

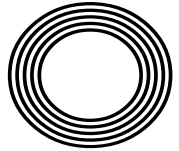
**HOW TO
PERFORM
CPR ON
AN ADULT**

50 YEARS
of Mr Men and Little Miss

Sue Barker
Celebrating the TV presenter's career

SIR RICHARD
BRANSON

The billionaire completes out-of-this-world venture



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Editor's notes...

AUGUST 2021



Brett Shohet, Editor

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

I hope everyone is enjoying the UK summer. While it's been a tough year in many respects, this summer of sport has been an absolute blessing - I'm exhausted just watching it.

It's been an amazing couple of months - tennis, cricket, Formula 1 and now the Olympics have all made for fantastic viewing, but football in particular has made this summer special for me and so many others.

The 2020 European Championships offered an opportunity to celebrate with friends and family - I felt like a kid again, cheering and going mad.

What a fantastic escape from some of the struggles we've had as a nation in recent times.

Unfortunately, it ended in disappointment. And I'm not referring to the championships themselves - our players were absolutely phenomenal - I'm referring to the individuals who inexcusably decided to abuse three young players from our heroic squad. Those committing such hate crimes are the only individuals who let our country down during the Euros, and I hope they are ashamed of themselves.

On a lighter note, we have fantastic opportunities for some new sales staff as we look to grow our team. So if you're interested in taking up a sales or business development position, please get in touch with me.

Thanks as always for reading.

Brett Shohet

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

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SPORTING INJUSTICE?

SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.

The ever-evolving world of sport is perhaps only rivaled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'

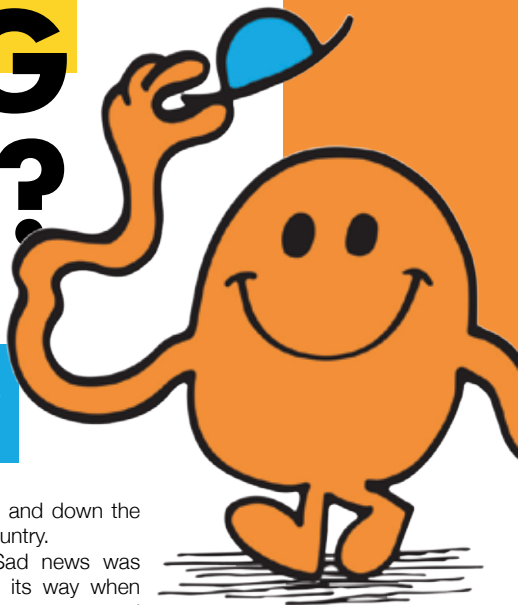
The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".

A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

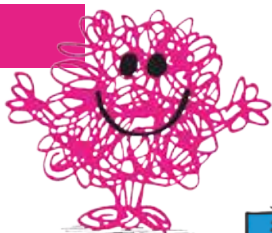
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



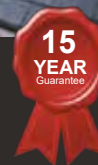
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MAKEOVER

your man

Unlike women, most men seem to have an "if ain't broke, don't fix it" approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

THE TEXTURED CROP

Best for triangle-shaped faces

If you've got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

THE LONG & LAYERED

Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

THE CHERUBIM

Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don't mind a slightly feminine look.

THE MESSY BED QUIFF

Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

THE SWEEP BACK

Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



Photo credit: www.shutterstock.com, Trendyhair/Shutterstock.com, OrlinWard/Shutterstock.com, Kelly_Hutchins/Shutterstock.com, jennabobkiss/Shutterstock.com

WEDGES

Whether you're lacking in the height department or simply love the look of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?



What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.



vs
Heels

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10-15 minutes after wearing.



HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.



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UNUSUAL FRUIT OF THE MONTH:

Kiwano

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.

HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored





Super SIMPLE SCONES

To celebrate Afternoon Tea Week, we are treating you to a delicious and simple scone recipe that anyone can master. Plus, discover the proper way to enjoy a quintessentially British afternoon tea.

YOU WILL NEED (makes 8 scones):
350g self-raising flour | 1 tsp baking powder | 3 tbsp caster sugar | 85g butter, cut into cubes | 175ml milk | 1 tsp vanilla extract | ¼ tsp salt | Squeeze of lemon juice | Beaten egg for glazing | 30g sultanas if desired | Jam and clotted cream to serve

HOW TO MAKE:
STEP 1: Heat the oven to 220°C/200°C fan/gas mark 7.
STEP 2: Pour the flour into a large bowl and add salt and baking powder. Mix well.
STEP 3: Add the butter and rub with fingers until you have a crumb consistency. Stir in the sugar and sultanas if desired.
STEP 4: Heat the milk in the microwave for 30 seconds until warm and then add vanilla extract and lemon juice.
STEP 5: Place a baking tray in the oven.
STEP 6: Make a well in the dry mix and add the liquid. Combine quickly.
STEP 7: Scatter flour on a clean surface and tip out the dough. Dredge the dough with more flour and fold over until smooth.
STEP 8: Pat into a round shape, around 4cm deep, and then take a 5cm-diameter cutter and dip it in flour. Plunge into the dough and repeat until you have all your scones.
STEP 9: Brush the scones with beaten egg and arrange on the hot tray.
STEP 10: Bake for 10 minutes until risen and golden on top. Enjoy with jam and clotted cream.

AFTERNOON TEA ETIQUETTE TIPS:

- Sandwiches must be eaten first – with fingers, not cutlery
- Scones should be second and eaten warm
- Scones should be broken in half by hand and each half eaten separately
- One person, 'mother', is elected to pour the tea. Guests can then add milk and sugar if desired
- Tea should be stirred back and forth, never in a circle
- A touch of fizz is allowed.



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HISTORY



WHEN THE MONA LISA *went missing*

DETAILING THE 110TH ANNIVERSARY OF THE THEFT OF THE ICONIC PORTRAIT

Stealing the world's most famous pieces of art is usually about status, spite or financial gain, yet for Vincenzo Peruggia, the architect of the theft of the Mona Lisa on August 21, 1911, it was none of these things... or so he said.

Painted in 1503, the painting ended up in France following Napoleon Bonaparte's widespread plundering of art during the Napoleonic Wars. Many of its various mysteries – the creeping smile, the haunting face, even the lack of eyebrows – can only be answered by its long-dead creator, Leonardo da Vinci.

The masterpiece had hung in the Louvre for more than a century before Peruggia, an employee at the museum on the banks of the Seine, snuck it out under his smock after having hidden in the building overnight. The gendarmerie were at a complete loss as to who stole the artwork and the theft created a media sensation, with the mystery featuring on the front pages of newspapers worldwide.

Peruggia kept the painting in his apartment in Paris for two years, then took it back to Italy. Herein lies his claim that it was removed expressly with the intention of returning it to its homeland. The thief's explanation was undermined by the fact that when contacting Florence art dealer Mario Fratelli, he placed a 500,000 lire price tag on the piece.

No sooner was the deal discussed than the prospective buyer contacted the police and Peruggia was arrested.

For his crime, the Italian received only a short prison sentence – he served seven months and was hailed a patriot upon his release. Alas, his attempts were in vain, as the Mona Lisa was returned to the Louvre, where it has been on display ever since, its notoriety merely enhanced by the theft.

Peruggia died in 1925 on his 44th birthday, leaving behind a wife and daughter.



HIVEO *alive*



TECHNOLOGY

SMART HEATING SYSTEMS AND HOW THEY WILL STYLE OUR FUTURES

Like a scene from a science fiction novel, you can now control appliances and systems in your home using your voice, a sleek home hub, or even remotely via your smartphone. From doorbells and lighting to security cameras and motion sensors, it has never been easier to make your home work for you. We also now have smart heating systems, such as Hive or Google's Nest, that have revolutionised how we heat our homes.

As the names suggest, these systems are developed with your preferences, lifestyle and – most importantly – comfort in mind. Gone are the clunky thermostats of yore that were either painfully complex to programme, or frustratingly simple with nothing more than a temperature dial. Both Nest and Hive boast stylish thermostats with customisable options, and, even better, you can also download a corresponding app that gives you full control over both your heating and hot water even while away from home.

Better still, this level of control helps you save money in the long run. Going to be home an hour late from work? Simply delay your heating until you're on your way back. Concerned about a sudden drop in temperature while you're away for the weekend? Enable the frost setting via your app to protect your pipes. You can even create zones within your house by buying smart radiator valves, to reduce your overall energy output while you're at home.

Going forward, it seems likely that devices such as these will become as ubiquitous as the kitchen sink as we edge closer towards the reality of the hi-tech modern home.



Photo credit: currys.co.uk, grahamdirect.co.uk, Hive YouTube



A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

YOU WILL NEED

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

HOW TO MAKE

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

OTHER CHALK CREATIONS TO MAKE AT HOME

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.



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ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of "the best night's sleep you'll ever have" – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it's a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Photo credit: city.com

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting 'space-inspired' fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what's worse – counting pennies or counting sheep?





HOME & DIY

grillo designs: inspiration FOR EVERY HOME

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.



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SPACE IS THE PLACE



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HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.



LOCAL NEWS

from your neighbourhood



New plans to upgrade community vet surgery revealed

A vet surgery in South Woodford which has been serving the community since the 1950s could be knocked down and rebuilt under new plans.

The surgery on Woodford Road, which is owned by the Goddard Veterinary Group, could be demolished and converted into a modern two-storey building.

In plans submitted by the veterinary group to Redbridge Council, a number of improvements are laid out, including dedicated cat and dog waiting areas, state-of-the-art scanning and blood-testing facilities, and new surgery facilities.

The plans also include a three-bedroom self-contained flat on the first floor.

Mark Gill, operations director at Goddard Veterinary Group, said: "The group was established in 1952 with the 24-hour Wanstead Veterinary Hospital and has grown to become one of the biggest family-owned practice groups in the UK, with 44 branches and three hospitals across London.

"Updating and upgrading our South Woodford

premises to reflect modern advances in pet healthcare is essential to ensure we can continue offering high-quality services and meet the demands of the increasing number of pet owners in our community.

"The existing building and layout does not allow this, and to be able to invest in a new facility in the local area, so close to our roots, will underline our commitment to our wonderful staff and our clients. We expect to continue running our usual veterinary services on the site during construction with only minimal disruption."

The design statement, created by Dicksons Architects on behalf of Goddard Veterinary Group, explains that the plans would improve facilities, provide residential accommodation for staff, and use a sustainable method of construction.

The plans were open to comments until July 18 and, if approved, building work is expected to begin later this year.

To view the application, visit planning.redbridge.gov.uk/redbridge/application-details/186199

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Bereaved family joins hard-hitting campaign

LOCAL NEWS



Photo credit: BRAIN TUMOUR RESEARCH

A bereaved family from Woodford Green is starring in a new charity campaign to raise awareness of brain tumours.

The Hetherington family (pictured), including mother-of-two Shaz, is sharing its story as part of Brain Tumour Research's Stop the Devastation campaign.

The campaign aims to raise awareness of brain tumours, expose the history of underfunding for research into the disease, and encourage people to donate to help find a cure.

Shaz's husband, David, died in November 2016, aged 39, after being diagnosed with a tumour when Shaz was 31 weeks pregnant with their first child.

Initially diagnosed as a low-grade oligoastrocytoma, over time David's tumour developed into a grade 4 glioblastoma multiforme (GBM).

Speaking of her husband, Shaz said he was her "soulmate".

She said: "David and I met at work and we hit it off straight away. People said we were made for each other and he was definitely my soulmate. We had so many plans for what we were going to do together.

"After his diagnosis, we lived from scan to scan. When it was good news, we would go on holiday. Then it got to a time when there were no more holidays.

"My heart is broken. I live from day to day and, were it not for the children, I don't know what I would do. It's lonely being a widow, not something I ever thought I would be in my 30s."

To find out more about the campaign, visit www.braintumourresearch.org/stop-the-devastation

Teen arrested after police respond to stabbing

Police officers responded to reports of a teenager being stabbed in Woodford Green last month.

On Friday, July 9, police were called to the junction

of St Barnabas Road and Snakes Lane East to reports of a stabbing.

After reaching the scene just after 3.30pm, officers found a 16-year-old boy suffering from stab injuries.

The teenager was taken to hospital and his condition was assessed as not life-threatening or life-changing.

A 16-year-old boy was arrested on Tuesday, July 13, on suspicion of grievous bodily harm. He has since been bailed.

Any witnesses or anyone with information about the incident is asked to call police on 101 quoting CAD 4478/09July.

Bake sale raises more than £15,000 for hospice

A Woodford Green resident has continued to go above and beyond for a local hospice, with 2021 marking 16 years of her charity bake sales.

Michelle Vanlint has been hosting a bake sale to raise vital funds for Haven House Children's Hospice for the past 16 years.

This year, Michelle hosted a bake sale in her garden in a COVID-19-safe environment, baking 100 cakes to raise more than £15,000 for the hospice.

Michelle wanted to express her thanks to those who helped make the bake sale such a success.

She said: "Putting on this event is a real team effort, so I wanted to say a huge thank you to all the volunteers, sponsors, bakers, those donating raffle and auction prizes, everyone on the cake trail, and of course the local community for their incredible support."

To find out more about Haven House, including how to get involved in fundraising, visit www.havenhouse.org.uk



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NEWS FROM

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LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



LOCAL NEWS



Our care team has been recognised by the Royal College of Nursing (RCN) for its commitment to carers during the COVID-19 pandemic.

Being shortlisted as a finalist for the award recognises the team's innovative and dynamic approach to providing responsive and crisis support.

At the onset of the first and subsequent lockdowns, Haven House worked to identify ways to support our families to navigate this unprecedented time.

Our team quickly identified the challenges that families and carers faced when their child was nearing the end of their life and when hospital visiting was extremely limited owing to the pandemic.

We worked to rapidly discharge children from hospital, even going out of area to help other teams respond to emergency requests with our clinical expertise. This enabled whole families to be together

during such an unimaginable time, either in the hospice or at home, with 24/7 support.

This support has been praised by fellow professionals who have highlighted the "extreme lengths" our team went to, to fulfil a family's wish for their child to die at home, while still receiving the best possible care.

Eileen White, director of care at Haven House, said she "couldn't be more proud of the team".

She added: "This is so exciting. We feel privileged to have been shortlisted as a finalist.

"Staff have excelled in circumstances of profound pressure and we are proud to be shortlisted so that we can showcase the commitment and resilience of such an extraordinary team."

The next stage will require the team to deliver a short presentation to a panel of judges. The winners will be announced at a special event later this year.

Woman detained by police

Police were called to South Woodford last month in response to reports of a woman "behaving erratically".

Officers were called to a property on Hermon Hill just after 12.30pm on July 6, where the woman was detained.

A statement from the Metropolitan Police said: "Police were called to reports of a woman behaving

erratically inside a residential address at Hermon Hill, South Woodford.

"Officers attended. The woman has been detained and will be taken to an east London police station.

"Road closures and safety cordons were established as a precaution. These are expected to be lifted shortly.

"No persons were injured."



Woodford and District National Trust



At last, some light at the end of the tunnel that has been this global pandemic.

We have, with thanks to our various marvellous local publications, managed at least to remind you all of our being here still, and through Zoom, with which we have managed to reach some of our members and interested people with our four talks. These have reminded us how much we have missed the communal emotion of being together. We are excited that we can plan for that as we have a date and subject ready.

We plan to reopen our meetings with the first for

18 months at All Saints' Church Hall in Woodford Green on Wednesday, September 15 at 2.30pm. The speaker is Ed Fairey, who will be talking about the National Garden Scheme in Essex. We hope this should appeal to all.

There will be more news next month with the rest of the winter season meetings and other National Trust local news. Certainly, one item will be London visits, as plans are in hand to take a group to the National Army Museum in Chelsea, hopefully in October.

Sending best wishes to all and hoping you stay well and safe.

Automotive retailer receives award

A Woodford Green automotive retailer has been awarded the Retailer of the Year award at the national Auto Trader Retailer Awards 2021.

Hills of Woodford has beaten competition from more than 13,000 UK automotive retailers to receive the Retailer of the Year award at the 14th annual Auto Trader Retailer Awards.

The award is given to those who demonstrate the very best practices in retail and consistently deliver top-quality customer experience across the whole car buying journey, from their online adverts to customer communication.

Commenting on this year's winner, Auto Trader's group sales director, Rebecca Clark, said: "The automotive industry is by nature incredibly resilient,

but we've been amazed at just how successful some retailers have been at adapting to the unprecedented challenges of COVID-19.

"We've seen examples of businesses who have truly gone the extra mile to respond to changing consumer behaviour and expectations, making the car buying process not just easier and more efficient, but safer too.

"In this climate, we think it's more important than ever to recognise true retailing excellence. And based on the most comprehensive judging process, there is no doubt that this year's winners are incredibly deserving, not least Hills of Woodford, which truly represents the very best of our industry."

For a full list of winners, visit www.autotrader.co.uk/retailer-awards



PET MYTHS

BUSTED



MYTH: Two male guinea pigs can't live together.
TRUTH: As long as your cage is big enough, there is little chance their occasional spats will lead to any real life-threatening behaviour, but in any case it is wise to neuter them both to prevent the need for dominance.



MYTH: A big garden means you don't need to walk your dog.
TRUTH: Just because you have access to an outdoor space that is large enough for your pooch to run around in, it can't replace a walk, as canines crave new scents and exploration. Experiencing much of the world via their olfactory sensors, those constant stops to sniff are vital to your dog's wellbeing.



MYTH: There is no need to use flea and tick treatment during the winter.
TRUTH: Though we refer to 'flea season' during the summer months, these critters don't just die off in winter, particularly as we generally keep our pets inside our warm homes. So keep your furry friends topped up whatever the weather, because prevention is definitely better than cure.



MYTH: Wheels are an integral part of your hamster's happy home.
TRUTH: The sight of a hamster spinning on its wheel is a familiar one as it powers relentlessly through its daily exercise. While this is an excellent way for them to burn off all those honey treats, the classic hamster wheel is actually now thought to be detrimental to spinal health, unlike its 'flying saucer'-shaped counterparts.



MYTH: Cats always land on their feet.
TRUTH: While they do possess an 'air-righting reflex' – meaning they can adapt their bodies quickly in order to land safely – this isn't an exact science. Too short a fall and they often land on their side, while too large may cause damage to their ligaments and bones.

Scrap that!



If you are looking for ways to reduce waste and save money on fresh produce, then growing scraps – also known as garbage gardening – is the way to go.

Bulb vegetables

Vegetables such as spring onions, leeks and fennel can be grown in a similar way to leafy greens. Cut off the end with the tiny roots so that you have a scrap about one-inch tall. Place root down in half-an-inch of water in a saucer and keep fresh. A supply of shoots will soon appear, which can be immediately harvested. Alternatively, transplant into soil to enjoy these veg indefinitely.

Leafy vegetables

Leafy vegetables that grow in heads, such as celery, romaine and bok choy, are some of the easiest scraps to grow. Cut off the plant's base (around an inch tall), place it cut side up in a saucer and add half-an-inch of water. Water regularly and place in a sunny spot indoors. Leafy scraps will grow on a sunny indoor windowsill all year round or can be transplanted into soil when they show roots.

Root vegetables

When it comes to root vegetables such as beetroots and turnips, you can grow tasty leaves that are ideal for salads and sautés. Just cut off the top, leaving half-an-inch of the vegetable attached, and place cut side down in water in a shallow container so that only the root is covered. Fresh greens will soon appear.

Avocados

This fruit regrows easily in water. Just clean the pit, stick in three or four toothpicks around one-third of the way down from the pointy end and sit the pit on a glass so that the toothpicks support it on the rim. Add enough water to cover the pit's bottom half and refresh regularly. Once the pit has roots and a sprout, move to a container with soil, keeping the top half of the pit above the soil line.





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GARDENING



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We cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

STONE THE CROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.

SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.



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If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.

RESEARCH THE MARKET

In the same way that you would check out the local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will check for risk of flooding, pollution and subsidence.



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SPORT



Photo credit: Charlie Forgham-Bailey/ Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

Super Saturday: LONDON 2012 OLYMPICS

Each month, we look at some of the most significant events in British sporting history. Proving that good things really do come in threes, we recall Super Saturday at the London 2012 Olympics.

August 4 always had the potential to be one of the defining days of the London 2012 Olympics.

Of course, Team GB had a memorable campaign anyway, accumulating a total of 65 medals, 29 of them gold. But sometimes events come together to produce a compilation of such exhilarating determination, skill and sporting endeavour, that a nation feels truly united.

And so it was at the Olympic Stadium on the first weekend of August when, within a 45-minute period, three British athletes wrote themselves into sporting folklore.

First up was Greg Rutherford in the long jump. The toiling set of leaps eventually ended with him setting a benchmark of 8.31m – one that nearest rival, Mitchell Watt of Australia, couldn't better.

Jessica Ennis-Hill then stepped up in the 800m. The Brit needed victory in the event to take heptathlon gold and led from the start. Having dropped to third by the time the final straight

emerged, she powered home to the roar of a deafening crowd, and gold was secured at 9.02pm.

Confirmation of Rutherford's gold came at 9.24pm, and with the Brit still soaking up the applause from his winning jump, Mo Farah tore past the bell on the final lap of his 10,000m run. Leading into the bend, he powered away from the pack to land the ultimate middle-distance prize – Olympic gold.

Farah's achievement came at 9.42pm. It was an evening – 42 minutes, in fact – of athletics that will never be forgotten and, perhaps, never bettered.



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Looking back on when we first met...



SPORT



HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1-0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2-0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2-1.

Southgate's confidence in his stubborn 5-3-2 formation was upheld in every game. When he switched to a 4-3-3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo: credit: Faundo Arizabalaga/POOL/EPA-EFE/Shutterstock

WIN TOGETHER. LOSE TOGETHER. WE ALL STAND TOGETHER.



CAR TRAVEL *etiquette*



THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

THE HEAT IS RISING

It's a confident – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.



The optimum fuel level in your tank for price and performance

Filling up is the easiest way to spend money – simply holding down a lever and watching the money tick by. But could we be costing ourselves even more by having too much or too little petrol or diesel in our tank?

The quick answer is yes.

Scientists have found that driving around with low levels of fuel can be bad for the preservation of performance. At these levels, the debris and accumulated gunk in the tank has more chance of being ingested into the filter when it drops below the pump intake level.

Conflictingly, while having a full tank may give you a feeling of power and motoring potential, the weight of the fuel can end up costing you more, since that same additional weight requires more power to lug it around.

The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawning of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO₂ emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.

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ACROSS: 1. MIRE, 3. PROBLEMS, 9. NESTLED, 10. SEPAL, 11. FRY, 12. NACRE, 13. TITLE, 15. OUSTS, 17. UNTIL, 18. RYE, 19. IDEAS, 20. UNKEMPT, 21. GANGSTER, 22. JOEY
DOWN: 1. MANUFACTURING, 2. RUSTY, 4. RUDEST, 5. BUSINESSLIKE, 6. EXPECTS, 7. SELF-EVIDENTLY, 8. ELECTROLYSIS, 14. BETWEEN, 16. SECURE, 18. ROMEO



PUZZLES & TRIVIA

PUZZLES

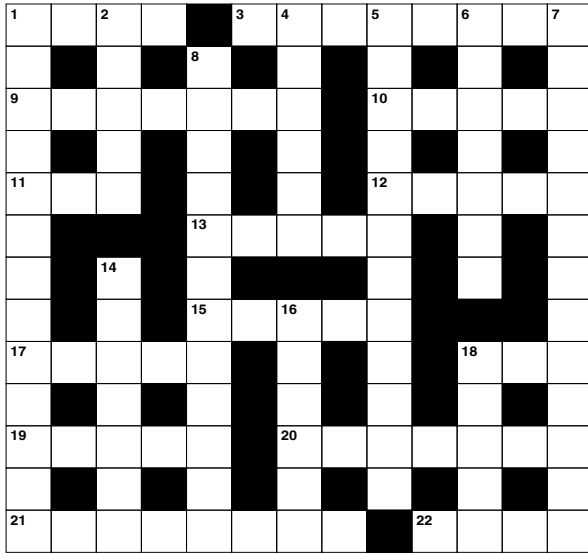
Answers: see end of The VISION Listings

ACROSS

- 1. Bog (4)
- 3. Difficulties (8)
- 9. Settled oneself comfortably (7)
- 10. Flower part (5)
- 11. Cook in hot oil (3)
- 12. Mother-of-pearl (5)
- 13. Name of a book (5)
- 15. Drives out from a place (5)
- 17. Up to the time when (5)
- 18. Cereal plant (3)
- 19. Mental impressions (5)
- 20. Not tidy (7)
- 21. Mobster (8)
- 22. Young kangaroo (4)

DOWN

- 1. Making (13)
- 2. Tarnished (of a metal object) (5)
- 4. Least polite (6)
- 5. Efficient (12)
- 6. Anticipates (7)
- 7. Obviously (4-9)
- 8. Decomposition by a current (12)
- 14. Among (7)



- 16. Safe (6)
- 18. Lover of Juliet (5)

DID YOU KNOW?

►As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes

►In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree

►When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin

►Cucumbers are made up of around 96 per cent water, making them the food with the highest water content

►A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'

►Almonds are actually seeds, although many people classify them as nuts

SUDOKU

			2		6			
8		7						4
	6			5	3			
		6	3					
		8	1		2	5		
					8	6		
		5		8			9	
2						1		5
			5	4				



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