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## AUGUS 2 Ö 2

# Editor's notes...

Hello and welcome to this month's edition of VISIONSouthWoodFord.

I'm happy to say that **VISION** is now going from strength to strength after the difficulties we've all had to face over the last couple of years.

The main thing I want to talk about this month is visibility, which is so important in business. If a potential customer doesn't know your number, how are they going to contact you? Do you think your phone will ring more or less often if you invest in advertising?

I was lucky enough to recently attend the Grand Prix, where I couldn't help but notice that the brands who splashed out on advertising at the

event included Rolex and Coca-Cola. Despite international fame, these brands still set part

of their budget aside for advertising in print and on TV, radio and billboards.

Brett Shohet, Editor

These multimillion-pound companies know it doesn't pay to be complacent. Advertising gives you the opportunity to stand out from your competitors and to get yourselves seen, and if Coca-Cola says it's worth doing, who are we to sau differently?

Finally, as the weather continues to heat up, make sure to check in with your neighbours to see if there is anything you can do to help. Let's not lose that sense of community that was forged in the fires of lockdown.



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

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Vision Magazine Essex

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At the time of print all content in VISION was relevant and up to date according to COVID-19 government guidelines

All pages are recyclable



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The Lane Fine Indian Cuisine

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# BOWEL

THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

t's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'

In October 2018, her book, F\*\*\* You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life."

For more information, please visit www.bowelcanceruk.org.uk



# Neighbours LONGER

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE - AND OUR POP CHARTS - LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

ome of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photoshoots in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

Fair dinkum!





The 2020 cast

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# Pineappettion

known beauty brands bringing out their own range of products containing this nutrient-rich fruit.

### Why is pineapple good for your skin? > It contains antioxidants that protect

- against free radicals
- > It contains bromelain, which has antiinflammatory and antibacterial effects
- > It can gently exfoliate the skin and remove dead skin cells
- > It has a high water content so can hydrate the skin
- > It can clear up acne and prevent future breakouts
- > It can be used to stimulate collagen production.

### DIY pineapple face masks Mask for oily skin

You will need: 1 tbsp pineapple purée 2 tsp raw honey 2 tsp oatmeal powder How to make and apply: Mix the ingredients in a bowl to make a smooth paste Apply to a clean face and leave for 10-15 minutes Rinse and apply a lightweight face moisturiser.

#### Mask for acne-prone skin

You will need: 1 tbsp of pineapple purée 3 tsp rose water 2 tsp oatmeal powder

How to make and apply: Mix the purée and rose water together in a bowl | Gradually add the oatmeal powder until you have a smooth paste Wash your face and apply while skin is still slightly damp | Leave on for 10 minutes Wash off with warm water and a gentle cleanser.

#### Mask for dry/dehydrated skin

You will need: 1 tbsp pineapple purée 2 tsp cucumber purée 1 tsp rosehip seed oil

How to make and apply: Mix the pineapple and cucumber purée together in a bowl Add the rosehip oil and mix again Wash your face with a gentle cleanser and apply the mask | Leave on for 15 minutes and, during that time, regularly apply more of the mixture Wash off the mask and apply a face cream.



BEAUTY

# GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

orried about how you are going to keep the kids entertained all summer long?

Check out the below DIY garden games that you'll have fun making and children will love playing with.

#### JUMBO KERPLUNK

#### You will need:

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls

#### How to make:

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

#### GIANT LAWN DOMINOES

#### You will need:

28 ft of 2-inch x 6-inch wood board | Chalk paint | Saw | Hand sander | White paint

#### How to make:

- > Cut the wood into 28 individual dominoes and sand down to prevent splinters.
- > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

#### POOL NOODLE TENNIS

#### To make two rackets you will need:

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball

#### How to make:

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

#### BOTTLE RING TOSS

#### You will need:

10 glass bottles (wine, milk, etc) 6 wooden rings. or bangles | Bottle crate | If you would like to paint the bottles you will also need gloss paint and a paintbrush

#### How to make:

- > Remove all the labels from the recycled bottles.
- > If you wish, paint each bottle in a bright colour and leave to drv.

Photo credit: scout.org, ironandtwine.com, ziggityzoom.com, playpartyplan.com

> Place the bottles in the crate.

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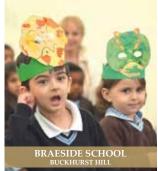


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# How's it 20N15NYH

ave you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

#### 1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

#### 2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

#### 3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

#### 4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

#### 5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

#### **BEST UPSIDE-DOWN EXERCISES TO TRY:**

- > Headstand this requires you to activate your core and builds upper body strength
- > Forearm stand this pose builds strength and needs a lot of mental focus
- > Handstand this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose this can relieve tension in the neck, shoulders and back
- > Inverted V plank this tones your core and improves stability and flexibility.

#### YOU SHOULD NOT DO INVERSIONS IF YOU HAVE:

High blood pressure | A heart condition | Glaucoma | A back or leg facture | Osteoporosis | A hernia | You are pregnant, obese or overweight.



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tretch marks typically occur when your skin quickly changes shape owing to growth or weight gain. Although not usually a sign of ill health, stretch marks can make you feel self-conscious and can affect your overall self-esteem. Discover how to banish them below.

VITAMIN A SKINCARE: Vitamin A, also known as retinol, is a key ingredient in many anti-ageing skincare products owing to its ability to make the skin appear smoother and more youthful. Studies have also shown it to be promising in helping stretch marks appear smaller and less severe.

HYALURONIC ACID: Hyaluronic acid is known for having moisturising and healing properties, which makes it an ideal skincare ingredient for reducing the appearance of stretch marks. It can also help to improve the elasticity of your skin.

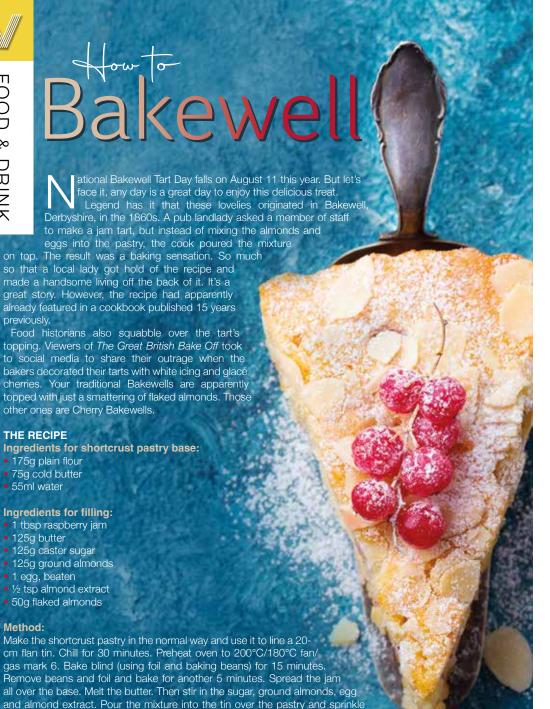
MICRODERMABRASION: Microdermabrasion involves exfoliating the skin using a handheld wand and an abrasive substance. Touted as one of the most effective treatments for getting rid of stretch marks, microdermabrasion is carried out by a dermatologist.

LASER THERAPY: As the name suggests, laser therapy uses lasers to deliver focused light to the skin, which can help to boost collagen production and fade stretch marks. Multiple sessions are usually needed before you start to see any effects.

CHEMICAL PEELS: Chemical peels provide a deep exfoliation of the skin and also help to stimulate collagen production, both of which can be beneficial in reducing the appearance of stretch marks. You can get both professional chemical peels that are carried out by a dermatologist and ones that you apply at home.

ALOE VERA: If you prefer to try a more natural remedy for stretch marks, aloe vera gel has healing properties which can help to fade redness and marks on the skin. Opt for pure aloe vera gel for optimum results.









Cold Tapas | Hot Tapas | Croquetas Main meals | Meat & Cheese Boards | Desserts

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over the flaked almonds. Bake for 30-35 minutes (cover with foil if the almonds

are browning too quickly). Chill and enjoy.





Pizza is a family favourite in most households, but there are several ways that you can incorporate courgette into a pizza. Thinly slice and use as a topping, make some courgette pizza boats, or bake your own courgette pizza base using the below recipe. 3 medium grated courgettes 30g cornflour 2 cloves crushed garlic 1 large egg | 300g shredded mozzarella | 50g parmesan

Add the courgette, egg, garlic, cheese and cornflour to a bowl, mix and season with salt and pepper Stir until completely combined and make into a dough Transfer to a baking tray lined with parchment and pat into a crust Bake for 25 minutes at 230°C/210°C fan/gas mark 8 until golden Add your preferred toppings and bake for a further 10 minutes.

#### **COURGETTE FRITTERS**

For fussy kids who don't like to eat their greens, this is a simple dish that allows you to sneak in one of their five-a-day with ease.

2 medium courgettes 2 tbsp self-raising flour 25g parmesan or vegan alternative 1 tbsp olive oil

Grate the courgette and combine in a bowl with the flour and cheese

Shape into walnut-sized balls and then flatten Heat a non-stick frying pan over a medium heat and add the oil Fry each fritter for 2-3 mins on each side until golden.

#### **COURGETTE NOODLES**

If you are looking for a lowcarb version of spaghetti, then courgette noodles are a great idea. All you need is a julienne peeler or a spiralizer to cut your courgettes into courgetti.

2 medium courgettes 2 cloves garlic Zest of 1 lemon 150g crème fraiche

Add your courgetti to a hot pan with oil Add all the other ingredients | Cook for 2-3 minutes Serve as you would spaghetti with ragu or a tomato sauce.





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# Jarvellous JARBLE

arble accessories for the home have never been more popular, yet they can be expensive to buy. So why not make your own

Check out our simple guide to marbling and start upcycling your household items today.

#### WHAT KINDS OF OBJECTS CAN YOU MARBLE?

One of the best things about marbling is that it works on almost any material. You can marble wrapping paper, Christmas baubles, coasters, candle jars, plant pots and so much more. If you are new to marbling, it can be a good idea to practise on paper first.

#### WHAT YOU WILL NEED TO MARBLE AT HOME

2 x marbling inks or nail polishes in different colours | A tray (plastic or metal) or a bowl | A waterproof tablecloth | Water | A cocktail stick | Your chosen item

#### HOW TO MARBLE AT HOME

- 1. Cover your table with a waterproof tablecloth to protect it.
- 2. Next, fill your tray or bowl with room-temperature water two-thirds of the way up.
- 3. Pour a small amount of ink or nail polish across the surface of the water, swirling in a zigzag shape.
- 4. Repeat with your second ink or nail polish, layering the new colour on top of the other.
- 5. If you are using marbling ink, use a cocktail stick to mix the colours
- 6. Place your chosen item on top of the water and ink mix and then fully submerge it.
- 7. Gently pull it out and leave to dry this can take up to 24 hours depending on the item.

#### TOP TIPS FOR MARBLING AT HOME

- > Wear gloves
- > Dip quickly as marbling inks don't take long to set
- > Pick your colour combinations carefully
- > Use one marbling solution per object
- > 3D items should be dipped in a bowl that is deep enough for the object rather than a tray, and may require double-dipping
- > Don't be afraid to experiment with more than two marbling ink colours.

Kitchen - Bedroom - Flooring

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#### THE WORST COLOURS TO USE IN YOUR BATHROOM (AND THE BEST)

ecorating a bathroom can be tricky, as you need to create a space that is restorative, practical and stylish. When it comes to colour schemes, there are certain colours that you should avoid at all costs.

The colour peach can make a bathroom feel both outdated and unappealing. It may also make you want to spend less time in the room owing to its ability to decrease energy and make a space feel uninviting.

You don't see many red bathrooms, and there is a good reason for this. While this vibrant shade scan bring about feelings of empowerment, it is not very good for creating a relaxing atmosphere, which is paramount in a bathroom.

#### **OLIVE GREEN**

Although green bathrooms are becoming increasingly popular, you need to make sure you select the right shade of green. While dark greens such as forest green and bottle green can create a great contrast with white bathroom furniture, olive greens can make the space look drab and dull.

Goldish yellow and beige colours are a big> commitment for a bathroom as it can be hard to find tiles and finishings that go with these tones. These shades also date quickly, so you may find yourself having to redecorate sooner than you would like.

#### BROWN

As you might expect, brown is not a great choice of colour for a bathroom. Not only can it create dark corners which can make it more difficult to clean, but it is also not very visually appealing.

#### **BEST COLOURS FOR BATHROOM**

- > Rich greens these are bold and provide a fresh and vibrant feel.
- > Black this can add contrast and depth when paired with a lighter colour.
- > Blue-grey this is airy and tranquil without being overpowering.





s your glassware looking grubby? Your dishes a little dirty? If the answer is ves. this could be because your dishwasher is in dire need of a deep clean.

#### **HOW TO CLEAN YOUR DISHWASHER**

Once a month, give your dishwasher a deep clean. Fill a bowl with one cup of lemon juice or one cup of white vinegar, place it on the top rack and then run your machine on an empty cycle. This will help to banish bad odours, counteract the effects of hard water and keep your dishes sparkling clean.

Dishwashers work by spraying out water from their spinning arms, so if these are not working properly or they are full of dirt and debris, then they will not be able to effectively clean your dishes. You can

remove any build-up with a toothpick or small pair of pliers.

Over time, the filters in your dishwasher can become clogged, which means your appliance is not able to clean as efficiently as it should. To remedy this, remove the filters, rinse with hot water and replace. Do this monthly

for best results.

#### HOW TO KEEP YOUR DISHWASHER PERFORMING **AT ITS BEST**

- > Use it regularly at least once a week to keep the motor seals working
- > Scrape food off your plates but do not pre-rinse
- > Clean the seals after each use
- > Keep your rinse aid reservoir full
- > Do not overcrowd or overload your appliance
- > Use a high-quality dishwashing detergent.



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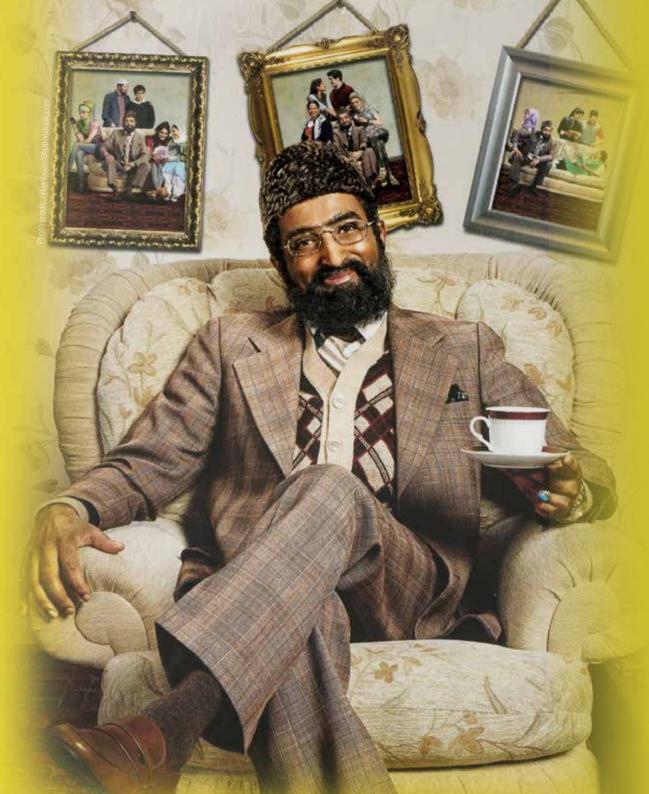






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# KHAN?T

#### ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

e're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption. In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he cowrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way.

In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest."

Bottomless brunches seem to be popping up everywhere – at chain restaurants, luxury hotels, your local pub... the list goes on.

However, how do you navigate these events with dignity and decorum? Or at least without waking up the next morning with the dreaded 'beer fear'. Find out below.

#### 1. DO NOT MAKE PLANS FOR AFTERWARDS

Think you are going on a bar crawl after a bottomless brunch? Planning to take a leisurely walk around the shops? You are sadly mistaken. If you are attending a bottomless brunch, do not make any plans for afterwards as you'll most likely want to spend the rest of the day catching up with the same friends and family you went to brunch with.

#### 2. ARRIVE ON TIME

Whether it's one, two or three hours, bottomless brunch hosts can be ruthless, and they will stop

serving you when your time slot is over. Therefore, if you want to get maximum bang for your buck, make sure everyone in your party arrives on time and that you order asab.

#### 3. BE POLITE TO YOUR SERVER

Manners cost nothing, but they can help you to have a more enjoyable bottomless brunch experience. Even if you and your friends are getting a little rowdy, that doesn't mean that you can't be polite when ordering your drinks.

#### 4. CHOOSE YOUR FOOD WISELY

Although brunch conjures up images of scrambled eggs, smoked salmon and avocado on toast, most bottomless brunch packages offer much more substantial food choices such as burgers, pizzas and even pancakes. To avoid all that fizz going to your head, make sure you stock up on plenty of stodge.

#### 5. HAVE FUN

Rather than stressing about your empty glass or worrying about how much time you have left, just sit back, relax and have fun with your family and friends.







ave you always wanted to learn a new language? Whether you want to 'hablar español' or 'parler français', these apps are just what you need to learn a new language.

#### Busu

Busuu is a UK-based app which features courses in 12 different languages. This app is suitable for beginners through to upper-intermediate learners. You can download this app for free on iOS and Android, with the option to upgrade to the premium model for £5.83 per month.

#### Babbel

Babbel offers self-based learning in the form of short, context-based lessons. The app is user-friendly and provides courses for beginners and more advanced learners. Babbel is available to download on iOS and Android, with prices starting at £5.99 per month for a 12-month subscription.

#### italki

italki is a unique language learning app that involves

conversing with a tutor to learn a language. Not the best option for the timid, this app will push you out of your comfort zone and dramatically improve your vocabulary. Sessions cost around £10, but you can trial tutors at discounted rates. Available to download on iOS and Android.

#### Rosetta Stone

A well-known name in the world of learning languages, Rosetta Stone is one of the more expensive apps, but it does have an excellent reputation. The lessons are highly interactive, and you only learn in your target language, without English translations. Prices start at £11.99 per month with a three-month commitment.

#### Duolingo

Duolingo is one of the top-rated language learning apps which forgoes teachers and books in favour of gamification. With a choice of 39 languages which you can all learn for free, Duolingo is ideal for those taking their first steps in learning a new language. Free on Windows, iOS and Android devices.

LOCAL

# LOCAL NEWS

from your neighbourhood







# Playing fields ruined weeks before start of season

↑ Woodford football club's pitch was vandalised Arecently, sparking outrage among the local community.

The pitch, dugouts and barriers at Ashton Playing Fields, where Woodford Town FC play their matches, were damaged on Tuesday, July 5.

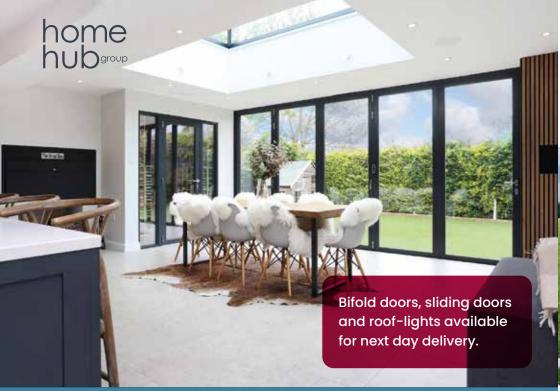
A post on the club's official social media said: "Sad to see and at odds with how many in the community have embraced our return and the hard work put into maintaining our facilities."

Supporters of the club made their frustration with the vandalism clear.

One person said: "To see the facilities (barriers/ dugouts) routinely vandalised and fire damaged is so heart-breaking given how much the club gives back to the community."

Regarding the significance of the club to the community. Woodford Town FC's chairman Tony Scott said: "It's massive; it keeps the kids off the streets by getting both boys and girls playing football."

Despite this disruption to their pre-season preparations. Woodford Town FC are set to feature in the FA Cup preliminary round against Waltham Abbey on August 6.







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LOCAL

NEWS

#### **Kitchen knife recovered** in police sweep



olice carrying out a routine sweep for weapons in South Woodford discovered a large kitchen knife. The knife was found on July 14 as officers conducted

a regular patrol in the area, while also undertaking traffic duties and community engagement.

In a message on social media, police said: "More successful patrols today. One knife recovered in a weapons sweep, two traffic tickets issued and community engagement to help us identify potential new hotspots.

"We'll be out again tomorrow, but in the meantime stay safe and remember to report any crimes."

A total of 402 crimes have been recorded by police in the South Woodford area since January 2022, with the majority being antisocial behaviour and violence and sexual offences.

In June alone, there were 20 incidents of both types of crimes. However, the crime rate is lower than in the rest of the Redbridge borough and wider London.

#### Planters to be removed owing to lack of funding

▲ leglected planters on Redbridge's high streets, Including those in South Woodford, will be removed owing to a shortage of volunteers and finance.

In 2020, central government was looking to welcome residents back to the high streets after the first wave of the COVID-19 pandemic by providing funding to local councils. In Redbridge, part of this funding was used to create floral displays.

The funding has now expired and, because of this, operational director of civic pride Sarah Foster confirmed at the council's Place Scrutiny Committee on June 29 that it will soon start removing the dead planters as "they don't look great".

Anyone interested in sponsoring or adopting these planters should get in touch via email at ourneighbourhood@redbridge.gov.uk

#### Footballer picks hospice to appear on players' kit

rofessional footballer Harry Kane MBE (pictured below) has renewed his partnership with a Woodford Green-based hospice for the third year running.

Haven House Children's Hospice, which provides palliative and holistic care services for children and young people, will appear as the main sponsor on Leyton Orient FC's kits for the upcoming season. The announcement comes after the England captain was pictured holding the shirts at an event last month.

Eileen White, director of care at Haven House, said: "We're absolutely thrilled to be continuing our incredible partnership with Harry Kane and Leyton Orient FC for a third year. In the last three years, the partnership has enabled us to create extraordinary memories for our children and families, raise awareness of the hospice in our local community and around the globe, and raise vital funds to support our work."

Born in East London, Harry Kane's involvement with Haven House has come as a result of the charity's impact on his local community.

He said: "I am thrilled to continue the incredible partnership with Haven House, which is located close to where I grew up. Having supported Haven House over the past three years, I know this charity provides a lifeline to these families through creating memories and providing support through specialist care. As a father, I can really understand the work they do."

Previously, volunteers from the charity collected more than £1,000 in donations from generous fans at Levton Orient's final match of the 2021/22 season against Tranmere Rovers.

To find out more about Haven House, visit its website at www.havenhouse.org.uk





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# **National Trust**



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

Meetings take place throughout the autumn, winter and spring months at Memorial Hall, South Woodford. and All Saints Church Hall, Woodford Green. There is good company, interesting topics and the chance to socialise with local people. Contact Richard Speller on 07774 164407 for further details.

Our meetings for autumn/winter 2022 are as follows: > Mr Bowles, the Crocus King and Myddleton House by Bryan Hewitt, taking place at 2.30pm on Wednesday, September 21, at All Saints Church Hall, Woodford Green.

> Livery Companies by David Cole-Adams, taking

place at 10.30am on Tuesday, October 11. at Memorial Hall, St Mary's Church, South

- > Knole House by Nathalie Cohen, taking place at 11am on Wednesday, October 19, at Copped Hall, Epping. The talk will be followed by a tour of the house and gardens for those wanting to take part. Refreshments available. Booking is required.
- > Coast of East Anglia by David Simmonds, taking place at 2.30pm on Wednesday, November 16, at All Saints Church Hall, Woodford Green.
- >The Amazing History of Light Houses by Mark Lewis, taking place at 10.30am on Tuesday, December 13, at Memorial Hall, St Mary's Church, South Woodford.



The South Woodford Society (SWS) is working alongside local councillors to open a new Post Office in George Lane.

The SWS is also lobbying for the installation of a post box in the local area.

A spokesperson for the SWS said: "Sadly, the arrangement of the temporary Post Office in The Galleria didn't work out well, and once again, we are devoid of vital services. To see the familiar bright red icon of the postal service on George Lane and the

permanent return of our Post Office will draw people to South Woodford and boost business for our shops."

This is part of the SWS's aim to "build a stronger community, support local businesses and make South Woodford an even better place to live, work and visit".

A government report on Post Office closures states: "The number of temporarily closed Post Offices has increased in recent years, with Citizens Advice stating that the number of temporarily closed Post Offices has doubled since 2013."



## THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



I aven House Children's Hospice is appealing to the local community to have a clear-out and donate their pre-loved clothes. accessories and furniture.

Haven House has seven retail shops across Essex and North London and is in urgent need of stock to replenish their shelves ahead of the busy summer. You'll be helping seriously ill children in your local community who are

living with a life-limiting or life-threatening condition to get the help and support they need when they need it most.

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

of times. The charity relies on generous donations to help fund its specialist care services.

Matt Lord, head of retail at Haven House, said: "If you're having a clear-out to make space for your summer wardrobe, please think about donating your pre-loved items to your local Haven House retail shop. We accept clothes, shoes, books, accessories, toys and homeware. We are currently in urgent need of

"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."

To find your nearest Haven House Children's Hospice shop, visit www.havenhouse.org.uk/find-our-shops or call the retail team on 01708 721375.





# Art group in need of new venue

Woodford Arts Group is looking for a new space to hold exhibitions following the permanent closure of its former venue, Packfords Hotel.

Founder of the group Julia Brett said: "We are a small arts group of 12-14 people ranging from mosaic artists, glass resin workers, metal sculptores, photographers and printmakers.

"Since the demise of Packfords Hotel, who gave us great support, we have found ourselves searching for suitable venues. So this is an appeal to anybody who thinks they might be able to help us. Stow Brothers on George Lane has been a great help. and at the moment, we have a small exhibition of our work on show in its office."

After being denied access to Hawkey Hall, the group is still in need of space for its future exhibitions.

Julia, who has run the group since 2018, added: "We are based in Woodford on the outskirts of Redbridge and any funding or help goes to the Ilford area. We've been ignored and not spoken or responded to."

Redbridge Council has been contacted for a comment.





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FIVE THINGS YOUR DOG IS REALLY TRYING TO TELL YOU

hink that panting means they are thirsty? That rolling over means they want their belly scratched? Read on to discover five canine behaviours that owners often misinterpret.

#### 1. TAIL WAGGING

If your dog wags their tail, you may automatically think that they are happy or excited. However, this can also be a sign that they are frustrated or overstimulated. If your dog holds their tail up high, this could be because they are feeling confident or aroused.

#### 2. TEETH CHATTERING

While teeth chattering in humans most often means they are cold, in dogs this indicates something completely different. In most cases, teeth chattering in dogs is a sign of a dental health problem such as an abscessed tooth or periodontitis. It can also be a sign of anxiety.

#### 3. LICKING THEIR LIPS

Although this could indicate that they are looking forward to a meal, licking their lips could mean that your dog feels sick or afraid. It can also be because they are nervous about something, with dogs licking their lips as a sign of appeasement to avoid injury.

#### 4. EXPOSING THEIR BELLY

Do you always assume your dog wants their belly rubbed when they lie on their back and expose their stomach? Although this may sometimes be the case, it can also indicate that they are feeling nervous or threatened, which may result in aggressive behaviour if you touch them.

#### 5. PANTING

While you may think that panting means that your dog is overheated, it can also be a sign of stress. If your dog is panting and they do not seem hot or tired, then try to identify any triggers that could be causing them stress or anxiety and look to avoid these.









Dahlia

Marigold

Aquilegia

Poppy

#### FANCY BUYING A

ccording to recent statistics, beach huts are now one of the most popular property purchases in the UK. However, are they really a good investment? Discover the pros and cons of buying a beach hut below.

#### PROS OF BUYING A BEACH HUT

✓ Access to prime coastal locations

If you love going to the beach when holidaying in the UK, then a beach hut can give you access to stunning beach spots

without the need to lug your belongings back and forth each day.

#### ✓ Income from summer rentals

Renting out a beach hut to tourists during the summer months offers a great way to earn a little bit of extra cash. This is particularly true if you live near a popular holiday destination.

#### ✓ Enjoy the outdoors

Beach huts are not just for summer; you can enjoy them all year round so you and your family can get out in the fresh air and away from screens.

#### ✓ A solid investment

Beach huts are in short supply in the UK, despite them being high in demand. This means that they tend to hold their value over the long term.

#### **CONS OF BUYING A BEACH HUT**

XHigh maintenance costs

As beach huts are located near the coast, they are more susceptible to damage from harsh weather conditions such as heavy rain and strong winds, as well as the close proximity to sea water. This can mean higher maintenance costs than other types of properties.

#### XLimited space and facilities

Beach huts are typically small, which means there is not a lot of space to store your belongings. Also, some do not have basic facilities such as water and electricity.

#### XSeasonal availability

Some local councils only permit the use of beach huts during the summer months, which means you get less use out of your investment.







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re you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

#### WHAT IS HERITAGE OPEN DAYS?

Heritage Open Days is England's largest grassroots testival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

#### WHERE DOES IT TAKE PLACE?

Each year, a huge variety of venues take part in Heritage Open Days, including country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at www.heritageopendays.org.uk by simply entering your postcode.

#### WHEN DOES IT TAKE PLACE?

This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

#### HOW TO GET INVOLVED

If you would like to volunteer to be an organiser in your local area, you can register your interest at www.heritageopendays.org.uk. Some areas may already have a local coordinator who can help you with the registration process.

#### HERITAGE OPEN DAYS TO VISIT:

- British Vintage Wireless and Television Museum September 10 and 11, Greater London
- Buckland Abbey, Garden and Estate September 10 and 17. Devon
- Heritage Day and Classic Car Rally September 11, Greater London
- Bobbit's Hole Nature Reserve September 11 and 18. Essex
- St Michael Tilehurst A Celebration of Church Bell Ringing – September 17, Berkshire
- Electra Boat Heritage Weekend Adult and Family Talks - September 17, Buckinghamshire.

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ngland's women's team have done it! In an incredible night of drama, emotion and relief, the Lionesses overcame the mighty Germany to claim the European Championship title for the first time.

It was a final that lived up to the billing – the two best sides in Europe going head-to-head in a showpiece for the women's game – and proof if ever it was needed that the sport's surge in popularity is going to continue.

Mostly though, it cemented one thing: England's women are the Euro 2022 champions.

Not only was the win a first major trophy for this incredible group of ladies; it also went some way to arresting the pain of the 2009 final when the same two teams met. Germany hit England for six that day, and the 2-1 victory 13 years on was particularly sweet for Jill Scott MBE, the sole survivor from that Helsinki massacre.

On the day, goals from Ella Toone and Chloe Kelly

 the second coming just 10 minutes before the end of extra time – made history in front of more than 87,000 spectators at Wembley and 17.4 million people watching at home.

So much of the credit has to go to Three Lions' Dutch coach Sarina Wiegman. In August 2020, the English Football Association broke new ground with their appointment of the first non-British permanent manager of the women's national football team.

Weigman was already a Euros champ with her home nation, and the 52 year old's impeccable record with both the Netherlands and England at the Euros – six match victories with each and the winners' trophy on both occasions – has taken us to the very top of a sport that's never been at a higher tide.

As for what comes next – iconic status for Toone, Kelly the rest of the England team, and the small matter of a World Cup in three years' time.



#### MCLAREN THROWS ITS WEIGHT BEHIND THE ELECTRIC CAR REVOLUTION

ou may permit yourself to scoff very quietly when it comes to major car manufacturers rolling out terms such as sustainability, ecoconscience and global change. The motor industry is, after all, responsible for around 30 per cent of the Earth's carbon emissions, so any virtue-signalling pledges should be taken with a pinch of salt.

However, UK manufacturer McLaren is at least aligning strong portions of its competitive arm as it enters the Formula E championship in place of reigning champion Mercedes, who is quitting to that continue to evol focus on road car development.

The switch enables McLaren to take on the progress Mercedes has made so far, as well as claiming the fourth quarter of its competitive motoring proposition – it will now have vehicles racing in Formula E, Extreme E (the off-road spinoff), IndyCar and, of course, Formula 1.

What's more, the team announced a new strategic partnership with NEOM, a sustainable region in northwest Saudi Arabia, with the combined e-teams

known as NEOM McLaren Electric Racing.

While leading the charge, literally, in electric car competition may seem like the work of marketing and PR, the truth is that Woking-based McLaren wants to push its competitive research edge as far as possible in creating a car that's great on the track, while adapting an engine that can be used for everyday road vehicles.

Certainly, the efficiencies gained in both specialisms lend faith to the incredible advances that continue to evolve, from the simplicity of quicker charging times and better batteries to the reality that electric sports vehicles are no longer derided or disrespected by fervent racing fans.

In this sense, Mercedes' loss is most definitely McLaren's gain, with Formula E set to make further ground on motor racing's showpiece, F1, this season.



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12. ALONG, 13. ANGRIEST, 15. PLACATE, 19. HEARD, 20. AGOG, 22. DEN
DOWN: 1. COHERENT, 2. VIDEO, 4. GEE, 5. PERSEVERANCE, 6. INVERTS, 7. NORM, 8. CATERPILLARS,



# PUZZLES & TRIVIA

#### ACROSS

- 1. Guinea pig (4)
- 3. E.g. resident of Cairo (8)
- 9. Cause to absorb water (7)
- 10. Wanderer (5)
- 11. Large Brazilian city (3,2,7)
- 14. Short sleep (3)
- 16. Explore or examine (5)
- 17. Our star (3)
- 18. Someone skilled in penmanship (12)
- 21. Pale orange tropical fruit (5)
- 22. State emphatically (7)
- 23. Estimating (8)
- 24. Change (4)

#### DOWN

- 1. Orderly and logical (8)
- 2. Record on tape (5)
- 4. Command to a horse (3)
- 5. Persistence (12)
- 6. Turns upside down (7)
- 7. Standard (4)
- 8. Butterfly larvae (12)
- 12. With a forward motion (5)

- 13. Most annoyed (8)
- 20. Highly excited (4) 22. Animal lair (3)
- **15**. Appease (7)
- 19. Detected a sound (5)

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### DID YOU KNOW?

- Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- ▶The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- ▶The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- ► Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

## SUDOKU

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