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YEARS  
OF THE  
BBC**

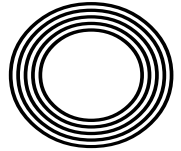
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# Editor's notes...

MARCH 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodFord. I've been making the effort to take part in more networking recently, and have come to realise how important it is in the business world to put yourself out there and make connections with other businesspeople. After all, you could have the best product in the world, but if no one knows about it, it might as well not exist.

But aside from self-promotion, networking gives the opportunity to build a network of support with other like-minded individuals - people you can turn to for advice, and who you can help in turn. Please don't hesitate to get in touch to find out more about local networking opportunities.

Networking is also helping me with my goal to become healthier this year, as I'm walking 14,000-16,000 steps a day when visiting local people and businesses. It's amazing what a difference exercise can make to your mindset.

As we move into spring and hopefully leave behind recent restrictions, I've certainly noticed a renewed sense of optimism in the air. Our high streets are much busier and everyone seems keen to make the most of the lighter evenings. Despite enduring difficulties over the last two years, many of us have emerged with a new resilience we didn't even know we had.

This is something we would all do well to hold on to in the future.

*Brett Shohet*

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

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# YEARS OF THE

## A CENTURY TO CELEBRATE – THE BBC HITS 100

---

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

# A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in the theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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# BOBBY BLUNDERS

**K**irby grips – or bobby pins as they are known in the USA – are a beauty essential for many families.

However, are you using them correctly? Or have you fallen victim to the five most common bobby blunders?

## INSERTING GROOVE SIDE UP

If you have been putting your bobby pins in with the groove side up, then we are sorry to tell you that this is not right. These grooves are designed to help keep the grip in place, so facing them outwards is not effective.

## USING THEM WHEN THE END HAS FALLEN OFF

You know the little plastic balls found on the end of the pin? These are there for a very good reason: to protect your hair from snagging and breaking. So, once a grip no longer has these, it is time to throw it in the bin.

## PICKING THE WRONG COLOUR

Hair grips are there to do a job, not to be seen. Therefore, you need to pick a grip that matches your hair colour. If you are blonde, opt for a lighter shade, and if you have dark brown hair, pick either black or brown grips.

## PLACING INTO WET HAIR

If you are in a rush, you may be tempted to pop a hair grip or two into wet hair. Don't. This will leave you with lots of little indents in your hair that will be hard to shift.

## SPREADING THEM APART

As with most beauty items, hair grips become less effective over time. This is especially true if you spread them apart too much when fixing in your hair. If you find your grips are not doing their job anymore, it is probably time to throw them out.

# ADIÓS ACNE SCARS

**A**dult acne affects 25 per cent of men and 50 per cent of women, with one-third of sufferers also experiencing acne on other areas of their body, such as their back and chest. Acne scars are the result of inflammation of acne blemishes and can be very distressing for those affected.

**ALOE VERA** can help to reduce inflammation and scar tissue size.

### HOW TO APPLY:

- > Remove the dark green skin from the aloe vera leaf
- > Scoop out the light green gel
- > Apply directly to the scar using circular motions
- > Leave for 30 mins and rinse with cold water
- > Repeat twice a day.

**COCONUT OIL** can boost collagen production which can reduce scar-related redness and hyperpigmentation.

### HOW TO APPLY:

- > Heat 2 tbsp of coconut oil
- > Massage the oil onto the scar for 10 minutes
- > Leave for at least one hour before washing
- > Repeat 2-3 times a day.

**HONEY** is known to have antibacterial and calming qualities, as well as being able to aid the body's healing process.

### HOW TO APPLY:

- > Before bed, apply raw honey to your scar
- > Cover with a bandage and leave on all night
- > In the morning, remove the bandage and wash the skin with warm water
- > Repeat each evening.

**LEMON JUICE** can help to reduce the appearance and redness of acne scars. It is also antibacterial.

### HOW TO APPLY:

- > Cut a wedge of fresh lemon
- > Gently rub the juicy side onto the scar
- > Leave for 10 minutes before rinsing
- > Repeat daily.

**APPLE CIDER VINEGAR** acts as a natural astringent and helps to stimulate blood flow, both of which aid the regeneration of skin cells.

### HOW TO APPLY:

- > Mix 4 tbsp of distilled water with 2 tbsp of apple cider vinegar
- > Dip a cotton ball into the mixture and dab generously on your scar before bed
- > Leave to dry and do not wash off until morning
- > Repeat each night.





# TRENDING Cardigan COATS

One of the top fashion trends for spring 2022, a cardigan coat is the perfect garment to help you transition into the warmer months in style and comfort.

**What are cardigan coats?**  
Cardigan coats are, as the name suggests, coats that are in fact cardigans. Also known as heavy-knit cardigans, these versatile jackets are ideal for when it's too warm for a coat but too cold for just a t-shirt.

**What are the different styles of cardigan coats?**  
*Long cardigan*  
Providing a loose and casual look, long cardigans typically extend to your mid-thigh but can go all the way down to your ankles. Wear open for a trendier vibe or buttoned up to keep the chill at bay. Great with fitted jeans and a slim-fit scoop-neck shirt.

*Shawl collar cardigan*  
For days when the temperature dips, a shawl collar

cardigan is the perfect choice. Usually made with thicker materials and featuring a collar that drapes around the back of the neck, this well-structured cardie promises to polish up your look in an instant. Wear buttoned up with jeans or khakis.

*Hooded cardigan*  
If you want protection from the elements without having to wear a heavy coat, then a hooded cardigan is just what you need. Available in a variety of lengths and with either buttons or a zip, this style of cardigan is ideal for those who like a sporty look. Pair it with your favourite tracksuit or baggy jeans.

*Button-up cardigan*  
A classic button-up cardigan can make you look sexy and stylish, but only if you wear it right. Opt for a well-fitted shape with simple buttons and you are guaranteed to emanate sophistication. Great for the office or for adding a touch of elegance to your everyday wear.

Photo credits: riverisland.com, asos.com, simons.com, debenhams.com



# ENAMEL ERODERS vs. saviours



Enamel is the thin outer covering of the teeth and is vital for protecting them from daily activities such as chewing, biting, crunching and grinding. However, as your body cannot repair chipped or cracked enamel, you need to make sure you look after it.

**ENAMEL ERODER: SLEEP**

Although your body needs sleep to remain in optimal condition, while you are in the land of nod, your saliva production decreases, meaning your tooth enamel is more at risk.

**ENAMEL SAVIOUR: BRUSH TWICE A DAY**

Always brush your teeth twice a day and ensure that one of these times is just before you hit the sack. Plus, if you do wake up in the night, moisten your mouth with a sip of water.

**ENAMEL ERODER: FRUIT JUICE**

Regularly drinking citrus fruit juice or fruit smoothies is hugely detrimental to your teeth's enamel, as fruit juice contains a lot of acid.

**ENAMEL SAVIOUR: A STRAW**

If you can't give up your favourite juices, minimise contact with your teeth by sipping them with a straw and swishing your mouth out with water immediately afterwards.

**ENAMEL ERODER: SNACKING**

Snacking on foods that are high in sugar and starches can increase your risk of tooth decay and damage your teeth's enamel.

**ENAMEL SAVIOUR: CHEWING GUM**

Chew sugar-free chewing gum between meals as this boosts your saliva production up to 10 times the normal flow and helps to strengthen your teeth.

**ENAMEL ERODER: HARD-BRISTLE TOOTHBRUSHES**

Brushing with hard-bristle toothbrushes that are often aimed at smokers and those with stained teeth can damage your tooth enamel.

**ENAMEL SAVIOUR: SOFT-BRISTLE BRUSHES**

Invest in a soft-bristle toothbrush and wait at least an hour after eating any acidic foods or drinks before brushing. Also use a fluoride toothpaste.





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# HIIT <sup>VS</sup> TABATA



## THE SHORT WORKOUTS THAT COULD HELP YOU GET FIT

When it comes to fitness, the shorter the better, right? Well, high-intensity interval training (HIIT) and Tabata are all about short, sharp workouts. But make no mistake – these workouts are intense, designed to get your heart rate up and help you tone your muscles.

So what's the difference between HIIT and Tabata? And how can they help you get fit?

HIIT and Tabata workouts are very similar. They are based around high-intensity, short-interval training methods with minimal rest between sets. Typically lasting 20-30 minutes, they may be short, but they'll have you sweating.

Tabata is a type of HIIT workout based around eight 20-second bursts of intense exercise, with just 10 seconds of rest in between. There are generally four rounds of these eight exercises in a Tabata workout. It was developed by Dr Izumi Tabata based on these specific principles.

HIIT workouts will target muscle fibres that promote definition, boosting the testosterone production in both men and women that helps rebuild muscle fibres after exercise. Its other benefits include:

Weight loss | Increased cardiovascular endurance  
Reduced body fat | Decreased blood pressure.

Tabata workouts provide a more intense HIIT workout, with benefits including:

Boosted metabolism | Increased fitness levels  
Increased lean muscle mass | Raised heart rate in a short amount of time.

### Creating HIIT and Tabata workouts

You can create your own HIIT or Tabata workout using just your bodyweight, or using weights and fitness machines to add variety. Some example routines include:

#### HIIT

- > Choose either four or five exercises that focus on one area of the body, or a full-body workout. Great examples include burpees, squat thrusts, jumping jacks and press-ups
- > Complete each exercise for 45 seconds
- > Rest for 60 seconds between each exercise
- > Repeat four or five times.

#### Tabata

- > Choose either eight exercises that focus on one area of the body, or a full-body workout. Examples of Tabata exercises include mountain climbers, squat jumps, crunches and reverse lunges
- > Complete each exercise for 20 seconds, allowing a 10-second rest between each exercise – this equals one round
- > Allow a one-minute rest between rounds and complete four rounds to complete your workout.

HIIT and Tabata workouts are intense, but they provide many benefits for your health and fitness. As short workouts, they're ideal for those who have a busy schedule, or those who hate spending hours at the gym.



HEALTH & FITNESS







# The secrets to a successful STIR FRY



**A**lthough a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

### 1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

### 2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

### 3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

### 4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat through. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

### 5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.



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SORRY FOR

*celery*

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

*Celery and apple smoothie* (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

**Ingredients:**

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

**How to make:**

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

**Top tips:**

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.



FOOD & DRINK



# How To Match COLOURS IN YOUR HOME



There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose. Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look. Take a look at the following tips to get started.

### CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

### LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch. Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look. If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look. You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

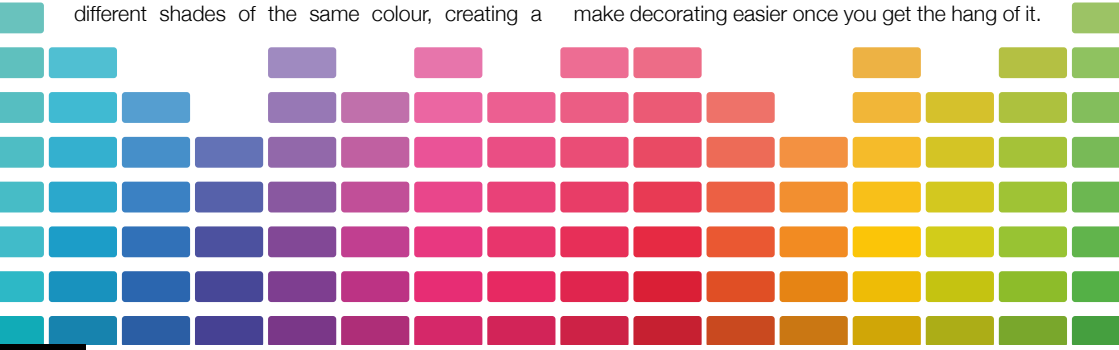
### THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

### USE TESTERS TO SEE WHAT WORKS BEST

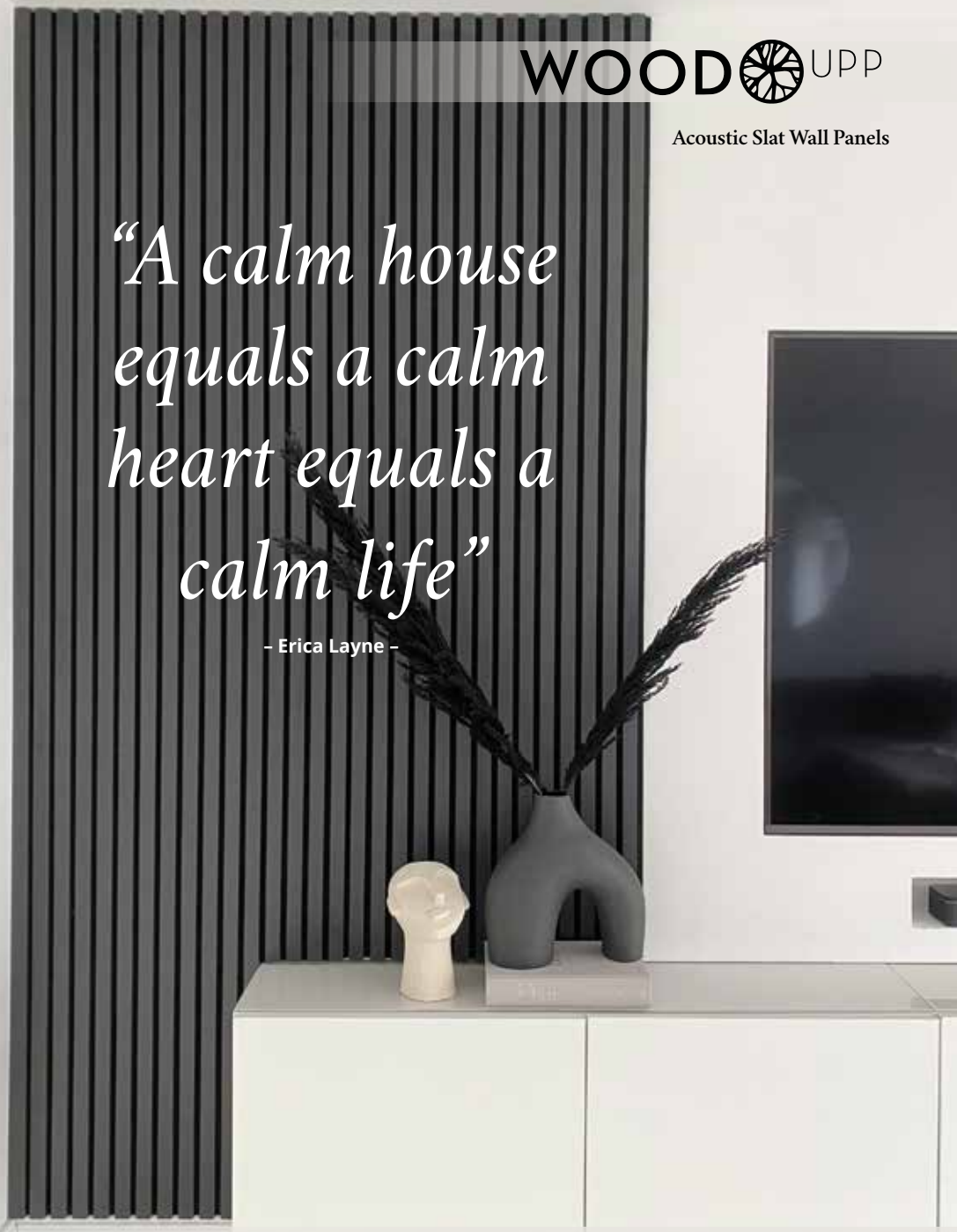
Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.



## "A calm house equals a calm heart equals a calm life"

- Erica Layne -





# LOVE YOUR LEFTOVERS:

## laminated flooring



If you have just had new laminate flooring installed, then chances are you have a fair amount left over.

Rather than let this versatile material go to waste, why not use it to create something beautiful for your home?

### CREATE A RUSTIC MIRROR OR PHOTO FRAME

If you have a basic mirror or photo frame that is less of a stylish feature and more of an eyesore, this can easily be remedied with a few pieces of laminate flooring. All you need to do is cut them to size and then attach them to your mirror or photo frame using a strong, clear epoxy glue.



### RESURFACE A TABLE TOP

Give a table top an instant facelift by covering it in your leftover laminate. If you want a rustic look, scuff the laminate using sandpaper or, for a more modern look, prime and then paint in your preferred colour. Add edging for a smoother finish.



### BUILD A HEADBOARD

If your existing headboard is looking a little worn, why not create a new one using your leftover laminate? First, you will need a piece of plywood as backing, and then just glue spare pieces of laminate onto it before fixing to your bed. Alternatively, why not cover the whole space behind your bed and create a feature wall?



### MAKE PLANTING BEDS

Laminated flooring planks are weather-resistant and do not deteriorate as quickly as solid wood planks. This means that they are ideal for using in the garden. Simply cut a few pieces to size and use as fence panels to divide sections of your garden for planting beds.



### INSTALL IN YOUR GARAGE OR LOFT

Make use of any unused space in your home by installing your leftover laminate on your garage or loft floor. Laminate is moisture and temperature resistant, which makes it ideal for these spaces. If you want to use your loft as a living space, you will need to ensure you install a subfloor and underlay first.



Photo credit: Persia Lou via iStockphoto.com, Kristin Eldridge/flooringinc.com, hometaalk.com, russwood.co.uk



# IT'S THAT TIME... Spring cleaning



## YOUR CHECKLIST

**E**mbarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

### KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

### BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

### BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

### LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

### HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

### OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows

# TACKLE THAT



**N**ot many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

**Step 1: Start with clean and conditioned hair**

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

**Step 2: Use a hair towel**

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

**Step 3: Loosen any knots**

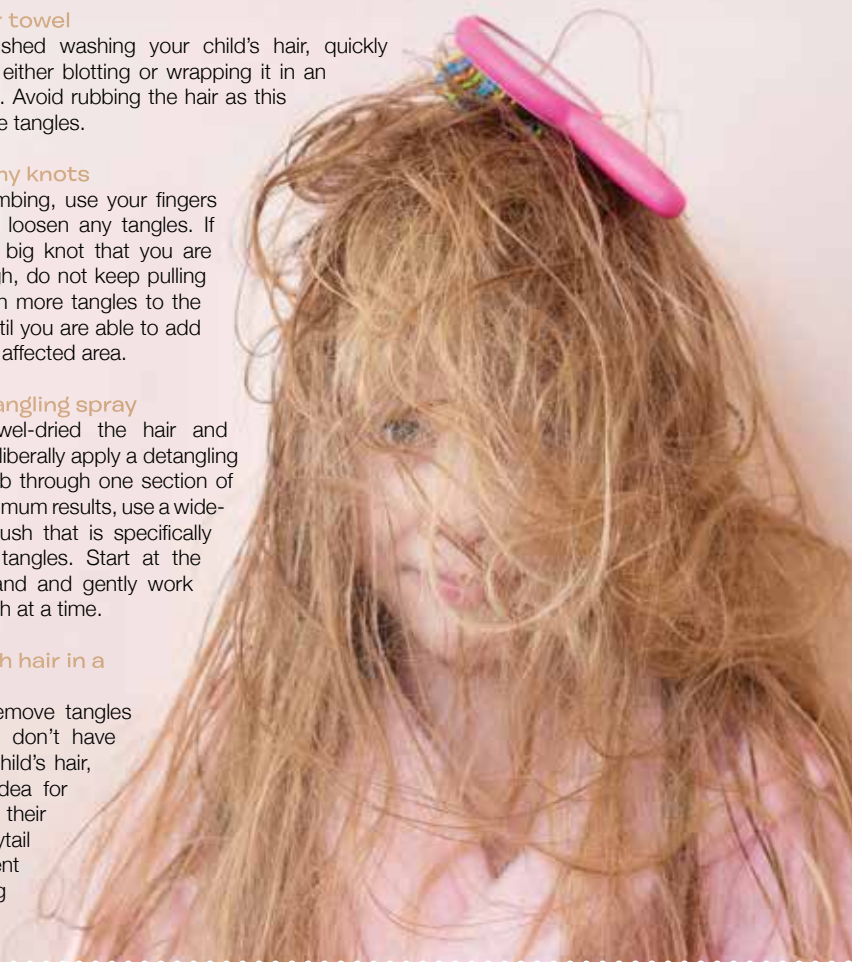
Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

**Step 4: Try a detangling spray**

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

**Step 5: Sleep with hair in a ponytail**

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.



# KEEP ON *cruising*

**WHY EMBARKING ON A CRUISE IS THE ULTIMATE HOLIDAY**

**W**ith people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

*Value*

There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

*Variation*

Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

*Wastage*

A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

*Family environment*

Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

*Comfort and luxury*

Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

*Sociable*

Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.

STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



**S**teven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Six fire crews called to tackle blaze at popular takeaway

Firefighters have issued a warning to restaurant and takeaway owners after a fire tore through a fish and chip shop in Woodford Green.

Last month, six fire engines and around 40 firefighters were called to Toni's Fish Bar on High Road.

Part of the ground floor was damaged by fire, and the ventilation system, which runs from the ground to the second floor of the building, was completely destroyed.

One man was evacuated before the firefighters arrived. He was suffering from smoke inhalation and received treatment at the scene from the London Ambulance Service. A further two people, who did

not suffer any injuries, were evacuated from the flats above the shop.

Fire investigators believe the cause of the fire was accidental and owing to the ignition of oil residue in a pan, which spread into the ventilation system.

A London Fire Brigade spokesperson said: "We'd like to remind restaurant and takeaway owners to ensure they don't have dirty ducting. If you don't clean the ducting in your extraction system regularly, you're at a greater risk of ducting fires."

"You should also make sure you keep the hob, cooker hood and extractor fan clean – built-up fat and grease can ignite and cause a fire."



## Bank among more than 30 nationwide to close

LOCAL NEWS



The South Woodford branch of NatWest is among 32 across the country that are set to close in the next 12 months.

Located on George Lane, the branch will close on June 28, with the bank giant citing one of the reasons for the closure as a reduction in counter transactions.

Looking at data specific to South Woodford, released by NatWest, it was revealed that counter transactions for customers decreased by 20 per cent between 2017 and 2019.

It was also revealed that 59 per cent of customers who use the branch also use online banking or the mobile app.

Residents have the opportunity to share their views on the closure at natwest.com/branchclosures until June 14.

After the closure of the South Woodford branch, the nearest NatWest branches will be in Wanstead High Street, Station Road in Chingford and Walthamstow High Street.

A NatWest spokesperson said: "As with many industries, most of our customers are shifting to mobile and online banking, because it's faster and easier for people to manage their financial lives.

"We understand and recognise that digital solutions aren't right for everyone or every situation, and that when we close branches we have to make sure that no one is left behind.

"We take our responsibility seriously to support the people who face challenges in moving online, so we are investing to provide them with support and alternatives that work for them."

## Police called after teenager found with stab injury

Police are appealing for information after a teenage boy was found with a stab injury in South Woodford last month.

Officers were called just before 4pm on February 5 to reports of a person found with a stab injury at a residential property in Churchfields.

A 16-year-old boy was found with an injury to his back, which had reportedly been inflicted during an earlier altercation in Mulberry Way.

He was taken to hospital, where his condition was assessed as not life-threatening.

Anyone with information about this incident is asked to call 101 quoting CAD 4719/05Feb.

To remain anonymous, contact Crimestoppers on 0800 555 111 or crimestoppers-uk.org

## Trees toppled as town hit by full force of Storm Eunice

South Woodford residents, together with millions of others across the country, were hit by the full force of Storm Eunice last month.

The storm, which reached its peak in London and the South East on Friday, February 18, saw lashing rain and winds of up to 100mph.

Prior to the storm reaching its full force, the Met Office issued a red weather warning for London, with residents advised to only leave home if absolutely necessary.

Across social media, residents shared photos of the damage caused by the storm, including Martin Johnston who shared a photo of a fallen tree in South Woodford (pictured below).

The tree on Clementine Walk had been knocked down by the wind and became lodged on the roof of a block of flats in the town.

Throughout February 18 and into February 19, Redbridge Council secured the parks across the borough to discourage visitors owing to the high risk of falling trees.

The council also announced that it had tackled around 90 incidents concerning fallen trees, with eight crews working hard to safely remove them.



Photo credit: Martin Johnston

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BEFORE



AFTER

NEWS FROM

# THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



LOCAL NEWS



a team-building task to create the highest free-standing tower using spaghetti, string, Sellotape and a marshmallow, which was eventually won by St Ignatius College in Enfield. The students followed this session with the first opportunity to meet their mentors for a creative session.

The schools also learned more about the work of Haven House and how working on this project will directly benefit seriously ill local children.

Over the following 12 weeks, the schools put on a range of activities, including tuck shops, cake sales, raffles, sporting activities, concerts, car washes, busking and even a 2,000km challenge.

The passion and resilience shown by the students and their teachers against the backdrop of school commitments, exams and the challenge of COVID-19 restrictions was nothing short of inspiring.

The students thoroughly enjoyed this process and took advantage of the multiple benefits from being involved, which included learning a range of transferable skills, working as a team, building confidence and self-esteem, and working on a project that benefits the local community.

Kat Pinnell, head of drama and careers lead at Woodbridge High School, said: "Leading a group of students through the Schools Enterprise Project was nothing short of awesome. As a teacher, I strive to instil in the young people I teach the importance of community, independence and social action. This programme encapsulates all of these elements and so much more."

## Footballer works with hospice

A Woodford Green hospice has thanked a football superstar who is helping to create lifelong memories for families.

Haven House was previously selected by England captain, Harry Kane (pictured second from right), as one of Leyton Orient Football Club's charity partners.

This has enabled the hospice to provide families with special visits to the Breyer Group Stadium to watch the team in action. Harry has also created personalised videos for families.

Mum Lisa (pictured right) praised the hospice team, Harry and the football club for providing her son (pictured second from left) with an experience he will never forget.





# Woodford and District National Trust



Whether you are a National Trust member or not, everyone is welcome at our series of local talks, outings and even holidays. Meetings take place at Memorial Hall in South Woodford and All Saints' Church Hall in Woodford Green throughout the autumn, winter and spring months, offering the chance to socialise with local people.

The next meeting takes place at 2.30pm on March 9 at All Saints' Church Hall and the topic is Audiology in the 21st Century. The April meeting and annual general meeting will take place at 2.30pm on April 6 at All Saints' Church Hall. The topic is A Stroll through Snaresbrook.



Photo credit: MRS SWoodford

## Residents invited to police hub

A new Mobile Enforcement Hub has been launched to give residents in South Woodford and beyond the chance to meet with police officers and discuss their concerns.

Following the successful launch of enforcement hubs in Ilford and Hainault, and the overwhelmingly positive feedback from local residents, Redbridge Council launched the new Mobile Enforcement Hub to bring police and Council Enforcement Officers to every doorstep in Redbridge.

Taking to Twitter, officers invited South Woodford residents to keep an eye out for the van and to come along to ask any questions they may have.

Speaking at the launch of the Mobile Enforcement Hub, Leader of Redbridge Council, councillor Jas Athwal, said: "Everyone deserves to feel safe on our streets. Redbridge is our home and we are determined to drive out crime and antisocial behaviour and keep local families safe."

"Our Enforcement Hubs bring policing and enforcement to every local doorstep, restoring the community policing that was decimated during austerity. Our hubs both empower local people to meet with the police and Council Enforcement Officers, and also send a strong message to criminals that they are not welcome in our borough."

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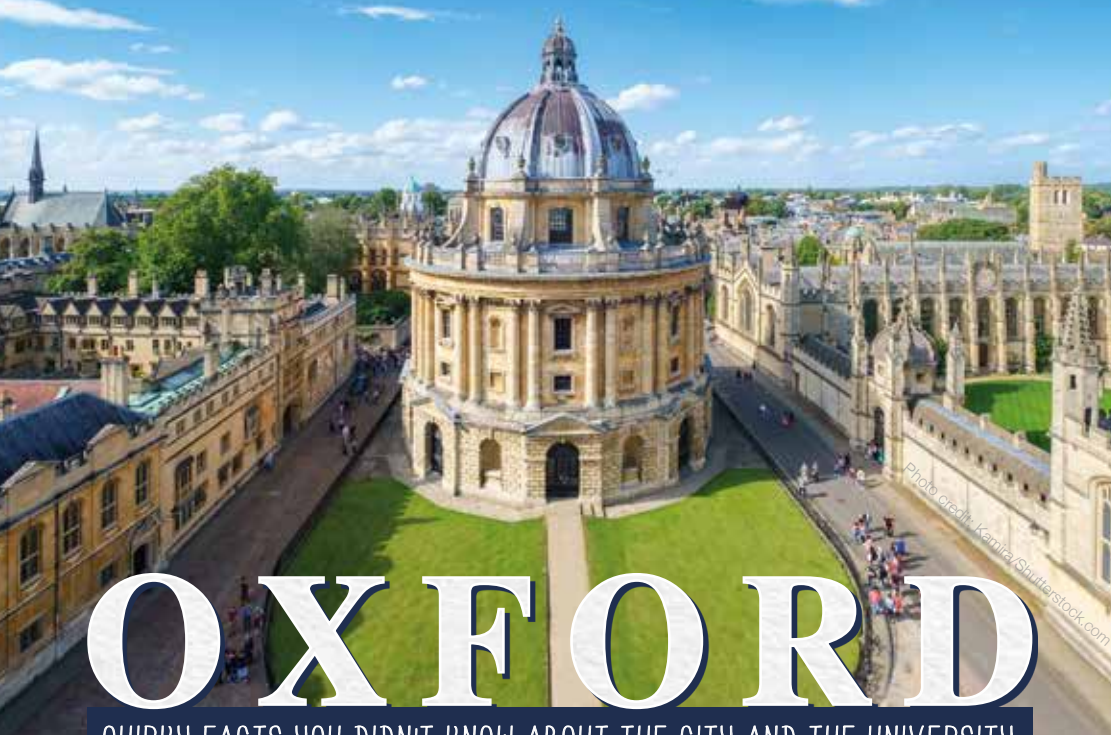
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# OXFORD

QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

**O**xford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

**OXFORD UNIVERSITY WAS FOUNDED IN 1096:** This makes it around 925 years old, and one of the oldest universities in the world.

**IT'S A HUB FOR WRITERS:** With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

**THE LECTURERS WERE BANNED FROM MARRIAGE:** Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

**WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878:** Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

**FAMOUS STUDENTS:** Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

**WORLD'S LARGEST BOOKSHOP:** Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

**OXFORD ESCAPED THE BLITZ:** No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?



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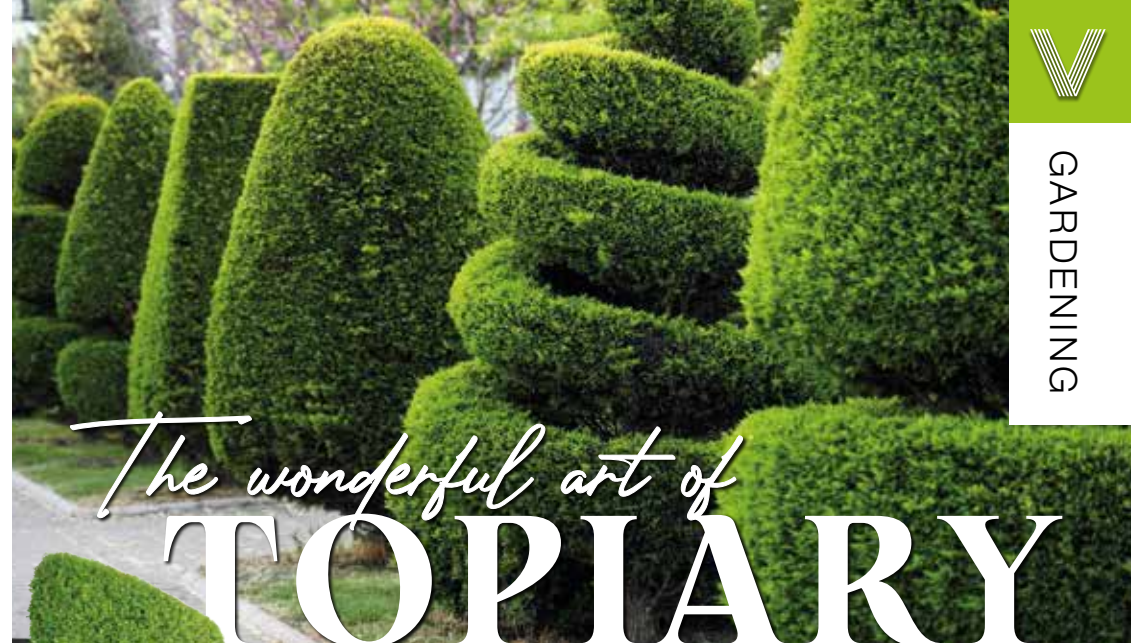
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# The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

**CHOOSE THE RIGHT TYPE OF PLANT:** The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

**DECIDE ON YOUR STYLE:** There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include:

Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

**GET THE RIGHT TOOLS:** You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

**MAINTAIN YOUR PLANTS WITH CARE:** After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.



# GARDENING BLOGGERS



The Middle-Sized Garden



Growing Family



Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

### Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

### The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

### The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

### Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

### The Garden Ninja

The Garden Ninja is Lee Burkhill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.



# BRUCE KING

on the intricacies of time management

# TIME MANAGEMENT



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.**

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

### 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](http://bruceking.co.uk)



# FREEHOLD

VS



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

### WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

### WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

### FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and

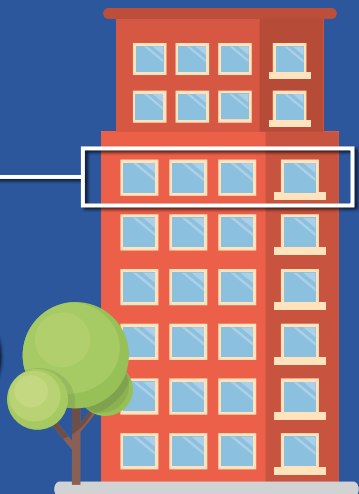
apartments in city centres, these are typically leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

# LEASEHOLD

What does it mean when buying your home?



## "IT'S BEEN A TOUGH YEAR AND WE COULDN'T HAVE SURVIVED IT WITHOUT YOU"

Calvin Gomes, Bronze Age

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SPORT

### A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

Photo credit: Xinhua/Shutterstock

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# Map that!

## THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

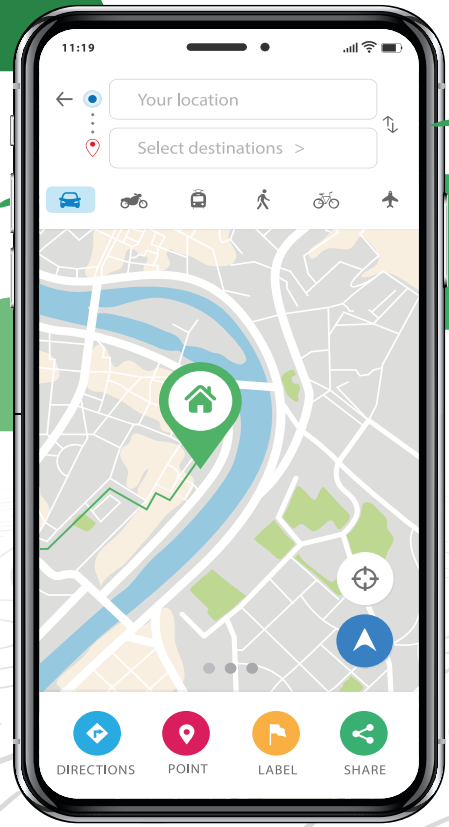
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.





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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

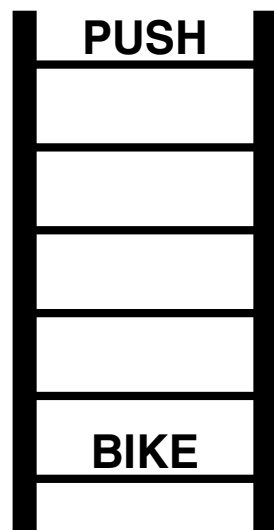
- ▶ BATON
- ▶ DECATHLON
- ▶ DISCUS
- ▶ FIELD
- ▶ HAMMER
- ▶ HEPTATHLON
- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP



## DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

## 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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