

HOW TO
MAKE
BUBBLE
TEA

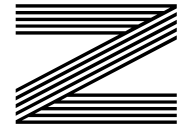
FIVE
TIPS FOR
HIRING
A CAR

Remembering jockey
LESTER PIGGOTT

NATURAL REMEDIES
to treat sunburn this summer

Sue
BARKER CBE

Presenter announces Wimbledon retirement after 30 years



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Editor's notes...

JULY 2022



Brett Shohet, Editor

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

Last month, we celebrated the Queen's Platinum Jubilee, and it was amazing to see people coming together to celebrate this momentous occasion. After the difficult time we've gone through over the past couple of years, this was a chance to recognise how far we've come since we first went into lockdown. Though many things have changed since then, our love for a party certainly hasn't, and I enjoyed attending a couple of street parties in my local area.

It was great to watch the concert at Buckingham Palace; it was truly a spectacular evening and reminded me how proud we should be of our country.

When I've been out and about recently, I couldn't help but notice that many of our local businesses have been quiet, so I'd like to once again appeal to our readers to support them. I heard a statistic recently that said when you spend money in your community, it circulates five times in the local area. So your money not only has the potential to help one business, but it can also make a positive difference across the whole community.

The weather is improving and summer is finally here. So make sure you take advantage of the longer, warmer evenings - let's get out and about with friends and family.

Brett Shohet

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

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A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



Full of PRIDE

CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

Home remedies: Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

Professional treatments: Electrolysis | Laser therapy.





NATURAL SUNBURN REMEDIES



According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



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Talking therapies are becoming increasingly popular in the UK as people seek out alternatives to mental health medication. There are several different types of talking therapies available, most of which are covered by the NHS.

helping you to cope with stress.

Good for: Borderline personality disorder | Addiction | Depression | Self-harm/suicidal thoughts | Eating disorders

Who can benefit from talking therapies?

While anyone who feels like they need someone to speak to can benefit from talking therapies, some specific issues that can be dealt with are: Mental health problems | Low self-esteem | Traumatic past events | Bereavement | Redundancy | Relationship problems.

Psychodynamic therapy

Psychodynamic therapy explores how your childhood and unconscious mind influence your current feelings and behaviours. This therapy involves talking freely about what is on your mind and understanding your past relationships.

Good for: Depression | Anxiety | Post-traumatic stress | Eating disorders | Long-term physical health problems | Addictions

What are the different types of talking therapies?

Cognitive behavioural therapy (CBT)

CBT involves looking at how your thoughts and beliefs affect your feelings and behaviours. This type of therapy tends to be short term, between six and 12 sessions, and often involves tasks or practising the skills you have learnt.

Humanistic therapy

Humanistic therapy involves exploring your entire self rather than just a specific problem. It is designed to help people grow and become their true self.

Good for: Depression | Anxiety | Obsessive compulsive disorder | Eating disorders | Post-traumatic stress | Schizophrenia

Good for: Obsessive compulsive disorder | Post-traumatic stress | Personality disorders | Anxiety | depression

How to find a therapist

Your GP or another health professional may be able to refer you to a qualified therapist or you can self-refer if you live in England. It is worth noting that there are often long waiting lists for NHS therapists.

Dialectical behavioural therapy (DBT)

DBT is an adapted form of CBT that is designed to help people who experience intense emotions by

Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

HOW TO MAKE BUBBLE TEA

You will need:

Tea | Milk | Tapioca pearls | Honey or agave

How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.



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BEGINNER'S GUIDE TO COOKING WITH *banana leaves*



FOOD & DRINK



We are literally going bananas for banana leaves. Beautiful to look at, fun to use and easy to cook with, once you've finished reading the below, you'll wonder why you didn't take advantage of these cheap and plentiful cooking aids before.

HOW TO PREPARE BANANA LEAVES FOR COOKING

- > Gently wash the leaves and then cut off the thick spine.
- > Pass over an open flame quickly until the leaf turns bright green and glossy. This will soften the leaves for folding. Make sure to wear heat-resistant gloves when doing this and keep any flammable items out the way.
- > Place on a chopping board and cut to the desired size.

TO STEAM FISH

A banana leaf makes a fragrant and convenient steaming packet that will ensure your preferred fish is both succulent and tasty. Wrap the leaf around any kind of firm-fleshed fish, such as halibut or snapper, and then simply add your favourite herbs and spices as well as some form of moisture, such as broth, wine or lemon juice. Secure with toothpicks. You can also use banana leaves to steam rice and meat.

TO GRILL VEGGIES

If your vegetables always stick to the grill, then a banana leaf provides the perfect solution. Just place the leaf on the grill first and then arrange your vegetables on top of it. This method will also add a mellow, smoky-sweet flavour to your vegetables. Also great for grilling prawns and other shellfish.

TO SERVE SUSTAINABLY

Banana leaves aren't just for cooking with; they also make great biodegradable serving platters, place settings and even linens for formal tables. Banana leaf boats make pretty bowls for rice, salads and desserts.

TOP TIPS

- > Although not toxic, banana leaves are hard to digest, so you should not eat them.
- > Banana leaves are porous, so if you are baking, place the leaf packets in a pan to catch leaking juices.
- > Banana leaves freeze really well. Blanch first and then wrap in greaseproof paper and place in freezer bags.



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HOME & DIY



COME OVER TO THE DARK SIDE

While black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

USE BLACK AS AN ACCENT: If you are not ready to paint an entire wall black, then why not try adding some black accents to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

GO FOR GOLD: If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

MIX AND MATCH PATTERNS: Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

ADD WARMTH WITH WOOD: To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

PAINT THE CEILING BLACK: For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: www.nurserydesignstudio.com, @winterdaisy/Instagram, Tealybchuck/Instagram, StyledByNinaJ/Instagram





ART THERAPY

with Rebecca Sicardi

WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND

We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought.

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."



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HOME & DIY



DESIGNING A *small bathroom*

Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

CREATE ZONES: You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

FREE UP YOUR FLOOR SPACE: A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

LET THERE BE LIGHT: Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

USE THE LITTLE TOUCHES TO ADD STYLE: There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



Photo credit: arazalivine.com/Pinterest, lovrenovate.co.uk/Pinterest



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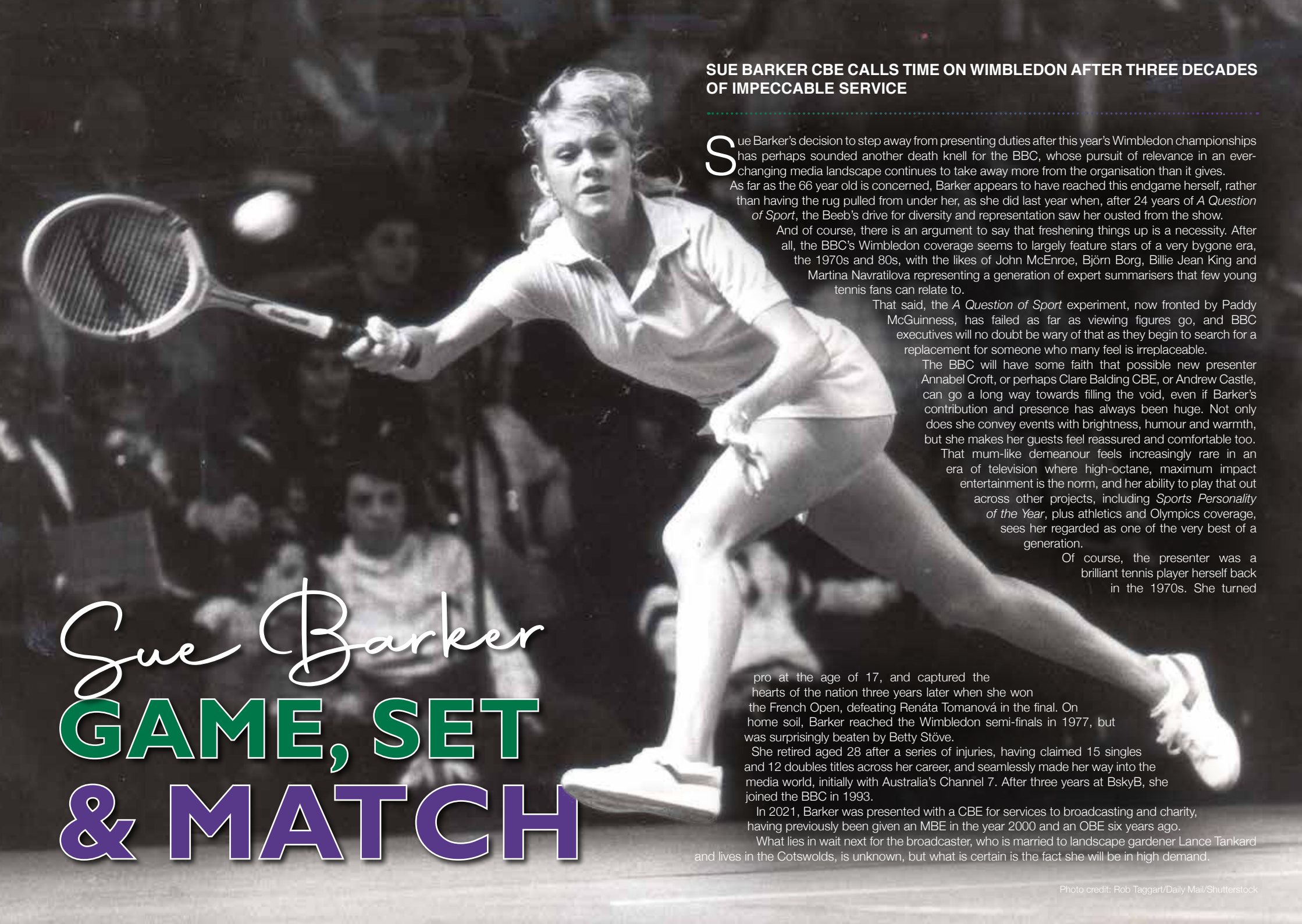
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SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

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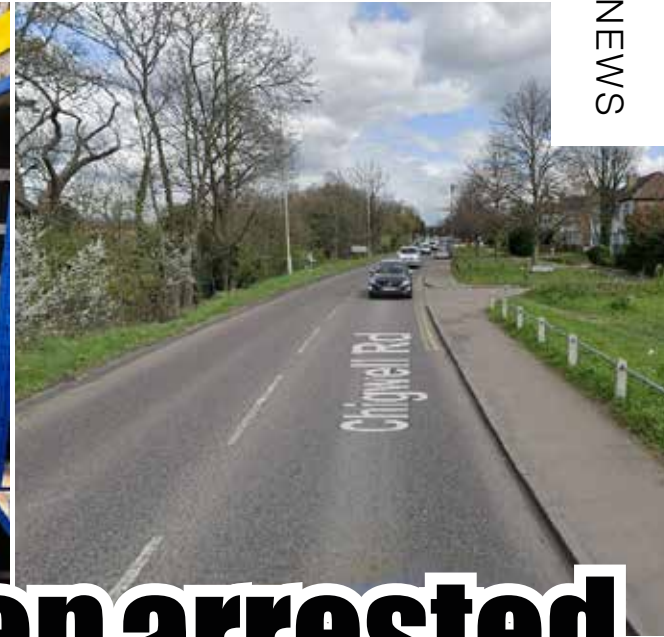
from your neighbourhood



LOCAL NEWS



Photo credit: Al Biggby, Google Maps



Two men arrested after tragic murder of rapper

Two men have been arrested in connection with the murder of a man who was stabbed to death in Woodford Green.

Police and paramedics were called to a music event on Chigwell Road at 12.10am on Friday, June 3, and found Lamar Jackson (pictured left), 39, from Hackney, with stab wounds.

Mr Jackson, who performed as a rapper under the stage name Hypo, was pronounced dead at the scene. His family is currently being supported by specialist officers.

A post-mortem confirmed that his cause of death was sharp force trauma to the chest.

Laurie John Philip, 32, of Enfield, was subsequently charged with murder and possession of a bladed article. He appeared at Barking Magistrates' Court on Monday, June 6.

Court on Monday, June 6.

A 33-year-old man was arrested on the morning of Wednesday, June 8, and has since been bailed until early July.

Police are appealing for witnesses with information about the incident to come forward.

Detective Chief Inspector Laurence Smith said: "Lamar's family is grieving and needs your help. If you saw anything, or managed to record the incident, then please call us. You can also call Crimestoppers on 0800 555 111 and you don't have to give your name."

"Lamar's family is desperately trying to find out what happened, and your phone call could help them understand why Lamar was taken from them."

Any witnesses or anyone with any information is asked to call police on 101 quoting CAD 66/03Jun.

Residents celebrate the Platinum Jubilee

LOCAL NEWS



Residents of South Woodford and Woodford Green spent the extended bank holiday weekend from June 2 to 5 celebrating the Queen's Platinum Jubilee.

St Thomas of Canterbury Church planted a special blossom tree to commemorate the historic occasion, while All Saints Church held a hog roast and Jubilee concert on Friday, June 3, as well as an afternoon of family fun and a lunch on Sunday, June 5, following the weekly service.

South Woodford Cricket Club held a family fun day on the Friday, with a bouncy castle, garden games, face-painting and other activities.

Many residents also held their own individual street parties, with police joining the community for the festivities.

Elsewhere in Redbridge, a beacon was lit on the evening of Thursday, June 2, at the highest point in the borough, the Redbridge Recycling Centre. The event was attended by the Mayor of Redbridge, councillor Thavathuray Jeyaranjan; Leader of Redbridge Council, councillor Jas Athwal; the borough's Deputy Lieutenant, Thomas Chan Esq; and some of the council's UNICEF ambassadors.

Football club search for new players after recent success

Woodford Town FC have announced that they are looking for new young players from across the area to join their talented U23s squad for September.

Having finished top of their division in their most recent season – an impressive achievement as they were the only under-23s team in a league of reserves sides – the team is on top form, having finished with 10 points more than the team below them.

The team start their pre-season fixtures this month, with the first match being an away game against Jolof Sports on July 9.

These will be followed by matches against Athletic

Newham Reserves, Newbury Forest, Barkingside Reserves, Oakside, Saffron Walden Reserves, and Bowers & Pitsea U23s. These matches will continue throughout July into August.

Anyone interested in playing for the side can contact the club online via their Twitter account at @Woodfordtownu23.

TV star's dog among those recovered from stolen van

Four dogs were recovered from a stolen vehicle in Woodford – just one hour after the incident was reported.

A spokesperson for Essex Police said: "Fast-acting officers have recovered a stolen van which had four dogs inside it."

"We received a call reporting the theft of a van from Chigwell shortly after 11am on Thursday, June 9. The owner of the van also reported four dogs were inside the van at the time."

"The vehicle was located in Woodford shortly before 12pm this afternoon, with the dogs inside."

"Once the vehicle was secured, officers forced entry to the van to make sure the dogs were okay."

"Thankfully, they appear to be unaffected. No arrests have been made and our enquiries are ongoing."

One of the dogs who was stolen belongs to former *Geordie Shore* star and TV personality, Vicky Pattison (pictured below right), who posted on Instagram to describe what had happened to her beloved pet, Milo.

She said: "He was out with his lovely dog walker and as he dropped off one of Milo's friends, someone stole his van with my baby and some of his friends in the back."

"Luckily, this ended happily this time, but things could have been very different."

If anyone has any information, contact police on 101 citing incident 351 of June 9.



Photo credit: @vickypattison Instagram



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Leader of the council takes on RideLondon race



The Leader of Redbridge Council took part in the recent RideLondon bike race, which travelled through Woodford for the first time.

Councillor Jas Athwal (pictured above) was one of thousands of cyclists who took part in the race, as the borough played host to the annual race for the first time since it began in 2013.

Cllr Athwal is a keen cyclist who bikes regularly through the Essex countryside, and he even cycled an additional 14 miles to get from his home in the borough to the starting point in The Mall in Central London.

Cllr Athwal said: "Taking part in RideLondon was incredible; it was tough cycling more than 100 miles, but the atmosphere was fantastic, especially when riding through Woodford. The crowd made the event really special, and I hope even more local people join in next year.

"Cycling is a fun, healthy way to travel, and I hope hosting RideLondon here in Redbridge helped inspire local people to take up cycling as a hobby."

Borough's children's services rated 'high quality' by Ofsted

Redbridge Council's children's services, including those in South Woodford, have been praised following a recent Ofsted inspection.

Having been given the highest possible rating of Outstanding in 2019, the services have since developed further despite the enormous challenges faced during the COVID-19 pandemic.

Areas that were singled out for praise included domestic abuse service, Reach Out, children's mental health and the front door services, which were described as a "model of efficiency and excellence".

Councillor Mark Santos, Redbridge Council's cabinet member for children and young people, said: "During the pandemic, we pledged that we would do everything we could to protect the most vulnerable

members of our communities.

"These recent findings from Ofsted show we did precisely that, despite the enormous pressures we faced during that period. That is a testament to the sheer hard work and professionalism of our staff, who have stopped at nothing to continue delivering an outstanding service.

"Our staff should all be immensely proud of their achievement. I certainly am."

Charity coffee morning raises more than £1k

A dental practice in Woodford Green held a successful charity event which brought together the community in honour of the Queen's Platinum Jubilee.

Improve Your Smile Dental Practice held a charity coffee and cake morning on May 27 to mark the historic occasion and to raise funds for two charities, Haven House and Stroke Association.

Bunting and balloons decorated the practice's forecourt on Woodford High Road, while a performance by Natural Voices Choir attracted many passers-by.

The choir's uplifting, contemporary numbers drew in the crowds, while inside the practice, attendees enjoyed a hot drink with plenty of cake and lively conversation and raised money for two worthy causes.

Thanks to the generosity of patients and visitors as well as local businesses who donated cakes and raffle prizes to the value of £1,400, the Improve Your Smile team raised £1,000 to be divided between the two charities.

This was the practice's third annual charity coffee and cake morning held in the month of May and, owing to its continued success, it intends to hold the event again next year.



LOCAL NEWS



NEWS FROM

THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Hundreds of people turned out to Haven House Children's Hospice's garden party to celebrate the Queen's Platinum Jubilee.

More than 500 people, including many of the children and families cared for by our hospice, enjoyed an afternoon of live music, tea, delicious cakes and Jubilee-themed crafts.

Visitors, including long-term supporter and patron Sir Iain Duncan Smith (pictured third from left), soaked up the sun in the beautiful hospice grounds, which were adorned with jubilee decorations, while listening to entertainment from the Wanstead Rock Choir, Mind the Kerb, and singer Lydia Maddix.

Mum Nicola Hastings, who attended with her two-year-old son Rudy, said: "It was such a lovely event where families with disabled children could feel totally at home, totally seen and, most importantly, able to enjoy themselves. The playground was packed with children having the best time. Bravo Haven House for

such a great event."

Volunteers had baked an abundance of gorgeous treats, with the showstopper being an afternoon tea-themed cake which was auctioned off for £110. The event raised £5,192 for the charity and will support our hospice's specialist and vital care services for children with life-limiting and life-threatening conditions.

Speaking at the event, Siân Wicks, our chief executive (pictured second from right), said: "We have been so looking forward to opening our grounds to our local community and supporters. Without amazing people in our community, we simply couldn't be here for the families we work with.

"Haven House is steeped in history. King George VI visited in 1940 and the Duke of Edinburgh played cricket in the grounds in 1949.

"So it's very fitting, with the royal connections and the deep roots in our local community, that we open our doors today to celebrate the Platinum Jubilee."



Council establishes priorities

Ecological issues and tackling poverty are set to be the priorities for Redbridge Council over the next four years.

In the first full council meeting since the local elections, councillor Jas Athwal, Leader of the council, said that despite cuts to the council's budget and the ongoing cost-of-living crisis, it is determined to deliver improvements to the area.

Cllr Athwal said: "Over the next four years, we will work with local people, businesses and partners to continue transforming our borough and ensuring a

bright future for everyone who lives here. We have a clear vision for our borough to make Redbridge the best place to live, work, raise a family and call home."

At the meeting, councillors Thavathuray Jeyaranjan and Namreen Chaudhry were chosen to serve as the borough's new mayor and deputy mayor respectively.

They have chosen two charities to support in their one-year term: One Place East, which helps those with disabilities and health conditions, and King George and Queen's Hospitals Charity, which raises funds to help make a difference for patients and staff.



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PETS

FROM GIANT SPIDERS TO PYGMY HEDGEHOGS, HERE ARE SOME OF THE THE CRAZY PETS KEPT IN BRITAIN

TARANTULA

The very notion of having a pet tarantula crawling about the place as you sit down for your evening meal seems totally perplexing, yet while many of us view these incredible arachnids as dangerous, many tarantulas offer a bite that's little worse than a bee sting.

Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

SUGAR GLIDER

This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.

One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

GIANT AFRICAN LAND SNAIL

Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.

We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

CHINCHILLA

A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

AFRICAN PYGMY HEDGEHOG

Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.



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To bee OR NOT TO BEE

THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

When it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

APPEARANCE

Bumblebees are bigger, have a puffer, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground. They

have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes

- Court fines

These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at www.moneyhelper.org.uk/en

Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at www.stepchange.org to find out more.



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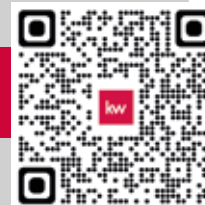
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TRAVEL

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INSURANCE INSANITY: Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

THE POWER OF THE HOUR: Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

THE FUEL RULE: It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

BOOK IN ADVANCE: As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

THE AIRPORT AGGRO: As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.





FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.83/litre for petrol and £1.88/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

PETROL PRICES OVER TIME

| | |
|-------------------------|-------------|
| 15 years ago (Jun 2007) | 96p/litre |
| 10 years ago (Jun 2012) | £1.32/litre |
| 5 years ago (Jun 2017) | £1.15/litre |
| 3 years ago (Jun 2019) | £1.27/litre |
| 1 year ago (Jun 2021) | £1.30/litre |
| 7 months ago (Dec 2021) | £1.45/litre |
| 4 months ago (Mar 2022) | £1.67/litre |

DIESEL PRICES OVER TIME

| | |
|-------------------------|-------------|
| 15 years ago (Jun 2007) | 97p/litre |
| 10 years ago (Jun 2012) | £1.37/litre |
| 5 years ago (Jun 2017) | £1.16/litre |
| 3 years ago (Jun 2019) | £1.31/litre |
| 1 year ago (Jun 2021) | £1.32/litre |
| 7 months ago (Dec 2021) | £1.49/litre |
| 4 months ago (Mar 2022) | £1.78/litre |

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

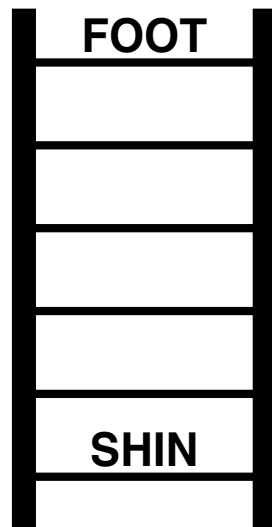
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- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC

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| L | R | M | N | E | G | Y | X | O | U | J | O | T | L | Y |
| M | M | M | U | M | O | L | T | L | R | G | C | L | U | N |
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| I | Y | E | P | I | T | A | S | E | R | A | B | M | H | I |

DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

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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