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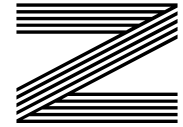
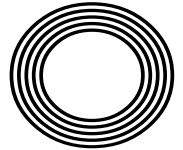
Chrysanthemum
November's birth flower

SIR CLIFF RICHARD OBE
A look back at his career as he turns 80

Kirsty
GALLACHER

Presenter celebrates her return to the limelight

2020
VISION



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Editor's notes...



Brett Shohet, Editor

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

I truly hope everyone is doing well, especially when, COVID-wise, things are beginning to feel disheartening again.

However, I don't want

to be too doom and gloom -

many of you will no doubt be reading **VISION** as an escape of sorts - but I would just like to say that it's an absolute honour for us to serve the businesses in our community. At a time when local high streets are eerily quiet and many business owners are struggling, we are proud to be giving them some form of lifeline.

Despite being physically separated as per the guidelines, we must remember to stay unified as a community. I've noticed when I go to visit local businesses in our towns, because we're all wearing masks, we're looking into each other's eyes more and reading them for emotion. It means there's been more of a connection between us, and I do hope that's something we retain after the pandemic.

Another hope of mine is that we can all spend Christmas with the people we love. I've been waiting three months for a dining table I've bought to turn up, in the hope that, as well as making me feel a bit more 'grown up', it can be fully surrounded by my family (and occupied by a turkey!) this December.

If you have any queries or contributions you would like to share with us, please get in touch. And as always, stay safe.

Brett

CONTACT US

www.visionmagessex.com
woodford@visionmag.co.uk | 0208 088 0386

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard

CONTRIBUTORS | Tabatha Fabray, Tim Green, Ketan Dattani

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

It is no news that a kitchen should not be just another room

-it should be an experience"



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YOU'RE THE VOICE

AS SIR CLIFF RICHARD OBE PASSES 80, HIS STAR IS STILL CHARTING HIGH

Let's begin with a stat: for a long while, Sir Cliff held the record for scoring number one songs in consecutive decades in the UK. He'd hit the top spot twice in the 1950s and on seven occasions in the 1960s. The following decade he left it late, with *We Don't Talk Anymore* his solitary chart-topper in the summer of 1979.

Reinventing himself for the 1980s, spoof track *Living Doll* hit the heights in 1985, followed by *Mistletoe and Wine* in 1988; before *Saviour's Day* in 1990 and *The Millennium Prayer* in 1999 ensured he preserved a most unique chart first.

"I became aware of the run back in the 1970s but it was never an intention to churn out tracks just to keep it going," he says. "I think if you focus too much on that it becomes a bit of a vanity project and you're losing sight of the music itself; but while it went on, it was fun."

These days, the charts aren't for the likes of Sir Cliff. In 2020, they are almost solely the domain of youngsters, both in terms of the record-buying public and the artists themselves.

"Obviously the internet has created major change in the record industry and revised entirely how everything operates.

"It's a shame the charts don't represent the excitement of old when new releases would move around and we'd all follow their progress at home on our radios. I know a lot of people are sentimental about the change that's happened, but as long as people are out there making good music, that should be enough."

'YOU WORK HARD. YOU DO YOUR BEST. AND YOU JUST WANT SOME PEACE: AND THAT'S ALL I WANTED'

For Sir Cliff these days, new music often takes the form of festive tracks.

"I have inadvertently built a reputation for putting Christmas music out there," he admits. "It really all started with *Mistletoe and Wine*."

"Do I mind the association? Of course not – it's such a magical time of the year."

Of course, recognition solely as a musician does a disservice to so many other things Sir Cliff has become renowned for in a celebrated career that began way back in 1958 as lead singer of British group The Drifters. As his pop career exploded, film roles also came his way (famously in *Summer Holiday*) and, beyond that, a passion for wider showbiz projects, faith, philanthropy and a clean-living bachelor lifestyle, even though he came close to marrying on more than one occasion (notably to former British tennis number one Sue Barker).

A proud, kind-hearted and sincere exemplar of a golden age of British entertainment, Sir Cliff found himself in the news for the wrong reasons in 2014 when the darkness surrounding Operation Yewtree began enveloping a number of well-known names.

Almost immediately it became clear that there was no story to be had, and he successfully went on to sue South Yorkshire Police and the BBC for their parts in the media pursuit that followed.

"You know, you get to the point, especially after all these years, where you just want a quiet life," he says. "You work hard, you do your best, and you just want some peace; and that's all I wanted."

Whether Sir Cliff gets peace as he passes 80 is unclear. In socially distancing terms, he will, but as a worldwide base of adoring fans continues to follow his every move, it's clear this is someone who will stay in our admiring consciousness for quite some time yet.

THE WORLD AROUND US

Part 1

In the first of a new four-part environmental series, we look at the key drivers in the health and well-being of the planet. In this issue, it's animal life, and in particular, the humble cow.

It's not easy being a cow. While farmers are eyeing you up for a trip to the abattoir, those on both sides of the eco debate are ready to slap the blame tag on a little embarrassing flatulence.

Scientists believe the average cow releases between 70kg and 120kg of methane per year. A greenhouse gas, like carbon dioxide and nitrous oxide, methane forms a dangerous blanket around the planet.

A molecule that lasts a decade, in real terms what it contributes to the atmosphere can be equated to little more than two cups of water inside a swimming pool, yet its chemical shape is remarkably effective at trapping heat, thus it has a big impact on how much, and how quickly, the planet warms.

And with 1.5 billion cows on the planet, it's clear there's real environmental interest in reducing the emissions of these animals, who can also lay claim to being the source of two-thirds of all

ammonia in the atmosphere.

In 2019, an experiment in New Zealand saw cows given a vaccine to rid them of certain gut microbes responsible for producing methane. Further development of this could drastically reduce cows' impact on the planet, while still allowing our ravenous consumption of meat and dairy foods.

In the UK, farmers mainly use grass-based silage. By changing to a maize compound, a one-tenth drop in methane production could be achieved.

As ever, environmental aims must be balanced with commercial sense. The UK agricultural industry is worth £25billion per year, yet it's clear less-fibrous diets, further vaccine research and other subtle changes – such as introducing seaweed and higher-quality constituents into the food mix – can lead to more refined systems... and less windy livestock!



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5 natural BATH SOAKS



Is there anything more relaxing than soaking in a warm bubble bath during the winter months? Arguably not, but have you ever stopped to think about all the harsh chemicals that you are exposing your skin to each time you reach for your preferred products? Here are five natural alternatives to try.

1. Honey

Honey is an antibacterial substance that can help prevent infections and heal minor skin abrasions. It is also full of natural antioxidants that can help boost your immune system and help combat the signs of ageing. Simply add two tablespoons of raw honey to a running bath and then soak for a minimum of 15 minutes.

2. Green tea

A popular choice for a bath soak, green tea can help to reduce muscle pain, soften skin and reduce any redness. Loaded with antioxidants, it also has anti-ageing benefits. Just fill your bath as normal, pop in six green tea bags, leave to steep for 15–20 minutes and remove.

3. Lavender

You may already be using a lavender-scented bath product owing to this herb's ability to instantly soothe and relax. However, why not cut out the chemicals and use pure lavender essential oil instead? All you need to do is add between six and eight drops to running water.

4. Baking soda

A store cupboard essential, also known as sodium bicarbonate, this natural ingredient is found in most bath products owing to its exfoliating properties. Simply mix five tablespoons of baking soda into a warm bath and allow to dissolve.

5. Epsom salt

Not actually a salt but a naturally occurring mineral, Epsom salt is made up of magnesium and sulphate. Ideal for counteracting stress, Epsom salt can also help to ease pain and alleviate sore muscles. Add one or two cups to your bath five minutes before you plan to get in.

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Eating right ISN'T COMPLICATED

Top tips on how you can achieve a healthy and balanced diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. Some basic rules to follow are:

> **Have a meal or small snack every three to four hours.** This fuels your metabolism and helps prevent binges, and blood sugar levels stay balanced.

> **Combine protein and fibre at every meal.** This formula provides long-lasting fuel and necessary nutrients for brain, bone and muscle growth.

> **Get up, move around.** Sitting for long periods slows the metabolism, which affects the body's ability to regulate blood sugar and blood pressure and to break down body fat.

> **Drink water often.** There are specific times throughout the day when drinking water can boost your overall health and cognitive functioning. Drink one glass of water 30 minutes before a meal to help digestion. Remember not to drink too soon before or

after a meal as the water will dilute the digestive juices.

Remember to vary your diet because healthy eating isn't necessarily that healthy if you eat the same things over and over again. Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts.

As a rough guide, try to base your portions, with 200g (one cup) being one portion, around these healthy food groups:

- > **Fruit and vegetables:** 5+ portions per day
- > **Starchy carbohydrates:** 3-4 portions per day
- > **Beans, pulses, fish, eggs, meat and other proteins:** 2-3 portions per day
- > **Dairy and alternatives:** 2-3 portions per day

Ultimately, in the short term, eating a healthy diet can help us to feel good, look our best and stay at a healthy weight. In the long term, a healthy, balanced diet can reduce our risk of heart disease, diabetes, osteoporosis and some cancers.





Are you getting enough VITAMIN D?

After enjoying an unseasonably warm and sunny spring and a pretty typical British summer, people's thoughts are now turning to the cold, and probably wet, winter ahead. Yet have you thought about how you are going to get sufficient vitamin D into your body during the months when sunlight is sparse?

Why is vitamin D important?

Vitamin D helps to regulate the amount of calcium and phosphate in the body, both of which are needed for maintaining healthy teeth, bones and muscles. It is also known for improving brain development and reducing inflammation.

A vitamin D deficiency can lead to a loss of bone density which makes you more prone to fractures and osteoporosis. In children, it can cause rickets.

How much sunlight do I need to get sufficient vitamin D?

The main source of vitamin D for our bodies is the sun, yet in winter in the UK we do not get sufficient sunlight to meet our daily requirement of this vital vitamin. In the summer months, a mere 15 minutes of sun at midday is enough exposure, although people with darker skin, such as those of African or South Asian origin, may require a little longer.

How can I get more vitamin D during winter?

Fortunately, there are several good food sources that can ensure you get sufficient vitamin D during the winter months, including: Salmon | Tuna | Mackerel | Eggs | Vitamin D fortified foods such as cows' milk | Cheese

How can I get enough vitamin D if I am vegan or vegetarian?

If you do not eat meat, fish or any animal products, you can still get enough vitamin D in your diet. Make sure you focus on eating fortified breakfast cereals, tofu and mushrooms and drinking orange juice and almond milk.



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FOOD & DRINK



Return TO YOUR ROOTS *part 2*

Last month we celebrated the carrot, praised the parsnip and tackled the turnip. Now it's time to explore the culinary delights of three more tasty and nutritious root vegetables.

BETROOT

Instantly recognisable by its bright purple hue, the beetroot often gets a bad rap as some believe that it tastes a little too much like the soil in which it is grown. However, it is worth sampling for its health benefits alone, with this root vegetable being rich in antioxidant and anti-inflammatory properties.

HOW TO STORE: Place beetroots in a perforated plastic bag in the vegetable drawer of your fridge. Lifespan: 3 weeks.

HOW TO COOK: The most famous beetroot dish is borscht, an eastern European winter warmer. Alternatively, roast in olive oil and cumin seeds.



JERUSALEM ARTICHOKE

Full of iron, potassium and vitamin B1, the Jerusalem artichoke is reported to be both an aphrodisiac and a natural digestive. In season from November to March, choose artichokes that are firm to touch and pale brown in colour.

HOW TO STORE: Keep in the fridge or in a cool, dark place. Lifespan: 1–2 weeks.

HOW TO COOK: Cook Jerusalem artichokes in the same way that you would a potato or parsnip: roasted, sautéed, dipped in batter and fried or puréed into a soup.



SWEET POTATO

Seen as a healthier alternative to potatoes, this root vegetable contains iron, calcium, selenium, vitamin A and C, plus it's full of fibre.

HOW TO STORE: Avoid storing in the fridge as this will result in an unpleasant taste; instead, place in a dry, well-ventilated container away from heat. Lifespan: 3–4 weeks.

HOW TO COOK: Although baking sweet potatoes will result in a richer taste, when boiled they have a low glycaemic index (GI).





MAKE THE MOST OF YOUR

TOASTER

If you don't have the time, energy or expertise to make a home-cooked meal every night of the week, these six surprising snacks can be cooked to (almost) perfection in the humble toaster.

POTATO WAFFLES

Loved by parents across the nation as a quick and filling accompaniment to your kids' lunch or dinner, no longer do you have to wait for the grill to heat up. Simply pop them directly from your freezer into your toaster.

VEGETARIAN BURGERS

Although you don't want to be putting beef burgers into your toaster owing to their high fat content, veggie burgers work just fine. No sogginess in sight.

SWEET POTATO CHIPS

If you love chips but are looking for a healthier option, this sweet potato variety is just what you need. Simply cut your sweet potato into 1cm wide slices and toast for 10-15 minutes. Alternatively, why not try sweet potato toast? Slice thickly, toast and top with avocado and feta.

LEFTOVER PIZZA

Who hasn't been indulging in a few too many takeaways in recent months? Rather than throwing away leftover pizza, or worse still, heating it up in the microwave, simply pop it into a toaster bag, toast and you're good to go.

HOMEMADE TORTILLA CHIPS

If you have ever made your own tortilla chips in the oven using wraps or flour tortillas, you will know how much tastier these are than the shop-bought ones. However, for a real time-saver, tear a wrap in half, put in the toaster and then break into snack-sized bites.

ASPARAGUS

Arguably the most surprising ingredient that you can cook in the toaster. Place a few pieces in a toaster bag with a drizzle of oil and your preferred herbs or spices, and hey presto, delicious roasted asparagus.



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THE perfect pud

Packed with delicious dried fruit, drenched in brandy and served with lashings of cream, it wouldn't be Christmas without a rich and decadent Christmas pudding. Although you can purchase a shop-bought variety for as little as £2, there is something special about taking the time to make your own.

a heatproof pudding bowl | Pour in the mixture | Cover with baking paper and tie on securely with string | Place the pudding in a large pan and pour in boiling water until it reaches halfway up the outside of the bowl | Cover with a lid | Steam the pudding for 4 hours making sure it does not boil dry (add water if necessary) | Test if the pudding is cooked by inserting a skewer into it; if it comes out dry, it is done | Leave to cool | Cover with fresh baking paper and wrap tightly in cling film | Store in a cool, dark place for up to 6 weeks | When ready to serve, steam for a further 2 hours | Light using a ladle of warm (not boiling) brandy

VARIATIONS ON THE TRADITION:
Instead of brandy, try adding rum, stout or sherry | For a vegan pudding, leave out the eggs and use vegetable suet with a little bit of soya yogurt | Substitute traditional raisins, currants and sultanas for cherries, figs or crystallised ginger

YOU WILL NEED:

- 120g suet | 20g breadcrumbs | 100g flour | 175g soft dark brown sugar | 500g dried fruit (raisins, sultanas, etc) | 25g flaked almonds | 25g candied peel | 1 tsp mixed spice | ½ tsp nutmeg | ½ tsp cinnamon | 1 grated cooking apple | zest of ½ orange | zest of ½ lemon | 150ml brandy | 2 eggs
- optional: coins

HOW TO MAKE:

Combine suet, breadcrumbs, flour, sugar, fruit and spices in a bowl | Add the rest of the ingredients and mix well | Butter

If you are going to add coins, wrap them in tin foil first to avoid choking.



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Kids love making music. From the moment they are able to hold a spoon and start banging it on your pans, to the time when they are able to learn a real instrument.

So why not encourage this natural passion and challenge them to make their own band?

Get organised

This initial step will be dependent on your children's ages, although it can be a good idea to get your older kids to help the younger ones. You can set them the task of deciding what type of music they would like to make, what name they want to give their band and who is going to play what.

Make your own instruments

Some great ideas for DIY musical instruments include:

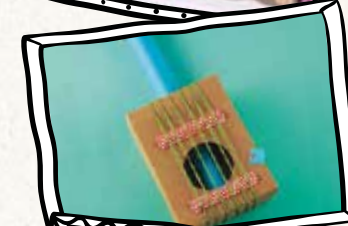
- > **A HARMONICA.** This can be easily made by sellotaping different-sized straws together and blowing in the holes.
- > **SENSORY BIN SHAKERS.** A great option for little ones. Fill different-sized containers with rice, buttons, pasta or anything else you have to hand, secure and shake.
- > **CEREAL BOX GUITAR.** If someone is keen to be the lead guitarist in the band, then all you will need is an old cereal box, a pair of scissors and a few elastic bands.
- > **CAN DRUMS.** Simply take some old tin cans, stretch a cut-up balloon over the open ends and hit with a spoon or stick.

Start practising

Again, this will be dependent on your kids' ages and attention spans and can range from half an hour to a full day. Keep them motivated by creating a 'show time' when they will be able to perform to the rest of the family.

Ideas for simple songs that they can try to play along with:
Jingle Bells | *Twinkle, Twinkle* | *Hickory, Dickory, Dock* | *Incy Wincy Spider* | *Baby Shark*

NB: Please make sure all instruments are safe for babies and young children. Avoid or cover safely all sharp edges and small choking items. Remember to secure or seal all tubs tightly.





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There will also be a 13+ Entrance Exam at both sites on Wednesday 10 March. Please contact the schools to register for either exam.

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Dögggy TECH



PETS

From basic microchipping to gadgets that can detect your dog's moods, pet ownership has never been more advanced.



It's fair to say that man now has two best friends: the beloved pooch and the trusted smartphone. It makes sense, then, that our canine companions ought to have their own line of gadgetry to keep them on trend.

For many mutts, the tech adventure begins when they are just a few weeks old when they are implanted with a microchip. Now a legal requirement in the UK, these grain-of-rice-sized tags will save you much heartache should you ever lose your beloved pet. Better still, they are inexpensive and will last a lifetime, enabling you to update your personal information through the microchip database.

For dog owners seeking a more comprehensive device, there is a variety of activity trackers on the market that can be attached to your pup's collar. Fully waterproof, these 'Fitbits for Fido' not only boast advanced location services, but they can also give you an idea of how much exercise your dog is getting each day, as well as logging sleep patterns.

Many of us have one-sided chats with our dogs, and while the dream of reciprocal conversation is yet to be realised, we are now one step closer to at least understanding how they feel, thanks to Japanese company Langualess that has developed the Inupathy harness. Using data based on heart-rate patterns, this snazzy wearable changes colour to interpret your dog's moods.

Finally, there is a piece of kit designed purely for the owner's amusement – the dog harness that mounts an active camera. Retrace your pet's paws as they trample through the undergrowth and excitedly chase balls. Beware they don't catch you in an uncompromising position, though, or you just might end up being the star of your dog's very own YouTube channel.



Photo credit: wearable.com, kron4.com, thegadgetflow.com

NOVEMBER BIRTH FLOWER OF THE MONTH

Chrysanthemum

For those born in November, your birth flower is the cheerful chrysanthemum. Often referred to as just “mums”, these beautiful blooms have a long and rich history. One of the most popular autumn garden flowers, chrysanthemums are easy to grow and will come back year after year.

WHAT DOES THE CHRYSANTHEMUM SYMBOLISE?

Native to Asia, the chrysanthemum is considered by both Japan and China to be an emblem of youth. The flower is also said to help prevent grey hairs, and a single petal placed at the bottom of a wine glass is believed to aid longevity.

When presenting the chrysanthemum as a gift, the colour you choose conveys a particular meaning:

- A red or pink chrysanthemum means “I love you”
- A white chrysanthemum symbolises innocence and purity
- A yellow chrysanthemum represents unrequited love

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If your birth flower is the chrysanthemum, you are said to be friendly, cheerful and loyal. Although at times you may appear tough on the outside, you are a compassionate person who is fiercely protective of your loved ones.

HOW CAN I GROW CHRYSANTHEMUMS?

If you love these vibrant flowers, you will be pleased to hear that they are relatively easy to grow. They thrive in moist but well-drained soil, so choose a sheltered and sunny spot and add plenty of compost or well-rotted manure. However, chrysanthemums do tend to break at the base, so they will need staking. Once they finish blooming in autumn, mulch them with straw to protect them from frost.

ARE CHRYSANTHEMUMS POISONOUS TO PETS?

Unfortunately, chrysanthemums are toxic to pets, and to cats, dogs and horses in particular. If your animal does ingest the flower, they may experience vomiting, skin inflammation and hyper-salivation.

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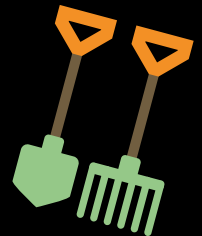
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GARDENING

HORTICULTURE HEROES:

Frances Tophill



It speaks volumes when someone who has ascended the horticultural heights of Alan Titchmarsh tips you to become the next big thing in green-fingered greatness; though to her credit, Frances Tophill hasn't yet allowed the praise to go to her head.

Tophill, a regular on *Gardeners' World*, offers a fresh, young, dare we say stylish take on the earthy, sometimes grubby surrounds of our lawns, beds and shrubbery. She is a presenter who articulates and conveys a sense of calm, with a modus operandi that is always to embrace anything that comes her way. That is, after all, how she got into gardening in the first place.

"I was 19 years old and desperate really just to reach out and do anything. I'd never given gardening a second thought, nor did I know much about it, but I saw an apprenticeship advertised and, when I read up further, quickly fell in love with everything to do with the outdoors."

Frances' energy on screen is infectious.

"My advice to people is just to get out there and enjoy yourselves," she says. "Get some dirt under your fingernails, perhaps pull up some weeds, or even just lie down on a lawn and soak up what it feels like to be in a pure, green space."

"Our gardens are very different environments to our local parks, and for the most part are private spaces where we can create our own world. I think that's what excited me the most, and once I realised how much was there and available, I never really looked back."

That brand of enthusiasm and endless excitement has seen her move to the top table of terrestrial gardening.

"I am the example of someone making it up as they go along, and we all know that's the secret to great gardening."

Photo credit: Pinterest

Kirsty Gallacher



...A GOOD SPORT

From fashion undergraduate to Sky Sports presenter, it was a curious career trajectory for Kirsty Gallacher, who seemingly had the world of light entertainment at her feet. That was, until a series of events knocked the Edinburgh-born beauty off track. Her recent return to the limelight is tribute to the strength and perseverance of the 44-year-old, but also a marker for us all in these difficult times.

The die was cast relatively early for Kirsty, as the daughter of Scottish Ryder Cup champion Bernard Gallacher, with a career in sport seeming the obvious choice. In reality, however, the presenter endeavoured for the cut and thrust of fashion, even when, still a youngster, the family upped sticks and moved to Wentworth to help her father's golfing ambitions.

Swapping Scotland for Surrey, Kirsty came to count Bruce Forsyth as a neighbour when growing up. And with a golf star for a dad, she was hardly unfamiliar with larger-than-life personalities popping in for coffee.

"I think maybe there was a pressure for me to do something grand," she begins, "but for many years that wasn't really me. I guess in the end I fell into it, but there was no nepotism going on – I was just lucky."

Kirsty recalls the time as a broadcaster with BSkyB when, having climbed to the position of editorial assistant, there came the opportunity to do a screen test.

"I was horribly nervous, but I've always been of the mind that once you are offered something you should always give it a try. Plus, back then, there was still a sense of adversity from traditionalists who didn't believe in women fronting sport, although that has clearly changed now."

Her time on *Sky Sports News* led to onward recognition as she went on to front shows including *Kirsty's Home Videos*, *Kirsty and Phil* and *Soccer Extra*.

So for someone so happy, it was perhaps surprising to see Kirsty's light fade in the midst of her father's poor health, and a painful divorce to ex-rugby pro Paul Sampson, her partner of 13 years, of which they were married for five.

"There were some tough things to process, though rather than take some time off to regroup and look after my boys, I threw myself into work, into new ideas and new projects."

A stint doing *Strictly Come Dancing* saw Gallacher looking desperately thin, and when a drink-driving incident saw her lose her driver's licence for 18 months, the star had hit a new low.

"It's actually really interesting how just when you think you are calm and settled, the carpet can be swept from beneath you," she admits. "It was horrific at the time, truly horrific – but at least now I can see that it was just a few life events colliding together. We are human beings for our ability to ride the rough waves and emerge out the other side stronger, and that's what I've done."

Her focus these days is on celebrating a return to the front line of presenting duties. Her successful podcast, *Stripped Back Sport*, is back on our screens at prime time, and even in a few short years she has witnessed a real evolution in television.

"As far as gender goes, it's definitely played out on more of an equal footing now," she says. "Broadcasting has really undergone a fantastic change over the past 20 years and British television remains the very best in the world. From a purely selfish perspective, it's so great to be back."



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Doctor shares life working through COVID-19

A doctor from South Woodford who has been caring for terminally ill people during the pandemic has shared his experiences.

Jonathan Riordan works at St Clare Hospice and, at the peak of the pandemic, worked for 24 out of 26 days.

He said: "That was really tiring and felt relentless. I'd never experienced anything remotely like this in my working career before. The pandemic has definitely taken its toll at times."

Dr Riordan admitted that the last few months have been tough but stressed he has also taken a lot of positives from the situation.

He revealed: "I spent so much time on the Inpatient Unit that I got to see other people's roles more closely. It gave me a chance to witness up close some of the care that our patients were getting. Seeing how skilful and compassionate the nurses can be in such sad

and difficult circumstances was a real privilege and it made me very proud to be working here."

Although case numbers are rising again, Dr Riordan is confident St Clare Hospice can cope with the difficulties that lie ahead.

He added: "Throughout the pandemic, people have shown amazing acts of sacrifice and selflessness and I'm sure that will continue. It's incredibly important to show how resilient as a community we can be and to continue to take heart in being kind to each other."

"At St Clare Hospice, we know that it's not going to be an easy few months coming up. But one of the advantages of staying open as an Inpatient Unit is that we now have this wealth of experience going forward. The second time around, the difference is that we have things in place already, rather than creating new ways of working and guidance for staff, while delivering patient care."



Gabe is inspired by his grandmother's legacy

LOCAL NEWS



Gabe Irwin, 8, completed his first ever charity challenge in aid of the Haven House Children's Hospice in Woodford Green, and his inspiration came from the founder, Sue Irwin.

Gabe took on the 24/7 challenge and set himself the ambitious task of completing a 24.7-mile bike ride along with his dad Marc.

He completed his challenge in just over three hours, raising £779 for the 24/7 care the hospice provides to seriously ill children and families.

Haven House Children's Hospice was first conceived in the early 1990s, as the brainchild of Gabe's grandma Sue, a registered nurse and health visitor. With friends and colleagues, she founded the charity to provide care to life-limited children and their families at no cost to them.

Gabe's mum Ellie said he is very proud of his family's connection to Haven House.

She continued: "We are immensely proud of Gabe. It's such a huge achievement – I had a little cry when they arrived home after the challenge. We're really grateful to everyone who supported him. We know it's not an easy time for so many people, which makes the generosity of everyone even more meaningful."

Charity's new patron is by royal appointment

A charity for young people has welcomed a new patron in the form of HRH Prince Charles, the Prince of Wales.

The announcement coincides with the Jewish Lads' and Girls' Brigade's (JLGB) 125th anniversary.

Lord Levy, who is president of the South Woodford based organisation, said he was thrilled with the appointment.

He said: "We are delighted and honoured to have the recognition and support of His Royal Highness, evermore so during these uncertain times. Positive

and meaningful changes, even after an organisation has had great success for more than 125 years, are always essential, and have been in the pipeline for some time.

"These last few difficult months, however, have been a catalyst, where the young people of our community have shown true leadership, helping to create new opportunities that better reflect real-world realities. They deserve nothing but the best for their future, and there is no more significant way to start a new era than with HRH the Prince of Wales as our new patron, who cares and helps so much with the youth of our country."

The Prince has been a long-time supporter of the JLGB.

Library set to reopen next year

There was good news for people who signed a petition calling for the reopening of Woodford Green Library last month, when Redbridge Council announced plans to renovate and reopen it in 2021.

Concerned locals had watched as other libraries across the borough reopened while Woodford Green remained closed, and an online petition was signed by more than 1,200 people.

But just a few weeks later, councillor Jas Athwal, leader of Redbridge Council, confirmed the good news.

He said: "Unfortunately, we had to close our libraries owing to the pandemic. However, we have always been clear this is a temporary measure to keep staff and library users safe.

"Now the government guidelines have changed, we're opening up libraries across the borough slowly, to make sure there are no health and safety risks. I'm looking forward to the newly decorated Woodford Green Library opening soon."

Work at the library will include redecoration, refurbishment and rewiring throughout, bringing the library up to the standard of the other refurbished libraries in the borough. Plans are still in development, but there is a possibility of additional services opening.



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NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Make your feet the star of the show on Festive Feet Funday.

Haven House Children's Hospice is calling all nurseries and schools to put their best feet forward for a festive fundraiser this December.

Festive Feet Funday is a fun-filled activity to do in your class or playroom 'bubbles' while raising money for your local children's hospice.

The hospice, in Woodford Green, is encouraging children, teachers and parents to pop on their festive socks and dance and jump their way to raising funds to support its vital services.

Ginny Donnelly, Community Fundraiser, said: "Once more, we're asking our fantastic supporters to get festive with us by putting on their favourite Christmas socks to raise money which will enable us to provide essential care to seriously ill children and their families this Christmas.

"Schools and nurseries can organise a sponsored danceathon to their favourite festive songs or hold a festive foot parade around their nursery garden or playground. Anything goes on Festive Feet Funday. You can be as creative and as colourful as you like, as long as you have your brightest, most colourful and



festive footwear firmly on your feet."

To get involved and to download your Festive Feet Funday poster, visit www.havenhouse.org.uk/festive-feet or call Ginny on 07715 990097.

Howzat? Ladies win tournament

South Woodford Ladies cricket team entered their first ever tournament last month and had a debut to remember, winning the event.

The team was only set up in September and Wendy Baker, club welfare officer, gave some more details.

She said: "I don't think we've ever had a ladies' team before. Now, after the success of the ICC Women's World Cup, it's really growing and we hope to win funding to set up a proper ladies' team next season."

It's fair to say that prospects are looking good after the team's impressive first outing in the event, and Harry Neicho, men's first team captain, certainly has high hopes.

He said: "The team complements the men's section and it's a great way of driving inclusion. Ladies at Redbridge Hockey Club have got involved."

Wendy added: "Some team members had never played cricket in their life and had a great time. It was



a great day and they were pumped to win all three of their matches in the tournament."

If you would like to play cricket for any of the club's teams, get in touch with South Woodford Cricket Club by emailing wendy@southwoodfordcc.co.uk



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Woodford and District National Trust



LOCAL NEWS

To all local folk interested in the National Trust and all it stands for, and our many members and visitors, we should like to say that the continuing issues surrounding meetings, outings and even holidays with us as well as the many properties still not open for visits, we at the local Woodford and District Centre are missing you all – as much as we hope you are missing us.

We are striving to get together as soon as possible. We need to kick off a new session of talks and events and were hoping this October would see a chance, but as our venues at Woodford and South Woodford are not opening yet, it does seem a way off still. Through these marvellous local news and topical information publications we are at least able to keep you in touch

with us, and we truly value their support and help in this difficult time for us all.

We know our group is able to function still as we have reserves, and things like memberships and outings will be sorted out, as well as administrative scenarios within our committee team. We hope to be in touch soon with more news and are certain, in those memorable words, 'We'll meet again'.

We do hope you are all keeping safe and well and want you to know we care and desperately wish to keep the fellowship we all enjoy alive and functioning with you all.

Best wishes from the National Trust Woodford and District Centre Committee.



The Oak-Tree Group goes virtual

With COVID-19 guidelines preventing large groups of face-to-face meetings and new visitors on site at the same time, schools are having to develop more creative ways to welcome potential families who are looking to join.

The Oak-Tree Group of Schools overcame this challenge by hosting a series of Virtual Open Events for potential parents at the beginning of October. Parents and children were able to explore these four local independent schools from the comfort of their homes while gaining a valuable insight into school life.

Each school in the Group enjoyed the opportunity to showcase the outstanding teaching, excellent pastoral care, facilities and the enthusiasm of the pupils.

Matthew Hagger, group managing principal said:

"We understand that choosing the right school is a critical decision for any family, and our Virtual Open Days presented an innovative way to use a variety of technologies to help parents make the right choices. We were delighted with how positively the Open Events were received by the hundreds of prospective families who accessed our virtual world over the course of the week.

"All resources were made available on the schools' websites at the end of the week, and our admissions teams have been making contact with families to arrange for individual personalised visits."

The Oak-Tree Group comprises Braeside in Buckhurst Hill, Coopersale Hall in Epping, Normanhurst in North Chingford and Oaklands in Loughton.



CANCEL CULTURE

The BBC TV licence – do you need to pay?



Photo credit: Willy Barton/shutterstock.com

The BBC has never felt pressure like it: a new director general looking to shake things up, accusations of political and social bias, and the move to begin charging over-75s for TV licences – it has left 'Auntie' scratching about for relevance in a changing world where digital and premium channels are taking our attention... and our money.

While the BBC remains one of our country's finest institutions, and excellent value for those who regularly enjoy its diverse range of programming, there have been recent moves to defund the organisation – a Twitter campaign rapidly gained 100,000 followers and continues to apply pressure across social media.

This has led to many looking at the criteria for paying the licence; namely, whether you do indeed need to pay the £157.50 annual charge (£53 for a black and white TV). The answer is yes, if...

> ... you watch or record live TV as it is being transmitted, on any channel

> ... you watch or stream programmes live on an online service (such as ITV Hub, All 4, YouTube, Amazon Prime Video, Sky Go, etc)

> ... you download or watch programmes on iPlayer And the above applies to use on any device, from television to computer to games console.

The good news is that the BBC's brilliant range of national and regional radio is exempt.

If you believe you don't need a licence, the process for opting out is simple – simply declare to TV Licensing via its website and cancel any direct debits. That will stop what many describe as a barrage of threatening letters. However, the onus is, of course, on you to reapply for a licence if your watching habits change.

What's clear is that in a changing world the BBC's stranglehold on compulsory payment may well be coming to an end – even more so if Prime Minister Boris Johnson's move to decriminalise non-payment continues to gather pace.

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It's the design feature that flipped on its head the old adage of plastering over walls for a smooth, 'complete' finish.

These days, exposed brickwork is all the rage – a modern take on a feature wall that circumnavigates modern, industrial and rustic.

Preparing an exposed brick wall and looking after it isn't difficult if you follow a few simple steps.

Exposing

Chip away a small section of plaster to check your brickwork is in good order. Cover the floor with sheeting, as removal of plaster will throw up considerable dust. Wearing a dust mask, chisel away sections and finish using a wire brush.

Preparing

Use a mild solution comprising equal parts water, dish soap and salt. Use a clean cloth to apply, allowing the solution to soak into the wall. Leave for 10 minutes so the salt dissolves any remaining plaster particles, then wipe the entire wall using a sponge or wet cloth.

When dry, use an industrial sealant across the entire wall. An acrylic-based application will mean your wall is resistant to scratches, spills and dirt. You'll need to apply at least two coats, ensuring you work the solution into all the gaps.

Looking after

With your pristine wall the envy of visitors, you'll need to make sure you look after it properly. It's inevitable that parts may be fragile and flake off over time, but light cleaning (even with something as simple as a feather duster) will keep particles at bay.

Remember, all brick walls are different, and how they respond will depend on their age, the room temperature and whether they are interior or exterior walls.

The good news is that the matt finish and unpolished look most go for will hide a multitude of sins.





Staycate in style with these hip UK hotels that offer inspiring interiors and decadent designs. Choose from chic and contemporary, rustic and rugged or something a little bit quirky. Whatever your preference, you are guaranteed to come away with your creative juices flowing.

ARTIST RESIDENCE, LONDON

Based in the diverse Pimlico area, this unconventional hotel mixes vintage chic with a modern twist. Ideal for those who want a bit of luxury, enjoy its stunning roll-top baths and tin ceiling tiles. It is owned by stylish couple Charlotte and Justin Salisbury, who also have three other hotels which can be found in Cornwall, Brighton and the Cotswolds, with another in Bristol opening in November.

THE PIG-IN THE WALL, SOUTHAMPTON

With 12 unique bedrooms, deli-style dining and plenty of cosy corners to relax and unwind in, THE PIG-in the wall is quite unlike any hotel you have been to before. In terms of interior design, enter with an open mind and take in the eclectic range of rooms that boast original wooden beams, slanted ceilings and walk-in monsoon showers.

STRATTONS, NORFOLK

If you hate generic hotels, you will love Strattons. Located in a quiet lane in a conservation area within the town, this family-friendly hotel prides itself on offering luxury, comfort and inspiring interior design. With 14 individual rooms, expect open fires, original period features, a free-standing bath at the foot of the bed and even mermaid mosaic.

CRAZY BEAR, BEACONSFIELD

Flamboyant and luxurious, Crazy Bear combines dramatic architecture with never before seen features such as the copper bath that is filled directly from the ceiling. Perfect for leather lovers, more than 50 different types were used to create its unique atmosphere, with leather featuring on the upholstery, walls, ceiling and even the doors.

Photo credit: artistsresidence.co.uk, thepighotel.com, strattonshotel.com, crazybeargroup.co.uk



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SEO 101

A beginner's guide

To the uninitiated, SEO, or search engine optimisation, can seem like a daunting task, and enlisting the services of a professional can be expensive. However, there is no reason why you can't learn to master the art of SEO yourself.

SEARCH FOR KEYWORDS

The foundation of any SEO campaign, keywords are ideas and terms that describe what your content is about and they are designed to help increase your visibility online. You can come up with the right keywords for your business by:

- > Brainstorming with your team
- > Checking out your competitors' sites
- > Using Google Ads Keyword Planner

OPTIMISE YOUR PAGE CONTENT

Your next step is to add your keywords to your website text. These include your header tags (your headings and subheadings) and the rest of the text on the page. Again, try to do this in as natural a way as possible and don't overstuff your content with keywords as both Google and searchers are put off by this technique.

OPTIMISE YOUR TITLES AND META DESCRIPTIONS

This is where it gets a little bit more technical. Once you have your list of keywords, you need to optimise your page titles using these keywords in as natural a way as possible. Page titles and meta descriptions are shown in search engine results and therefore these need to clearly convey what each page is about. You can optimise these via your content management system or in your SEO plug-in.

BUILD LINKS

If you want your site to get on that much-coveted first page of Google, you need to focus on getting high-quality backlinks, i.e. hyperlinks from other websites to your own. There are several techniques that you can use to build backlinks, including:

- > Be active on social media
- > Write competitive content
- > Create an infographic
- > Write testimonials for other websites



Getting back to

BUSINESS

The unexpected upturns coronavirus brought about for small businesses

One has to be careful with any mention of a global pandemic in some way being good for business. Clearly what enveloped the world over the course of 2020 was a set of circumstances and outcomes we would never want repeated, and they carry on today. Yet while COVID-19 called time on the legacy of thousands of businesses, for others it has provided new vision, renewed focus and a world of opportunity.

Most of these have come in the form of directors, managers, sole traders and other decision-makers having a rare opportunity to step back and reassess.

In the early days of the lockdown, so profound were the circumstances around us and so urgent was the need to strip back, downgrade and economise, that businesses reverted to skeletal structures just to survive.

So when the UK began to emerge out of the famine of lockdown, many owners realised they could survive on these new,

low levels of efficiency. From reverting to four-day weeks to cancelling direct debits for subscriptions, software and other resources we actually didn't use; from encouraging working from home, embracing tech such as video conferencing, right through to enriching staff by asking them to adopt fresh ideas, tackle wider tasks or embrace new skills in order to get additional jobs done, there was a new take on what we needed.

In total, we found that COVID-19 brought about a need for transparency none of us could pull a curtain across. Unequivocally, it changed our attitudes towards everything from money to socialising to personal space, but also altered our perception of business – what it is, how we utilise it and, in some cases, how little we need the bells, whistles and fanfare. We are a simpler, more efficient nation because of coronavirus, and once we're out of the woods that will surely help us to flourish again.

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Extending ELECTRIC

What's the furthest you can go in an electric car without recharging?

The concept is great – cleaner, cheaper, some may even say smoother driving. Electric cars have given us a new way of getting from A to B, but for many considering investing in one of the greenest advancements ever conceived, the need to recharge at such regular intervals has been a major stumbling block. And yet, improvements in technology have meant the range of our electric vehicles is better than ever. Take this year's Tesla Model S, for instance. Elon Musk's pioneering vehicle brand is ripping up the rule book and this shimmering, humming piece of tarmac tech will take you 402 miles on a single charge... that's right up there with petrol and diesel vehicles. The only downside is the £75,000 price tag.

And if you fancy a hybrid of electric and traditional fuel, check out the 2018 Toyota Camry LE. This will get you an almost mind-boggling 689 miles – that's the equivalent of driving from London to Amsterdam... and back.

If you want to go for a purely electric car without needing to remortgage the house – in other words, steer clear of Teslas, who occupy four of the top five positions for range, with their X (351 miles), 3 (322 miles) and Y (316 miles) models – then have a look at the Chevrolet Bolt EV. You'll be looking at around £30,000 for a car that will take you well over 250 miles on one charge.

Hyundai (the Kona Electric also hits 250 miles) and Kia (the Niro Electric will take you 230 miles before you plug in again) both represent good value, and 2018 models can be picked up second-hand for around £15,000. For those seeking a bit more status, there is of course the ever-popular Jaguar I-PACE. Up to 300 miles in a car that balances eco and image perfectly... what's not to like?



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Tesla Model S



Photo credit: kasakphoto/Shutterstock.com

Toyota Camry LE



Photo credit: Felix Mizionnikov/Shutterstock.com

Chevrolet Bolt EV



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Hyundai Kona



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The PARTEY IS OVER

Arsenal's decision to lay off club mascot Gunnersaurus on the day they splashed £45million on midfielder Thomas Partey has furthered the debate of just how connected our Premier League sides are to the real world.

The decision to release the Gunners' iconic mascot, who has been parading around home games for 27 years, was announced at the start of October. That meant lifelong fan Jerry Quy would have to find something else to do on matchdays.

In the club's defence, it was accepted that dressing as a dinosaur and parading around the pitch in front of empty stands was probably a waste of time; but Arsenal, just like so many other clubs who have cut back in the wake of coronavirus, have scored a spectacular own goal in their failure to see the bigger picture.

From north London neighbours Tottenham Hotspur to Premier League champions Liverpool, an insistence on micromanaging rarely ends well when we are, as a nation, looking for togetherness and unity as we are during the time of this pandemic.

When players' astronomical wages are paid in full yet staff on the minimum wage are furloughed and, in some cases, made redundant, you wonder if the disconnect can ever be bridged.

When a 126-year-old club such as Macclesfield Town, who played in the Football League last season, are allowed to be wound up for the sake of less than two weeks of Arsenal midfielder Mesut Özil's wages, surely we've lost sight of the game.

Speaking of Özil, who hasn't played competitive football for the club in seven months but continues to pick up his full wage, the German did at least begin to repair his reputation with Gunners fans perennially underwhelmed by his energy and application, by offering to front up Gunnersaurus's wage himself.

It's troubling that a player has to make that move, and that his employers cannot see that abandoning the little man - or in this case, dinosaur - is a PR faux pas that becomes far more costly.



Photo credit: Javier Garcia/BPI/Shutterstock

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

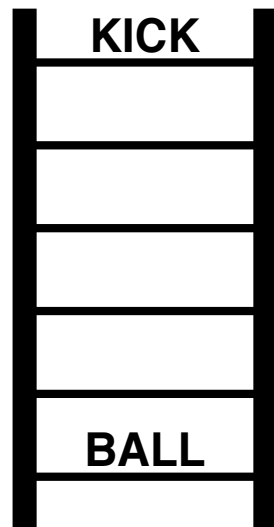
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DID YOU KNOW?

- ▶ Vatican City is the smallest country in the world
- ▶ The Gotthard Base Tunnel in Switzerland is the longest rail tunnel in the world
- ▶ E is the only vowel not used as the first letter in a US state name
- ▶ Russia is the largest country in the world
- ▶ The African continent has three deserts: Sahara, Kalahari and Namib
- ▶ Peninsulas are surrounded by water on three sides, for example Spain and Portugal
- ▶ Angel Falls in Venezuela is the world's largest uninterrupted waterfall
- ▶ Canberra is the capital city of Australia
- ▶ The Trafalgar Square Christmas tree is donated by Norway every 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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