISION**, I will accept the challenge to find someone who can help you and also help their business.

Stay safe, and I hope you all enjoy this edition of **VISION**SouthWoodford.

*Brett*



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# *(not so)* SMART MOTORWAYS

## ARE SMART MOTORWAYS ONE OF THE TRANSPORT INDUSTRY'S LEAST CLEVER IDEAS?

The concept of the smart motorway is, on initial inspection, a good one... a smart one, in fact. It uses active traffic management to increase the capacity of a motorway, with the main premise being to free up the hard shoulder for regular traffic use.

Also factoring in variable speed limits, the aim is smoother flow of traffic, quicker journey times, a reduction in both noise and air pollution, and fewer road traffic collisions.

On that basis, the concept, first introduced back in 2006 on the M42 in the West Midlands, is a sound one. The vast majority of us will have been in a situation where overhead information boards divert, guide and advise us in smart motorway settings, and we'll have experienced the benefits.

Sure enough, more than £2billion of contracts

have so far been issued in order to extend, renovate and convert existing routes into smart motorways, with the M1, M4, M5, M6, M60 and M62 all actioned. In addition, other variations, such as controlled motorways, dynamic hard shoulders, all lane running and through junction running routes – which use the same concept but cannot be fully utilised for hard shoulder use, for instance, because of bridges – have come into effect.

However, in recent years, the effectiveness and safety levels of this traffic management solution have been called into question. Despite a conversion cost of between £5million and £15million per mile, the Campaign for Better Transport has consistently claimed no positive impact on CO<sub>2</sub> emissions.

Most alarmingly, though, is a swell of evidence suggesting that rather than reducing collisions and

accidents, smart motorways are actually causing them.

This point was first raised by the RAC, who discovered that motorists' confusion over whether a smart motorway was, effectively, 'in use', led to many driving on the hard shoulder when they were not permitted to.

Then, in January of this year, a Freedom of Information Act revealed a 20-fold increase in near misses on smart motorways, caused when a motorist has broken down and has with no hard shoulder or safe space to retreat to.

The original M42 pilot scheme offered emergency refuge areas (ERAs) 500m apart – that's less than a third of a mile. The logic therefore is that anyone sensing they are breaking down can 'limp' to the next safe space.

However, some stretches of the M25 have these spaces up to 1.6 miles apart, leaving motorists in real danger in the event of mechanical failure or a collision, with no means of removal. In real terms, this has led to 38 deaths on smart motorways across the UK.

To that end, Police Federation of England and Wales chief John Apter said, "I do not like the term 'smart motorways' because it infers they're a good idea. They're anything but, and a recipe for disaster. It's a death trap. It's inherently dangerous and putting lives at risk."

It seems a full-scale review of smart motorways is imminent, and this apparently innovative measure to alleviate the ever-increasing demands we have on our roads could find itself consigned to the annals of road traffic experimentation.





# It's a date...

## TOP TIPS TO GET YOU BACK IN THE GAME

**A**re you single, spent too long huddled around your radiator and run out of shows to binge on Netflix? Now's the time to revamp your online dating profile, ready for when you can start getting out there again – hopefully in time for a summer romance...

### NAIL THE PROFILE

- ♥ Use recent and unfiltered pictures. Most people who are serious about dating prefer to see the real you as opposed to manipulated images. Don't just post selfies – include pictures with friends too.
- ♥ Be honest. Don't lie about your age or your past, and if you're between jobs, that's fine too.

- ♥ Be open, but don't give it all away – mention that you like travel, for example, but leave it to them to find out what your top five destinations are.

### FIRST DATE TIPS

- ♥ Activities such as minigolf or bowling are low-pressure ways of getting to know someone.
- ♥ Avoid the conventional cinema, but an open-air cinema is a fun alternative. And a great excuse to cuddle if the weather turns chilly.
- ♥ Go to a comedy club to see if you share the same sense of humour.

- ♥ If you both listed a love of food on your profiles, then dinner should definitely be on the cards.

- ♥ Stay safe. Let someone know where you are going, and share your location via WhatsApp once you get there. Have someone nearby so they can come to the rescue, if needed.

### RED FLAGS

- ♥ Run away if they're a sore loser or an ungracious winner on your activity date.
- ♥ If they spend longer staring at their phone than into your eyes, hit the road.
- ♥ Beware if they have absolutely everything in common with you – they might have stalked your social media.
- ♥ Everyone has a past, but constantly mentioning their ex is not okay.

- ♥ Neither are any of these things: ordering for you, being overly critical of everything, and arriving late with no excuse or apology.



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FASHION

# Building a CAPSULE WARDROBE

With the rise of sustainable fashion and consumers beginning to understand the need for having a conscience in their fashion and style decision making, building a capsule wardrobe makes more sense than ever before. We live in a world where convenience is key, and fast fashion retailers have made it all too easy to buy into new trends every season. Yet so many women still find themselves standing in front of their bulging wardrobes at a loss, with nothing to wear. A capsule wardrobe saves you time and money in the long term, and means less of a headache.

You can build a capsule wardrobe from 20 key items. From these 20 items it is possible to create 30 different outfits (and more) – you just need the know-how to pull the pieces together. All of these pieces will last a lifetime in your wardrobe and are worth investing in. Once you are happy with your reduced wardrobe, you can still add some fresh new pieces in each season, but in a more considered way, knowing what else you already have to work with. Accessories can be a great way to do this, and they are the best way to add some print and colour into your wardrobe.

## TOP 20 KEY ITEMS

1. The Leather Biker Jacket
2. The Pleated Midi Skirt
3. The Basic T-shirt with a Twist
4. The Slogan Sweatshirt
5. The Cashmere Sweater
6. The Block Heel Boot
7. The Slip Dress
8. The White Shirt
9. The Buffet Dress
10. The Straight-leg Jeans in a mid-blue wash
11. The Coated Jeggings or Leather Leggings
12. The Lace-up Boot
13. The Blazer
14. The Trainers
15. The Loafers
16. The Breton T-shirt
17. The Denim Shirt
18. The Aviator Jacket
19. The Statement Bag
20. The Jumpsuit

Alex Standley is a personal stylist with 15 years' experience in the fashion industry. If you would like to find out more, please visit [www.luxeopardlifestyle.co.uk](http://www.luxeopardlifestyle.co.uk) or get in touch at [alex@luxeopardlifestyle.co.uk](mailto:alex@luxeopardlifestyle.co.uk)

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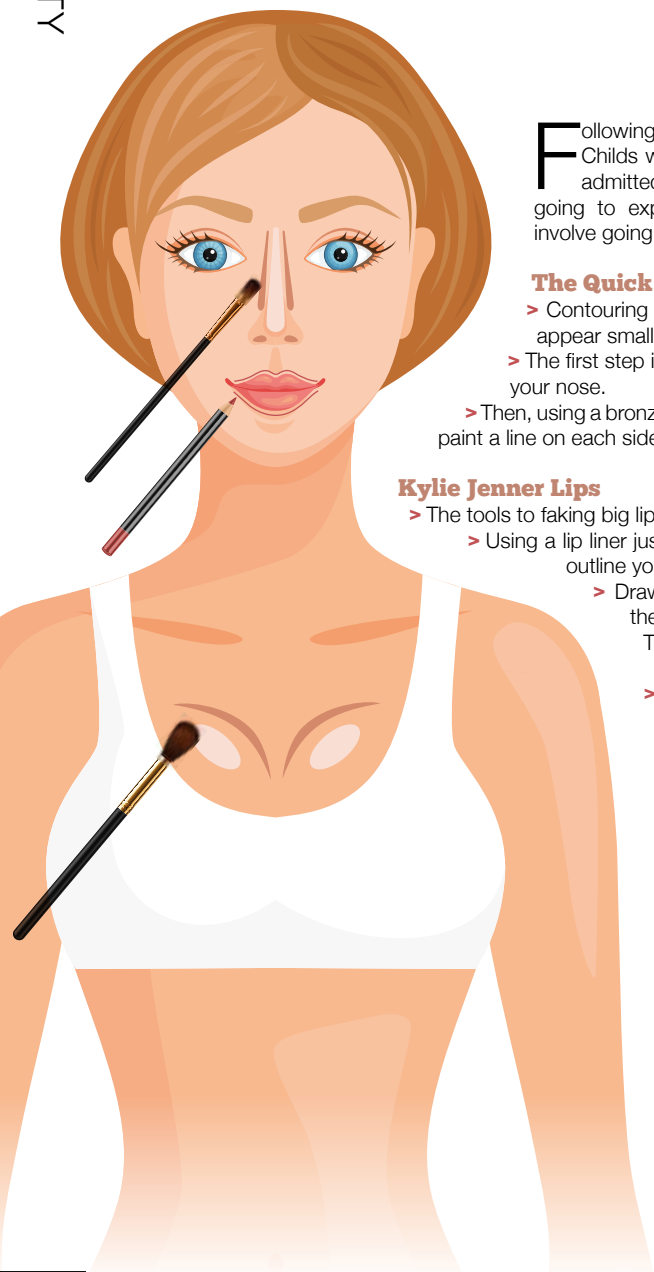
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# Anti-cosmetic surgery fixes



Following the news that former *TOWIE* star Amy Childs was among a long list of celebs who openly admitted to having cosmetic surgery regrets, we're going to explore some quick beauty fixes that don't involve going under the knife...

## The Quick Nose Job

- > Contouring the side of your nose will instantly make it appear smaller.
- > The first step is to use concealer to highlight the middle of your nose.
- > Then, using a bronzer a few shades darker than your foundation, paint a line on each side of your nose, and blend, blend, blend.

## Kylie Jenner Lips

- > The tools to faking big lips without fillers are all in your make-up bag.
- > Using a lip liner just one shade darker than your lipstick, over-outline your lips.
- > Draw an 'X' just above the Cupid's bow, and then complete the lip outline from that point. This creates an exaggerated outline, while still sticking to the natural shape of your lips.
- > After you've applied your lipstick, add a hint of concealer or highlighter to the centre of the lips. This will create an ombré effect, which makes the lips look even bigger. This can also be achieved by using a lipstick in a slightly lighter colour in the centre, for a more subtle and natural effect.
- > Go one step further with ombré lips by playing with more than one shade of liner and lipstick. The internet is filled with helpful tutorials to nail this trick.

## Bigger Chest

- > A push-up bra is a girl's best friend if you want that extra lift. However if that still doesn't cut it, a silicone insert can also be used inside each cup.
- > Contour. Contouring isn't just for your face – you can fake a rounder and bigger bust by contouring the top of your chest and creating a fuller, more voluptuous shape.

# Fishtail braid UPDO

IF YOU LOVE NOTHING BETTER THAN A CLASSY UPDO ON A NIGHT OUT OR FOR A SPECIAL OCCASION, THEN LOOK NO FURTHER; THE FISHTAIL BRAIDED UPDO IS THE VERY EPITOME OF ELEGANCE.

## HOW TO ACHIEVE THIS LOOK:

**STEP 1:** Pick up a section of hair on the left side of your head and divide into two sections.

**STEP 2:** Take a small piece of hair from the back right side of your chosen section, cross it over the top and add to the front of your chosen section.

**STEP 3:** Then take a small piece of hair from the front left side of your chosen section, cross it over the top and add to the back of your chosen section.

**STEP 6:** Continue step 2 and 3 until your braid reaches the top part of your left ear.

**STEP 7:** Once you reach the ear, continue



Photo credit: www.missysue.com

braiding your hair down in a standard fishtail braid.

**STEP 8:** Gently loosen the sides of the braid and tie the end with a hairband.

**STEP 9:** With the rest of your hair, create a standard fishtail; taking sections from each side and crossing over until the hair is fully braided.

**STEP 10:** Gently loosen the sides of the braid to create a fuller look and then tie off with a band.

**STEP 11:** Twist the back braid into a bun and pin securely.

**STEP 12:** Wrap your first fishtail braid over the top of and around your bun in a clockwise direction and pin in place.

**STEP 13:** Use your fingers to gently make the fishtail braid fuller to cover the pins.

**STEP 14:** Add a decorative clip or hairslide for an ultra-glam finish.

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HEALTH & FITNESS



## THE SCIENTIFICALLY PROVEN BEST MUSIC FOR YOUR GYM ROUTINE

From stretches to dips, lifts to sprints, turns to curls, our time in the gym is a very personal, private affair.

With that in mind, there's nothing more satisfying or motivating than the feeling of working out. But across warm-ups, nutrition and body conditioning, what if the thing that is stopping us from achieving our full potential in the gym is something as simple as the music being piped out of those little buds that rest in our ears?

Scientists now believe that what we listen to, if anything, when working out can have a dramatic effect on performance. There have been countless studies over the years that all point to the reality that the brain is stimulated by music and converts that motivation into physical energy.

There are other strands. Listening to music can also act as a distraction technique from the pain of exercise, as well as fending off boredom. Indeed, a study in 2018 conducted

by the University of Maryland found that having a soundtrack to your workout meant a 28 per cent increase in enjoyment compared with no auditory stimulus.

But what about the genre of music? Typically, we would expect high-energy styles to engage and motivate us most. Dance music, tracks with strong percussion, heavy riffs and even the rather cliched genre of 'driving music' can all work well. Certainly, regular and repetitive rhythm is a big driver to adopting a 'trance-like' state for exercising, taking a level of consciousness out of what we do and ensuring we can compete harder and for longer.

Ultimately, though, scientists found that the music we respond to best is a matter of personal taste. Our own music preferences dictate the positive effects, but those effects are real, given that listening to music we like can expand blood vessels by up to 26 per cent, helping the flow of oxygen-rich blood to improve performance and, with it, PBs.





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# The Sirtfood Diet

DISCLOSED

No, not the Seafood Diet, as in you see food and you eat it, although we do love that one. The Sirtfood Diet, which was used by Adele to help achieve her dramatic new look, is designed to supercharge your metabolism, leading to highly effective weight loss.

## What is the Sirtfood Diet?

The Sirtfood Diet involves eating foods that are high in sirtuin activators. Sirtuins are a type of protein that protect the cells in our bodies from becoming inflamed, although they are also said to help regulate our metabolism, increase our muscle mass and burn fat.

## What can I eat on the Sirtfood Diet?

If you have read anything about Adele's weight-loss journey,

then you may have heard that she was able to indulge in both red wine and dark chocolate, and yes, this is true. Both of these treats are high in sirtuin activators and are therefore on the menu.

Other foods you can eat include:  
Apples | Walnuts | Medjool Dates | Soy | Strawberries  
| Olive oil | Rocket | Coffee

## Is the Sirtfood Diet good for you?

With many people changing from the Cabbage Soup Diet and the Grapefruit Diet in favour of long-lasting, healthy eating habits, is this diet sustainable long term?

Fortunately, the Sirtfood Diet allows you to eat a variety of nutritious foods, meaning your vitamin and mineral intake will be fairly high. However, it is restrictive and low in calories (it is recommended to eat no more than 1,000 calories a day in the first week), meaning that this plan can be hard to stick to.

## How much weight can I expect to lose?

A Sirtfood Diet 'expert' claimed that you can lose up to 7lbs in just one week. However, a more realistic and healthier aim would be 2-3lbs.



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## Keeping children healthy



HEALTH & FITNESS

Are you worried about the amount of sugar your child is getting from the food and drinks they consume every day?

One of the main issues with young children is that some parents use sweets and chocolate as rewards for good behaviour. But do you ask yourself what effect sugar can have on your children?

For children between the ages of 2 and 18, the recommended daily sugar intake is a maximum of 6 teaspoons, which is equivalent to 25 grams or 100 calories. To put this into perspective, an average milk chocolate bar has 23 grams of sugar which is the vast majority of your child's limit for the day. Sugar is also hidden in so many foods and drinks that we would never expect. It's hidden in juices, pasta sauce, rice and even bread.

If you are a parent of a picky eater, you likely cater to what your child wants. As long as they are eating something, you are satisfied. What you may not know is that catering to your child's pickiness can have a negative effect on their behaviour, health and overall well-being. For example, if your child will only eat certain foods such as macaroni cheese and chicken nuggets, each one of their meals is loaded

with calories, sugar and carbohydrates. When every meal that your child eats is so high in calories and sugary carbs, it won't be long before they start putting on weight and developing vitamin deficiency from not eating fruit, salad and vegetables.

### What can you do about it?

When it comes to reducing your child's sugar intake you need to make the changes gradually, otherwise it will have a negative effect.

Instead, one or two everyday swaps per week can make a huge difference. For example, put a low-sugar (full-fat) yoghurt in their lunch box, swap fruit juice for water infused with chopped-up fruit, or swap a chocolate bar for an apple. A prime example to avoid is Innocent Smoothies for kids. Despite the marketing hype, these "healthy" fruit juices are concentrated sugar, and can contain more sugar than full-sugar (Original) Coke. CoCo Pops is actually a staggering 84 per cent sugar. Frightening.

If you would like more information on this, contact Graham Phillips at Prolongevity, call 07768 275802 visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or email [graham.phillips@manorpharmacygroup.co.uk](mailto:graham.phillips@manorpharmacygroup.co.uk)





# Fine Foodies

Last month we introduced the first five of our ten finest foods to keep you looking young and healthy, on both the inside and the outside. Here are the final five.

### Chocolate

Not only is chocolate a proven mood enhancer, but chocolate that contains at least 70 per cent cocoa is loaded with proteins and vitamin B, meaning just a couple of squares will help burn fat and improve your skin and hair.

### Tomatoes

You say: "Tomato;" I say: "Wow, you look fantastic." Tomatoes have proven to be double trouble for ageing. Brimming with those brilliant antioxidants and carotenoids that help fight the oxidation that ages skin cells, they also boost collagen production, keeping skin taut and youthful.

### Wild salmon

Wild salmon, though more expensive than farmed, is thought to be better for you as it is lower in fat

and there is less chance of contamination from pollutants, but both kinds are loaded with omega-3 fatty acids. These nutrients not only protect your heart by boosting arterial function, but they also help you produce sebum, your skin's natural oil, which keeps hair healthy and skin plump and youthful.

### Nuts

These delectable delights are literally small anti-ageing bombs, thanks to their concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants. Though all nuts offer nutritional benefits, walnuts in particular are high in omega-3 and omega-6, which help keep your hair glossy and your brain young, as they are proven to help prevent cognitive decline.

### Wine

If you want to age like a fine wine, then start drinking in moderation. Studies have shown that wine protects against heart disease, diabetes and age-related memory loss. Red wine in particular contains resveratrol, a compound that may activate genes that slow cellular ageing.

part 2



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## FULL OF THE joys OF spring

Fancy putting a spring back into your step this season? Why not try one of these nourishing and nutritious, not to mention tasty, spring vegetables that are in season this month?

### SPRING GREENS

You may not know this, but spring greens are actually the first cabbages of the year, although they do not have a hard core but instead can be recognised by their thick, green leaves. Part of the brassica family, spring greens contain a whole host of essential minerals and vitamins, including vitamins A, C, K and iron.

Spring greens peak from April to June and are best served in a stir-fry or added to a stew or soup.

### SPRING ONIONS

Spring onions are incredibly versatile vegetables as they have a milder taste than most other onions, meaning they can be eaten raw or cooked. Often used in Asian cooking, spring onions, or scallions as they are also known, are an excellent source of

vitamin C and calcium.

Add to a spring vegetable omelette, make a pea, mint and spring onion soup, or simply chop up and scatter over a salad.

### SPRING PEAS

The spring pea season is short but is definitely worth taking advantage of as fresh spring peas are sweet and delicious. You have two options when it comes to spring peas – garden or sugar snap. Both can be eaten raw or cooked and they have identical nutritional profiles; however, sugar snap peas can be more flavourful.

Peas are surprisingly high in protein compared to other vegetables and are a great source of dietary fibre.

Make a pea pesto with rocket and parmesan, add to a kedgeriee or create your own homemade mushy peas.

### OTHER VEG IN SEASON IN APRIL INCLUDE:

- Asparagus
- Kale
- Chard
- Spinach



# JUICER *OR* BLENDER?

With many health professionals now advising that you eat a whopping 10 portions of fruit and vegetables a day for optimal health, it can be a good idea to drink your recommended daily intake rather than struggle to eat it. However, should you be juicing or blending?

## Pros of a juicer:

- ✓ Juices provide the majority of vitamins and minerals found in whole fruits and veg
- ✓ Juices are healthy meal replacement options

## Cons of a juicer:

- ✗ Juicer removes vital fibre from your produce
- ✗ Juices made from only fruit are high in fructose which is absorbed quickly, leading to a sudden spike in blood sugar
- ✗ Juicing can be expensive – you need a lot of produce to create one glass of juice

## Pros of a blender:

- ✓ Smoothies include fibre so leave you feeling fuller for longer
- ✓ No waste – you will drink the whole fruit or veg that you add
- ✓ The fibre helps to aid your digestive system, flushing out any toxins in your body

## Cons of a blender:

- ✗ Messy to clean
- ✗ You need to add liquid, and ice is preferable
- ✗ Can struggle to blend hard fruits and veg



## Best health-boosting combinations for juicing

Apples, carrots and parsley | Carrots, oranges and ginger | Beetroot, carrots, lemon, ginger and apple | Spinach, cucumber, celery, lemon, ginger and apple

## Best health-boosting combinations for blending

Mango, turmeric, orange, banana and almond milk | Pineapple, coconut water, spinach, ginger and banana | Kiwi, flaxseed, berries, spinach and Greek yogurt

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# LOVE YOUR LEFTOVERS: Easter Eggs

**W**ith the average child set to receive eight Easter eggs over the Easter weekend, worth a whopping £56, it can be a good idea to find out some interesting and fun ways to use up any leftover chocolate to avoid unnecessary waste.

## CREATE A CHOCOLATE FONDUE

What could be more fun than making your own chocolate fondue? You could even ask your little ones to make a selection of tasty and nutritious fruit kebabs to dip in the decadent dish. Simply melt your leftover chocolate in a bowl and then get dipping.

## MAKE A CHOCOLATE FACE MASK

If you have girls who love a pampering session, why not make your own chocolate face masks? They can even lick them off after. All you need to do is melt a quarter of a cup of chocolate (preferably dark), add one tablespoon of cream and a few drops of honey, and then apply to the face.

## CONCOCT A CHOCOLATEY DRINK

Everyone loves hot chocolate with a few marshmallows thrown in for good measure, and thankfully, now you have all this leftover chocolate, you can make your very own version. Simply heat 150ml milk and 50ml double cream in a pan and then add 50g chocolate. Optional: add the zest of half an orange.

## CHOCOLATE MUG CAKE

If your kids love baking but you hate the mess, then this is the perfect idea for you. Start by cracking an egg into a cup, then mix in 4 tablespoons of flour and 2 tablespoons of cocoa. Finally add 3 tablespoons of milk, 3 tablespoons of oil, ¼ teaspoon of vanilla extract and a tablespoon of broken-up chocolate Easter egg. Mix well and pop in the microwave for 3 minutes.

Still got some chocolate left? Why not donate it to your nearest food bank or homeless shelter?





## THE BENEFITS OF HAVING A PET FISH FOR CHILDREN WITH AUTISM

You'd need to have a heart of stone to not feel a sense of joy when watching a fish perform its underwater ballet. Graceful, quiet and strangely hypnotic, the simple, soothing sight is one of life's simple pleasures, and one that can be appreciated in your very own home.

It makes perfect sense, then, that fish make ideal pets for autistic children. Studies have shown that gazing at aquariums, whether small or large, can lower blood pressure and heart rate. This also makes our marine life an effective antidote to highly emotional outbursts, which can be so severe in some with autism that they can physically endanger the child. Better still, an aquarium in the home can prevent fits of rage by offering a soothing constant for the highly sensitive.

Pets in general have been found to benefit those with autism, and while cats and dogs have many wonderful attributes, they aren't quite as easily attainable or maintainable as our finned friends. For starters, fish are low maintenance, requiring very little from their owner other than a daily sprinkle of food and the occasional tank clean. They are also very unlikely to respond when a child is emotionally charged, unlike their four-legged counterparts who are armed with claws and teeth.

Another benefit of investing in an aquarium is that it helps development and social skills. Fish don't judge; they are patient listeners and offer unconditional love. They also teach empathy and a sense of responsibility for your child. A fish cannot feed itself; it has

needs that must be met by its caregiver, and such obligations can lay the foundation for helping your little one lead an independent life in the future.

And finally, there is that bond, for there is very little that can come between a child and their fish.

# Happy Fish



## MODERNISE YOUR mantel



You may not think that spring is the right time of year to be considering upgrading your fireplace, but you couldn't be more wrong.

As most people's thoughts turn to their outdoor space, winter-focused products such as fireplaces and their surrounds are cheaper and more readily available.

### HOW TO CHOOSE THE RIGHT FIREPLACE MANTEL FOR YOUR HOME

Before deciding what mantel you want to use, you need to assess a number of key elements:

- > What type of fireplace do you have? Electric, gas or solid fuel?
- > What is your home décor like?
- > What size surround do you need?
- > What material would you prefer your mantel to be made of?

### WHAT MATERIALS CAN I CHOOSE FROM?

Whichever type of fireplace you have, you will be able to find the perfect mantel or surround to suit your property.

#### MARBLE

Arguably the most luxurious type of surround,

marble is a unique type of rock, which means that no two marble mantels will ever be the same. Ideal for a classic or traditional-looking home, marble suits all fireplace types.

#### CAST IRON

Perfect for period properties, cast iron mantels are durable and make an impact. Although expensive, they are highly sought after by people who like original features, so purchasing a cast iron mantel for your home should be seen as a solid investment.

#### WOOD

A cost-effective option, there are many different types of wood to choose from to suit every budget. Some of the main advantages of wood are that it is extremely versatile, easy to fit and non-imposing, making it ideal for first-time homeowners.

#### TILED

Tiled mantels are perfect if you want your fireplace to be the stand-out feature within a room. There are many tile designs to choose from and they also act as a non-flammable barrier, making them a good option for a wood fireplace.







# WILD LIFE

biophilic design

## BIOPHILIC DESIGN CAN BRIGHTEN YOUR MOOD, YOUR OUTLOOK ON LIFE AND YOUR HOME

For many years, people have been saying that feeling glum can be countered by getting outside and being at one with nature. But with wet, long winters, and given that many of us live in concrete jungles, spending time outdoors is neither practical nor desirable. The solution is to bring the outside in... biophilic design.

Of course, no one is suggesting you start knocking down any of the walls of your home or take inspiration from the set of the film *Jumanji* as far as interiors go; this is a subtle trend in which nature leads the way. And the best part? You get all the benefits of the great outdoors – calm, clarity, peace of mind – without having to go near a campsite.

### HOW TO CREATE YOUR BIOPHILIC HAVEN...

#### Let the light in

Pull back the curtains, wash the windows and let the natural light flood in. If your home is naturally gloomy, use large mirrors to create the illusion of space and brightness, and don't forget to fill the place with fresh air too.

#### Go green

Not only does the colour green bring life and vigour to your home décor, it also possesses meditative qualities which quieten and soothe the mind.

#### Plant life

Possibly the most obvious way to bring nature into your home: is to buy a plant. Hanging baskets with vines that adorn your walls, potted herbs on your windowsill and a gorgeous succulent on your coffee table. Beautiful, oxygen-giving and living works of art.

#### Texturise

Reclaimed wood is very popular in interior design right now, and this characterful, evolving material also adds an earthy warmth to your home. Any natural material, in fact, is ideal for the biophilic trend, from wool blankets to granite countertops and stone ornaments – just be ambitious, and let the outdoors flow in.



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# Dishwasher

## NO-NOS



HOME & DIY

**A** dishwasher is designed to make your life easier. That being said, there is nothing easy about trying to salvage your kitchen treasures. Therefore, it is a good idea to know exactly what you can and can't put in your dishwasher.

**1 SHARP KNIVES:** If you have invested in a set of self-sharpening knives or the one that claims to be the sharpest knife in the world, don't go and ruin its reputation by putting it in the dishwasher, as the cycle can warp the metal and cause the blade to become dull.

**2 CAST IRON PANS:** Although cast iron is known for its durability, put it in the dishwasher and all that changes, causing rust and stripping its non-stick properties.

**3 CRYSTAL:** If you have a set of expensive crystal glasses, you will want to avoid cleaning them in the dishwasher as the high temperatures can cause them to chip and become cloudy.

**4 ALUMINIUM PANS:** Even if you have old aluminium pans that you are not worried about staining or damaging, putting these pans in the dishwasher can lead to other items becoming marked. Always check to see if your pans are dishwasher safe before adding them to the cycle because harsh dishwasher detergents can dull the finish.

**5 WOODEN UTENSILS OR KITCHENWARE:** Your wooden spoons or bowls, should never be put in the dishwasher as the very hot water can cause the wood to crack or become warped.





# Hone your health with HOUSE PLANTS

House plants have become increasingly popular in recent years, along with a sudden shift in focus on sustainability and the natural world around us. With the ability to not only brighten up your home and increase your productivity, these versatile plants can also boost your physical and mental health.

## SPIDER PLANTS

These attractive plants are ideal for people who want a low-maintenance house plant that has the ability to improve the air quality within their home. Specifically, spider plants are great at removing formaldehyde from the home, which is known for causing eye, throat and nose irritations.

## ALOE VERA

Chances are you have a moisturiser or other skincare product in your bathroom cabinet that contains this anti-inflammatory substance. So, why not have your own natural source of aloe vera in your home? Use the gel-like matter from the inner leaf to treat burns, sunburn, psoriasis and cold sores.

## LAVENDER

The ideal plant for your bedroom, lavender is known for its calming and stress-relieving aroma. If you suffer from insomnia or find it difficult to switch off in the evening, a lavender plant can help soothe any restlessness, anxiety or feelings of nervousness that you are experiencing.

## PEACE LILY

Not only will this beautiful plant lift your home this spring, it will also help to remove a whole host of toxins, including ammonia, benzene, xylene, formaldehyde and trichloroethylene. However, these plants produce pollen so should be avoided if you suffer with hay fever.

## SNAKE PLANT

These clever plants are amazing at improving indoor air quality, but be warned, you need several plants for the job to be done properly, so this is a good choice if you are happy with an abundance of greenery in your home.



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A photograph of Mary Berry, an elderly woman with short blonde hair, smiling broadly. She is wearing a white shirt with a dark brown pattern and a gold watch. She is holding a white Kenwood hand mixer over a large white bowl. The background is a kitchen setting with various baking ingredients and tools visible on the counter.

# AGED TO *perfection*

AT 85 YEARS YOUNG, MARY BERRY IS STILL  
AT THE PEAK OF HER POWERS

For so long one half of *The Great British Bake Off*'s dynamic judging duo alongside Paul Hollywood, Mary Berry coached amateur bakers through years of soggy bottoms and wheat-free triumphs. Yet in the context of her wider career, the baking doyenne's stint on the hit BBC reality show – which ended when Channel 4 swiped the contract, leaving Mary to mark her loyalty by refusing to move with it – accounts for only a very small part of a baking success story that has seen her rise to prominence with every bit the beauty of a loaf of bread.

In more than 50 years delighting on screen, at cookery demonstrations and in the pages of countless cookery books, Mary Berry's culinary career has taken her far and wide. Ever since discovering a passion for cooking in her domestic science classes at school in Bath ("the first thing I made was a treacle sponge and everybody seemed to enjoy it"), Berry's career has always revolved around the kitchen in some way, shape or form.

There were home visits to show people how to use their electric ovens in the early days, studies abroad at France's prestigious Le Cordon Bleu, plus cooking for the Egg Council and the Flour Advisory Bureau. She even worked as a magazine food editor while raising her family – it's been a varied but produce-led career.

Berry penned her first culinary tome, *The Hamlyn All Colour Cookbook*, back in 1970, and since then she's overseen a further 75 tomes of kitchen cleverness.

Like many chefs, her preference for fresh, locally sourced produce shines through. A Royal Horticultural Society Ambassador who proudly tends her own vegetable garden at home in Buckinghamshire, Mary places great importance on the idea of home-grown, seasonal produce. "I think people more and more are wanting to know where their food comes from," she says. "If it comes from your own garden or your allotment, you know all about it, don't you?"

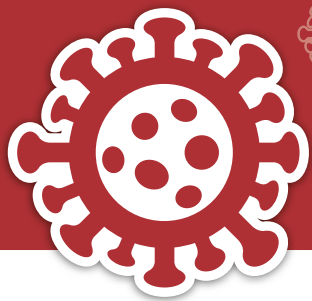
When it comes to home cooking, Mary follows the traditional route, favouring what is available rather than sugar-free or pesticide-ridden fodder. "We grow what we eat," she says.

Famous for her bakes, Mary likes to use "all the natural ingredients", and you won't catch her shaping her recipes to fad diet requirements. "I don't do low fat," she says firmly. "I'd rather have a smaller portion." Perhaps these calorific but micro portions are the answer to Mary's trim figure. "I don't have a slimming secret; I believe in everything in moderation," she says.

That moderation now sees her 85 years young, fit as a fiddle and, inevitably, eyeing up the next project. This year she is fronting BBC show *Best Home Cook*, and as the weather warms up, she will be seen around the country at a number of food events.

"The great thing about food is it keeps on evolving," she says. "It's so rich, so diverse and, more than anything else, so tasty. It keeps us all coming back for more and I'll never tire of sharing my passion with other people."





# CORONAVIRUS

Advice on how to combat Coronavirus  
(COVID-19) Supplied by GOV.UK

## THE ADVICE FOR ANYONE IN ANY SETTING IS TO FOLLOW THESE MAIN GUIDELINES.

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

### PREVENTION:



wash hands  
often with soap



avoid touching  
your face



disinfect objects  
and surfaces



avoid close contact  
with people



stay home



Avoid contact  
with sick people

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Mayor of London 'inspired' by work in children's hospice

The Mayor of London, Sadiq Khan, praised the work of a Woodford Green children's hospice at a reception at City Hall recently.

Haven House Children's Hospice staff were joined by the mayor and 100 dignitaries and supporters for the event at the end of February.

The charity's patron, Sir Iain Duncan Smith MP for Chingford and Woodford Green, also attended alongside Keith Prince, Assembly Member, who generously hosted the evening.

Guests were introduced to Menaz and Yasin Patel, whose five-year-old daughter Isma is cared for by the hospice.

The mayor credited the dedication and compassion of those present and acknowledged the vital role that Haven House plays in providing children with the highest quality of palliative care.

The hospice held the event to thank guests for their commitment and to look towards the charity's future.

Khan said: "Haven House is an extraordinary facility,

providing children in hospices across London with access to quality care in their local area despite limited resources.

"I am inspired by the commitment of staff who combine expertise with a strong sense of compassion and community, as well as the families and supporters I've met who are a fantastic example of what can be achieved when Londoners work together."

Chief executive Mike Palfreman added: "We are delighted that the work our team does for local children with serious and complex healthcare conditions has been recognised by the Mayor of London.

"We are so proud of how far the hospice has progressed over the years and we're looking forward to the next few years of development and innovation.

"Our new strategy is bold and ambitious, and our mission is to reach more children in our local communities, to give them the best possible quality of life and to provide the support they need, when and where they need it."





# Coronavirus support group launched for those in need

People in South Woodford and across Redbridge have launched a support group on Facebook to help the community during the coronavirus pandemic.

Habiba Alli, Tanya Salinder and Genevieve Callanan are all administrators of the Redbridge Covid 19 Mutual Aid on Facebook. They say it has been based on the model of mutual aid that is popping up around the UK, where local communities organise to support each other and especially the people who are at most risk.

On the About page, a post reads: "We have created whatsapp groups for each ward in Redbridge, co-ordinated through this Facebook group so that we can help those who are self-isolating or vulnerable with

errands, dog-walking, groceries, or a phone call."

Habiba Ali is one of the administrators. She said the group now has 1,800 members and 350 volunteers. It's also received more than £2,000 in donations.

She explained: "We have four confirmed hubs within easy reach for food and emergency aid. A lot of people want to help. Redbridge has different and varied communities but we are all in this together doing the same thing. This needs unity and we're fighting the same fight. People are worried – trying to keep everyone calm."

To join the group, search Redbridge Covid 19 Mutual Aid on Facebook.

## Shelves left empty as shoppers panic buy



A number of South Woodford supermarkets have been left bare as shoppers continue to panic buy amid the coronavirus outbreak.

Customers have been stocking up on toilet rolls, tinned food and more, causing even more stress for shoppers who then haven't been able to buy their essential items.

Sainsbury's, Boots and Waitrose in South Woodford have all been reported to have a lack of items on their shelves.

To reduce the impact of panic buying, stores have introduced a policy which limits the number of the same products a person can buy to two.

The panic has urged big supermarket chains like Tesco, Sainsbury's and Lidl to release a joint statement urging customers to be considerate when shopping.

Some of the statement reads: "We would ask everyone to be considerate in the way they shop. We understand your concerns but buying more than is needed can sometimes mean that others are left without. There is enough for everyone if we all work together."

As coronavirus continues to spread across the UK and London, some shops have introduced an elderly-only shopping hour in the morning to cater for the vulnerable during the global pandemic.

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NEWS FROM

# THE 100 CLUB

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Haven House needs you more than ever. Haven House Children's Hospice cares for babies, children and young people with life-limiting and life-threatening illnesses, so it is important that we take all reasonable steps to protect those using our services, as well as those working and volunteering at our sites.

We are continually monitoring the coronavirus situation and taking sensible and necessary precautions for our families, staff, volunteers and supporters in line with the very latest advice provided by the Department of Health and Social Care, NHS England and Public Health England.

Mike Palfreman, chief executive at Haven House Children's Hospice, said: "Our priority is ensuring the children we care for and their families are safe and supported as much as possible. In order to ensure the safety of our children we are not permitting external visitors to the hospice other than immediate family, staff and key volunteers."

"We are keeping our families up to date with the latest health advice and are currently focusing on ensuring we can deliver the best possible care and services within the current climate of uncertainty."

"Over the coming weeks we are going to make some critical decisions regarding the postponement and cancellation of fundraising events and how we manage the expected decline in income, which will significantly impact the future of our vital services to



hundreds of seriously ill children and their families. Any changes in fundraising activities will be communicated directly to our loyal supporters via our website.

"This is an unprecedented time for Haven House and we need the support of our local community now more than ever. Your support means so much to our hospice and the children we care for. We urge you to stay in touch with us, support us where you can and appeal to you to keep us in your hearts and minds as you are in ours."

Visit [www.havenhouse.org.uk](http://www.havenhouse.org.uk) to support today.

## Man slashed across the face in roadside attack

*The Only Way Is Essex (TOWIE)* star, Courtney Green, took to social media to ask for help after her ex-boyfriend, Callum Bushby, was allegedly "slashed across the face with scissors" in a roadside attack in Woodford on March 6.

Along with the plea, she shared a photo of her former boyfriend, which showed a large, bloody gash across his face.

Callum has since taken to social media to thank his followers for the support.

A spokesperson for Met Police said: "We are investigating an incident that occurred at approximately 6.35pm on March 6 on High Road, Woodford Green."

"The incident involved two vehicles. The occupant of the second vehicle approached the victim's car after they both came to a stop. The driver of the second vehicle is then reported to have assaulted the victim while the victim was still in his vehicle."

"London Ambulance Service also attended and the victim, a man in his 20s, was taken to hospital for treatment to facial injuries and has since been discharged."

"The incident was initially reported to Essex Police and has since been passed over to the Met."

"Enquiries are ongoing and no arrests have been made."

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Woodford and District

# National Trust

It is with regret we announce our meetings and are on hold during this difficult time.

Once we resume, 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 will place at Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Green, throughout the autumn, winter and spring months. Good company, interesting topics and friendship – socialising with local people.

So why not come and join us? The new talks programme is now available. Come and meet people and learn about our other events. It should not be forgotten that the National Trust is a countrywide organisation dedicated to preserving the nation's heritage and environment.

During our summer programme, is where members of the centre can visit, usually by coach, some great properties in surrounding areas, such as:

- > June 11: Mount Ephraim Gardens and Belmont House and Gardens, Faversham, Kent
- > July 1: Bateman's, East Sussex
- > July 17: Maldon and Essex Boat Trip
- > August 13: Polesden Lacey, Surrey
- > September 1: Anglesey Abbey and Lode Mill, near Cambridge

- > Holiday in Derbyshire from September 13 to 19, organised by the Woodford and District Centre, where visits around the Peak District are arranged. Information correct at the time of writing. Please contact Richard Speller for any changes to these events on 07774 164407.

## The show carried on for half marathon



The Roding Valley Half Marathon that took place on Sunday, March 8 was still met with eager runners, despite numbers being down in comparison to previous years.

This year was the 40th staging of the half marathon, starting and finishing at the Ashton Playing Fields.

Race director David Hollingworth said: "When this race was started in 1981 it was primarily targeted as a London Marathon warm-up, and clearly lots of other organisations have jumped on the bandwagon. For this reason, I may consider moving the race to a different time of year for 2021.

"Many congratulations to the winners. Of significance is the fact that the first two over-40 male finishers were in fact over 50 and over 60.

"Well done to Orion Harriers for winning the team trophy presented by Haslers, who have generously supported the race for many years."



LOCAL NEWS

Photo credit: Daniel Key and Shutterstock.com





## School visits Neasden Temple

Pupils at a South Woodford school got an insight into the Hindu religion last month when they visited Neasden Temple.

Children in Year 3 at Churchfields Junior School spent a day at the London-based landmark to enhance their understanding of Hinduism.

One of the pupils on the visit wrote about the day for the school website.

The report read: "As we left school and boarded the coach, we were all excited and asking lots of questions. We predicted what we thought the temple would be like using our knowledge of the Hindu mandir.

"Eventually, we arrived at the temple and we

removed our shoes before we went to the mandir. This room was decorated with lots of marble statues and we looked at the Murti there too. We were shown a video about the building of the temple and we asked questions about it. We were amazed that it took three years to build.

"Our favourite fact was that the marble had been transported from Italy and taken to India where it was hand-carved and then brought to Neasden where it was all put together. We were fortunate enough to be in the mandir during the Arti ceremony too.

"This trip helped our knowledge of the way Hindus pray and worship and helped us to appreciate another culture too."

## Council launches new anti-knife campaign

With knife crime in the capital being at a record high, Redbridge Council has launched a new campaign urging parents to talk to their children surrounding the growing issue and safety.

The #FeelSafeRedbridge campaign focuses on making clear to children the dangers and consequences of carrying a knife.

It was created after members of Redbridge Youth Council shared their concerns about young people's safety in the evenings and that parents could do more to tackle knife crime.

It puts the reality of carrying a knife in the spotlight, including expulsion from school and college, a criminal record or even up to four years in prison.

To ensure their children feel safe, parents are being encouraged to monitor their children's social media activity, as well as checking in with them when they leave school.

Councillor Jas Athwal, leader of Redbridge Council, said: "As a community, there is so much we can do to help prevent knife crime. When we talk to our children, listen to their concerns around safety and help educate them on the dangers of gangs and knives, we can help stem the tide of violence.

"Often, parents and families are the first line of defence, so taking the time to speak to children to find out if they're experiencing peer pressure or anxiety can make a huge difference.

"We also want parents to encourage their children to take full advantage of our extensive range of free youth activities. These activities offer a path away from gangs and antisocial behaviour and can give young people a safe environment to have fun, try new hobbies and meet new people."

Full details on the dangers of knife crime can be found at [www.redbridge.gov.uk/knife-safety](http://www.redbridge.gov.uk/knife-safety)



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LOCAL NEWS

## School plans for future

A school in Buckhurst Hill has revealed some of its plans for the future.

From September 2020, Braeside School's current junior site in Palmerston Road and the current senior site on the High Road will come together into one school. All children will be taught together on the much larger High Road site adjacent to the cricket ground on which many of the school's PE lessons take place.

For the first time in Braeside's history, this will create a seamless all-through school on one site for children from two and a half to 16.

Currently known as one of the area's most prominent all-girls independent schools, Braeside will be extending its provision to boys from September 2021.

This forms part of a phased plan that will see the introduction of boys into Kindergarten and Reception

and then through the school year by year.

Headmistress Chloe Moon said: "There has been growing demand among parents over many years for boys and girls to learn side by side and the time is now right to make these changes. This will not only be academically, as all children will be able to live and work together.

"The decision to move to co-education is a natural development that reflects the realities of today's world. The staff and I are very excited to prepare for this next phase of Braeside's development."

The move to co-education is a nod to Braeside's roots, as the school's first two pupils back in 1944 were the founder's godson and his twin brother.

The school says it has already received registrations for boys to join from September 2021.

## International Women's Day service held

A South Woodford synagogue marked International Women's Day last month by hosting a special Shabbat service.

East London & Essex Liberal Synagogue (ELELS) welcomed members of the Rosh Chodesh Group, who led the service on March 7.

Rosh Chodesh Group is a female team that meets at the beginning of each new month to socialise and speak about a Jewish topic.

All readings and songs performed at the service were written and composed by Jewish females. These included 'We All Stood Together', by Merle Feld, 'Me Too', by Devon Spier and more.

Speaking to *Liberal Judaism*, Merle Muswell, part of the Rosh Chodesh Group and one of ELELS' two 'Ask Me' ambassadors for Jewish Women's Aid, said: "It was an interesting and inspiring service. ELELS is blessed to have such learned and inspirational female lay leaders."










GARDENING

WHAT DOES YOUR

birth flower

SAY ABOUT YOU?

Everyone knows what star sign they are, and most know their birthstone, yet not very many are aware of what their birth flower is.

Starting in our next issue, we will be running a regular feature on each month's birth flower, revealing what your birth flower says about your personality, plus tips on how to grow your flower in your own garden.

**WHAT IS A BIRTH FLOWER?**

Every month has a flower that symbolises that month, and it is said that the characteristics of this flower may be inherited or passed on to the people who are born during that month. These flowers are known as birth flowers.

**WHAT IS THE HISTORY OF THE BIRTH FLOWER?**

It was the Romans who first started the concept of flowers as gifts rather than just as

decorations, by giving flowers to people on the day of their birth becoming commonplace. It was this act that led to the creation of the birth flower.

**WHY DO WE GIVE FLOWERS AS GIFTS?**

Today, people tend to give flowers as gifts to convey a certain message, normally of love, congratulations or commiserations. Flowers are a simple and effective way to express emotions without actually saying a word. As gifts, flowers are always warmly welcomed owing to their sweet fragrance and visible beauty, but they are actually so much more than that, with each flower symbolising something different.

**WHAT IS THIS MONTH'S BIRTH FLOWER?**

Just to give you a little taster of what is to come in next month's first birth flower feature, the birth flower of April is the daisy. This flower is known for conveying innocence, love and purity, with people born in this month being playful and loyal.



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# USE YOUR noodle in the Garden

## FIVE WAYS TO USE A POOL NOODLE IN YOUR GARDEN

If you think the only purpose of a pool noodle is to keep your child afloat, then think again.

There are many ingenious and innovative ways that you can use these naturally buoyant and highly water-resistant swimming aids in your garden.

### Home-made sprinkler system

Whether you want to regularly water your grass or your flower bed, a sprinkler system is a handy tool to have. However, you don't need to go out and buy one. Simply puncture holes in your noodle, stuff one end with foam and secure with duct tape and then insert your hose into the other end. Place vertically for a kids' fun water toy.

### Trampoline springs cover

Improve the safety of your trampoline by using pool noodles. Simply cut a slit down one side and slot over the springs and metal edges.

### Plant protector

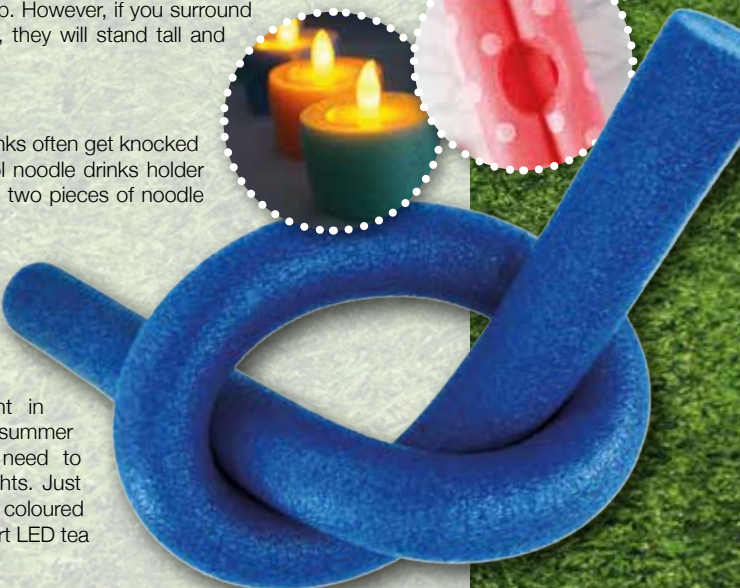
It wouldn't be spring without the arrival of sunflowers and other big, beautiful blossoms. Unfortunately, the more towering the plant, the more likely they are to bend and snap. However, if you surround each stem with a pool noodle, they will stand tall and proud throughout the summer.

### Drinks holder

If you find your cans of fizzy drinks often get knocked over in the garden, then a pool noodle drinks holder is exactly what you need. Glue two pieces of noodle together, then simply cut out a small circle, insert your drink and you can sip safely in the knowledge that your beverage will not be spilt.

### Floating mood lights

Lighting is a key component in creating a relaxing and inviting summer garden vibe, but you don't need to spend a fortune on outside lights. Just take a selection of different coloured noodles, cut into rings and insert LED tea lights (don't use real tea lights).



GARDENING

Photo credit: capturingparenthood.com, sharealyn.net, homelak.com, creativelife.com



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**GARDENING**

What a

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**B**ees aren't just a summer visitor – they require nectar and pollen across all four seasons and are pivotal to stable, vital food supplies. So many of our varied, colourful and nutritious diets are driven by the work of the simple bee, which boasts more than 20,000 varieties. From helping plants grow and flower – producing everything from almond to vanilla, apples to squashes – to making our wildflower meadows beautiful, bees are understated in their importance.

With all this in mind, the protection of our beautiful and curious bees has really come to the fore in recent years. Their decline across wild spaces has been caused by loss of habitats and food sources as well as exposure to pesticides and the effects of climate change.

The good news is that protecting these little wonders is not just good for the environment, but is also a joy in itself. Several organisations run bee initiatives, from Bee Walks, in which volunteers traverse set routes to map out observations of bee activity, to community and education groups at libraries, stalls and fetes that raise money and awareness.

You can also create a buzz in your own back garden, by...

- ✿ using bee-friendly plants. Patio pots, herbs in a planter, hanging baskets and crocuses create colour and help bees flourish;
- ✿ considering fruit and veg as well. Bees will be instantly attracted to these;
- ✿ planting throughout the seasons to provide food and shelter all year round;
- ✿ keeping the grass long. This is another way to provide shelter;
- ✿ removing pesticides. Throw away that 'bug gun' and let nature do its bit;
- ✿ welcoming in 'beneficial insects'. Hoverflies, beetles and ladybirds will all help your bees flourish.

Why not start a buzz in your community, and help nature in the process





# BREXIT & THE HOUSING MARKET

NOW BORIS'S BREXIT IS SECURED, WHAT DOES IT MEAN FOR OUR BRICKS AND MORTAR?

The brazen upward surge of the UK housing market offers cause for both celebration and concern for the nation's population.

A seemingly unerring rise over the past decade sees house prices currently at record highs. For those looking to get on the ladder, the task seems less achievable than ever before, while even property owners find themselves on a runaway train that demands even more from them should they wish to step up.

The only real winners in the housing market are those looking to sell up and drift away from the madness, and in some quarters the uncertainty over Brexit has only exacerbated fears of what may happen with our biggest life investment.

In the first instance, however, the UK experienced a positive surge in the aftermath of the Conservatives' comprehensive General Election victory in December 2019. A stable and growing economy

clearly bolsters the housing market, and the 'getting done' of Brexit appeared to release waves of pent-up uncertainty that had stagnated the market for the best part of three and a half years.

It's perhaps no coincidence then that prominent 'remain' UK cities such as Cambridge, Bath, Bristol and York are now top of the tree in terms of an upturn in buyer demand.

Before COVID-19 hit the country, this 'gloves off' idea was great news. With the ability to invest, and continued government house-building programmes, the market was set to be boosted.

That said, with stagnancy comes stability, and in the past few years the market has been fairly steady. The fears from experts were that when sellers got a little carried away, it would rock the property ladder somewhat, and that would mean uncomfortable exchanges for those looking to put down roots.

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# ASPIRE to Inspire

If you are feeling your new year optimism already starting to wain and you could do with a little motivation, check out our top four inspirational businessmen and women for 2020. They will activate your ambition in no time.

## JUSTINE ROBERTS

Founder and Chief Executive of Mumsnet, an online parenting community that brings mums together, Justine Roberts has campaigned on issues including special educational needs, improvements in miscarriage care, freedom of speech on the internet and, most recently, #PublishParentalLeave.

*Motivational quote:* "Good enough is good enough" (on juggling parenting and business).

## JAMAL EDWARDS

Having begun his love of videoing by filming foxes in his West London council estate garden, Jamal is now the proud owner of SB.TV which has attracted more than 300 million hits globally for its music videos. Arguably his most viral moment was guiding Princes William and Harry through their first Google Hangout.

*Motivational quote:* "The only failure is not trying."

## BETHANY FIRTH

Paralympic swimmer and gold medallist Bethany Firth was all set for Tokyo 2020, which has been postponed to 2021 due to coronavirus sweeping the globe. But this doesn't mean she isn't still dedicated to encouraging people to get in the pool when they re-open following the pandemic. Bethany is a proud supporter of Swimathon, the annual fundraiser for Cancer Research UK and Marie Curie, which has also been postponed.

*Motivational quote:* "You can achieve anything if you put your mind to it."

## TIM COOK

When Tim Cook took over as Apple CEO, critics were unsure about whether he would be able to deliver. However, Apple stock increased by a whopping 480% after he took over in 2011, and in 2018 it became the first publicly traded company to reach a \$1 trillion market cap. And, with the greatly anticipated AR headsets and glasses launching in the next few years, his reign is only set to strengthen.

*Motivational quote:* "Let your joy be in your journey, not in some distant goal."



BUSINESS & PROPERTY

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# PUZZLES & TRIVIA

## PUZZLES

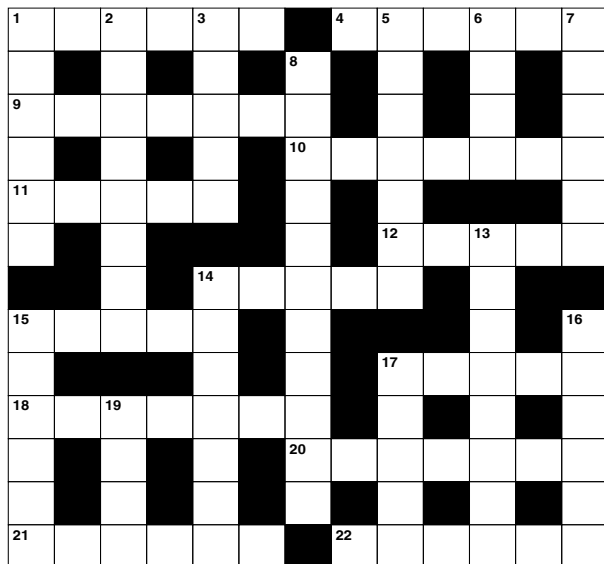
Answers can be found on the Contents Page 4

### ACROSS

1. Rhesus (anag) (6)
4. Less attractive (6)
9. Slope (7)
10. Freshness (7)
11. Female relation (5)
12. Words that identify things (5)
14. Mistaken (5)
15. Covered with water (5)
17. Breed of dog (5)
18. Have a moderating effect on (7)
20. Strong desire for a thing (7)
21. Votes into office (6)
22. Unkempt (of hair) (6)

### DOWN

1. Workers' groups (6)
2. Large Spanish estate (8)
3. Lift up (5)
5. Incandescent (7)
6. Indolent (4)
7. Cooks in the oven (6)
8. Goodwill (11)
13. Infallible (8)
14. Stand for small objects (7)



15. Assent or agree to (6)
16. Regal (6)
17. Smash into another vehicle (5)
19. A fever or shivering fit (4)

## DID YOU KNOW?

- ▶ Newborn puppies are born with their eyes and ears sealed shut. It takes around a fortnight for their sight and hearing to develop
- ▶ The dog Laika is thought to have been the first animal to go into space and orbit the Earth
- ▶ Dalmatians are all white when they're born. Their spots start to appear when they're around two weeks old
- ▶ A dog's sense of smell is much more sensitive than a human's. Dogs are often used by the police to search for missing people
- ▶ Wild dogs evolved over several hundred years to become the domestic dogs of today
- ▶ There are more than 400 different breeds of dog

## SUDOKU

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# BECKHAM'S MIAMI VICE

DAVID BECKHAM IS SETTING HIS SIGHTS ON NEW SUCCESS, ALBEIT FROM THE DIRECTOR'S BOX

Almost 20 years after the Miami Fusion franchise folded, the Miami Beckham United group bid was successful in purchasing an expansion team and, with it, giving top-level soccer its own name again in the area.

For Becks, it's the latest indelible imprint in a career of firsts. His love of the US is only secondary to his love of football, and stepping up from the changing room to the boardroom was a pathway the former Manchester United, Real Madrid and AC Milan star was always going to tread.

Just a month after the official founding date of Inter Miami – January 28, 2020 – the team played their first match. It came away at Los Angeles – a trip of some 2,700 miles – and ended in a narrow 1–0 defeat, with former Arsenal man Carlos Vela scoring the only goal of the game. However,

head coach Diego Alonso, the ex-Uruguay striker who played for five Spanish clubs across two divisions, won't be dismayed.

In fact, a squad that should already be decent enough to compete for minor honours could soon be bolstered by the arrival of some big names from the European football scene.

Giants of the game Lionel Messi and Cristiano Ronaldo – who have won 11 of the last 12 Ballon d'Or trophies between them – plus other big names, have been linked with future moves to the club, so you could say that the future looks bright for the Herons.

There's also a new stadium to look forward to in the form of a purpose-built, 25,000-seater stadium at Miami Freedom Park in Fort Lauderdale, at a construction cost of \$60million.

The facility will offer restaurants, retail outlets and hotels, as well as a training centre.

By now, the team were expecting to be playing home matches at the temporary ground of Inter Miami CF Stadium, which is on the former site of Lockhart Stadium – the home of the Fort Lauderdale Strikers. However, the blanket postponements of sporting events, almost globally, has delayed the early days of this football revolution.

When live action does return, Inter Miami have said they will be entering a reserve side into the third tier of US Soccer, USL League One. That will allow them to keep their match-day squad in the MLS competitive, while also giving those players fitness and game time.

Another impressive marker in an incredible

sporting legacy, Beckham made just short of a century of appearances for LA Galaxy in the MLS and scored 18 goals, in the process becoming the first Englishman to win league titles in four countries (having also achieved the feat with Manchester United, Real Madrid and PSG).

Ten league titles in England, Spain, France and the United States, 100 Champions League appearances, the first English player to score at three World Cup Finals tournaments and the fourth-highest number of games as captain of the national team – Beckham's place in football folklore, as a player at least, is assured.

If he can achieve even 10 per cent as owner of a football club as he did as a player, he will be adored on both sides of the Atlantic Ocean – watch this space.





# TOKYO 2021

## THE NEW SPORTS

### 4. SURFING

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo, which has been postponed until 2021 due to coronavirus, we take a look at surfing.

The sport of surfing has had a choppy ride with Olympic chiefs over the years. It was more than half a century ago that the pioneer wave rider Duke Kahanamoku encouraged the IOC to make it an official Olympic sport.

He passed away in 1968 at the age of 77, and it has taken until now for the decision-makers to agree to the Hawaiian's proposal. His name will no doubt be mentioned this summer.

Shida Beach, around 40 miles from the Japanese capital, was due to be the venue for the surfing event.

Ocean-based, rather than in a wave pool, heats will be 20-25 minutes long, with four people going at a time. The best two from each will advance.

There will be the usual rules of surfing protocol to adhere to, with penalties and possible points deductions given

to those who infringe, such as interfering with the competitor closest to the wave.

Speed and power, plus the difficulty of each manoeuvre attempted and completed, will impact the judges' scores.

As a sport, surfing pays less attention than most to age. It is possible that an athlete approaching their fifties could compete in the event, but that would still be some distance short of the age of the oldest Olympian, Oscar Swahn, who was 72 in the 1920 Antwerp Olympics when he triumphed in shooting.

Kelly Slater, who is probably the most famous surfer ever, said that he could be convinced to come out of retirement to compete, although that's yet to be confirmed. Regardless, it will be one of the more entertaining art forms on show at this year's games.



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# Changes to the driving THEORY TEST

## OUTLINING RECENT CHANGES MADE TO THE DRIVING THEORY TEST

The safety of drivers and pedestrians on our roads has rarely been a hotter topic, particularly with car ownership now at a record high in the UK.

And with the ongoing evolution of the motorcar, so too has the driving theory test developed to suit the times, as well as to keep prospective drivers on their toes... or is that pedals?

### What is changing?

The theory test is moving with the times and will now be using video clips instead of written case studies. It follows that visualisation is a common-sense route to take, given the nature of driving itself, and the government expects this linear delivery – whereby the user will then have to answer multiple-choice questions on what they see – to be a more realistic representation of our roads.

The new format also compensates

for reading, learning and developmental difficulties that, while disadvantaging someone on a written theory test, wouldn't necessarily have any adverse effect on their ability to drive a car or 'read' the road.

### What's not changing?

Remaining the same is the process by which those taking their theory test will revise: they will use the same books and software as before. In addition, users will still have to answer 50 multiple-choice questions in 57 minutes, with a requirement to answer at least 43 correctly.

The hazard perception part of the test also remains the same as before.

These changes to the driving theory test will not apply to those looking to qualify for motorcycle, lorry, bus or coach licences.

The changes come into effect from April 14.





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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

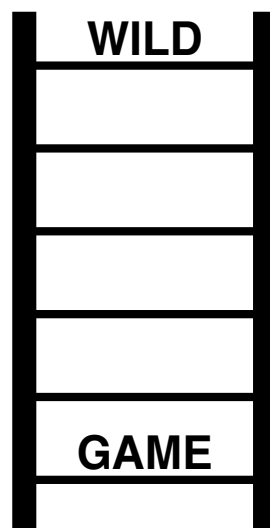
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- ▶ TOLSTOY
- ▶ TURGENEV
- ▶ TWAIN
- ▶ WOOLF



## DID YOU KNOW?

- ▶ If an adult's blood vessels were laid end to end, they would go around the Earth's equator four times
- ▶ Newborn babies don't shed tears, as their tear ducts are not fully developed at birth
- ▶ The lung on your left side is slightly smaller than the one on your right
- ▶ The removal of wisdom teeth is one of the most common procedures in the UK
- ▶ A person's ears and nose keep growing for their entire life
- ▶ Around 25 per cent of all the bones in the body are in the feet
- ▶ Your heart beats around 100,000 times a day, 36.5 million times a year

## 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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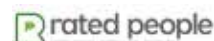
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