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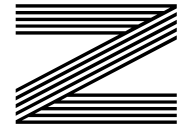
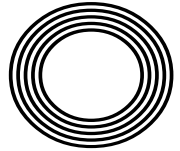
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Editor's notes...

DECEMBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodFord. First, I would like to take this opportunity to wish all our readers and our clients a merry Christmas and a successful New Year. Thank you for all of your support throughout 2021.

We are currently looking at creative ways to link up with local businesses. To that end, I have recently been exhibiting at some business shows in Essex and Hertfordshire as this is one of the ways that **VISION** lets people know who we are. It was so good to see old faces and connect with new people. I am hoping to do this even more and I am looking at joining some

Chamber of Commerce groups. All this to continue supporting our local businesses.

As soon as Halloween and Bonfire Night were over, the Christmas decorations went up. I'd like to remind readers how important it is to keep your pound local and shop with local businesses this Christmas. While the convenience of shopping online is tempting, just one purchase in a local shop could make their day and give them the boost they need to keep going.

We are hoping to launch new **VISION** magazines next year to bring our style of news and targeted advertising to new audiences. 2022 promises to be a bigger and better year than any.

Brett Shohet

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

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CONTRIBUTORS | Tabatha Fabray, Holly Bullen

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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GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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INDIGESTION
be gone!

SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

vinegar to a cup of water and drink for instant relief.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add 1/2 tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



THE LATEST BEAUTY TREND...

Slugging

Beauty trends emerge so quickly these days, it's hard to keep up. And if you're not on social media, you're likely to miss out on a lot of crazes that are taking the world by storm. One of the latest being... slugging. The last time 'slug' was used in relation to beauty, it was to describe some badly styled eyebrows. Today, it seems that slugging could be the answer to your skincare prayers. So what exactly is slugging and should you be doing it?

SLUGGING EXPLAINED: Slugging is the process of coating your face in a petroleum-based product. It's a Korean skincare trend that's now found a global following, and it's easy to try at home.

SHOULD YOU GIVE SLUGGING A TRY? Slugging is designed to tackle dry skin and is often recommended by dermatologists to treat eczema. You may be familiar with the process already if you've coated your feet in a petroleum-based product to soften them. The same kind of technique can be used to hydrate your face.

IS SLUGGING FOR EVERYONE? If you suffer from dry or sensitive skin, it could be just what you need to soothe irritation. However, for those with oily or acne-prone skin, it could increase the chances of breakouts as it seals the oil within the skin. Using a moisturiser designed for your skin type, such as an oil-free product, could be a better way to boost your hydration.

HOW TO DO SLUGGING RIGHT: Slugging is very easy to do, and could form a part of your nightly skincare routine.

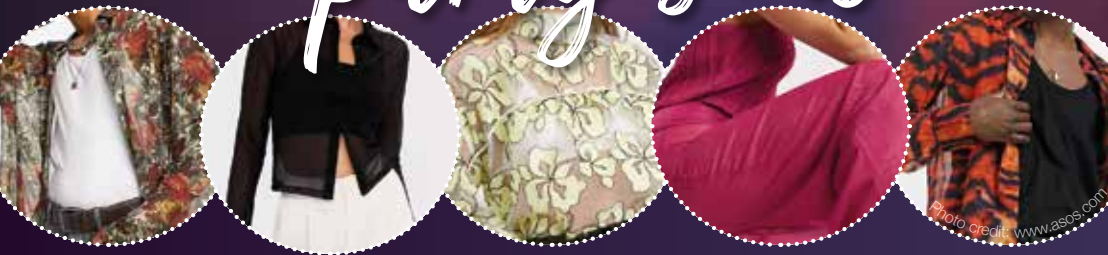
1. Ensure skin is thoroughly cleansed.
2. Apply a hydrating serum or moisturiser to form a smooth base.
3. Apply a thin layer of petroleum-based product to your face. Keep the layer very light – less is more here.
4. Consider protecting your pillows at night – use a towel as a barrier between your skin and the pillow, or choose pillowcases that are easily washable.
5. Wake up in the morning with plumped, hydrated skin and carry out your daytime skin routine as normal.

Who knew that something like slugging could lead to something so beautiful? Give slugging a try and see if this trend can boost your skin.



HOW TO WEAR

Sheer THIS party season



Both alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

THINK ABOUT YOUR CHOSEN COLOURS

While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



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LOVE YOUR LEFTOVERS:

Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream – serves 10

You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds soft peaks.

5. Fold the cream into the mixture.

6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes – makes 12

You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

Christmas Pudding Souffle – serves 4

You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



FOOD & DRINK

Photo credits: thefoodpoetkitchen.com, wallrose.com, greatbritishchefs.com



HOW TO MAKE YOUR OWN

Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

Eggnog cocktails to try...

BAILEYS EGGNOG
What you need: 200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg
How to make: Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

SPICED EGGNOG
What you need: 45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish
How to make: Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

HOMEMADE EGGNOG: SERVES 4-6
What you need: 50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy
How to make:
1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

ALCOHOL-FREE EGGNOG: SERVES 4-6
What you need: 50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk
How to make:
1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.



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PEARL HARBOR

remembered

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.





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PETS

Doggy DOWNTIME

Have you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

- 1. Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
- 2. Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
- 3. Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the www.Dogtv.com website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.





KIDS

Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?
A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

REINDEER FOOD MIX: YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

REINDEER COOKIES: YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.




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OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.



Photo credit: Pinterest

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ADELE

returns

Adele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Curry Life Magazine

Curry house regarded as one of the best in the nation

A popular South Woodford curry house has been named as one of the best in the nation in the Curry Life Awards 2021.

Village Indiya, located on High Road, was honoured with the Best Curry Restaurant title at the awards, which were held at London's Royal Lancaster Hotel.

Posting on its Facebook page, Village Indiya celebrated its win and praised all the customers who have supported it along the way.

It wrote: "We owe this all to you. Thank you for supporting Village Indiya South Woodford and for making us Curry Life's Best Restaurant for 2021."

Syad Belal Ahmed, editor of the Curry Life Media Group, said the awards are an opportunity to recognise the venues going above and beyond across the country.

He said: "Over the years we have been organising

the awards, we have seen a significant stepping-up of standards and quality being offered to customers, to the point where several restaurants are in a position to challenge for accolades such as Michelin stars.

"One of the principal aims of the awards has always been to highlight best practices going on across the country so that everyone can have the opportunity to learn from the best. And that has always been a driving principle behind Curry Life itself."

More than £2,000 was raised for the British Asian Trust at this year's awards ceremony and gala dinner.

This year, the awards were sponsored by food delivery service, Just Eat.

Matt Busby, the UK marketing director for Just Eat, commented: "Our congratulations go to all of those who have won awards. You deserve them for standing out in this crowded and competitive industry."



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Firefighters praised for tackling blaze at flat

LOCAL NEWS



Photo credit: London Fire Brigade

Around 40 firefighters were called to tackle a blaze that tore through a flat in Woodford Green.

Six fire engines were called to Coopersale Close on Saturday, November 6, after reports of a fire in a second-floor flat.

Station Commander Chris Davidson, who was at the scene, said: "Firefighters were faced with an intense blaze and, as a result of the crew's fast action and professionalism, they were able to contain the fire to the flat. Thankfully, there was no one in the flat at the time of the fire.

"Some people self-evacuated the block while the majority of residents stayed in their unaffected flats."

The fire damaged a second-floor flat and balcony and is believed to have involved a firework.

Council warns residents of crackdown on fly tipping

Redbridge Council is warning residents of South Woodford against fly tipping.

This comes following the announcement that the council has issued offenders with fines totalling nearly £14,000 after cracking down on fly tipping across the borough.

Fines issued to 34 people totalled £13,600, after a council-led operation identified the culprits responsible for fly tips across the borough.

The 558 fly tips were investigated and cleared in the east and south of the borough as a result of the targeted joint operation between the council's Enforcement Team and Street Cleansing Team.

Leader of Redbridge Council, councillor Jas Athwal, said: "Dumping rubbish on the streets and in public places creates a health and safety hazard, brings our communities down, and makes our neighbourhoods unpleasant for local people.

"Dumping rubbish is an offence. It costs taxpayers for the council to clear fly tips from public spaces,

money which could be better spent on services for residents.

"Please help keep Redbridge clean by disposing of your rubbish properly and reporting anyone illegally leaving rubbish to the council if you witness it."

Resident celebrates publishing debut novel

A South Woodford resident has released her debut novel, which addresses the experience of growing up as a Muslim in a western culture.

Attiya Khan, a GP, decided to write her novel, *Ten Steps To Us*, after starting writing as a hobby over lockdown.

Now, after being picked up by independent publisher, Hashtag BLAK, Attiya is sharing her novel with readers for the first time.

Speaking to **VISION** South Woodford, Attiya said the publication of *Ten Steps To Us* is a dream come true.

She said: "I work part-time, so writing just started off as a hobby to get a break from the kids and work.

"I decided to submit the book to an independent publisher called Hashtag BLAK, who decided to pay me out of their own pocket for the book.

"It's been a childhood dream to have a book published. Until I held the book in my hands, I hadn't realised it had actually happened."

Attiya added that the book has been popular so far and she has enjoyed sharing it with the community.

She said: "A lot of people have said they can relate to the themes of the book. It's about being confused growing up as a Muslim in a western culture and being pulled in two directions.

"I've done a couple of school visits and it's been really nice meeting my target demographic."

Attiya also said she is in the process of starting her next novel.

Ten Steps To Us is available to buy on Amazon and from well-known bookshops.

To find out more about Attiya, head to attiyakhan.wixsite.com/website



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BEFORE



AFTER

NEWS FROM

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LOCAL NEWS



Meet the face of Haven House's 'Together for Christmas' campaign

Huxley is helping to promote Haven House Children's Hospice this Christmas. The hospice is aiming to highlight the vital work it does in allowing families to be together and at home over the festive period.

When Huxley, now two, was around 15 months old, his mum Chloe noticed that his left eye was cloudy, and he had a slight squint. After a visit to the doctor, Huxley was taken to Moorfields Eye Hospital. Following examinations and assessments, a hospital consultant revealed Huxley had retinoblastoma – cancerous tumours in both his eyes.

Sadly, both of Huxley's eyes had to be removed to stop the cancer from spreading. The following months

were extremely tough for the family. It was then that the family's community nurse suggested Haven House.

Chloe said: "At first, I wasn't sure I wanted to speak to a hospice. Huxley wasn't dying and I thought they wouldn't be able to help me. How wrong I was. The support Haven House gave my family meant that in our darkest times, we felt fully supported."

"This Christmas will be special as we look forward to Huxley being cancer-free and spending time together. For us to be all home and Huxley being well is all we hoped for."

Christmas tree recycling

Book your Christmas tree collection for January and help seriously ill children and the environment.

Haven House Children's Hospice is once again running its Christmas tree recycling scheme to help raise vital funds for its services.

On January 7 and January 8, 2022, hospice volunteers will be out and about in the local community collecting real Christmas trees from households in IG7, IG8, IG9, IG10, E11 2, E12 5, E18 and E4.

You can register your tree for collection now by visiting www.havenhouse.org.uk/Event/christmas-tree-collection-and-recycling

Community pays poppy tribute

A Woodford Green community group has raised almost £500 for the Royal British Legion after creating a poppy display.

The Woodford Green Amenity Group (WGAG) created the Remembrance display around its celebration tree in Woodford Broadway.

Made up of mostly handmade poppies, the display paid tribute to those who lost their lives in conflict.

WGAG member, June Brook, said: "We received a grant for a celebration tree at the bottom of the road and have since lit up the tree for religious festivals, so we decided we would do one for the Poppy Appeal."

"All of the poppies were handmade, apart from the larger ones, and a friend of mine knitted some."

"We had a stall at the bottom of the road and asked



people for a £5 donation."

If you are interested in joining the group, membership costs £5 a year.

To find out more about the group, head to www.woodfordgreenamenitygroup.org



Woodford and District National Trust



LOCAL NEWS

Whether you are a National Trust member or not, everyone is welcome to join us at our series of local talks, outings and even holidays.

Meetings take place at Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Green, throughout the autumn, winter and spring months.

The meetings involve good company, interesting topics and the chance to socialise with local people.

Upcoming meetings include:

- > The Capable Mr Brown by Russell Bowes at All Saints Church Hall, Woodford Green, Wednesday, January 12, at 2.30pm
- > Audley End by Dr Peter Moore at Memorial Hall, South Woodford, Tuesday, February 8, at 10.30am
- > Audiology in the 21st century by pre-registration and clinical scientists, Hollie Lyons and Asiya Ali, at All Saints Church Hall, Woodford Green, Wednesday, March 9, at 2.30pm
- > District AGM followed by A Stroll through

Snaresbrook by Lynn Jones at All Saints Church Hall, Woodford Green, Wednesday, April 6, at 2.30pm.

Further details can be obtained from Richard Speller on 07774 164407 or email speller643@btinternet.com

We also have to bring to your attention that we are finding it very difficult to continue owing to insufficient committee members and lack of offers of help to arrange summer and winter outings.

Appeals have been made on several occasions for support, but none have come so far.

Working as a team, the committee's tasks include arranging visits, trips and speakers and a variety of administrative duties.

Sadly, if we do not receive any offers of support by our AGM in April, we will have to seriously consider the closure of our centre, which would be a tragedy. So, if you feel that you could benefit the community, this is your opportunity. We're sure we could use your talent.

For further information, please call Richard Speller on 07774 164407, Alex Bruce on 07977 539710 or Clive Boon on 07711 796118.



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Couple reunited at care home

An elderly husband and wife who were separated for months have been reunited at a care home in Woodford Green.

Gemma, 77, and Ronald Smith, 80, finally got together again at Harts House Bupa Care Home after being separated for four months.

Ronald, who was previously living in a care home in Kent, moved into Harts House in October to be nearer his wife after Gemma was taken ill and admitted to hospital.

Ronald and Gemma had previously lived in Woodford Green for 43 years.

Their joyous reunion took place at the end of October after Gemma was discharged from hospital.

Ronald said: "When I saw Gemma again, it was like seeing her for the first time; my heart skipped a beat. The first thing we did when we saw each other was kiss and have a lovely cuddle."

Gemma said: "Ron has always been a romantic. We fancied each other from the day we met. He took me



to the pictures and a car show on our first date. From then on, I knew he was one of a kind. I'm so thrilled to be with him again at our new home at Harts House. It's a new chapter for us."



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WHAT TO CONSIDER WHEN CHOOSING A FRUIT TREE

If you don't have the space to grow a fruit tree in the ground, you need to choose one that is grown on a rootstock as this will thrive in a pot. You also need to check if your chosen fruit tree is self-fertile, meaning you only need one, or if it requires other trees to ensure good pollination.

HOW TO PLANT FRUIT TREES

To grow a fruit tree in a pot, the pot must be at least 30cm in diameter and 30cm deep and it must have drainage holes. You can also use halved wooden barrels and galvanised dustbins, which look surprisingly attractive. If you are planting your fruit tree in the ground, place in a sunny spot and dig down at least one spade deep. All new fruit trees require support with a post or stake.

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APPLES

One of the easiest fruit trees to grow, you can choose between dessert apples for eating or cooking apples. Grow a dwarf or ballerina variety in a pot if you are short on space.

PEARS

Pear trees can be grown in the ground or in containers and, once established, require very little care. If growing in a container, choose one that is 45-50cm in diameter and place broken concrete or clay pots at the bottom to help retain moisture.

PLUMS

There are many varieties of plum trees to choose from, with some for even the smallest of gardens. They are best planted in clay or loamy soils.

APRICOTS

Apricots can be grown as fans, bushes or pyramid trees and there are several dwarf varieties that are ideal for pots.



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Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

TURN YOUR TREE INTO MULCH: Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

USE AS AN ANIMAL HABITAT: Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

REPLANT YOUR TREE: Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

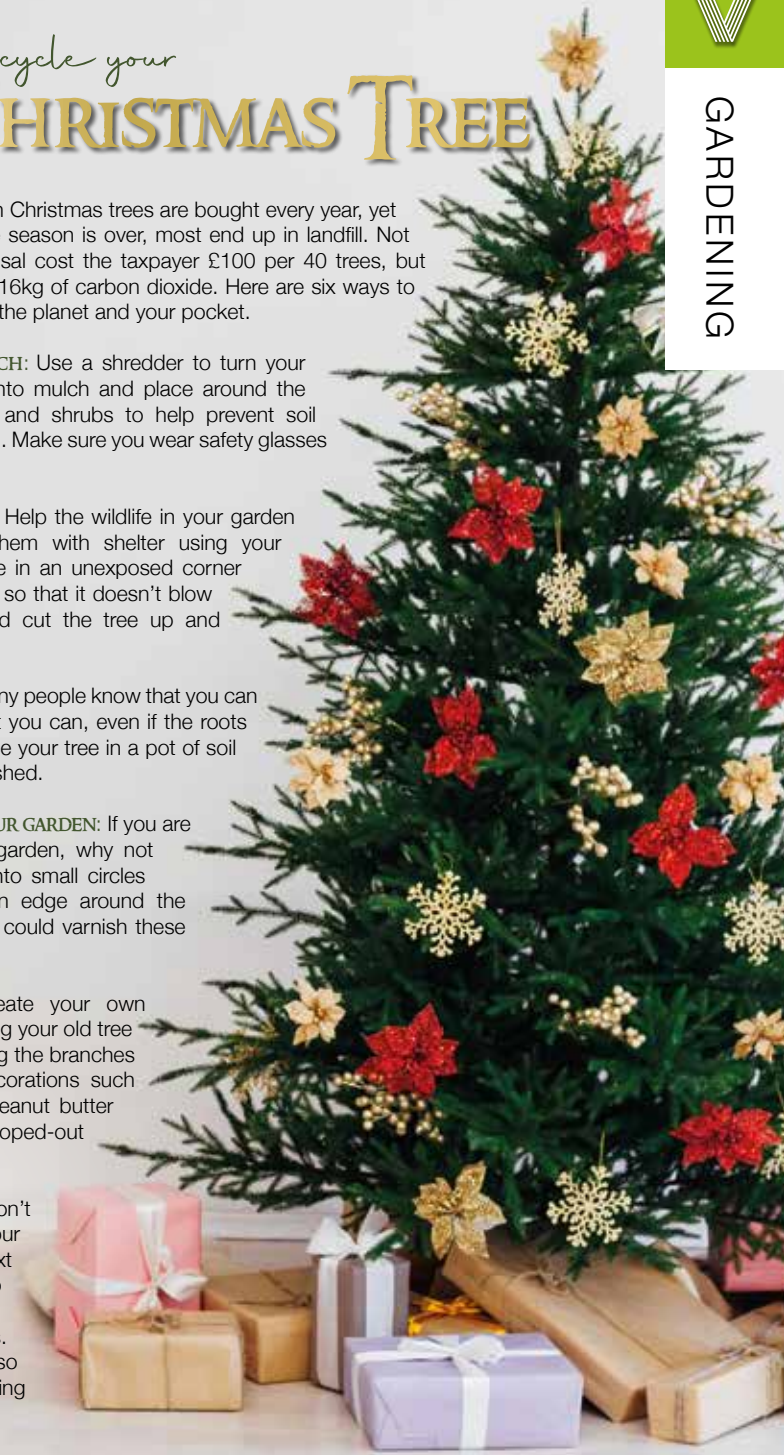
CREATE EDGING AROUND YOUR GARDEN: If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

MAKE A BIRD FEEDER: Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

DONATE YOUR TREE: If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



GARDENING





BRUCE KING

on how to sell yourself and what you do



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn't know what I was smiling at. The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

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



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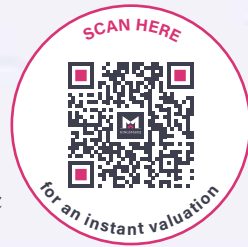
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Did you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

WHERE TO SELL UNWANTED TECH
You have several options available to you when it comes to selling unwanted or unused tech:

SELL ON THE HIGH STREET
Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

SELL ONLINE
Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

TRADE IN
Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

SELL ON SOCIAL MEDIA
More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH
> Remove the SIM card and micro SD card if there is one
> If using iCloud, sign out before passing on the device
> Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.

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BRITAIN'S GREATEST SPORTING MOMENTS...

HEAVYWEIGHT CHAMPION

of the world: Frank Bruno

FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

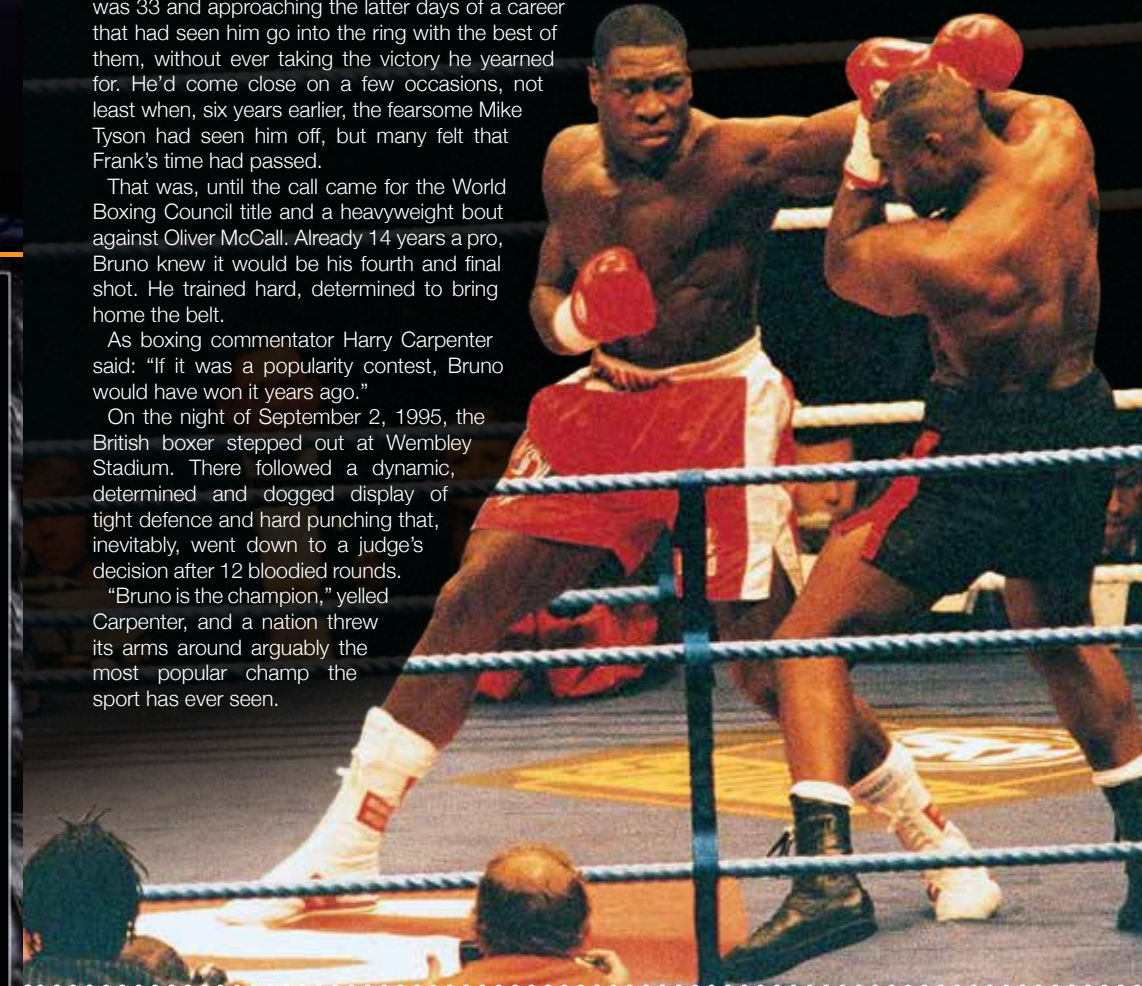
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

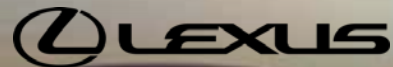
"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



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DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

when stationary in motorway jams and at traffic lights.

WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at www.gov.uk

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games



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PUZZLES & TRIVIA

PUZZLES

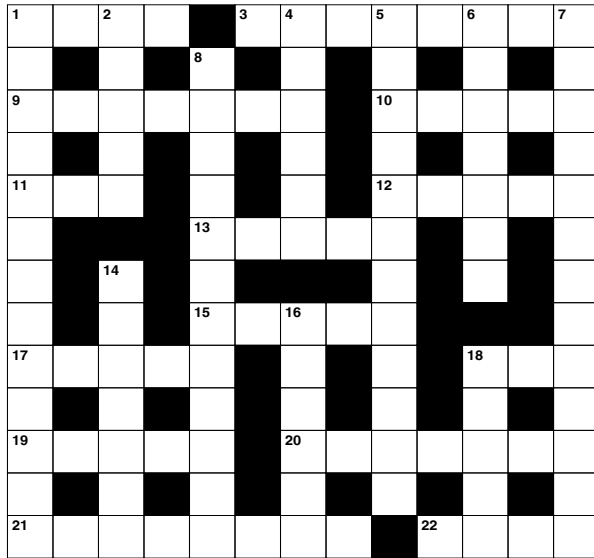
Answers: see end of The VISION Listings

ACROSS

1. Skin irritation (4)
3. Assembled (8)
9. Allocations (7)
10. Small dust particles (5)
11. Drivel; nonsense (3)
12. Exit (5)
13. Long-handled spoon (5)
15. Ellipses (5)
17. Steep slope (5)
18. Intentionally so written (3)
19. Buffalo (5)
20. Become less intense (4,3)
21. On the outer side (8)
22. Examine by touch (4)

DOWN

1. Not capable of being restrained (13)
2. Destroy (3,2)
4. Utterly senseless (6)
5. Vagrancy (12)
6. Take back (7)
7. Rude and discourteous (13)
8. Metal device for removing tops (6,6)



14. Receiver (7)
16. Ratio of reflected to incident light (6)
18. Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in Guinness World Records as the most fearless animal on the planet.

SUDOKU

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

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