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Editor's notes...

JUNE 2022



Brett Shohet, Editor

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

I finally managed to get away on holiday recently and had a wonderful time in the Italian sun. We chose a less popular destination and found it made for a much more authentic experience, proving that sometimes it's good to veer off the beaten track and walk the roads less travelled.

I'd like to take this opportunity to once again encourage our readers to support local businesses. Before making your next purchase, consider if you could buy it from a small business rather than a multinational corporation.

I know local business owners would highly appreciate it, and you can rest safe in the knowledge that your money is making a positive difference in your community.

As well as distributing magazines to thousands of homes and businesses, **VISION** is available at various pick-up points throughout the local area. If any companies would like to be considered as a pick-up point, please don't hesitate to get in touch.

Lastly, I hope everyone is enjoying the celebrations for the Queen's Platinum Jubilee. It is truly a momentous occasion, as the Queen is the first British monarch ever to have reached this impressive milestone. It offers a fantastic opportunity for families, friends and neighbours to get together. After all we've been through over the last two years, we certainly deserve it.

Brett Shohet

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The Lane

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SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon’s is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn’t enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors’ money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don’t fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

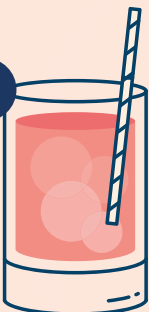
His commitment to Tesla and SpaceX only came about because he’d sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, ‘speculate to accumulate’ has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

1



HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

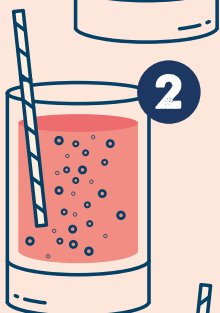
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

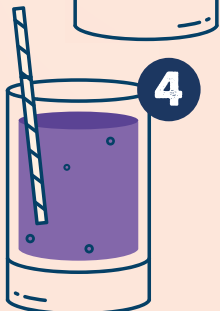
- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



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5 NATURAL ALTERNATIVES TO deodorant

If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.

Witch hazel
Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.
Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.

Baking soda
Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.

Lemon juice
Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.

Apple cider vinegar
This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsps with 1 tbsps of water and apply under your arms using a clean cloth.

Coconut oil
Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



Balconette



Plunge



Full cup



T-shirt



Strapless



Sports

BRA 101: style guide

Did you know that the average woman owns between nine and 12 bras? However, the majority purchase the same type of bra time and time again. If this sounds familiar, maybe it's time to branch out and try a different style?

Balconette bra
A popular shape that provides a rounded look and great support, this type of bra offers less coverage than a full cup style. With wider straps, a balconette bra is not the best choice for women with narrow shoulders. However, it is perfect for any occasion where you want to achieve great cleavage.

Plunge bra
Offering less coverage but plenty of support, a plunge bra is best worn with low-cut outfits. A good choice for women with a fuller chest who are looking for a comfy yet sexy bra.

Full cup bra
As the name suggests, a full cup bra provides all-over coverage and support. The straps tend to be closer-set, making them ideal for women who have narrow shoulders.

T-shirt bra
Available with padded or non-padded cups, every woman should own at least one t-shirt bra. Offering a seamlessly smooth silhouette, this style of bra is designed to be worn under tight-fitting tops but can be worn with almost anything.

Strapless bra
Having come a long way in their design, strapless bras are now a feasible option for small- and large-chested women alike. Created to prevent slipping, strapless bras give you the freedom to wear whatever you want without any straps on show.

Sports bra
Providing maximum hold and minimum movement, sports bras are usually made of non-stretch fabric designed to beat the bounce.





BEWARE THE *booze!*



Struggling to lose weight? It may not be your choice of food that is holding you back from dropping the pounds but, instead, your favourite tippie that is sabotaging your weight loss efforts.

LONG ISLAND ICED TEA

A summer cocktail that definitely packs a punch, a Long Island Iced Tea contains a whopping 424 calories. With an impressive ingredient list that includes vodka, gin, rum, tequila, triple sec and Coca-Cola, it's no wonder this boozy beverage will see you packing on the pounds.

LOW-CALORIE SWAP: Cosmopolitan = 100 calories

PIÑA COLADA

Creamy and delicious, who doesn't love a Piña Colada or three when relaxing by the pool? Sadly, this summery cocktail contains a hefty 300 calories.

LOW-CALORIE SWAP: Fuzzy Navel = 120 calories

ALCOPOP

Although convenient, most alcopops contain a lot of added sugar, which makes them bad for your waistline. Plus, as they tend to taste sweet rather than strong, you may find yourself knocking back more than you intended, which is bad news seeing as these contain 250 calories per bottle on average.

LOW-CALORIE SWAP: Rum and Diet Coke = 115 calories

SWEET WHITE WINE

Any wine or fizz with the word sweet attached to it is going to contain more sugar, which means more calories. In fact, a medium glass of sweet white wine has around 160 calories.

LOW-CALORIE SWAP: Champagne = 89 calories

CIDER AND BEER

Two of the most popular drinks in the summertime, some ciders contain as much as 210 calories per bottle and beer up to 208 calories per pint. This is the equivalent of a glazed donut or a slice of pizza.

LOW-CALORIE SWAP: Light beer = 144 calories



KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.




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Robust Rosemary

A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.



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Are you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge? Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

GIVE IT SOME TLC: If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

PLACE IN AN AIRTIGHT CONTAINER: Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

DRY YOUR SALAD: Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

STORE IN THE FRIDGE: Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

REMOVE ANY SPOILT LEAVES: When you get

FOLLOW THE SEVEN-DAY RULE: Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.



OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

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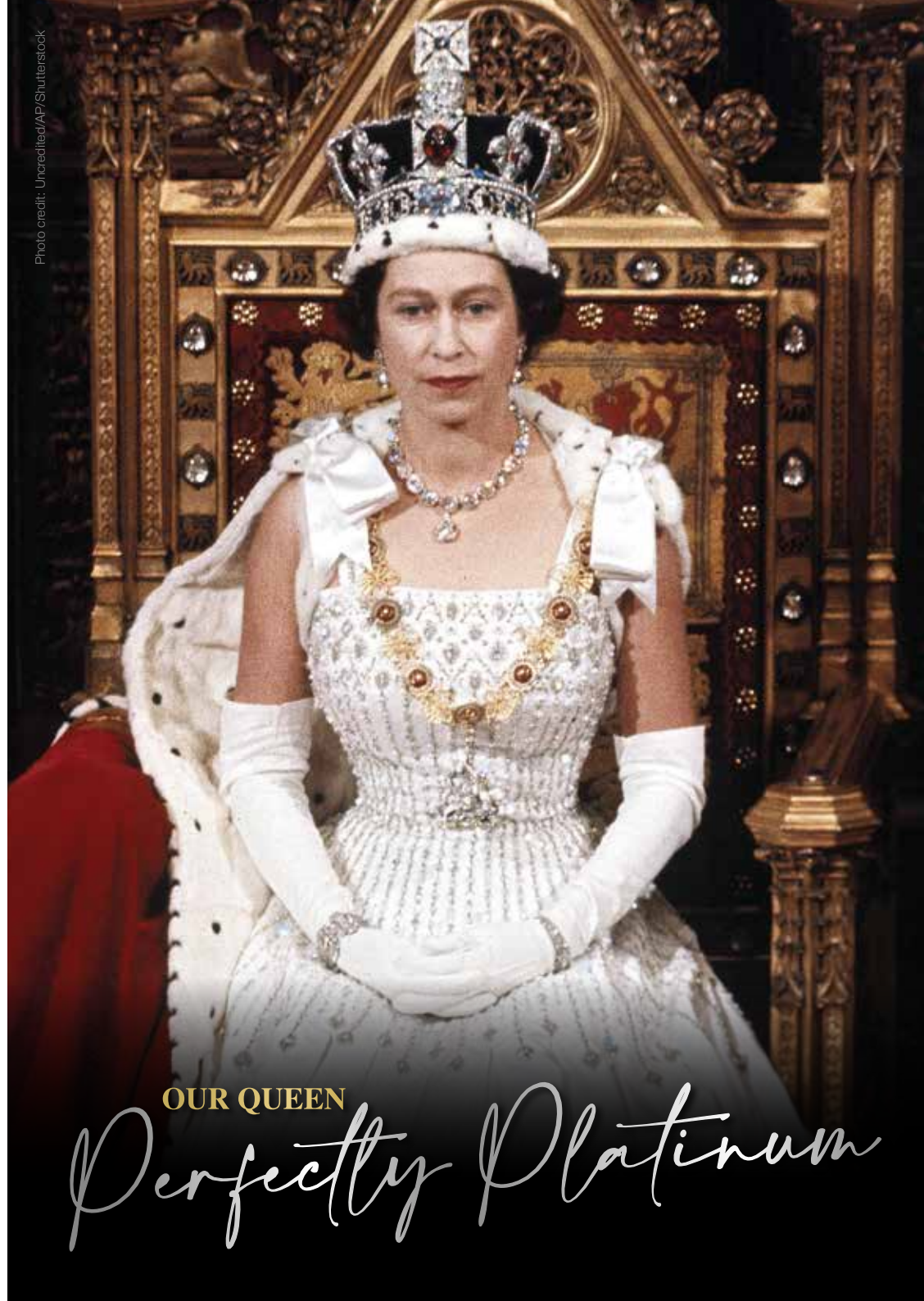
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OUR QUEEN

Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.





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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Labour stays in control of council after local election

The Labour Party remains in control of Redbridge Council following the local elections on May 5.

Labour has held Redbridge with 55 seats, while the Conservatives won five. Although the number of elected Tory councillors has decreased from 11 to five, the Conservatives remain the only opposition party.

The Labour Party secured 55 out of 63 seats across the borough.

Owing to the tragic death of Iqbal Singh, a Conservative Party candidate running in the Mayfield ward, three seats on the council were delayed until voting on May 26, as **VISION**SouthWoodford went to print.

Despite not being re-elected, Jas Athwal, the Leader

of Redbridge Council (pictured right), made a victory speech to his party.

He said: "Today is a historic day for Labour, because we have equalled the highest number of seats won by any party ever in the history of Redbridge."

Mr Athwal also took to social media and said: "An incredible night in Redbridge building on our successes and returning more Labour councillors than ever before.

"Thanks to our activists, candidates, friends and family for making this possible. And thanks to voters for putting your trust in us, we will keep delivering for you.

"We still have one more election to go... Mayfield goes to the polls on May 26."

Inquest into death after mum consumes poison

An inquest has been held into the death of a South Woodford mother who was discovered dead at her home by her family after consuming poison.

On July 25, 2021, Jessica Adams-Lovett, 43, was discovered by her husband at her home. Paramedics were unable to save her.

On Friday, May 20, 2022, the coroner's court revealed that the cause of death was a form of poison. The complete inquiry, due later this month, will look at whether she planned to take her own life, as it is possible that she purchased the poison and took it herself.



Photo credit: Travers Lewis/Shutterstock.com

Police arrest woman in connection with murder

Detectives investigating the murder of 29-year-old Michael Ugwa (pictured inset) have arrested a woman from Woodford Green.

Michael was subjected to an attack which led to his death at Lakeside Shopping Centre on April 28.

On May 18, officers arrested a 21-year-old woman from Woodford Green on suspicion of assisting an offender.

She has since been released under investigation.

Three people had already been charged in connection with the incident: Muhammad Khan, 22, of no fixed address; Brandon Lutchmusing, 19, of Grafton Way, Dagenham; and Shannon Weston, 20, of Paddocks Close, Canewdon.

Khan and Lutchmusing have been charged with murder and affray, and Weston has been charged with assisting an offender.

Paying tribute to Michael in a statement, his mother said: "Michael was a kind man with a large personality and an even larger heart. He was special to a great many people and so it is with great sorrow that we are writing about his untimely passing.

"As with many people, he was not a man without fault, but his desire to always try to better himself and strive for a brighter tomorrow made him a rich source of inspiration to not only his children, cousins, nieces and nephews but also to everyone who desired to see that silver lining.

"He was a loving partner to his would-have-been wife, a great father to his three children, a caring brother, and a pillar of support to me and his wider family in general.

"Even though Michael has passed, we all choose to be like Michael and look for that silver lining."

Nursery owner sets up food bank for families



The owner of a nursery in South Woodford has set up a new food bank. Fatima Juneja originally set up an initiative to help deprived children and their families four years ago. She has now set up a food bank in Ilford and at one of her Montessori nursery schools.

The aim of the food bank is to provide people of all backgrounds with the necessities they need for everyday life, whether that is food, clothing or even household appliances such as fridges.

It also delivers weekly food packages to those in need.

For more information about the food bank and how you can support it, visit fatimafoodbank.org



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HAVEN HOUSE
Your local children's hospice shop
havenhouse.org.uk

LOCAL NEWS

Hospice thanks the community for support

A hospice in Woodford Green has thanked everyone who has supported it by choosing to shop at its stores.

Haven House has seven charity shops and an eBay store, offering sustainable shopping while also generating essential income to support the hospice.

In a year when the retail sector has struggled, Haven House has seen a significant growth in its retail income, not only outperforming the sector, but also recording the biggest retail revenue in the hospice's history.

Head of retail, Matthew Lord, said: "We have a huge amount to be proud of – and in many respects we are bucking the trend. Many high street names have

become casualties of the pandemic, but our charity shops have a business model that is thriving and more relevant than ever.

"Consumer habits and retail trends have shifted significantly. There is a real appetite for charity shopping currently. People are wanting greener retail, to shop locally and more affordably – and this is what our hospice shops offer. More and more consumers are choosing to buy second-hand goods as a means of reducing their impact on the planet, which is one factor supporting our growth."

To find your nearest Haven House charity shop, visit www.havenhouse.org.uk/find-our-shops

Equipment seized from noisy neighbours

South Woodford residents have been warned that the council is taking action against those who cause a nuisance to their neighbours.

A Redbridge resident had their speaker and TV seized after they continued to play distressingly loud music after being served with a Noise Abatement Notice.

Council Community Protection Officers had previously served a notice to the resident owing to complaints from neighbours about their lives being made a misery by the constant loud music.

Council officers obtained a warrant to enter the home and have now seized the equipment.

Operational director for civic pride, Sarah Foster, said: "This type of senseless and selfish behaviour is unacceptable and won't be tolerated by our council. Redbridge is our home, and we all deserve to go about our lives free from persistent noise nuisance."

"Our council teams are working hard to crack down on antisocial behaviour like noise nuisance and make sure Redbridge is a great place to live, work and visit."

Following the seizure, Redbridge Council will pursue a potential prosecution for a breach of the abatement notice.

Report persistent noise nuisance at www.redbridge.gov.uk/crime-and-public-safety/noise-nuisance



NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Haven House's much-loved flagship event, the Sparkle Walk, is back.

Grab a team of friends and family and help the hospice paint the town pink on Friday, September 2, with a 10k walk through Wanstead, South Woodford and some parts of Epping Forest.

fun-filled evening to support local hospice care.

"Every penny raised and every step taken will help us provide vital support to local children and families in need of our specialist care. Please spread the word and join us this September. Everyone is welcome."

The Woodford Green-based hospice cares for seriously ill babies, children and young people by creating a loving environment for them and their families while they go through the toughest of times.

Early bird rate is £10 until June 30. Every participant will receive a t-shirt and a glass of fizz at the finish line.

Register now at havenhouse.org.uk/sparklewalk

Jenny Pearce, Haven House's head of community fundraising and engagement, said: "We are thrilled that we can finally welcome back our events after a two-year hiatus. The Sparkle Walk is well loved in the community, and we are excited for a



Man charged with burglary

A man from Woodford Green has appeared in court charged with burglary and criminal damage.

Stavit Sinai, 37, was one of nine people to appear at Bristol Magistrates' Court on Tuesday, May 17.

All nine people were charged in connection with an incident at a business premises in Aztec West, South Gloucestershire, on Sunday, May 15.

Eight of them were charged with burglary with intent to commit damage and criminal damage to property (valued at more than £5,000).

- These are:
- > Stavit Sinai, 37, of Woodford Green, Waltham Forest
- > Ayden Brouwers, 24, of Old Trafford, Trafford

- > Archie Sadler, 24, of no fixed address
- > Eliza Sarson-Diment, 22, of no fixed address
- > Roni Barkan, 45, of no fixed address
- > Finton Owens, 24, of Hackney in London
- > Ciaran Gallagher, 24, of Old Trafford, Trafford
- > Jarvey Georgson, 24, of Royal Wootton Bassett

The ninth person, Paul Shortt, 49, of no fixed address, was charged with aggravated burglary and criminal damage to property (valued at more than £5,000).

The court confirmed that Sinai entered a plea of not guilty or none indicated.

Those charged are due to appear in crown court at a later date.



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HOW TO SET UP A FRESHWATER FISH TANK



PETS



Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

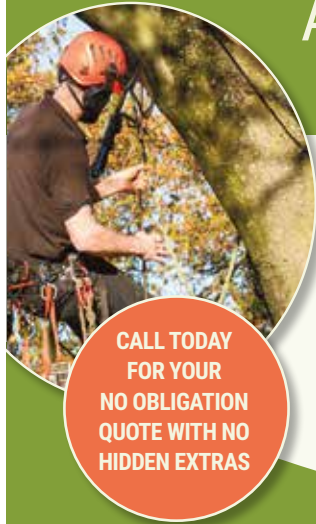
4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra
Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.





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Your Monthly Lifestyle Magazine **VISION**



Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.



GARDENING

Photo credit: idealhome.co.uk, aa.com, cinemahire.co.uk



Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is

going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



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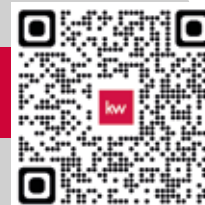
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Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.



Windsor Castle

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Castle Combe

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



St Nectan's Glen

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer.

A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



Chatsworth House

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.





MOTORING



CLEAN YOUR CAR like a pro

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.

Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.

Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.



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BRITAIN'S GREATEST SPORTING MOMENTS...

BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.



40 years since the FALKLANDS WAR

A LOOK BACK ON THE FALKLANDS WAR, WHICH ENDED IN JUNE 1982

The commencement of the Falklands War, when Argentina landed on the small island situated 500 miles from its lower-east coast, represented more than simply a country looking to reclaim what it thought it rightfully owned.

On the face of it, that was Argentina's ploy. The Falklands, a modest 4,700 square miles, comprising little more than rocky terrain, cliffs, birdlife and cattle, had been appropriated by the British back in 1765.

Within five years, a Spanish commander from Buenos Aires landed with five ships and 1,400 troops to claim possession of the land. And that remained the case until 1883, when the British returned.

The constant power struggle has raged on, though when Argentina relit the blue and white striped touchpaper in 1982 with severe territorial aggression, it surprised many.

A deeper explanation, away from the geographical claims and disputes, lay in the political situation in Argentina, and the economic

struggles that besieged South America in the 1980s.

The three-man military junta that had assumed power in Argentina in 1976 had evolved over the years, and as it looked to build support and legitimacy by claiming a territory that still held considerable emotional ties to the Argentine people, seizing the Falklands was a clever political move.

On April 2, Argentina invaded, kicking off just over two months of conflict, where the British, led by Margaret Thatcher, responded with air, sea and land attacks. A series of bloody battles raged, with the Battle of Goose Green perhaps the most famous.

Finally, on June 14, Argentina surrendered after British troops yomped across punishing terrain, arriving at East Falkland to find their enemy waving white flags.

While conflict ceased, the ongoing antagonisation between Argentina and the UK (and England in particular) has continued, mostly in sporting rivalries.

Photo credit: Olive Limpkin/Daily Mail/Shutterstock



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ACROSS: 1. ROOK, 3. WORKED UP, 9. LEISURE, 10. LUNGE, 11. TERSE, 12. EVIL EYE, 13. OWNING, 15. CORNET, 17. SWEETER, 18. CARGO, 20. INFER, 21. ZEPHYRS, 22. SELFLESS, 23. RELY
DOWN: 1. RELATIONSHIPS, 2. OSIER, 4. OBEYED, 5. KALEIDOSCOPE, 6. DUNGEON, 7. PRETENTIOUSLY, 8. SUPERNATURAL, 14. NEEDFUL, 16. GRAZES, 19. RHYME

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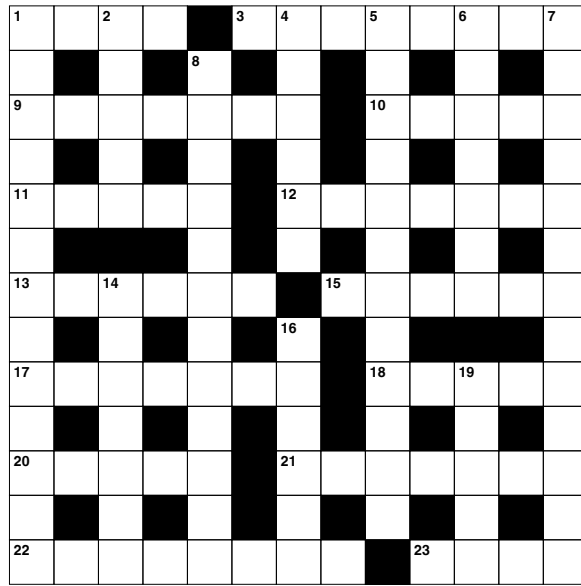
Answers: see end of The VISION Listings

ACROSS

- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 14. Necessary (7)
- 16. Eats grass (6)
- 19. Verse (5)



DID YOU KNOW?

- ▶ There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.
- ▶ Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.
- ▶ Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.
- ▶ The Antarctic blue whale is the largest animal on the planet.
- ▶ Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

SUDOKU

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

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