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Editor's notes...

MAY 2021



Brett Shohet, Editor

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

It's been great to see people face to face again as we venture out of lockdown. I've had proper conversations with readers and clients again, many of whom have said they were very pleased to see us still up and running during the pandemic.

What's more, I'm seeing so many local businesses that have been in the community for as long as I can remember continuing to move forward despite the pandemic - it truly is uplifting.

I'm expecting there will be enough local events lined up that we'll soon be able to reintroduce our 'What's On' page, which is hopefully as exciting for our readers as it is for us.

With the weather improving, I've been able to enjoy my garden a lot more, which is exciting both because it's encouraged me to finally cut the grass and because it's provided me with the opportunity to buy gardening goods from local businesses.

I wanted to say a quick "happy birthday" to my girlfriend, Kirstie, who recently turned 30. It's the support of people like Kirstie around me that helps make **VISION** the success that it is.

Brett Shohet

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WILLIAM & KATE:

ten years on

Looking back to celebrate William and Kate as they reach the milestone of their 10th wedding anniversary.

When asked, Prince William and Kate Middleton, the Duke and Duchess of Cambridge, would doubtless suggest their first decade together as husband and wife has been wonderfully happy, uplifting and rewarding... albeit not without its challenges.

To most couples in the early throes of wedded bliss, the faint cry of babies and the bringing on of previously untapped levels of tiredness is a challenge enough. Yet it is to the couple's unending credit that they have never swayed away from their other royal duties, while having the ambition to pursue new challenges and initiatives. They are every bit the exemplars of people wanting the best for themselves, their family and those around them.

In isolation, those challenges of early parenthood – when we saw the arrival of Prince George in 2013, Princess Charlotte two years later and, most recently, Prince Louis in 2018 – are considerable, yet in recent years family events have compounded further the complications of life. The Prince Harry and Meghan Markle spat, notably, has left a devastating scar across how we perceive the Royal Family; then there's been the controversy of Prince Andrew and his links to Jeffrey Epstein; while the recent passing of William's grandfather, Prince Philip, Duke of Edinburgh, has further shrouded the institution at a time when the rest of the nation is finally managing to pull away from the darkness.

Regardless, the April 29, 2021, anniversary reaffirms the couple as a modern inspiration. The ceremony, 10 years ago, was a typically lavish affair, albeit laced with the style and individuality that William and Kate have wanted to imprint in the way they go about their duties.

Former Archbishop of Canterbury Rowan Williams conducted the ceremony, as 26 million UK viewers watched it live. The Royal Family and the Middletons picked up the bill for almost 2,000 guests, with 300 special invitees going on to an evening dinner hosted by Prince Charles.

Naturally, the day went off without issue, and their work as a couple was only just beginning. Few would disagree now that, during an era when criticism of the royals has been fervent, William and Kate uphold the value and purpose of the Royal Family, even if others in the clan are less proactive.

Over the past decade, the prince has committed huge amounts of time to mental health issues, as well as opening up to a more mainstream audience with his love of sport; while the Duchess of Cambridge's elegant embracing of the mum role model is notable for the familiarity it has with Princess Diana and her boys.

More than anything else, William and Kate speak to the world with the shutters up. Rarely have a royal couple been so close to the people, with honesty, humility and even the ability to laugh at themselves.

It gives all of us hope that not only will the Windsors overcome this recent spate of negative events but, more than that, with William and Kate excellent exemplars, the institution of marriage – itself in decline – once again has those to uphold its values.

"We have always loved being married," says William. "I think we are more in love now than before, and we both truly feel we have found a soulmate who will be there forever."

BETTER THAN *Just O-kay*

Vernon Kay and 25 years on camera

There's something unmistakable about people from Bolton – think Peter Kay, Paddy McGuinness, Amir Khan. Perhaps it's the accent, perhaps the exuding of confidence, or maybe it's just an ability to look on life with uplifted energy.

Whatever the mechanics are, Vernon Kay, like so many of his Greater Manchester contemporaries, has them in abundance.

The husband of Tess Daly, Kay has just celebrated 25 years on screen – no mean feat for someone once described in the Nineties by Mark Lamarr as “a lanky indie kid with bad taste in clothes”.

That's ironic, given that Kay was actually first spotted at Clothes Show Live when he agreed to strut some clothes in return for free drinks. He went on to model for several years before using the catwalk as a platform to launch a TV career.

One of the many to emerge through the *T4* stable, he has gone on to present *All Star Family Fortunes*, *Beat the Star* and *Splash!*, among others. Yet it was his appearance in *I'm a Celebrity... Get Me Out of Here* last year that truly reacquainted the watching public with someone who has also spread his talent across radio DJing (notably on Radio 1) and even movie cameos (in *Shaun of the Dead* and *Keith Lemon: The Film*).

A father of two, Kay famously talks down his talents, but has become one of terrestrial TV's go-to faces. Most recently, his *Game of Talents* show has allowed him to rediscover some of the spontaneity so associated with those *T4* days.

“A lot of entertainment is very sanitised these days and I want to bring energy and unpredictability back to it,” says Kay, who said recently he blames the sterility of autocue for ruining so much live programming.

“Having fun is difficult when you're reading words off a script, so I'd love us to get back to really immersive TV that throws off the shackles.”

The shackles are off, Vernon.

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RICE, RICE baby

When you rinse rice before cooking, chances are you let the water simply run down the drain. However, you may think twice about wasting this leftover liquid when you discover its many beauty benefits below.

WHAT MAKES RICE WATER BENEFICIAL?

Rice water is packed with vitamins, minerals and amino acids which are all needed for maintaining healthy skin, hair and nails. It contains ferulic acid, an antioxidant that helps to nourish skin and nails, as well as allantoin that has healing properties. For your hair, rice water contains inositol, which strengthens your follicles and reduces surface friction.

BEAUTY USES FOR RICE WATER

Facial cleanser: Give your skin a boost of goodness by pouring rice water onto a cotton pad and massaging over your face, both in the morning and before bed.

Acne treatment: Apply to spots to help reduce redness to act as an astringent and to prevent future breakouts.

Age spot treatment: If you suffer with age spots or skin discolouration, mix 1 tsp of rice water with

two drops of fractionated coconut oil and massage into your face and neck.

Hair conditioner: For those with dry or brittle hair, apply rice water and a few drops of lavender essential oil after shampooing, leave for 10 minutes and rinse with cold water.

Nail treatment: To help your nails grow faster, soak them in a bowl of rice water for five minutes once a day. This can also help to reduce the signs of ageing on your hands.

HOW TO MAKE YOUR OWN RICE WATER

- > Rinse ½ cup of uncooked rice to remove any dirt or impurities
- > Place the rinsed rice in a bowl and cover it with two cups of water
- > Swirl and leave to soak for 30 minutes
- > Strain the rice and set aside the water
- > Store the rice water in an airtight container. It will keep for one week in the fridge.



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Parveen has over 11 years experience as a medical aesthetician and working in high-end medical clinics. During her years of practice, Parveen has developed her expertise in helping clients to improve their skin health, including ex-cancer patients and clients who suffer from conditions such as pigmentation and Polycystic Ovary Syndrome.

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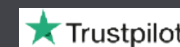
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REACH FOR Retro

Forget spending a fortune on a new wardrobe this season – simply dig into your cupboards and pull out some pieces that are back in fashion.

SUPER-STATEMENT TROUSERS

Ditch your skinny jeans and leggings, because this season it is all about the high-waisted, wide-legged trousers. A huge trend in the Eighties, this is the perfect style for anyone who likes to feel comfy in their clothes while also being fashion-forward.

ALL THAT GLITTERS

If you were a huge fan of disco, then you will be thrilled to know that glitter is back! From Louis Vuitton's stunning silver suits to Balmain's super sleeky sparkle dresses, the catwalk will be lit up with glitzy, glittery glam.

TOP OF THE CROPS

Not for the faint-hearted, crop tops are making a huge comeback. Best matched with a loose blazer and high-waisted skirt or jeans – ideal if you love your tum, but not your hips! – this is the ultimate throwback look for when the heat rises.

POWER PUFF SLEEVES

You may have to reach right back into your wardrobe to find this look; the ultimate symbol of Eighties glam. That's right – puffy sleeves are back, and this time they mean business. Whether summery and voluminous or structured to create that classic silhouette, this is a big, bold trend that's here to stay.

SHEER LUCK

Incredibly versatile, this is a fantastic trend for almost every body shape. Whether you want to emulate Seventies beach chic with patterned maxi-dresses and a bikini peeking through, Nineties grunge with a see-through loose layer over a tight minidress and chunky boots, or simply a semi-sheer camisole under a blazer, this is a great way to reveal a little extra flesh while still remaining modest.

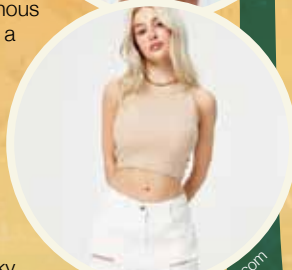


Photo credit: ASOS.com



Hello hay, FAREWELL FEVER

As the weather gets warmer and the pollen count grows, hay fever sufferers across the nation lament. If you are already in the throes of a hay fever attack, you don't have to turn to over-the-counter medications. Instead, try one of the below natural remedies.

VITAMIN C

A natural antihistamine, vitamin C can be found in oranges, lemons and grapefruits, as well as red bell peppers. As vitamin C cannot be stored in the body, you need to offer consistent and low doses to support your nasal lining and minimise the effects of hay fever.

HONEY

If you know anyone who sells local honey, then this is the perfect hay fever remedy for you. With the ability to desensitise your body to other pollens, the bee pollen found in honey can help to significantly reduce the most common hay fever symptoms, including a runny nose and persistent sneezing.

GARLIC

Known for boosting your immune system, garlic can also act as a decongestant which can help to alleviate minor hay fever symptoms. This potent plant is also an anti-inflammatory and a good source of quercetin, a natural antihistamine.

PETROLEUM JELLY

Not just a lip saviour when the weather turns cold, petroleum jelly has been praised by hay fever sufferers for its ability to trap pollen before it enters the nose. Simply apply a thin layer inside your lower nostrils to prevent your symptoms from becoming any worse.

CHAMOMILE TEA

High in antioxidants, as well as being a natural antihistamine, chamomile tea can be drunk to act as an anti-inflammatory agent. Alternatively, choose to place cooled teabags on swollen, red eyes for an instant calming effect.

CHILLI PEPPERS

Chilli peppers contain capsaicin which, when eaten, opens up the nasal passages, helping to reduce congestion caused by hay fever.

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Jicama

The jicama, also known as a Mexican yam bean, is a starchy root vegetable that is recognisable by its thick, brown skin and turnip shape. Low in calories and sweet in taste, this veg makes a great alternative to the humble potato.

WHAT DOES JICAMA TASTE LIKE?

The jicama has been described as a cross between a potato and a pear owing to its distinctive flavour which is both nutty and sweet. Its flesh is juicy and crunchy and, because it has a fairly mild taste, it blends well with other flavours.

WHAT ARE THE HEALTH BENEFITS OF JICAMA?

The perfect vegetable for people with diabetes, the jicama is naturally low in sugar but still sweet to taste. It is also high in fibre, a great source of vitamin C and low in fat and calories.

IS JICAMA SAFE TO EAT?

It is worth noting that only the root vegetable of the

jicama plant is safe to eat, as the rest, including the beans and flowers, contain rotenone, a natural insecticide that can be toxic to humans in high doses. You should also remove the brown skin before consuming.

HOW TO USE JICAMA

- > Slice thinly and add raw to a vegetable salad or Mexican fruit salad for added crunch
- > Sauté with other veg such as broccoli and carrots
- > Use as a substitute for water chestnuts in a stir-fry
- > Bake in the oven or place in an air fryer for healthy chips

HOW TO STORE JICAMA

The most important thing to remember when storing jicama is that you must keep it dry, as any moisture can cause rot and mould. Store unwrapped at room temperature if still whole or, once cut, wrap tightly in cling film and store in the fridge for up to one week. Alternatively, wrap a whole jicama in foil and freeze for up to one year.



FOOD & DRINK



BBO IQ

THE DOS AND DON'TS OF GRILLING OUTSIDE

DO expand your repertoire beyond sausages and burgers. From slow-roasted delectable cuts of beef to a delicately grilled entire sea bass, there really is no limit to what can be cooked on the barbecue provided you get your temperature and technique right.

DON'T only barbecue in the summer. It is almost criminal that we limit our grilling to just one season when so many other meals could benefit from being barbecued. Whether slow-roasting pork belly for a sumptuous Sunday lunch or smoking ribs for a night in front of the footie, your barbecue is waiting to bring that added wallop of flavour, whatever the season.

DO let the flavour linger. Another plus of the outdoor grill is that it requires little maintenance. During periods of regular use, you can simply heat it up and brush off any food debris with a steel brush – this will also help preserve your non-stick seasoning.

DON'T leave it to the elements. Barbecues may be hardy, but they aren't invincible, so cover them up when not in use.

DO your research. Just as you wouldn't blast every cut of meat with heat in the oven, the key to successful grilling is to adapt your barbecue accordingly by having areas with and without coal underneath. For example, steaks benefit from a few minutes over really high heat before being taken off to rest, whereas chicken thighs need a few minutes over a direct heat and then a longer period with indirect heat to cook properly.

DON'T go full caveman. Grilling may seem like a primitive cooking method, but using the right tools will really enhance your experience and the food you produce. Whether using chimney fire starters to expertly preheat coals, or heatproof gloves for effortless handling of utensils, or a meat thermometer for supreme cooking accuracy, these nifty gadgets are more than just a gimmick... although the "kiss the cook" apron remains optional.



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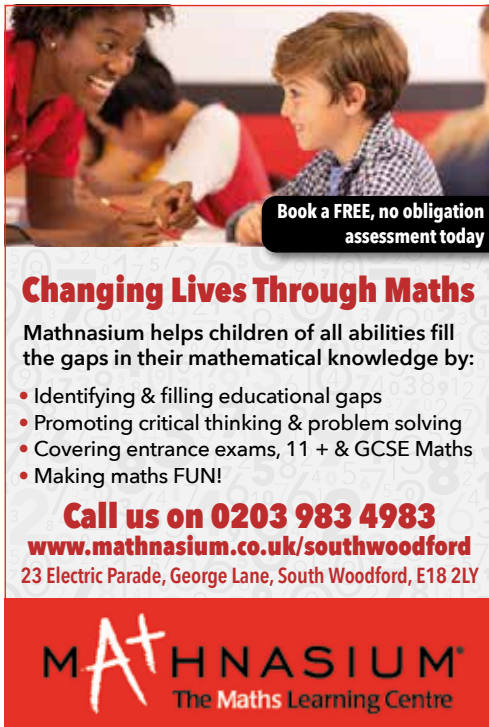
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DISCLOSURE & BARRING SERVICE

CHECKING IN

WHY PROTECTING THE YOUNG PEOPLE AROUND YOU MEANS INSISTING ON THE RELEVANT CHECKS

In the past decade or so, Criminal Record Checks (CRCs) have become commonplace in situations where organisations need to safeguard the welfare of children, young people and vulnerable adults. And this can be the case in everything from 9-5 employers ensuring their staff have been honest in job applications, to volunteers working for charities, right through to local sports teams safeguarding the welfare of young players.

The checks are done by the Disclosure and Barring Service (DBS) and take the form of a simple and relatively cheap process that takes a couple of weeks. The application can be submitted by the individual or an employee (but only after an offer of employment has been made – in other words, for a successful applicant, not for an interview candidate).

The request goes to the DBS, where a criminal background check will be made. A certificate is subsequently issued that lists any convictions.

The process has become an essential part of

verifying people who are in positions of responsibility where young and vulnerable people are concerned, and replaces what was previously a somewhat more convoluted process between the Criminal Records Bureau and the Independent Safeguarding Authority. By merging these two organisations into one entity, the DBS, in 2012, the government was able to streamline welfare checks, which meant not only a safer and more comprehensive system, but also one where people could begin helping and assisting youngsters without having to go through swarms of red tape.

Of course, while a DBS check will list noted convictions, organisations can and do undertake additional protection, welfare and safeguarding training. And as ever, as parents, the most effective reference to those helping our children comes through our own communication with both our loved ones and the organisation – it always pays to be vigilant.

Photo credit: Ascarnio/Shutterstock.com



HOW TO CLEAN YOUR *Curtains*

Did you know that you should be cleaning your curtains at least once a year and preferably once every three to six months? Although this may not sound like a lot, can you honestly remember the last time you gave yours a good wash? If not, don't worry. Discover below how to clean your curtains in five simple steps.

STEP ONE: Remove all the hooks and curtain weights and loosen the heading tape. If you are worried about the fabric shrinking, you may want to let down the hem. Take outside and shake well to remove any dust.

STEP TWO: Check the washing label of your curtains to see if they are machine washable. If they are made using a lightweight fabric such as cotton, they probably are. However, if they are large and heavy you may want to have them dry cleaned or wash them by hand. This is also the case for curtains made from velvet, wool, silk or chenille.

STEP THREE: If machine washable, place your curtains in your washing machine and add your usual detergent. Set the machine to either a "delicates" cycle or a cool wash with a slow spin to avoid damage.

STEP FOUR: If you want to iron your curtains, you should do this while they are still damp. Work lengthways, on the wrong side, stretching the fabric gently to prevent seams from puckering. If not, simply hang to dry either outside if the weather permits or inside until they are at least 95 per cent dry. Do not rub or wring out your curtains.

STEP FIVE: Thoroughly dust and clean your curtain tracks, windows and sills before hanging your clean curtains back up. You should also try to incorporate a weekly curtain vacuum into your cleaning schedule to keep them in tip-top condition for longer.

NEXT MONTH WE'LL TELL YOU HOW TO CLEAN YOUR BLINDS



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WHY BUY A beanbag?



HOME & DIY

If you are wanting to update the furniture in your home without breaking the bank, you may want to consider investing in bean bag furniture. Synonymous with comfort and cosiness, the benefits of bean bags are numerous.

1. LOOKS STYLISH

Furniture for your home needs to look the part as well as feel it. Luckily, bean bags come in a wide variety of colours and designs, meaning you are guaranteed to be able to find one that complements your home's interior. Plus, you can accessorise your bag with cushions and throws in the same way you would a sofa.

2. OFFERS PORTABILITY

If you have a small home or limited space in your living room, a bean bag is a great option as it can be moved from one room to another with ease, owing to its lightweight nature. It can also be stored away when not in use.

3. EASY TO MAINTAIN

Bean bags come in a wide variety of different fabrics, meaning you can pick the perfect one for

your needs. Choose from faux leather that is super-easy to clean, cotton that is long-lasting, and even waterproof and UV resistant material for outdoor use.

4. SAVES YOU MONEY

Even with the seemingly never-ending furniture shop sales, it is still expensive to buy a new three-piece suite for your home, with prices potentially running into the thousands. Fortunately, bean bag furniture is extremely cost efficient and you can choose from single chairs, loungers, three-seaters and more.

5. IMPROVES YOUR HEALTH

If you suffer with either muscle or joint pain, then bean bag chairs can help you by moulding to your individual shape and offering optimal support. They can also help to relieve tension headaches and correct poor posture.



INVINCIBLE houseplants

If you are looking for a hassle-free houseplant, either for yourself or as a gift for a friend, we have got you covered. Discover the below five houseplants that are virtually indestructible, even for those with a history of plant abuse.

1. DEVIL'S IVY

Incredibly popular, this hardy houseplant is stunning to look at with its unmistakable marbled leaves, and it has the added advantage of not needing much water or light. A great choice for popping on a bookshelf to brighten up your next Zoom meeting, but make sure you keep it away from children and pets as all parts are toxic.

2. SNAKE PLANT

Also known as mother-in-law's tongue, this houseplant is incredibly forgiving and therefore ideal for beginners. In the wild, snake plants can go a long time without seeing rain so they do not need frequent watering. Available in a range of different sizes, choose to place one on your home office desk or in a more impactful position in the hallway.

3. CAST IRON PLANT

This aptly named houseplant thrives on neglect and can even be grown in the dark, making it an excellent choice for rooms that do not provide much natural light. Recognisable by its deep-green glossy leaves, unfortunately, when grown indoors, you are unlikely to see its creamy purple flowers.

4. ZZ PLANT

The ZZ plant, or zamioculcas, is used to putting up with long periods of drought and can therefore survive if given to a frequent forgetful waterer. A graceful and elegant plant, place in a white-walled room for maximum impact.

5. CORN PLANT

If you are after a commanding but undemanding houseplant, then look no further. The corn plant, aka dracaena fragrans, grows tall and strong, even without your help, and may even deliver small, white flowers.



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5 alternative uses for nail polish remover

Did you know that nail polish remover is not just for nails? Oh no, it can be used for a whole myriad of other purposes around the home.

1. To shine your shoes

Although you may be wary about using acetone on your prized shoe collection, as long as you only use it on patent shoes, you are completely safe. Simply dip a piece of kitchen towel in nail polish remover and gently buff to remove unsightly scuff marks.

2. To clean your china

If you are an avid tea drinker, your china may be prone to the odd mark or two. Remedy this by scrubbing these stubborn stains with a cotton bud soaked in nail polish remover. Wash as normal before using.

3. To remove paint from your windows

Painting your windows can inject a new lease of life into the interior and exterior of your home. However, flicks of paint on your glass are a hazard of the job. Remove any wayward paint by applying acetone, letting it settle for five minutes and then rubbing away with a damp cloth.

4. To dissolve superglue

Got a bit overenthusiastic with the superglue? Don't stress. Nail polish remover will quickly and easily unglue your hands or unclog the cap of your glue. Just apply to the affected area for instant results.

5. To get rid of ink stains

Whether you have spilt ink on your fabric sofa or your child has come home from school with their shirt covered in pen marks, acetone will save the day. Mix one part nail polish remover with two parts water and dab at the stain with a soft cloth.

Other uses:

- > To sanitise your beauty tools.
- > To clean blades – dip a cotton bud in the remover, apply and rinse with soap and water.
- > To smooth minor watch scratches – drop a tiny amount onto a cloth and gently buff affected area.

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remover
strengthening

gelatin helps add nail strength
and resiliency
for natural nails
Delete & repeat



WARNING: EXTREMELY FLAMMABLE
• KEEP AWAY FROM FLAME

6 FL OZ (177 mL)

A PRINCE among men



CELEBRATING THE LIFE OF HRH PRINCE PHILIP, DUKE OF EDINBURGH

Meticulous, measured, majestic and more than a little eccentric... and that was just the funeral procession – HRH Prince Philip departed these strange shores just two months short of his 100th birthday, leaving behind a partner so hopelessly and publicly bereaved, and a nation of admirers wondering who could live up to the Duke of Edinburgh's lofty lovability.

Rarely is someone's passing met with almost universal solemnity and respect. It appears we all admired Prince Philip for different reasons – his faithful devotion to Queen Elizabeth II; his stolid determination to affect positive change; his humorous tendency to stray over the boundary of political correctness; or perhaps simply because he embodied so wholly that 'grandad' figure. Whatever it is, whatever it was, he had it, and in the stuffy silliness of modern media, he was exactly the antidote so many of us needed.

On Saturday, April 17, Prince Philip was laid to rest. In a ceremony he planned and choreographed himself, his coffin was lifted onto the back of a modified Land Rover Defender. Decorated in a stunning matt



bottle green, the hearse was Philip's own creation, while various other touches clearly bore the mark of a man who wanted to slip away with energetic, original reflections of life, not the formal bleakness of most ceremonies.

There was the empty seat on the carriage, decorated with his blanket, flat cap, whip, brown gloves and pot containing a sugar cube for the ponies; then his military cap and sword on a coffin adorned with the most beautiful personal standard flag which referenced his overseas roots, family name and Edinburgh Castle. Meanwhile, various other marine references were present during the ceremony, each a nod to his cherished naval career, which came to an end in 1951.

In truth, there was so much of this special life to be celebrated. He was born on June 10, 1921 in Corfu, his family holding both Greek and Danish royal heritage. Banished from their homeland, he spent parts of his early life in France and Germany before settling in Britain.

It wasn't an easy childhood – his mother was admitted to a psychiatric institution, and he was separated from his family after landing in the UK. He studied at Cheam School before relocating to Scotland. He served in the British Navy during the Second World War, despite members of his family effectively fighting for the opposition as part of the Axis.

He denounced his Greek and Danish titles and adopted the surname Mountbatten – from his mother's side – so he could marry Princess Elizabeth in 1947 at Westminster Abbey, eight years after they had first met.

He was doted on by his four children – Prince Charles, Princess Anne, Prince Andrew and Prince Edward (Prince Edward will now take his title) – and never wavered from his role as the Queen's consort... in fact, the longest in royal history. A passionate supporter of everything she did, he also undertook his own projects, notably the Duke of Edinburgh's Award which, to this day, continues to promote youth achievement across many different disciplines.

He enjoyed polo, boat racing, piloting aeroplanes, painting and antiques, and while deteriorating health in recent years proved concerning, it was supposed he had recovered from a recent stay at St Bartholomew's Hospital; yet he slipped away peacefully on April 9, 2021 at Windsor Castle.

In total, almost 14 million of us watched the Duke of Edinburgh's funeral, and even the staunchest anti-royal must have pitied the senior Windsors being forced to display their grief in public. Such are the realities of a state funeral, and so it is conditioned that the only follow-on from a life played out in the public eye is a memorial on the same terms.

Prince Philip was born of a different time and a different generation of royalty, yet he fit so wonderfully into modern-day society and brought joy to many.

His unique, charismatic, eccentric take on the world is something we just don't see very often these days, with most public figures keeping their cards close to their chests for fear of repercussions.

His truly one-of-a-kind presence will be sorely missed by the Royal Family, the nation and the world.



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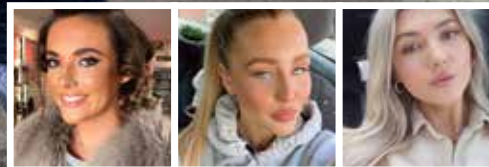


LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Friends team up to boost mental health awareness

Three friends will walk from South Woodford to Buckingham Palace in a bid to raise money for a mental health charity.

Molly Russell (left inset), Lucy Wiles (middle inset) and Brodenn Faulkner (right inset) will take on the 20-mile walk to support Young Minds, which provides a voice for young people's mental health and well-being.

Molly decided she wanted to raise awareness of mental health after witnessing the toll lockdown has had on people's mental health.

She said: "Since lockdown hit, I've heard so many devastating stories.

"What really made me want to do something was watching the programme about Roman Kemp and his friend who committed suicide. I was so upset about it, so I really wanted to help."

Molly added that, in preparation for the event, they have been walking on weekends.

She said: "Throughout lockdown, there has been

nothing to do, so I've been going on walks every weekend.

"We are training together and it's been really nice now that we are allowed to go on long walks together."

Molly added that they are overwhelmed with the donations they have received so far.

She said: "Whatever we can get is obviously going to help. We set out to reach £500 initially as it has been a hard year and many people have lost their jobs.

"Lucy works at The AIM Group, which does a lot for mental health and offers government-funded courses that help people get jobs. It donated £250 towards our target, which was great."

Molly, Lucy and Brodenn will be walking from South Woodford to Buckingham Palace on Sunday, July 25.

At the time of writing, the group had raised more than £700.

To donate go to: uk.gofundme.com/f/young-minds-mental-health-walk



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Officers issue appeal after kidnapping



Photo credit: Google Maps

Detectives have issued an appeal for information and witnesses after a man was kidnapped in South Woodford.

At around 3pm on Sunday, April 11, police were called to Queen Mary Avenue after receiving reports that a man had been kidnapped.

Witnesses said they saw two men get out of a grey Ford Transit van and punch another man several times before dragging him into the van. There was a third suspect inside the van.

The men then drove off, closely followed by a black BMW. The driver of the BMW had been speaking with the victim moments before the van arrived.

On attending the scene, officers carried out a search of the area and traced the van to Chigwell, where it was stopped in Brook Parade.

Three men exited the van and fled the scene. Two of the men, both aged in their 20s, were arrested nearby and later charged.

The victim, aged in his 30s, was recovered from the back of the van and taken to hospital with non-life-threatening injuries.

Police are continuing with enquiries to trace the third suspect and the BMW driver.

Anyone with information is asked to call police via 101, quoting CAD3965/11Apr.

Virtual music festival to go ahead this month

South Woodford residents will have the chance to attend a virtual music festival in support of local charities.

The Virtual Festival of Music, hosted by the Rotary Club of Leytonstone and Woodford, will take place on Friday, May 21, at 7pm and will be in support of Haven House, Chigwell Riding Trust and other rotary charities.

There will be a host of performers at the event,

including pianist Colin Sell, Niall Weir, Phoebe-Jane Weir and Ron Burton.

The virtual festival will take place on Zoom. The suggested donation for those tuning in is £12 per household to help support the charities.

To register, email Peter Blake at peter.blake97@outlook.com

Visit www.rotaryleytonstonewoodford.org for more information.

Club to return to football ground after 27 years

Woodford Town Football Club (WTFC) will be returning to play at Ashton Playing Fields after a £1.6million investment.

Redbridge Council funded construction of a new grandstand on the site in Woodford Bridge.

During an opening ceremony before the COVID-19 lockdown, Woodford Town FC unveiled the new grandstand, named after councillor Jas Athwal (pictured left), Redbridge Council leader, in a surprise gesture from the club.

The tribute was in recognition of cllr Athwal and the council's relentless drive to regenerate Ashton Playing Fields for athletes, the local community and future generations.

WTFC will make an emotional return to Woodford after 27 years away. Their former home ground was situated off Snakes Lane East. In 1993, the club lost its ground and transferred to Division One of the Spartan League.

Cllr Athwal said the council is thrilled to see the fantastic new facilities complete.

He said: "I'm truly humbled that the stand has been named after me. It's one of my proudest moments as leader of this great borough, once I recovered from the shock of the surprise.

"Our intention was always to develop an athletic centre of excellence that would be a fitting facility for elite athletes, local schools and the local community. I'm delighted we have delivered just that.

"And what a great homecoming it must be for Woodford Town Football Club after all these years."



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NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



The sky's the limit.

Experience an adrenaline-fuelled adventure of a lifetime and take on a tandem skydive for Haven House Children's Hospice.

Haven House, in Woodford Green, is looking for a team of brave people to take part in a skydive this June to raise funds for the hospice, which cares for seriously ill children and their families.

Sophie Bragg, events manager, said: "Skydiving is an unbelievable and exhilarating rush like no other, and no experience is required. Skydivers will be attached to an instructor and will then take part in a freefall from 13,000ft at a speed of 120mph through the clouds, before gliding back down to the ground below.

"Haven House is a lifeline for hundreds of local families whose children have life-limiting or life-threatening conditions. The last year has been particularly challenging in terms of fundraising. We need the help of our local community now more than ever so that we can continue to be here for families who are going through the toughest of times."

Key information:

- > Date: Saturday, June 12, 2021
- > Location: Chiltern Park Aerodrome
- > Registration fee: £50

> Minimum fundraising target: £400

For further information please visit havenhouse.org.uk/skydive2021



Man charged in drugs operation

A man from South Woodford has been charged with conspiring to supply class B drugs after officers carried out warrants across the UK.

Andrew Babayale, 34, of Meadow Walk, South Woodford, was charged with conspiring to produce cannabis and to supply class B drugs.

Officers from six police forces executed 29 warrants across London and the UK on Wednesday, March 24, as part of an operation to tackle the sale and distribution of class A and B drugs.

The Met's Specialist Crime Command charged a total of 14 people with multiple offences.

Rayol Telemague, 41, of Longbridge Road, Barking, was charged with conspiring to produce cannabis, conspiring to supply class B drugs and possession of a firearm and ammunition.

Dennis Bernard, 43, of Homerton Road, Hackney,

was charged with two counts of conspiracy to supply class A drugs, attempting to possess a handgun and attempting to possess ammunition without a certificate.

Micah Ford-Simpson, 30, of Southwold Road, and Ibrahim Kutlu, 36, of Harleston Close, Clapton, were each charged with two counts of conspiracy to supply class B drugs.

Edward Babayale, 33, of Cropley Street, Hoxton, was charged with conspiring to produce cannabis and to supply class B drugs.

The additional people charged are from Plymouth, Hertfordshire, Bristol, Hillingdon, Brentwood and Leytonstone. They were due to appear at Stratford Magistrates' Court last month.

Two other people arrested as part of the warrants have been released under investigation.



LOCAL NEWS



Woodford and District National Trust



Like many voluntary organisations, our local National Trust Centre has been treading water since the start of the pandemic – so much so that we have not been able to have any meetings in person and all our events have been cancelled.

We have managed three Zoom talks and have another planned for Tuesday, May 11, at 3pm, given by Georgina Green on the subject of Favourite National Trust Properties. Details will be given nearer the time.

Our spring newsletter has just been issued and distributed to members, giving details of our summer outings and annual holiday.

It is our intention to commence our talks programme, COVID-19 restrictions notwithstanding, in September at our usual locations of All Saints' Church Hall, Woodford Green, and Memorial Hall, South Woodford. Details of these will be issued in due course.

If anyone is interested in joining the National Trust Centre they should contact Richard Speller at speller643@btinternet.com

Travel agency among the best

A travel agency in South Woodford has been recognised as one of the best in the industry.

The *Travel Trade Gazette* (TTG) named Abbotts Travel on its Top 50 Travel Agencies 2021 list – one of just three agencies in London to be included.

The list, which considered more than 400 travel agencies, assessed customer service, expertise, business performance, handling of the pandemic and efforts to give back to the local community.

Julian Abbott, owner of Abbotts Travel, said staff are extremely grateful to be recognised as part of the award.

He said: "The last 12 months have taught us the importance of continuity, of having a local presence built on loyal clients and a personalised service.

"To be recognised by the industry for our efforts is a huge boost and source of pride and I am sure will be appreciated by both our clients and the local community.

"One of the few positives to come out of this crisis has been the opportunity to highlight the value and security in booking with an accredited travel agent."

Julian added that the team are looking forward to booking holidays for those who are hoping to travel abroad in 2021 and 2022.

He said: "I'm feeling positive about the latter part of this year and next. I have spent a year unravelling holidays and don't want to be in that position again.

"We have great clients who offer so much support and who can't wait to come in and book something."



Photo credit: Abbotts Travel



FIRST AID for pets

Knowing what to do in an emergency can be the difference between life and death when it comes to your beloved pets. From what to put in your pet first aid kit to the benefits of undertaking a pet first aid course, keep reading to ensure you are equipped to help your pet when they need it most.

PET FIRST AID CHECKLIST

All pet owners should have a pet first aid kit, for use both at home and when out and about. You should also keep your vet's number stored in your phone in case of an emergency. Your kit should contain:

- + Bandages
- + Blunt-ended scissors
- + Wound wash and dressing
- + Cotton wool
- + Tweezers (standard and tick)
- + Self-adhesive tape
- + Vinyl gloves
- + Foil blanket
- + Antiseptic wipes
- + A blanket (to be used as a stretcher)

WHAT CAN I EXPECT TO LEARN ON A PET FIRST AID COURSE?

Although not intended as a replacement for professional veterinary care, a pet first aid course can give you the skills needed to deal with an

emergency should it arise.

During a pet first aid course, you can expect to learn:

- + Overall pet health
- + Tips on examining your pet
- + Pet digestion
- + Signs of dehydration
- + How to treat burns
- + How to treat a choking pet
- + Basic CPR for pets
- + Signs of frostbite
- + What to do if your pet goes into shock
- + Drowning first aid
- + How to approach an injured animal
- + How to check vital signs

The exact course material may differ from one course to another.

WHERE CAN I GET FREE PET FIRST AID INFORMATION?

The People's Dispensary for Sick Animals offers a free downloadable pet first aid guide on its website www.pdsa.org.uk/get-involved/our-campaigns/free-first-aid-guide

It also offers local pet first aid courses, although you will need to check if these are up and running again after a temporary suspension of service owing to the COVID-19 pandemic.





MAY BIRTH FLOWER OF THE MONTH:

Lily

The May birth flower is the delicate and sweetly scented lily. Available in a wide range of vibrant colours, each shade conveys a different meaning. Planted as bulbs, lilies are perfect for containers and flower borders, making them a great choice for small and large gardens alike.

What does the lily symbolise

As mentioned above, the lily holds many different meanings which are dependent upon its colour:

- > Pink lilies symbolise femininity and admiration
- > Red lilies represent love and passion
- > Orange lilies convey confidence and energy
- > Yellow lilies are used to say thank you
- > White lilies portray purity and rebirth

What does this birth flower say about you

If your birth flower is the lily, you are said to be practical, with the ability to tackle even the most challenging situations. Contrary to the toxic lily flower, you are sweet, tender and with a huge capacity to love, meaning that others always feel safe in your company.

How to grow lilies

Lilies are planted as bulbs and are ideal for placing in containers or in sunny borders. There are two main types of lily that you can choose from: Oriental lilies and Asiatic lilies. The former give off an intense aroma and are large in stature, whereas the latter are available in a wide variety of vibrant colours but are sadly unscented.

Lily bulbs thrive in moist, acid soils, so if placed in a container, be sure to add ericaceous compost.

Do lilies come back every year

Lilies are perennial flowers which mean that they will return year after year. Requiring minimal care if planted correctly, make sure you do not overcrowd your bulbs and place in full sun where possible.

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GARDENING

GARDEN OF LIFE

MOISTURE *in the air*

In the final part of our series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of moisture in this wondrous ecosystem.

While we may bemoan the washing getting wet when we forget to bring it indoors, the cycle of moisture in our gardens is perhaps nature's greatest wonder of them all. Consider it – we've all gazed out across our lawns or poked around a plant on a window ledge and known that when nature either dries out or floods, the end is nigh.

On a local level, moisture in our plant soil is the difference between a flowering plant and a wilting one; or perhaps a ripe, juicy tomato and one that fails to develop.

On a national, mass-market scale then, getting the moisture content right means looking after the production of every variety of crop, for both human

and animal consumption.

And yet, controlling moisture goes far beyond even that, because the density of water in the soil is vital in regulating the exchange of water and heat energy between plants and the atmosphere, via evaporation. This leads to the production of weather patterns all across the world, and especially determines levels of precipitation.

Even on its way into the atmosphere, moisture is stabilising our climate, plus helping animal life that's dependent on perspiration to regulate internal body temperature – something that's key to survival.

It all adds up to the fact that the humble bit of soil around your petunias is, in the most minute of ways, contributing towards the maintenance and welfare of the flora and fauna and of people's lives in towns, villages and cities all across the world, whether their fear is flash floods, droughts or even potential starvation.





SMART savings

As well as offering convenience, did you know that smart technology can actively help you to save money?

Check out the best budget-busting smart gadgets for your home below.

BLINK – The Mortgage Magnet

Launched this spring, Blink is a free fridge magnet that flashes to let you know about better mortgage deals. Simply sign up to Dashly, a mortgage comparison site with a difference, and your new magnet will alert you when a better deal becomes available.

Possible savings: £2,620 per year

LEAKBOT – The Leak Detector

Did you know that one in three households experiences a leak each year? Avoid this costly occurrence by investing in a LeakBot, a handy device that clips to your mains water supply pipe and detects leaks. If you have insurance with Neos, Aviva or Legal & General, you can get a LeakBot for free. Retail price of £149.

Potential savings: £633 per detected leak

HYDRAO – The Water-Saving Shower Head

If you love a long shower but don't like the high water bills that come with one, the Hydrao shower head is the smart gadget for you. Using water more economically than a standard shower head and with a light that changes from green to red when you've used 50 litres of water, this device costs £62.

Potential savings: £135 per person per year

DRY:SOON – The Heated Aired

For those who rely heavily on their tumble dryer, this money-saving smart device is exactly what you need. Costing just 6p per hour to run, compared to 36p per hour for a tumble dryer, the Dry:Soon heated airer has the ability to slash your drying costs. Retail price of £149.99.

Potential savings: £51 per year based on twice weekly usage

TAPO – The Smart Plug

Only £8.99 to buy, the Tapo plug allows you to remotely turn on and off appliances such as fans, electric heaters and dehumidifiers, saving you money and helping the environment.

Potential savings: £128 per year



Photo credit: Everett/Shutterstock



★ THE STORY OF ★ BONNIE & CLYDE

Two destructive lives combine to fuel a potent love story



The glamorisation of Bonnie and Clyde in modern culture is certainly at odds with the murder and robbery spree that led to the FBI pursuing them and, ultimately, effecting their fatal end in 1934.

Having first met four years earlier, Bonnie Parker and Clyde Champion Barrow had both already been on the wrong side of the law, and the signs were there of the peril they could cause to the unsuspecting, not least when Bonnie helped Clyde smuggle a gun into prison in 1930, when he was locked up for a robbery charge. He escaped but was recaptured, yet remarkably was released just 18 months later.

Their crime spree began in earnest in 1932. Joined by three other criminals, they undertook a number of robberies, escaping capture by any means possible. Indeed, by the time their criminal lives were brought to a halt, it's said they had murdered at least 13 people.

As well as seeking financial gains, the couple sought to break convicts out of jail, notably cohort Raymond Hamilton from Eastham State Prison Farm at Waldo, Texas, who was serving sentences totalling in excess of 200 years.

By the middle of April 1934, the FBI had traced the pair to a remote part of Louisiana following the couple's theft of a motor vehicle. Posters were distributed to police staff throughout various states and the hunt was on.

Intelligence suggested they were due to return to the location of a party that was held near Siles in Louisiana two days previously. On May 23, 1934, officers from the county and neighbouring Texas converged to create an ambush on the side of a highway, concealing themselves in bushes. Bonnie and Clyde appeared in a motor car and, unable to turn and flee, were killed instantly as more than 100 shots rained through the front windscreen of the vehicle.

QUIDS IN

How to make money back on your online purchases

While the three lockdowns we've endured since March 2020 may not have done much for our mental health, they have at least, as very small consolation, given new energy to consumerism. From shops and online retailers needing to find new ways to connect with a marketplace unable to act in the same way as before, to huge quantities of dormant pre-lockdown stock needing to be shifted, it's a good time to be on the lookout for deals.

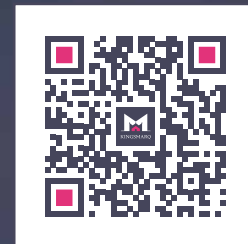
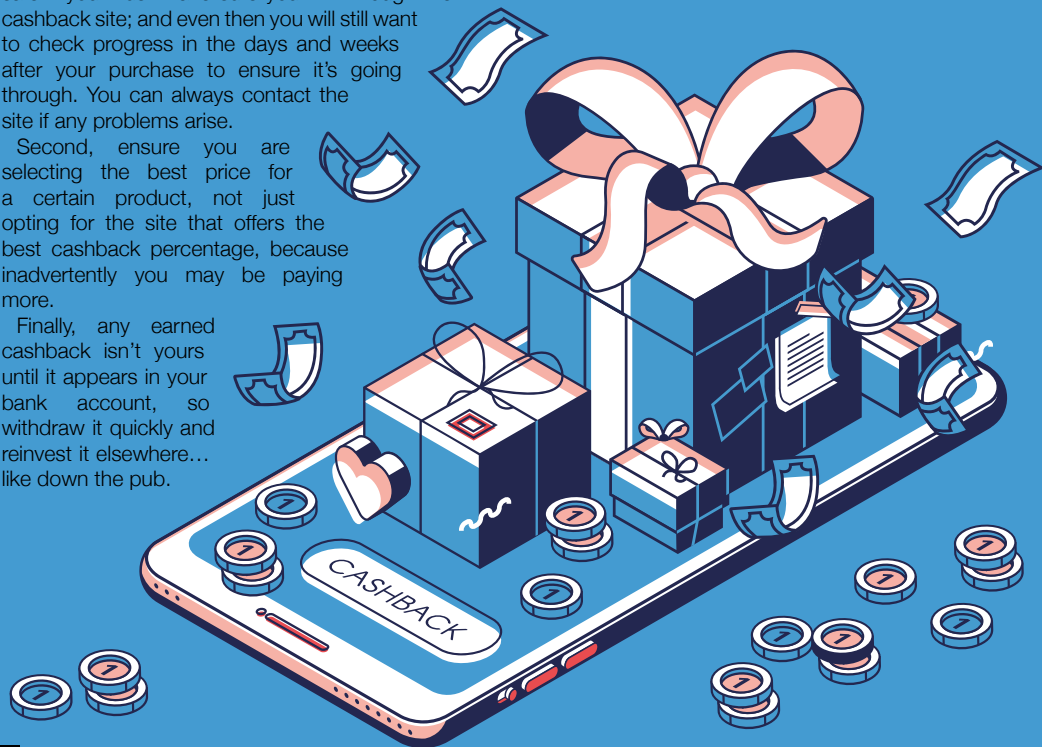
Sure enough, in a world that is more driven than ever towards consumerism, online tracking of purchases through cashback sites can provide an additional useful bonus to purchases – they might even determine which retailer you buy from in the first place.

Sites such as Quidco and TopCashBack advertise cashback offers from thousands of retailers. Simply follow the link to Nike, Next, New Look or whoever has a product you desire, and make a purchase, which will be tracked using cookies. You will have been given a percentage cashback level – usually between one and 10 per cent. A few weeks later, that cashback will appear on the platform, ready to be withdrawn into your bank account or converted into a gift card.

There are a couple of operational points worth noting. First, the tracking process isn't 100 per cent fail-safe – you must make sure you link through the cashback site; and even then you will still want to check progress in the days and weeks after your purchase to ensure it's going through. You can always contact the site if any problems arise.

Second, ensure you are selecting the best price for a certain product, not just opting for the site that offers the best cashback percentage, because inadvertently you may be paying more.

Finally, any earned cashback isn't yours until it appears in your bank account, so withdraw it quickly and reinvest it elsewhere... like down the pub.



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TRAVEL

Brexit, travel and your

PASSPORT

ENSURING YOUR PASSPORT IS FIT FOR OVERSEAS TRAVEL IN 2021

We've become used to the uncertainty suffered from the drawn-out Brexit process and what our departure from the EU ultimately means for the UK; yet gradually the intricacies of us operating as an independent nation are becoming clear.

A hot topic has been the use of our passports when going abroad, although the intensity of this discussion has been held back by COVID-19 and a general inability to travel anywhere in the world.

In essence, there are two main points to take into consideration: from January 1, 2021, anyone leaving the UK needs to have six months left on their passport in order to be able to travel throughout Europe. Not only that, but your passport will need to be less than 10 years old.

The one exception here is when travelling to Ireland. Although this is still part of the EU, you

are able to use your passport any time up until its expiry date.

While these are the immediate changes when it comes to travelling to Europe, throughout 2021 we will continue to be issued with new blue passports. These are a throwback to the old-style British passports which were in use until 1988, before the burgundy EU passport came into play.

As far as visiting EU countries goes, no visas are required when travelling to mainland Europe, and stays are permitted for 90 days in any 180-day period. Again, there are some exceptions – when travelling to Bulgaria, Croatia, Cyprus and Romania, for instance – so it's best to check the finer details on the Foreign Office portal of the gov.uk website to ensure your deserved holiday doesn't come unstuck before you've even made it to the aircraft.

Buy or Lease?

The ins and outs of buying versus leasing, and which one you should choose

The trend in modern motoring, certainly where new cars are concerned, is to lease rather than buy. The advantages of leasing speak for themselves – you'll need to put down only a small amount of money upfront, your monthly payments can be configured according to the budget you set out at the start, and you have the option of upgrading the car every few years so you're always rocking about town in the latest model.

There's also the reassurance of knowing that if something goes wrong with the vehicle, you'll be covered by the manufacturer's warranty; and that fear of the unexpected, when you hear that horrible, grinding sound... well, it's someone else's problem!

You'll also find that road tax can be covered, and you may even get the vehicle delivered to your door.

The appeal of what is, in effect, borrowing a vehicle is at odds with the way we view other things in life. Home ownership, for instance, is taken as preferable over renting, yet owning a car outright is fraught with perils.

If you can afford the entire cost of a vehicle upfront you're immediately into the realms of depreciation

the moment you turn the key in the ignition – and of course any repair bills fall to you and you only.

That said, you won't have to subscribe to any mileage limitations, nor will you be dealing with broker fees. And while many pay for new cars through PCP (personal contract purchase) or HP (hire purchase) finance, you do have a potentially substantial asset ready to be cashed in when you decide you want to switch to another vehicle.

Buying over leasing very much comes down to personal circumstances – what's right for you will be wrong for someone else. As ever, do the maths and, more than anything else, drive safely!



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HOW A SHY JAPANESE GOLFER MADE HISTORY AT THE MASTERS

In all honesty, golfer Hideki Matsuyama probably isn't cut out for a life in the spotlight of the sporting world. The 2021 Masters champion, who originates from the place in Japan that gave him his name – Matsuyama is a city in the Ehime region on the island of Shikoku – claimed victory at the iconic Augusta course in April, finishing a shot clear of American youngster Will Zalatoris.

"I am relieved," he said afterwards. "It looked good coming into the final day – the course was playing well for me and I knew I just had to hold my nerve."

"It is the proudest moment of my sporting life."

Success hasn't come quickly or easily. Indeed, Matsuyama has had to wait four painful years to make amends for a catastrophic loss of confidence on the back nine of the 2017 PGA Championship when he seemed set to take the title.

Recovering from hitting five bogeys in the final

trappings that cost him that victory has taken the 29-year-old time, and although he again wobbled on his way to finally setting the record straight as he posted an overall 10 under par, this time he held on to the clamours of delight emanating from his homeland.

Japan is a golf-mad country and finally it has a golfing champion to call its own; not just that but a man who values respect and humility. He bowed to the 18th fairway at Augusta as a mark of respect and, despite pocketing the \$2million first prize, still flew back to his homeland alone, on a standard flight. Indeed, perhaps the most iconic image of the whole weekend was Matsuyama sitting at Augusta airport on the Monday, dressed down, checking messages, and that famous green blazer casually draped over a neighbouring seat.

Japan has a champion to be proud of, as does the sport of golf.

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WORDLADDER: BACK, BARK, BARN, DARN, DAWN, DOWN



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

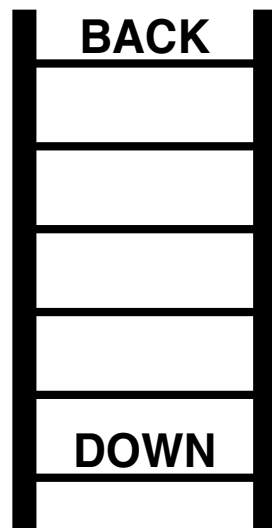
- ▶ QUACK
- ▶ QUALIFY
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- ▶ QUARREL
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- ▶ QUICK
- ▶ QUIET
- ▶ QUINTUPLE
- ▶ QUIRK
- ▶ QUITE
- ▶ QUITTER
- ▶ QUIVER
- ▶ QUIZ
- ▶ QUORUM
- ▶ QUOTE
- ▶ QUOTIENT



DID YOU KNOW?

- ▶ Lots of plants are used as dyes. For example, teabags and stewed onion skins
- ▶ According to Guinness World Records, the tallest planted tree was a Eucalyptus regnans planted in Dunedin, New Zealand. It measured 82.25 metres on November 15, 2018
- ▶ Pollen from trees provides essential food for bees in the early spring
- ▶ Orange carrots were created by crossing various other colours of the vegetable
- ▶ Seeds can be dispersed in several ways. Some of the most common are the wind, water and animals
- ▶ The stem of a plant is used to transport water and nutrients to different areas
- ▶ Mushrooms have their own immune system

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.

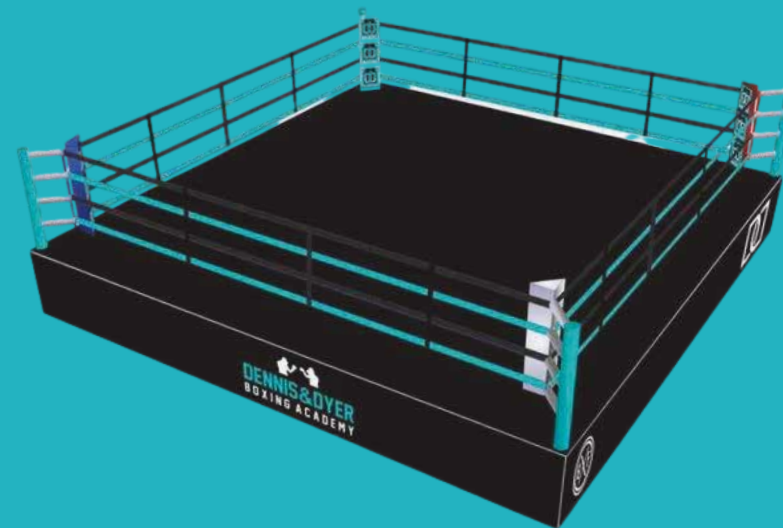
DO NOT rearrange the order of the letters.

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



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