

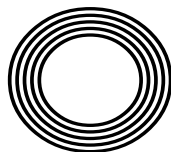
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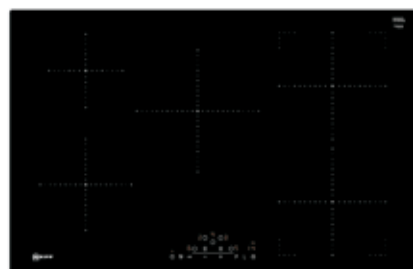
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NOVEMBER 2021

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodFord. After being forced to navigate ever-changing lockdown restrictions last year, we can (hopefully) now look forward to enjoying the party season. By the time you read this, Halloween will be over, but as I write, my home has been taken over by an explosion of spooky decorations. It used to be that very few people in the UK bothered to celebrate Halloween, but it's a habit we seem to have now borrowed from our friends in America. Maybe it's because we've been cooped up for so long that we're eager to grasp any opportunity to go big with our celebrations.

If that's the case, I can't wait to see what Christmas will bring. Here's hoping we're able to meet up with friends and family face-to-face once again.

At **VISION**, we've recently grown our team, welcoming new member of staff, Nadine Stevenson, as our key account manager. We're very glad to have her on board.

Finally, all our thoughts are with the family and friends of Sir David Amess MP, who was killed during a meeting with his constituents last month. Sir David was a welcome contributor to **VISION** LeighThorpeBay, and we will miss his kindness and dedication to his role.

Brett Shohet

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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock



THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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Hairband HEROES

Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo?

If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair

If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair

Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair

People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair

Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



Odd SOCKS

THE LATEST FOOTWEAR TREND

Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond.

No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?

Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY

Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS

Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA

Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS

To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.



HEALTH & FITNESS

VICKS VapoRub

7 ALTERNATIVE USES

Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.

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Whether you want to give the gift of gin this Christmas or your motives are a little more self-focused, making your own flavoured gin is simple to do – and it can save you money.

How to make flavoured gin

Step 1: Choose your gin

If you want to create a high-quality flavoured gin, you need to pick one that is both clean-tasting and uncomplicated. Any gin that already has a flavour will not mix well, so try to stick with a classic London dry variety.

Step 2: Pick your flavours

As Christmas is fast approaching, you may want to choose a seasonal flavour such as cinnamon, nutmeg or cloves. However, you can pick pretty much any fruit, vegetable or herb that takes your fancy, such as strawberries, damsons, rhubarb, chilli, mint or elderflower.

Step 3: Bottle your gin

Pour your gin into a sterile sealable container, such as a Kilner jar, and then add your chosen infusing ingredient. You can sterilise your glass container either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C. Use around 300g of produce per litre of gin.

Step 4: Leave to infuse

Depending on the potency of the fruit or herb you choose to add, you can leave your infusing ingredient in for anywhere from one day to one month.

- > Strong flavours such as chilli, vanilla and citrus = less than one day
- > Hardy herbs and strong-flavoured fruit such as rhubarb and lavender = five to seven days
- > Berries and other potent fruits = three to four weeks
- > Milder ingredients like apple or pear = up to one month

Step 5: Strain and store your gin

Once you are happy with the intensity of your gin, strain it through a filter or muslin cloth. Pour into a well-sealed bottle and store for up to one year in a cool, dark place.



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HOW TO SAVE MONEY ON YOUR

Christmas shop

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.



STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.



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WIKI-WONDER

Celebrating 20 years of Wikipedia



In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



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Peculiar PET LAWS

We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

5. MATING WITH A ROYAL DOG

Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.



TIME TO APPLY for schools

WHAT TO CONSIDER WHEN
APPLYING FOR A SCHOOL PLACE

Applying for a school place can be a stressful time for parents, filled with worry and apprehension. While the criteria will be different depending on whether you're looking for a primary or a secondary school, what should remain the same are the checks and investigations you undertake before cementing your choices.

CHECK OFSTED RATINGS: Ofsted ratings exist to help schools to improve, while also enabling parents a full view of what level an institution is at. Although inspections are irregular, reports are always full and detailed and often provide a good read, so check them out.

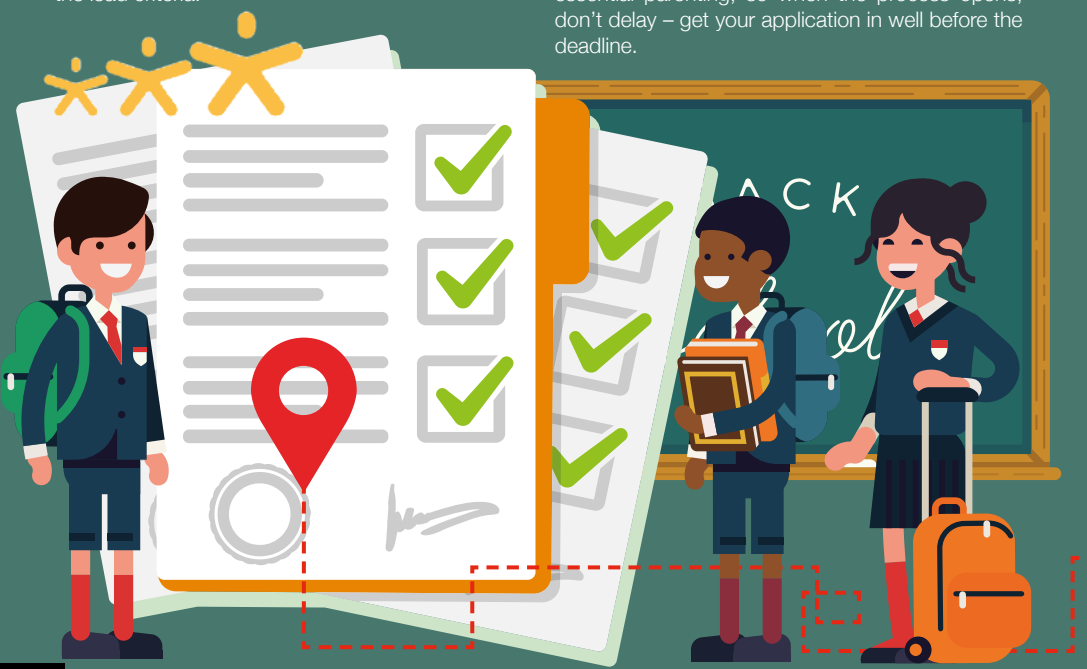
CHECK YOUR SCHOOL RUN: Have a look at the distance and route your child will be taking to school each day – is it practical, are there any hazards, does it fit in with your other morning commitments? Remember, for primary school children, proximity is the lead criteria.

CHECK NUMBERS: Being realistic about getting a place also means knowing the school's capacity, so have a look at last year's intake figures in order to give you a better idea of success rates.

SPEAK TO PARENTS: There's nothing quite like the experience of others, so chat to people locally whose kids already attend and gain a first-hand picture of what the school is really like.

CONSIDER SECOND CHOICES: If the worst thing happens and, for whatever reason, you don't land your first choice, look at and imagine your child attending an alternative school. Consider the positives, embrace the opportunity to go somewhere different and convey any optimism you have to your child – it will be vital should things not go to plan.

DO NOT BE LATE: Applying for a school place is essential parenting, so when the process opens, don't delay – get your application in well before the deadline.



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How to clean a COOKER HOOD FILTER

Can you remember the last time you checked underneath your cooker's hood to see if the exhaust fan filter needed a good clean? If it's been a while, we warn you, this is not going to be a pretty sight.

Fortunately, you can get your filter looking squeaky clean and grease-free in just eight simple steps.

WHAT YOU NEED:

Boiling water | Washing-up liquid | Baking soda | A non-abrasive scrubbing brush | Paper towels or a tea towel

HOW TO CLEAN:

> Step 1: REMOVE THE FILTER FROM THE HOOD

The filter should easily slide or pop out from underneath the hood.

> Step 2: FILL A BUCKET WITH BOILING WATER

You can use hot water from the tap, but boiling water is more effective.

> Step 3: ADD BAKING SODA AND WASHING-UP LIQUID

Pour ¼ cup of baking soda and a good squirt

of washing up liquid into your bucket of boiling water and swirl around with a brush. Be careful not to place your hands directly into the water, to prevent burns.

> Step 4: SUBMERGE YOUR FILTER IN THE WATER

Make sure the filter is completely covered by the boiling water.

> Step 5: LEAVE IT TO SOAK

Allow the filter to soak for a minimum of 10 minutes, longer if possible.

> Step 6: SCRUB THE FILTER

Once the filter has finished soaking, take it out of the water and scrub with a non-abrasive brush. Add more washing-up liquid to your brush if needed.

> Step 7: RINSE AND DRY YOUR FILTER

Rinse the filter in hot water and dry with paper towels or a tea towel.

> Step 8: REPLACE THE FILTER

Put the clean filter back into the hood and repeat as and when needed. It is recommended to clean your hood filter once a month to keep it working properly.

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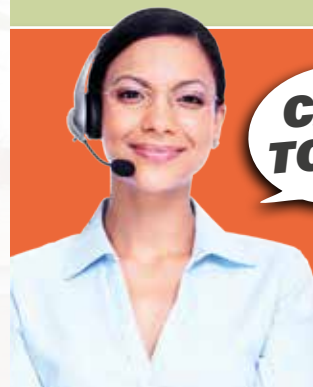
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ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Gym secures second place in fitness competition

Members of a family-run Woodford gym took part in a fitness competition with national clubs last month.

The Featherbeats gym members competed in the HYROX UK competition and came in second, and now have the chance to compete in the HYROX world championships in Las Vegas in 2022.

Proud gym owners, Daniel Foot and Sherry Davies, were amazed to see the gym, which has only 500 members, recognised among well-established clubs.

The competition saw Daniel and Victoria Northedge (pictured inset) compete in the mixed doubles 30-39 category. The competition began with a one-kilometre run, followed by eight rounds of a functional workout.

Athletes from all over the world competed in the same race on the same course, with up to 3,000

participants competing in each event.

Sherry said: "They've trained hard; we are super proud."

"You have all these well-known gyms and to see the progress of our members who started here being able to compete at that level is amazing."

"I think it's great for Woodford. Local clubs don't usually get huge recognition when it's not a massive brand or a huge public gym."

Daniel added: "Hopefully, the competition gives the club a different dynamic if people want to become more competitive with challenges. I don't think we were seen as a club that would be involved in competitions."

"The competition in Vegas would elevate us as an independent club."



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Teenager arrested following sexual assault



Stock Image

A 16 year old has been arrested following a report of a sexual assault in South Woodford.

A woman in her 20s was approached by a male on Granville Road at around 5pm on Monday, October 18 and was sexually assaulted.

The victim was able to get away from the male; however, he remained at the scene, exposed himself and began to commit an indecent act. The woman called the police and the male walked away.

Police attended and located the male, but he fled the scene and avoided capture.

Following enquiries, detectives identified a 16-year-old boy. He was arrested on Tuesday, October 19 at an address in Redbridge on suspicion of sexual assault and indecent exposure.

He was subsequently released on bail to return on a date in late November.

Anyone who witnessed this incident or has information but has not yet spoken with police is asked to call 101 or tweet @MetCC quoting 5342/18OCT.

To remain 100 per cent anonymous, call the independent charity Crimestoppers on 0800 555 111 or visit www.crimestoppers-uk.org

Enquiries continue.

Fostering agency rated 'inadequate' in inspection

An independent fostering agency in South Woodford has been ruled 'inadequate' following an Ofsted inspection published in September.

Shine Fostering received the rating after an inspection between July 12 and July 16 this year, which found "serious and or/widespread failures", meaning that children were not protected.

At the time of inspection, the agency had nine fostering households and provided placements for 10 children, five of whom were in parent and child placements.

The report detailed that several areas of the agency were inadequate, including how well children and young people are helped and protected and the effectiveness of leaders and managers.

In relation to the overall experiences and progress of children and young people, the report stated: "This agency has provided unlawful placements to one child on three separate occasions. These placements do not meet the legal requirements for foster care placements. The failings in leaderships and management, and the protection of children, mean that the overall experiences and progress of children are inadequate."

However, the report also detailed that foster carers, social workers and children "talk highly" of the agency. Shine Fostering has been contacted for comment.

New hub provides electric vehicle charging for public

A new charging hub dedicated to electric vehicles has opened in South Woodford.

The new community charging hub, based in Mulberry Way car park, makes Redbridge one of the first London boroughs to introduce a charging hub in a council car park in an effort to help tackle carbon emissions.

The hub will have 12 bays dedicated for charging electric vehicles, all available for public use.

Councillor Jas Athwal, Leader of Redbridge Council, said the charging hub is just one of the investments made across the borough to tackle climate change.

The new South Woodford community charging hub was jointly funded by Redbridge Council and the Go Ultra Low Cities Scheme, which is managed by London Councils, Transport for London and supported by the Mayor of London, on behalf of the Office for Zero Emission Vehicles.

Cabinet member for environment and civic pride, councillor Jo Blackman, said: "This is an important part of our climate change action plan as we seek to reduce emissions across the borough."



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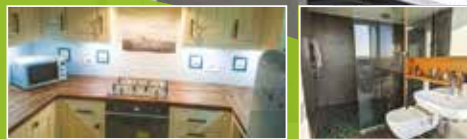
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LOCAL NEWS

Haven House Children's Hospice has been highly commended at the prestigious Royal College of Nursing (RCN) Awards for our commitment to carers during the COVID-19 pandemic.

The commendation was announced at a virtual ceremony on Tuesday, October 12, with special guests Emilia Clarke, Kate Garraway, Joanne Bosanquet and Pat Cullen.

The RCN Awards recognise excellence in nursing and healthcare. The 2021 Awards acknowledge the outstanding efforts, commitment and achievements made by the nursing community.

More than 500 applications entered the 15 award categories and we feel very proud to have been one of the 79 incredible finalists.

Richard Penney, interim CEO at Haven House, said: "I'd like to congratulate the team on this incredible achievement.

"The children and families we have supported over the last 18 months have faced the most extraordinary challenges and the team has excelled in their response to all that they have had to manage in very difficult circumstances.

"I am extremely proud of the whole team and delighted that their efforts have been recognised."

Speaking at the celebration evening, Eileen White, director of care at Haven House, said she was "full of pride".

She said: "The extraordinary team at Haven House continues to demonstrate unwavering compassion, professionalism and dedication. To be highly commended means an incredible amount to all of us and is thoroughly well deserved."



Popular park honoured

A park in South Woodford has been recognised with a Green Flag Award as part of a record-breaking year for the scheme.

Elmhurst Gardens is one of nine parks across Redbridge honoured this year, with 2,127 parks across the country recognised to mark the scheme's silver jubilee.

Among those also recognised was Valentines Park in Ilford, which features the Grade II* listed building, Valentines Mansion.

Councillor Kam Rai, deputy leader of Redbridge Council, said the amount of dedication it takes to retain the award is worth the reward.

He said: "I am absolutely thrilled to have nine of our amazing parks and green open spaces awarded this prestigious status from Green Flag. This reaffirms our commitment to our wonderful green spaces and is a reflection of the hard work of the parks team and the many resident friends groups."

Paul Todd, Green Flag Award scheme manager, said: "To meet the requirements demanded by the scheme is testament to the hard work of the staff and volunteers who do so much to ensure that these Redbridge parks have high standards and are places that support people to live healthy lives."





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 the Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Green, throughout the autumn, winter and spring months. We provide good company, interesting topics and friendship.

Our upcoming talks include:

> East Anglian Families of Influence by Peter Lawrence. All Saints Church Hall, Woodford Green, Wednesday, November 10, at 2.30pm

> The History of Ongar High Street by Anne Padfield. Memorial Hall, South Woodford, Wednesday, December 8, at 10.30am

For further details, contact Speller on 07774 164407 or email speller643@btinternet.com

So why not come and join us? The new talks programme is now available with venues and times. 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.

Facility has £300k refurbishment

Residents are being invited to check out Woodford Green Library & Gym following the completion of a major £300,000 refurbishment.

The centre reopened to the public on Tuesday, September 28, following a project jointly funded by London Borough of Redbridge and Vision Redbridge Culture and Leisure.

Both the library and the gym have undergone significant improvements. The library boasts a new children's section, digital devices and study area. The gym also has new facilities, including a 30-station gym with state-of-the-art equipment, changing areas and toilets.

Leader of Redbridge Council, councillor Jas Athwal (pictured right), said he is proud to be delivering the council's promise of investing in Woodford.

He said: "I'm pleased to announce the reopening of the newly refurbished Woodford Green Library & Gym. Not only can local people now enjoy the revitalised exercise and library facilities, but they can also take advantage of the new, longer opening hours."

"The renovation works are part of our wider scheme of investment works across Redbridge's leisure facilities."

Deputy Leader of the council and cabinet member for finance, leisure and culture, councillor Kam Rai (pictured left), said: "We understand just how vital local leisure facilities are to people's wellbeing, and the importance of library facilities for children's and adults' continued learning. That is why Woodford Green



Library & Gym is the latest leisure facility in Redbridge to have benefited from investment."

The new gym can be used by members or by residents on a pay-and-play basis. A membership will allow use of gyms, pools and studio classes across Vision's facilities.

Find out more at www.visionrcl.org.uk/woodford



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Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.

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Light up!

Who doesn't love going to see a wondrous winter light display in the run-up to Christmas?
If you're looking for the most dazzling lights and winter trails the UK has to offer, here we've gathered the best and the brightest.

WADDESDON MANOR, BUCKINGHAMSHIRE
Enjoy a fun-filled, festive day out for all the family at Waddesdon Manor, with a Christmas fair, winter light trail, manor illuminations and an exhibition in the Coach House. Plus, for the first time ever, see the parterre illuminated by a dazzling light show.
From November 13 to December 23 and December 27 to January 3.

DUNHAM MASSEY, GREATER MANCHESTER
If you are willing to travel a bit further afield, the after-dark illuminated trail through the festive gardens at Dunham Massey is not to be missed. Marvel at the glittering deer, the gleaming waterside reflections and the multicoloured trees.
Plus, fill your belly with tasty treats from a vast array of seasonal food and drink chalets or toast some marshmallows at one of the purpose-built fire pits.
From November 19 to January 2.

WIMPOLE ESTATE, CAMBRIDGESHIRE
Set to be Wimpole Estate's biggest Christmas extravaganza to date, take the kids to Percy the Park Keeper's winter wander trail by day, and enjoy a mesmerising walk through the estate's gardens by night. Expect sparkling lights, giant baubles and illuminated trees.
From November 26 to January 2.

LIGHTOPIA, CRYSTAL PALACE PARK, LONDON
An award-winning light festival, Lightopia is an annual Christmas event that takes place in Crystal Palace Park. Featuring handmade Chinese lanterns, multi-sensory interactive lights and breathtaking illustrations that tell a story of wonder and rebirth, book your tickets fast as this is one winter light display that is guaranteed to sell out.
From November 19 to January 2.

Photo credit: waddesdon.org, nationaltrust.org.uk, london.lightfestival.com



BRUCE KING

on how to sell yourself and what you do



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

Special Service Agents

As estate agents encounter fierce competition from faceless online facilities, **Kingsmarq Real Estate** are taking the opposite approach, providing friendly, personal service to a limited number of clients



The days when those looking for an estate agent to sell their house had only one local option to choose are long gone. Today's sellers, buyers and landlords have a wide range of choices, from high street chains to local stalwarts, and an increasing number of online agencies. Launching into the Essex area, Kingsmarq Real Estate was created to offer a fresh way of handling properties with a boutique level of service.

Kingsmarq saw how often homeowners were passed between team members who did not know their property and how this left them feeling unsupported, without experienced advice when they needed it most. There was a gap to launch an agency who could offer a bespoke service level and consistent contact.

Too many houses are on the market for much longer than they should be, owing to a lack of focus on each property that can leave them incorrectly priced and no longer front-of-mind when an agent meets a potential buyer. In response, Kingsmarq founder Sandeep Chana, sought to create an offering with lower client numbers to ensure faster transactions, with greater care and attention.

By limiting the number of properties on their books, Kingsmarq can ensure every client gets focused, boutique-style service in a friendly and knowledgeable style. Working across Essex, Kingsmarq offers a tailored service, taking the time to understand the needs of landlords, the motivations for sellers and the desires of buyers and renters. The aim is to move a small portfolio of properties along at a quick pace, while creating an experience all clients will remember and share with others.

"I truly care for my clients and am driven to achieve the best outcome." Says Kingsmarq founder Sandeep, "Whether you are buying your first home, selling a house you have lived in and loved, letting your property for the first time, or looking for a smooth transition when your previous tenant moves on, it can be daunting. I don't just handle the sales and paperwork; I offer guidance and support through the process."

With excellent customer service at the heart of Kingsmarq Real Estate's ethos, you can be assured of a warm welcome from the very first call to discuss your property needs.



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IS NEW ALWAYS BETTER?

If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.

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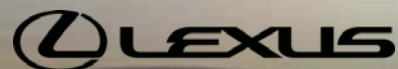
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BRITAIN'S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR

We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches.

To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth title in five years, found himself 8-0 up and coasting. Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead. When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.



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LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.



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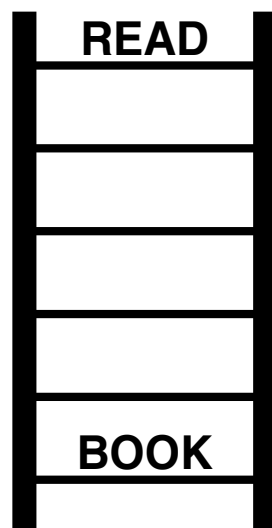
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DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

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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