

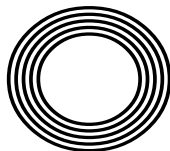
HOW TO  
PERFORM  
CPR ON  
A CHILD

*Remembering*  
20 years since 9/11

JEREMY CLARKSON  
Swapping super cars for tractors

ALEX SCOTT

The sport pundit rising through the ranks



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# Editor's notes...

SEPTEMBER 2021



Brett Shohet, Editor

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

The end of lockdown has given us all chance to make changes to our routines. I've certainly noticed a difference when out and about on the high street, with more people feeling confident enough to step out and explore their local area.

I've made an effort to frequent local businesses, particularly those that have supported **VISION**, and to keep my pound local. It's more important than ever to ensure businesses have our support.

I've been making up for months of inactivity and am now averaging 14,000 steps a day. After three lockdowns spent sitting on the sofa and eating junk food, I've made a conscious effort to be healthier. As a result, I feel more focussed and ready to take on whatever life throws at me.

There's certainly a sense that we are now coming out of the other side of this dark time. A weight has been lifted, and with this, a renewed sense of optimism as new bookings and enquiries from local businesses flood my inbox. It seems everyone is ready to get back out there and prepare for better times ahead.

As for **VISION**, we're looking to expand into new areas in the future, so watch this space...

*Brett Shohet*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Lizzie Ellis

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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# DOWN ON THE FARM

**“I’VE SWAPPED SUPERCARS  
FOR TRACTORS, AND I DARE  
SAY I’VE LEARNED SOMETHING  
ALONG THE WAY.”**

**FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER**

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”





REMEMBERING

20  
YEARS OF 9/11*September 11 marks two decades since the largest modern-day assault on the Western world*

Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.

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# How to repair damaged hair

**D**o you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

## Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

## Which type of leave-in conditioner should I use for my sun-damaged hair?

### Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

### Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

### Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

### Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

### Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

**Top tip:** Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.



# Brighten YOUR whites



**G**et your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

## Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.

## Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.

## Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.

## Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.

## Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.





# Know Your Numbers!

*Week 2021*

**D**o you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

## Why you need to Know Your Numbers!

- ♥ 1 in 2 strokes and heart attacks are the result of high blood pressure
- ♥ 1 in 3 adults in the UK have high blood pressure
- ♥ 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- ♥ High blood pressure costs the NHS £2.1 billion every year.

## How to check your blood pressure

In previous years, Blood Pressure UK set up free checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

## How to choose the right blood pressure monitor

There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- ♥ Clinically validated. This means that it has been tested and gives results you can trust
- ♥ Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- ♥ Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

## What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.



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# SUPPORT LOCAL BUSINESSES



Let your local businesses know that you saw them first in... **VISION**

## UNUSUAL VEG OF THE MONTH:

# black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

### What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

### What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

### How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

### Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

### How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.





## FOR GOODNESS'

## sake

## WHY THE JAPANESE RICE DRINK IS BECOMING POPULAR IN THE UK

If the beverage sake conjures up memories of a warm boozy elixir, washing down a mouthful of sticky, salty noodles – not unpleasant, but decidedly unrefined – you may struggle with the concept of this ancient Japanese rice drink becoming a celebrated spirit among bartenders and liquor connoisseurs.

Made in much the same way as beer – polished rice is washed and steamed, then cooled before the addition of koji (a mould culture) breaks down the enzymes into fermentable sugars – sake has an umami flavour profile that makes it compatible with almost every kind of meal, or, as the Japanese proverb states: "Sake never fights with food."

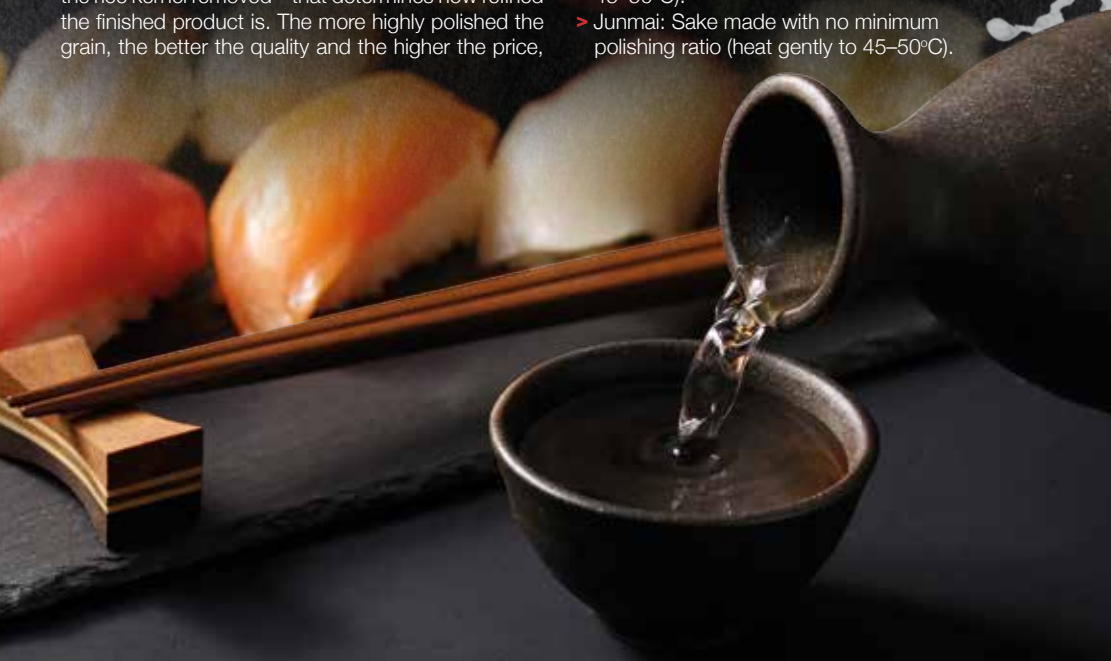
As with most things, you get what you pay for, and in the case of sake, it is the polishing ratio of the rice – the more milled it is with the husk and outer portion of the rice kernel removed – that determines how refined the finished product is. The more highly polished the grain, the better the quality and the higher the price,

with high-end sakes reaching the same price points as certain top-shelf whiskies.

That neatly brings us to the notion that sake ought to be served warm, which is true if it is made from low-polished rice. However, the more refined the sake, the more its floral, fruity and rich flavours sing, and the more delicious it becomes when served chilled... sticky noodles optional.

## TYPES OF SAKE:

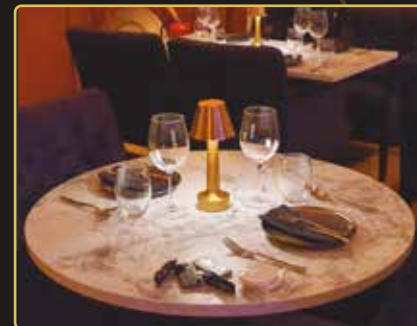
- > Daiginjo: A super-premium sake with minimum 50 per cent polishing ratio. Best served chilled.
- > Ginjo: A premium fragrant sake with minimum 40 per cent polishing ratio. Best served chilled.
- > Honjozo: A light, premium sake polished to a minimum of 70 per cent (unlike most premium sake, honjozo is best served heated gently to 45–50°C).
- > Junmai: Sake made with no minimum polishing ratio (heat gently to 45–50°C).



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## GET OFF MY

# Cloud



Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

### PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

### FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly audit who you're sharing with.

### TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

### CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

### NOTIFICATIONS

Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.





HOW TO

# PERFORM CPR

ON CHILDREN AND BABIES

1



2



3



4



5



CHILD



BABY UNDER ONE YEAR



## HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > 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.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100-120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

## TOP TIP:

Use the beat of the song *Nellie the Elephant* to keep the right pace



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# A CLEAN *night's sleep?*



## HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

**F**rom dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

### STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

### STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

### STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

### STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

### STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

### HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month







# LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

## WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family homes don't have to be boring.

## EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- Look to your high street, local independent shops or boutiques to find some amazing items.

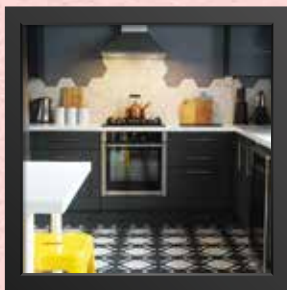
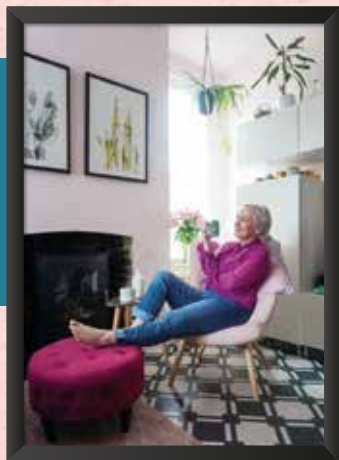


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Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK.

Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Pupils celebrate excellent GCSE and A Level exam results

GCSE and A Level students received their exam results last month after a challenging 18 months at school.

This year, with formal examinations cancelled owing to the pandemic, teachers across England submitted grades based on mock exams, coursework and in-class assessments.

Woodbridge High School in Woodford Green was pleased to report outstanding results.

Steven Hogan, headteacher at Woodbridge High School, said: "There has been much speculation in recent days about this year's results, but the fact of the matter is that I know our students and I know how hard they have worked for their grades. They have been assessed fairly, using a combination of tests and exams, and their final grades have been checked and confirmed by the exam boards.

"I would like to sincerely thank all the teaching and

support staff who worked so hard to make the system work this year in the absence of exams.

"Given all the disruption that young people in Year 13 have faced this year, they deserve nothing less than to go on with confidence to the next stage in their lives, be that university or an apprenticeship. No students that I have known in 21 years at Woodbridge have dealt with so much uncertainty around their crucial exam courses. I think that what they have achieved is nothing short of awesome."

Speaking about the school's GCSE results, he added: "Our Year 11 students have seen more disruption to their education than any I have known in my time at the school. Despite this, they worked from home for long periods, doing online lessons and completing their work remotely. They then came to school every day once we reopened, worked extremely hard and performed at a high standard in all their assessments."

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# Football club make emotional return



Woodford Town made an emotional return to their original ground last month after a 28-year absence.

On August 13, for the first time since 1993, Woodford Town took to their original ground at Ashton Playing Fields for a match against Stansted FC. This follows a successful four-year campaign to take the club back to the borough of Redbridge.

A homecoming was planned in August 2020, but was cancelled due to the COVID-19 pandemic. It was postponed for a second time after opponents, Hoddesdon Town, were hit by the virus.

Before the match, the club tweeted: "It's going to be absolutely rocking, much more to come on Friday night as we return home against Stansted FC. A chance to be part of the club's history and experience the extraordinary atmosphere generated by our fans."

The match ended in a 2-1 defeat for Woodford Town, but the club admitted that the real winner was local football, as more than 800 people attended the game to witness the club's homecoming.

# Rotary Club raises more than £1,000 for two charities

The Rotary Club of Leytonstone and Woodford held a virtual music festival last month in aid of two local charities.

Club member, Grahame Williams, organised an array of artists to perform over Zoom, with the line-up including Jenny Ewington and Modality Choirs, club member Ronald Burton, Joshua Lord, Caitlin Downie, Ken and Rachel Bartels, Niall Weir and Phoebe-Jane Weir, accompanied on the piano by Colin Sell, the pianist on radio show, *I'm Sorry I Haven't a Clue*.

The festival raised more than £1,000 and the money will be split between Haven House Children's Hospice and the Chigwell Riding Trust.

Haven House, in Woodford Green, cares for children

and young people who have life-limiting or life-threatening conditions. Its residential and community services extend across North and North East London and West Essex. In the hospice, children benefit from play activities, as well as day and overnight stays.

The Chigwell Riding Trust, established more than 50 years ago, is a riding centre for people with special needs and provides riding instruction to people of all ages. It gives opportunities for volunteering, school participation and practical experience of working with animals for children and adults.

The Rotary Club of Leytonstone and Woodford, based at The Banqueting Hall, is involved in all aspects of Rotary and carries out various projects and fundraising.

For more information on the club, visit [www.rotaryleytonstonewoodford.org](http://www.rotaryleytonstonewoodford.org)

# Athlete could retire after failing to reach Olympic final

An athlete from Woodford Green could retire after failing to reach the Olympic final in Tokyo.

Team GB track and field athlete, Tiffany Porter, 33, of Woodford Green Essex Ladies Club, missed out after finishing fifth in the semi-final heat of the women's 100-metre hurdles. She hinted this could mean the end of her successful career.

In her third Olympic games for Team GB, Porter competed alongside her sister, Cindy.

She said on Instagram: "Tokyo 2020 was an experience I will never forget and I am so grateful that I was there alongside @cindyofili! It's always special to make memories with the people you love. Thank you, sis, for making this Olympic Games one to remember."

In 2010, Porter changed her allegiance from the United States. She won bronze at the World Championships in Moscow three years later.

Porter also works as a pharmacist, and before preparing for the Olympic Games in Tokyo, she spent time administering the COVID-19 vaccine.



Photo credit: Twitter @tiffoli



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NEWS FROM

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LOCAL NEWS



Join us for a family adventure in the beautiful grounds of Haven House with an afternoon of activities, pumpkin fun, challenges and treats on Sunday, October 31, from 12pm to 3pm. Children will receive their very own pumpkin passport to complete as they undertake their journey around Pumpkin Planet, taking part in lots of activities and a walk through the Haven House woodland. Upon completing their journey, they'll receive a goody bag and a pumpkin to take home.

Put on your best costume and be a part of our best dressed competition to be in with a chance of winning a Halloween hamper. There will also be a face painter, so you can be prepared to go out trick or treating later in the day.

Entry is just £10 per child and free for adults. Pumpkin Fest is the perfect afternoon activity for the whole family.

For more information and to book, please visit [www.havenhouse.org.uk/Event/pumpkin-fest-2021](http://www.havenhouse.org.uk/Event/pumpkin-fest-2021)

## Public urged to take litter home

Photo credit: Redbridge Council

During the pandemic, parks and green spaces across Redbridge have been used more than ever, but with an increase in footfall has come an increase in the amount of litter left behind.

Last year, 98,000 bags of litter were collected from parks in the borough – nearly four times more than during the previous year. The unprecedented level of rubbish has prompted pleas from the borough's park rangers, asking the public to protect the parks and take their litter home with them.

Leader of Redbridge Council, councillor Jas Athwal, said: "Our borough is one of the greenest in London, with award-winning parks and many areas of natural beauty, but we need your support to help us keep it that way."

Claire Oliverio, head ranger at Hainault Forest, added: "We're finding PPE discarded in vegetation, plastic food packaging and cups from family picnics spread across grasslands, and the remnants of illicit BBQs in our precious woodlands."

"Not only is this unsightly, but it also poses a hazard for both people and wildlife, as well as increasing problems with pest control. We're all working really hard to keep on top of the surge in litter, but now more than ever we need your help, too."







# Woodford and District National Trust



Whether you are a National Trust member or not, everyone is welcome to join us at our series of local talks, outings and holidays. Meetings take place at Memorial Hall in South Woodford and All Saints Church Hall in Woodford Green throughout the autumn, winter and spring months. You will have good company, interesting topics and the chance to socialise with other local people.

Our next meeting is on September 22 at All Saints Church Hall. The topic will be National Garden

Schemes in Essex by Ed Fairey at 2.30pm. For more information, contact Richard Speller on 07774 164407 or email [speller643@btinternet.com](mailto:speller643@btinternet.com)

So why not come and join us? The new talks programme is now available with venues and times. It's a great opportunity to meet people and learn about our other events.

In addition, it should not be forgotten that the National Trust is a country-wide organisation dedicated to preserving the nation's heritage and environment. Do come along.

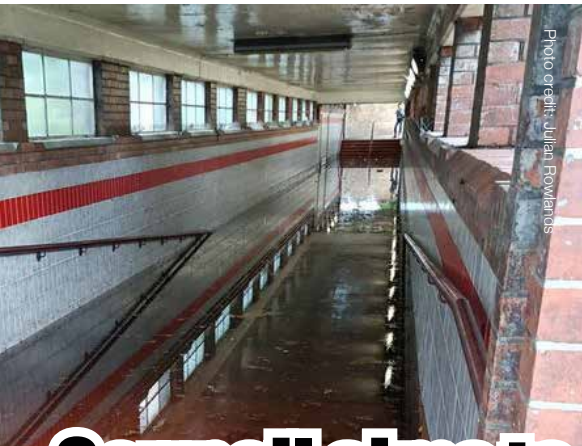


Photo credit: Julian Rowlands



Photo credit: Roland Saunders

## Council aims to combat floods

Residents have criticised the council over drainage maintenance after heavy rain at the end of July caused flash floods across East London.

The central line at South Woodford Station was severely affected and residents described water gushing into their front and back gardens.

One resident said: "The basement was filling up with water almost up to six feet and the fridge was floating."

Redbridge Council said at the time that help and support had been offered to those affected as part of a "multi-agency approach".

Following the flooding, councillor Jas Athwal, the leader of Redbridge Council, wrote to the Secretary of State requesting much-needed funding for

infrastructure upgrades and support to ensure that Thames Water, the Environment Agency and insurance companies play their part to help local people.

The letter stated: "Where we are able, we have stepped into the breach, providing support which should come from elsewhere. However, the lack of resources for councils is hampering our critical and urgent response."

"Our funding has been cut by 63 per cent since 2010. The cross-party Public Accounts Committee has warned that councils and local authorities need more powers and funding in relation to flood defence, and experts have said the UK is falling behind on climate change adaptive measures."



## FOR PETS:

WHAT YOU NEED TO KNOW

The global CBD pet market size was valued at a whopping £20.2million in 2019 and is expected to grow at a compound annual rate of 40.3 per cent between 2020 and 2027.

From tinctures to topicals to treats, there is a whole host of CBD products that are specifically designed for pets. However, do they work and, most importantly, are they safe?

- ✦ Enhancing appetite
- ✦ Reducing nausea and/or vomiting
- ✦ Treating skin conditions
- ✦ Helping wounds to heal faster

### IS CBD SAFE FOR PETS?

There is no evidence to suggest that CBD is toxic to dogs or cats, as long as it is given in the right doses and is purchased from a trusted manufacturer. In terms of potential side effects, there is currently no scientific data on CBD usage in pets but, based on humans, they could possibly experience:

- ✦ Dry mouth
- ✦ Lowered blood pressure
- ✦ Drowsiness

### WHAT IS CBD?

CBD stands for cannabidiol and is the second most prevalent active ingredient of cannabis. Derived from the hemp plant, unlike tetrahydrocannabinol (THC), CBD does not have any psychoactive properties and will therefore not make you or your pet feel 'high'.

### WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ✦ Reducing stress and/or anxiety, including separation anxiety
- ✦ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

### IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.





# 5 Gardens

TO VISIT THIS AUTUMN

**M**ake the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

## HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG

Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

## EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

## KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

## THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breath-taking displays of fungi. A great day out for horticultural enthusiasts and families alike.

## SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds. Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



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GARDENING

## MANOJ MALDE

### FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."



# Does your home qualify for a green mortgage?

**G**reen mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

## WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

## HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- Lower rates for people who buy energy-efficient properties
- Standard mortgages that offer cashback to people who buy energy-efficient properties
- Mortgages that offer cheaper rates or cashback when people make green home improvements.

## SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B,

you may be eligible for a green mortgage.

That being said, you should always compare the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

## WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

## CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.



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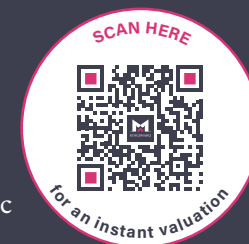
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**A**n estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

**COST-EFFECTIVENESS:** If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

**ENHANCED FLEXIBILITY:** Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

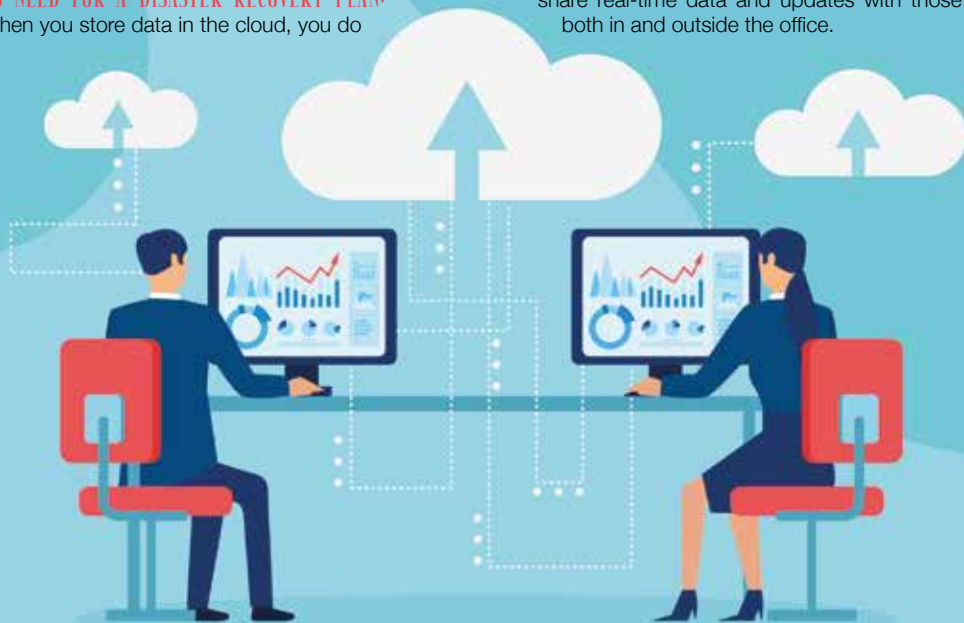
**NO NEED FOR A DISASTER RECOVERY PLAN:** When you store data in the cloud, you do

not need to worry about permanent data loss. Your data will always be available as long as you have an internet connection.

**INCREASED SECURITY:** Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

**BOOSTED SCALABILITY:** Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

**IMPROVED COLLABORATION:** As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.



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SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

**KEEP ON RUNNING**



#### DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15.25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.



TOKYO 2020



## TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



# How CAR-THARTIC!

## HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

### FOR THE MIND:

- > Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

### FOR THE BODY:

- > Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

### FOR THE SOUL:

- > Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.



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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

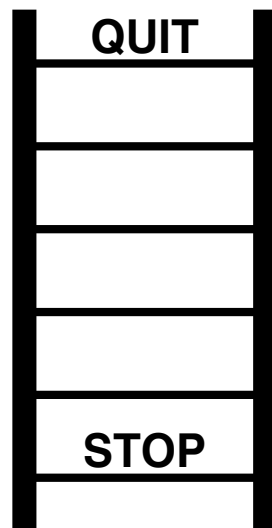
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- ▶ FETTUCE
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- ▶ GARGANELLI
- ▶ GEMELLI
- ▶ LASAGNE
- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI



## DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

## 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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