

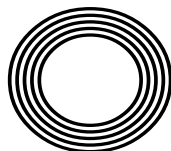
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The actor's rise to the big screen as he turns 50



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SEPTEMBER 2022

Editor's notes...



Brett Shohet, Editor

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

First things first, I want to offer a huge congratulations to the Lionesses for winning the Euros recently. What an amazing achievement this is and what a privilege to get to watch the incredible skill on display in the final. I hope this will inspire many girls and women in our local area to consider taking up football - you never know how far it might take you.

So far, this summer has been full of events that were previously cancelled owing to COVID-19 - from weddings to festivals, fairs to community get-togethers. And this is all the more special because it has reminded us how important it is to cherish time with family and friends.

The beautiful weather we've been having has certainly helped. I was born in the summer of 1976, famously one of the hottest on record. I think in years to come, the summer of 2022, when temperatures reached 40 degrees, will be looked back on with a similar kind of awe.

I'd like to take this chance to thank our distributors for delivering our magazines come rain, shine or snow. They are an integral part in keeping **VISION** running, and they deserve to be recognised.

If you are looking to advertise, we have a number of great offers available at the moment. Please get in touch with our friendly team to find out more.

Brett Shohet

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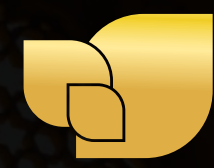
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STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



STAR TREK



Photo credit: Anthony Harvey/Shutterstock

OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

Melanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will sees embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

Who I Am: My Story is available to purchase from September 15.



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HOW TO MAKE YOUR OWN

eyeliner

BEAUTY

EYELINER IS A MUST-HAVE MAKE-UP ITEM FOR MOST, BUT SHOP-BOUGHT VARIETIES CAN CAUSE A WHOLE HOST OF ISSUES, INCLUDING IRRITATED SKIN

HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

- > Break a few capsules of activated charcoal into a small dish.
- > Dip your eyeliner brush directly into the charcoal and apply.
- > You do not need to add any other ingredients as the charcoal will naturally mix with the oil on your skin and stay in place once applied.

HOW TO MAKE EYELINER USING ALMONDS

- > Use a pair of tweezers to hold an almond while you burn it with a lighter. Make sure you wear heatproof gloves to protect your hands.
- > Continue to burn the almond until half of it has turned to soot.
- > Scrape the soot into a dish using a butter knife.
- > Try to avoid scraping any large chunks of unburned almond into the dish.
- > Dip your eyeliner brush into the soot and apply it in your preferred style.
- > If you prefer a more gel-like consistency, you can add a few drops of jojoba, almond or coconut oil.

HOW TO MAKE DIFFERENT COLOURED EYELINER

- 1. Cocoa to make brown eyeliner:** Mix unsweetened cocoa powder with a few drops of water or jojoba oil and apply.
- 2. Spirulina to make green eyeliner:** Pour spirulina powder into a dish and apply directly or mix with water or oil for a gel effect.
- 3. Beetroot to make red eyeliner:** Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.
- 4. Mica powder to make a rainbow of colours:** Mica powder can be bought online and comes in every colour of the rainbow. Use this powder the same way you'd use activated charcoal.

EYELINER HACKS YOU SHOULD KNOW

- > Draw small dots on the top of your lash line with a pencil and then join with liquid liner
- > Use a magnifying mirror
- > Always start with the eye you find the most difficult.

Wave goodbye to

Are you struggling to find snacks for your kids that aren't loaded with sugar? Check out these sugar-free snacks that are easy to prepare, cost-effective to make and help to support healthy teeth and gums.

Roasted chickpeas

Although chickpeas are most commonly associated with houmous, they can also be roasted to create a healthy sugar-free snack. Simply place on a baking tray, drizzle with olive oil and then add whatever spices your children like.

Vegetable pikelets

Perfect for little ones who are averse to eating vegetables when they can see them, vegetable pikelets are a great savoury after-school snack. Make a batter by mixing 2 cups wholemeal flour, 3 tsp baking powder, 2 eggs and 1.5 cups of milk. Add 2 cups of your chosen vegetables and 1 cup cheese. Mix and then fry like little pancakes.

Peanut butter dip

Although some peanut butters contain sugar, you can get natural ones that are sugar-free at most supermarkets. To make a delicious kid-friendly dip, whip together equal parts cream cheese and peanut butter until light and creamy. Serve with apples or celery.

Boiled eggs

Super-simple, filling and nutritious, boiled eggs are a great snack for kids who come home from school starving. You can hard boil eggs in advance, peel and store in the fridge. Serve just as they are, sprinkle with spices or make some devilled eggs.

Guacamole

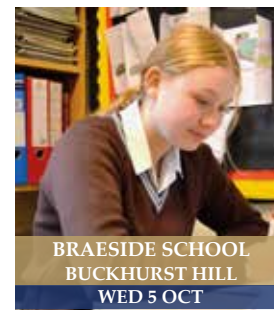
Avocado is full of healthy fats and makes a great snack for babies, toddlers and older children alike. To make a delicious guacamole, smash up or blend a ripe avocado and then squeeze in some lime juice. Stir in a little Greek yogurt until you get the desired consistency. Serve with veggie sticks or pitta.

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EXERCISES FOR ALL AGES AND ABILITIES

20s

Focus on incorporating cardio, weight training, balance work and stretching. Aim for 30-60 minutes of cardio two or three days a week, such as running, swimming or cycling, and one or two weight training sessions to challenge all muscle groups.

30s

It can take longer to recover from workouts in your 30s, so you should add 30 minutes of resistance training at least twice a week to your normal workout routine, incorporating exercises such as squats, push-ups and planks. This is especially important for women as it can help to offset issues such as osteoporosis and arthritis.

40s

With age, your bone density decreases, as does your strength and muscle mass. Counteract this by combining strength training exercises such as lifting weights or using resistance bands with moderate-

intensity cardio three times a week.

50s

Resistance training is vital in your 50s, especially for your hips and shoulders. Schedule 30 minutes of walking five days a week and two sessions of resistance training.

60s

During your 60s, fitness is more important than ever before, helping you to keep your independence for longer. Opt for low-impact exercises such as swimming, rowing or stationary core moves.

Wheelchair users

Regular aerobic exercise and muscle-strengthening exercises are crucial for wheelchair users. Aim to get at least 150 minutes of the former per week and set aside two sessions for building strength. Arm raises, side twists and sitting bicycle crunches are all good choices, as are wheelchair sports such as basketball, badminton and netball.



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Balance Awareness Week takes place from September 18-24 and aims to broaden the understanding of inner ear disorders and how they can affect someone's daily life.

Most people take balance for granted, yet without it, you can suffer a whole host of health problems.

Why is balance important?

Balance is needed to perform everyday activities, including walking, going up and down the stairs, and even just standing upright. It is particularly important in older adults, as good balance can help to prevent falls. Some of the main benefits of improving your balance include:

- > Preventing injuries
- > Improving posture
- > Strengthening muscles
- > Improving coordination
- > Improving cognitive function

How to improve your balance

There are several exercises you can do at home to improve your balance, and you don't need a single piece of equipment to do them.

Single leg lift

Stand upright with your feet close together. Keep your head straight, take a deep breath and slowly lift your right leg off the floor. As you gain confidence, bring your leg higher so that your knee is as close to your chest as you can comfortably manage. Repeat with your left leg.



Single leg lift side version

Stand upright with your feet close together. Keep your head straight and your eyes forward, then slowly lift your right leg to the side. Make sure you keep your body upright as you do this. Do not lean to the side. Repeat with your left leg.



Balance walk

Find a straight line or place a piece of tape on the floor. Extend both arms to your side, keep your feet straight and place your right heel at the tip of your left toes. Next, place your left heel at the tip of your right toes. Continue placing one foot in front of the other without straying from the line.



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Relationships are any relationship of significance, and may be couples, siblings, parent/child, open, polyamorous and more.

None of these lists are limited and nothing is excluded. Please do not feel that you need to continue trying to manage alone. Sometimes just sharing your thoughts and feelings are a start to feeling supported, understood and able to visualise changes...



The Blackberry Day

They look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.

Blackberry fruit crumble squares

INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder | 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!



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FOOD & DRINK



SLOE & STEADY

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There's something magical about turning a humble hedgerow berry into something to tease the tastebuds, like sloe gin. And better still, it's really simple to make.

Sloes grow on blackthorn bushes, which are found all over the UK. The bushes blossom in early spring with clouds of pretty white flowers, and the deep purple berries start forming in August.

For sloe gin, people often recommend that you don't pick them until after the first frost. Apparently, this makes the berries sweeter and softer. The only problem is that birds love sloes, too, and they might get there before you do.

So the Woodland Trust recommends that you pick sloes from late September. After washing and drying them, just pop them in the freezer. This creates an artificial frost – and the berries will keep in the freezer for several months.

When you're out picking sloes, it's a good idea to wear gloves and a long-sleeved top as their branches are prickly and covered with thorns. And remember, sloes don't taste good raw. And while eating them in this state won't harm adults, never give them to children.

How to make sloe gin

Ingredients:

500g sloes (rinsed and dried) | 250g caster sugar | 1 litre gin

Method:

- Prick the sloes with a cocktail stick and tip into a 2-litre glass jar.
- Add the sugar and gin, seal the jar and shake well.
- Once a day for a week, give the jar a good shake.
- Store the jar in a cool, dark place and leave for 2-3 months.
- Line a plastic sieve with a square of muslin, strain the liquid into a bowl and decant it into clean, dry bottles.
- Your sloe gin is now ready to drink.
- Drink it neat or top it up with prosecco for a sparkling aperitif.



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HOME & DIY

SUBSTANCE TO THE *style*

Through a heritage that includes a maternal family descending from a nomadic Rajasthani clan that migrated across Arabia and Persia over centuries, a passion for global art and the experiences of travel have permeated Bethan Gray's appreciation for a design look that crosses from India to the Middle East, North Africa to South America.

How this translates itself back to the somewhat more structured surrounds of lounges, bedrooms and workspaces in the UK is the challenge that was taken on when Bethan Gray Design was established in 2008. The agency, based in London, is run by Bethan and CEO husband Massimo, and follows a decade she spent as Habitat's design director – a role that connected her with craftspeople all around the world.

Now, using a combination of client stories and experiences, plus the expertise of master craftspeople – with styling partnerships that are based on mutual trust and respect – she has created contemporary design and home accessories. The result has been four ELLE Decoration British Design Awards for her statement pieces. From contemporary deco-like chests of drawers that echo Arabic shimmers and desert landscapes to elegant cabinets, bold coffee tables and velvet sofas, the translation of stories and heritage into stunning furniture is complete.

While the price tags in stores such as Harrods and Liberty's may push some away, Bethan focuses on styling that can be replicated by anyone.

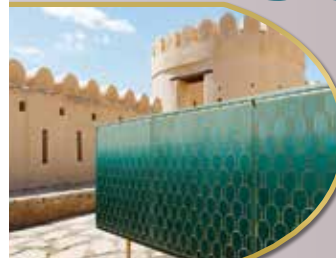
"My modus operandi is elegant lines, both in the edging of furniture and the detail within it. Set against browns, greens, creams and statement shades, it's possible to create a palette that transports the mind to far-off places and a desire to travel.

"For me, it's about the practicality of a room or a piece of furniture, combined with the journey that piece can take you on, and that combination feels very special."

Bethan Gray



Photo credit: Bethangray.com



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V23



LIMESCALE *elimination!*

NATURAL REMEDIES FOR LIMESCALE THAT YOU CAN FIND IN YOUR KITCHEN CUPBOARD

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

LEMON JUICE

Lemon juice is one the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.



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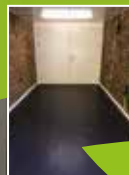
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pretty pumpkin



HOME & DIY

Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

MAKE A PUMPKIN SPICE CANDLE

YOU WILL NEED:

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

HOW TO MAKE:

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.



There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

> Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.

> Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.

> Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).

Photo credit: countryhillcottage.com,

Sanctuary Home Decor thefreesandfree.com

IDRIS ELBA

OFF SCRIPT?

WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA

“I’m probably a perfectionist,” admits Idris Elba, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

And one of our finest...





IN A HEARTBEAT

WHY DOCTORS ARE ADVISING CAUTION WHERE HEARTBEAT-TRACKING DEVICES ARE CONCERNED

Technology has put us more in touch with our bodies than ever before. It all began with the advent of the internet, whereby we could quickly and effectively research ailments by typing symptoms into Google.

Of course, seeing as we've all wrongly self-diagnosed a worst-case scenario, it might be said that the technology lets us down, and that concept is at the core of why a growing number of doctors are expressing fear at the breadth of heart rate monitors that now follow our every move.

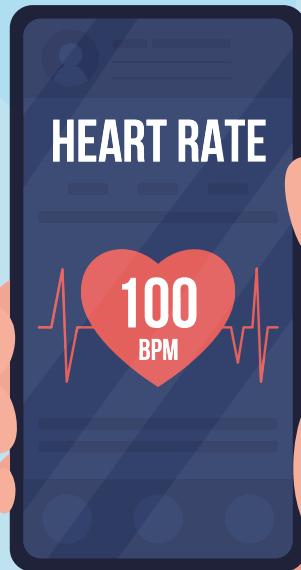
From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

Yet cardiologists say the information these devices produce isn't always useful. After all, notifications from the devices aren't definitive diagnoses, and in our pursuit of health we are now more likely to respond in a manner that leans on the healthcare system, when what we are receiving is often a false alarm.

"The technology has outpaced us," says Rod Passman, a cardiologist at Northwestern University who's assisting with a study examining the Apple Watch's ability to screen for heart rhythm conditions. "Industry came out with these things because they could. Now we're playing catch-up and trying to figure out what to do with this information."

So while some products will call for help if the wearer has been in a car crash or had a bad fall, others are fully making patients the protagonists in maintaining their health, and that's dangerous.

Rod adds: "The fact is that these devices are lifestyle, not healthcare, devices, and the hundreds of millions of users need to enjoy their exercise without the anxiety of the unknown."



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Bancroft's School



Pupils delighted with impressive A Level results

Pupils from schools across Woodford Green are celebrating after receiving their A Level results on August 18.

This year's cohort was the first since 2019 to receive grades based on exams sat in the summer term rather than teacher's predicted grades, after the disruption caused by the COVID-19 pandemic.

Pupils at Bancroft's School were particularly pleased after 93 per cent received A* to B grades.

Simon Marshall, head of the school, praised the pupils for their determination to succeed despite the turmoil of the pandemic.

He said: "This is a year group that has suffered huge disruption to their last two years of study at

school and has had to manage the almost continual uncertainties of the COVID-19 era – they really deserve our admiration and praise for their achievements and the good humour and patience with which they have overcome these adversities."

A Level results in the borough show that 21 per cent of students achieved results of AAB+ and an average points score per entry of 35.4.

The Leader of Redbridge Council, councillor Jas Athwal, was among those to praise students and staff for their hard work.

He said: "A huge congratulations to students across Redbridge who are once again celebrating an incredible set of A Level results today."



Indian restaurant wins more awards



Photo credit: Grand Trunk Road

A renowned Indian restaurant in South Woodford has won another industry award for its “deliciously exciting” dining experience.

Grand Trunk Road was recently awarded Dining Experience of the Year at the London Curry Awards 2022 at a black-tie celebration at the Thistle London Heathrow Hotel.

The awards celebrate the top Asian curry-inspired restaurants and expert chefs from the city, with the nominees shortlisted and then voted for by the public.

Grand Trunk Road founder Rajesh Suri said: “What we offer at Grand Trunk Road is nothing short of complete dedication, so when I heard we won the award, it felt wonderful to have all of our hard work acknowledged.”

Located in South Woodford, Grand Trunk Road opened in 2016.

Rajesh said: “Following my years of work with many award-winning restaurants in London, I really felt it was time to begin my own journey and create a concept which has the history, culture and heritage of India.”

The restaurateur was born in India and moved to London to further his culinary career, and after 30 years in the industry, he decided he wanted to open an establishment celebrating ancient recipes.

Rajesh said the recipes are inspired by the real-life Grand Trunk Road, a 2,500-mile ‘gastronomic journey’ between Kabul and Kolkata.

Two charged for faking vaccination records

Two people, including one from South Woodford, have been charged as part of the Metropolitan Police’s investigation into the suspected creation and sale of fake COVID-19 vaccination records.

The Crown Prosecution Service authorised detectives to charge the individuals following an

investigation by the Met Police’s Cyber Crime team.

Friha Farid, 28, of South Woodford, and Wayne Knight, 37, of Ilford, were charged with conspiracy to gain unauthorised access to computer material, contrary to section 1 of the Criminal Attempts Act 1977.

They are both due to appear at Barkingside Magistrates’ Court on Wednesday, September 7.

Park retains prestigious Green Flag status

Elmhurst Gardens in South Woodford has once again received a prestigious Green Flag Award, recognising its high quality, conservation, community involvement and the hard work of park staff.

The Green Flag Award, founded in 1997, is an internationally recognised marker of high-quality parks and green spaces.

Elmhurst was one of just nine award-winning parks in Redbridge.

This follows years of extensive council investment in Redbridge parks and green spaces, including a £1.6million investment into new and refurbished playgrounds and outdoor gyms.

Councillor Jas Athwal, Leader of Redbridge Council, commented: “I know just how important our parks are to local people. They can be a lifeline, a place to escape our busy lives and enjoy nature, and that’s why, as a council, we’ve invested so much in improving and protecting our green spaces, and I’m proud that our commitment has been recognised once again with this prestigious award.”

“These flags are a huge honour and a great tribute to the hard work of our parks team at Vision, as well as the local people and volunteers who contribute so much to making our parks places we can all be very proud of.”



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Woodford and District National Trust



Woodford National Trust Centre will hold a talk in Epping next month.

A talk on Knole House, which is linked to Copped Hall, will be given by Nathalie Cohen at 11am on October 19 at Copped Hall, Epping.

The talk will be followed by a tour of Copped Hall, details of which are in our newsletter for members, or information can be requested from chairman Richard Speller at speller643@btinternet.com or Clive Boon at cliveboon@hotmail.co.uk

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Nathalie Cohen is the regional archaeologist at Knole House and has been deeply involved in the multi-million-pound conservation project at Knole.



Mayor discusses air pollution

The Mayor of London Sadiq Khan (pictured second from left) visited Elmhurst Gardens in South Woodford to view the new air quality monitor secured by local campaigner Lydia Fraser-Ward (pictured right).

As reported in the May 2022 edition of **VISION** SouthWoodford, Lydia ran a campaign with residents and councillors to support the installation of a Breathe London AQ Node, funded by the Greater London Authority (GLA), in Elmhurst Park. The Breathe London nodes feed into a network of real-time online access monitors across London.

Lydia said: "I spent a lot of time in Elmhurst Gardens with my three-year-old son, close to the North Circular. I was worried about air pollution."

"Getting this air quality monitor is fantastic, but this is just the start; we want to raise awareness about the risks of air pollution and encourage more people to do their bit to help reduce it in our neighbourhood."

Councillor Kam Rai, Deputy Leader of Redbridge Council (pictured left, second from right), said: "We've committed to tackling air pollution so children can breathe clean air and develop healthy lungs."

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Spa prosecuted over waste

The owner of a Woodford Green spa who repeatedly broke the law and left her commercial waste overflowing in an alleyway was successfully prosecuted by Redbridge Council.
Noemi Demeter, 34, who owned Everose Spa on The Broadway, Woodford Green, was stung with court fines and costs of more than £2,000.
Even after a legal notice was served, enforcement officers returning to the site repeatedly found waste overflowing from the spa's bins, spilling onto the alleyway floor and attracting vermin.
Demeter was hit with three separate Fixed Penalty Notices of £110 each for failing to comply with the Environmental Protection Act Notice, which remained unpaid. The spa closed in March 2022 and Demeter

moved from Redbridge.
After failing to pay the Fixed Penalty Notices, Demeter was summonsed to Barkingside Magistrates' Court and charged with three offences of failing to comply with the Environmental Protection Act Notice. Despite her court absence, Demeter was found guilty, landing her with a fine as well as prosecution and council costs and victim surcharge – all totalling £2,075.
Redbridge Council's cabinet member for environment and civic pride, councillor Jo Blackman, said: "We all have a duty to keep our borough clean and tidy, and this includes businesses. This prosecution should send a message that Redbridge Council takes tough action against those businesses who refuse to act responsibly and legally when disposing of their waste."

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5 PET PARENTING mistakes

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.



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Happy hibernating

GARDENING

Most animals go into hibernation in autumn as it is the most efficient way to survive the cold winter months. Find out how to recognise hibernating wildlife in your garden and how to help them survive until spring.

Signs of hibernating wildlife

Leaf pile
A pile of leaves in a corner of the garden, in the compost bin or behind the shed can mean you have a hibernating hedgehog or two. Hedgehogs can also hibernate in bonfire piles, so be sure to check before you light.

Movement in a pond
If you have a pond in your garden and you notice movement or shadows at the bottom, this could mean that frogs are hibernating there. These are typically male frogs as they favour hibernating in water rather than in mud or under leaves.

Mounds of soil
Small mounds of soil can indicate that mining bees are nesting in your lawn or in your borders. If this is the case, it is likely that their offspring will be hibernating there until spring.

Long grass
Although long grass is not a sign of hibernation, it is highly likely that wildlife will be seeking shelter there. In particular, caterpillars and moths hibernate in long grass, as well as beetles and other grubs.

Leaves on a wall
If you notice leaves on a wall in your garden, these may not actually be leaves but clusters of butterflies who often hibernate in groups.

How to protect hibernating wildlife

- ★ Create leaf and log piles
- ★ Have plants that offer winter nectar, such as mahonia and hellebores
- ★ Move any bug houses to a sheltered spot
- ★ Put up a nest box for birds
- ★ Avoid late tidying of any potential hibernation spots
- ★ Leave out a supply of nuts to support squirrels as they collect food.



Take a look inside the world's most EXCLUSIVE ADDRESS

Where do you think the world's most exclusive address is? Beverly Hills? Mayfair? It turns out the answer isn't on dry land.

That's right, the world's most exclusive property is actually on the water – the superyacht Somnio. Due to launch in 2024, Somnio has 39 on-board apartments, which are fully tailored to the owner's wishes.

What makes these apartments so special? Let's take a closer look.

THE LARGEST YACHT IN THE WORLD

Somnio is set to become the largest superyacht in the world, measuring 33,500 gross register tonnage and almost 222 metres long. Replacing cabins with luxury apartments, it will bring a whole new meaning to the phrase 'travel in style'.

A collaboration between three design firms, Tillberg Design of Sweden, Winch Design and Luttenberger Design, the superyacht is being built by Norwegian shipbuilders VARD.

REINVENTING THE LUXURY LINER

Each apartment will feature a bespoke design, with owners able to choose everything from the number of bedrooms to additional features such as gyms and private kitchens. Each apartment will also have its own outdoor area, the perfect space for seeing some of the most incredible sights the world has to offer.

On board, guests will be able to enjoy a spacious deck area, spas, two restaurants, a cinema, 10,000-bottle wine cellar and much more.

Co-founder and captain Erik Bredhe, who oversaw the €500million project, says: "Beauty may be found as much on the inside of Somnio as on the outside. As the only residential superyacht in the world, we are delighted to work with designers that complement our exacting standards. Our owners will experience only the best, as befits a yacht of this nature."

With prices starting at €15million, Somnio's actual route is a closely guarded secret, making the superyacht not only exclusive, but elusive too.

Photo credit: VARD, WINCH DESIGN, LUTTENBERGER DESIGNS, TILLBERG DESIGN OF SWEDEN



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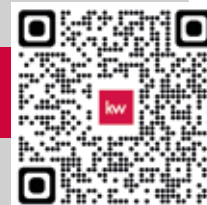
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PLUGH'S ABOUT THAT?

UNUSUAL SPORTS: NATIONAL PLOUGHING CHAMPIONSHIPS

If you suspected you were alone in feeling as if there were few things in life as satisfying as watching a tractor or harvester carve a path across a field, leaving in its wake a pattern that would help calm the nerves of even the most intense OCD sufferer, then, with regret, the news is you are just one of many millions.

That level of contentment is played out every year in Ireland, keeping up a long tradition that began way back in 1931, when horses and ploughs were the order of the day, rather than the bustling, ultra-precise, often satellite-guided machinery that we see scoring neat lines across our country's fields nowadays.

Of course, Ireland's National Ploughing Championships, which take place in September each year, rely very much on the skill of the farmer, as they did way back when an argument between two lifelong friends – Denis Allen of Gorey, County Wexford, and JJ Bergin of Athy, County Kildare – created this curious event in 1931.

From simple beginnings – a small field of just 26

acres – the annual contest now requires more than 700 acres of land, so great is the interest from machinery operators who travel from all around to compete in the spectacle.

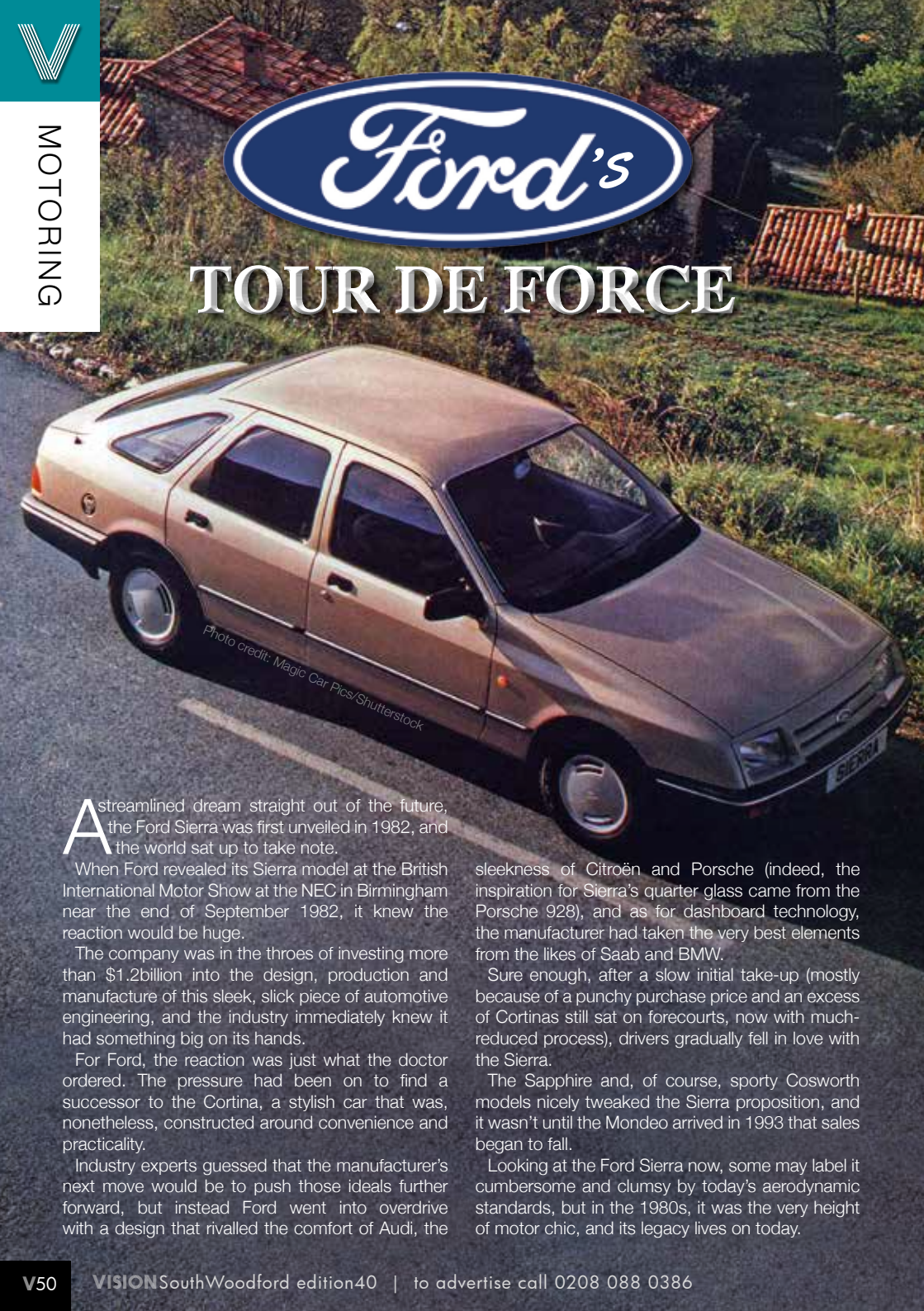
And the National Ploughing Championships have become much more than just an annual inter-county competition; it's an intrinsic part of rural Irish life, having expanded to include trade show stalls, a food fair, craft village, and cookery demonstrations, plus education, fashion and lifestyle elements.

In total, the championships attract 1,700 exhibitors and more than 300,000 visitors, and after lockdown interruptions, the 2022 event – which is to be held in Ratheniska, County Laois, between September 20 and 22 this year – is set to be one of the biggest ever. The winner is judged on the neatest ploughing arrangement.

As for who won that first ploughing showdown between Allen and Bergin, in true Irish fashion, the result was disputed, so it was agreed they would try again the following year.

Find out more about the event at www.npa.ie





TOUR DE FORCE

Photo credit: Magic Car Pics/Shutterstock

Astreamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.

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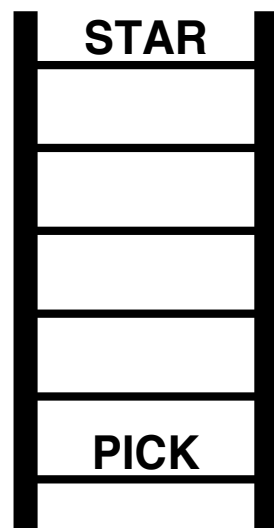
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DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

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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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