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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. Recently, I've been thinking about the importance of gratitude. I've been trying my best to start the day by getting up before the sun, as it gives me a sense of accomplishment and achievement, like I'm already a step ahead before I've even started the day. The importance of mindset really cannot be overestimated.

As we enter the colder months, many people are understandably concerned about the cost-of-living crisis. If you're worried about your finances, perhaps think about contacting local mortgage or financial advisers to help you navigate this difficult time with a little more ease, and a little less stress.

The strain will undoubtedly be felt as we hurtle towards Christmas, but it's still important to support local businesses where you can. After all, this will be our first 'normal' festive season in three years, and will offer the chance for businesses which have been struggling throughout the pandemic to begin to bounce back. Keep an eye on our magazine for upcoming Christmas events, and consider how to best spend your hard-earned cash to help our local areas thrive. You never know what hidden gems you might uncover on your doorstep.

*Brett Shohet*

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

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# is the NARRATIVE

**CELEBRATING 40 YEARS OF *COUNTDOWN* AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA**

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the *Countdown* Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

*Countdown* is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

*Countdown* was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.



# THE WONDERFUL WORLD OF *Jellyfish*

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.



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# Let's Talk

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Addiction can include alcohol, drugs, sex, porn, exercise, shopping, eating or anything else that you feel you cannot do without but wish to change.

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...



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BEAUTY

## HAIRSTYLES FOR MEN

WITH

# Thin hair

Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

### MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

### MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

### HIPSTER HAIR

Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

### ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your locks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

### SLICKED-BACK FADE CUT

Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.





# Deliciously Ginger

Gingerbread Day takes place on November 21, and what better way to celebrate than making some cute and tasty gingerbread folk? This recipe is simple enough for even young children to help with. They're bound to love decorating their own creations – not to mention eating them!

## INGREDIENTS:

- > 350g plain flour (and a bit more)
- > 1 tsp baking soda
- > 1-2 tsp ground ginger
- > 100g butter (chopped into small pieces)
- > 175g light muscovado sugar
- > 80g golden syrup
- > 1 large egg (beaten)
- > For decoration: icing pens or homemade icing

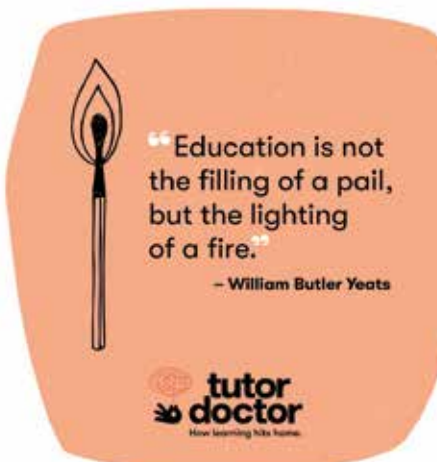
made from icing sugar, water and optional food colouring | Small sweets like Smarties or Jelly Tots | Dried fruit | Chocolate chips or polka dots | Sprinkles

## HOW TO MAKE:

- > Heat the oven to 190°C/170°C fan/gas mark 5.
- > Put the flour, baking soda and ginger in a large bowl and combine thoroughly. Add the butter, and rub it in till the mixture resembles fine breadcrumbs.
- > Add the sugar, golden syrup and egg, and mix into a smooth dough.
- > Roll the dough out using a floured rolling pin on a floured surface until it's about 5mm thick.
- > Cut out your gingerbread folk using special cutters (or make other shapes if you prefer).
- > Place your shapes onto a lined baking tray.
- > Bake for 10 minutes, then cool on a wire rack
- > Decorate your gingerbread folk however you like, using icing to secure any loose decorations.

## Did you know?

- > An early form of gingerbread was enjoyed by the Ancient Greeks and Egyptians.
- > Gingerbread, as we know it today, was created in England in the 1700s.
- > Queen Elizabeth I apparently invented gingerbread people by asking her staff to bake special biscuits in the shape of visiting dignitaries.
- > Gingerbread houses originated in Germany in the 1800s and were probably inspired by the tale of *Hansel and Gretel*.



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— William Butler Yeats

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# Are you getting ENOUGH IRON?

Iron deficiency affects a whopping two billion people worldwide and is the cause of more than 57,000 hospital admissions each year.

Responsible for many important processes in the body, let's take a closer look at iron and how you can ensure you are getting enough of it.

## WHY IS IRON IMPORTANT?

Iron plays a crucial role in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency, known as anaemia, which can cause fatigue, heart palpitations, pale skin and breathlessness. Iron also helps to promote a healthy pregnancy, to increase energy levels and to enhance athletic performance.

## HOW MUCH IRON DO YOU NEED?

According to the NHS, the amount of iron you need per day is as follows:

- > For men over 18, 8.7mg
- > For women aged 19 to 50, 14.8mg
- > For women over 50, 8.7mg

Women who experience heavy periods are at

a higher risk of anaemia and may be required to take iron supplements.

## WHAT FOODS ARE HIGH IN IRON?

There are two types of iron: heme and non-heme. The former is found in animal foods that contain haemoglobin and the latter primarily comes from plant sources and fortified foods.

These include: Organ meats such as liver and kidneys | Soybeans | Clams and mussels | Spinach | Fortified cereals | Dried fruits like raisins and apricots | Legumes such as beans, lentils and chickpeas | Pumpkin seeds | Turkey | Tofu

## WHAT FOODS CAN HELP YOU TO ABSORB MORE IRON?

Iron has a low bioavailability, which means that the small intestine does not readily absorb large amounts of it. This increases the risk of deficiency.

Fortunately, there are some foods that enhance your body's ability to absorb this key mineral. These include foods rich in vitamin C such as citrus fruits and bell peppers, foods with vitamin A and beta-carotene like carrots and sweet potatoes, and meat, fish and poultry.



# SHADES TO HELP YOU *sleep*

We are a nation of insomniacs, with 67 per cent of adults suffering with disrupted sleep and 23 per cent getting no more than five hours per night.

While this could be a result of stress, poor lifestyle choices or a mental health condition, it may actually be the colour of your bed linen that is stopping you from drifting off.

## HOW DOES COLOUR AFFECT SLEEP?

Colours have the ability to influence our mood, emotions and behaviours, with different shades evoking certain feelings such as anger, happiness and calmness, all of which can affect how you sleep.

## WHAT ARE THE BEST COLOURS OF BED LINEN FOR PROMOTING GOOD SLEEP?

### Blue

Blue is known for promoting feelings of peacefulness and serenity and, when used in the bedroom, can help you feel safe and relaxed. As a result, it is one of the best colours for aiding good sleep. Avoid bright blue and opt for paler shades.

### Green

The colour green is synonymous with nature, which means it has an instant calming effect. Opt for

sage green rather than bright green as this shade is softer and more peaceful.

### Light pink

While this may not be your first choice for your bedroom linen, if you lead a hectic and stressful life, then light pink linen can help to soothe your mind and body.

## WHAT COLOURS SHOULD YOU AVOID?

### Red

Red is an energetic and intense colour that can provoke aggression and anger. Therefore, it is one of the worst shades to use on your bed linen.

### Dark purple

Purple is known for stimulating creativity and, when used on bed linen, it could promote vivid dreams or nightmares which can disrupt your sleep.

### White

Although you may think that white would be a good colour for aiding sleep, it could in fact be keeping you awake. This is because bright white can affect your melatonin levels and disrupt your sleep patterns.





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# GUIDE to GAME

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

## WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

- 1. WINGED GAME:** This includes quail, duck and pheasant.
- 2. GROUND GAME:** This includes hare and rabbit.
- 3. BIG GAME:** This includes bison, venison, elk and wild boar.

## WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

## WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

## GAME MEATS TO TRY THIS CHRISTMAS

**PHEASANT:** Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

**FLAVOUR PAIRINGS:** Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

**QUAIL:** One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

**FLAVOUR PAIRINGS:** Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and coriander, and honey.

**VENISON:** If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamy flavour and is extremely versatile. It is also very lean and rich in iron.

**FLAVOUR PAIRINGS:** Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.





# LOAFING AROUND

Whether you're tucking into hot buttered toast for tea or chapati with your curry, you have to agree that bread is filling, comforting and totally delicious.

Homemade Bread Day, which falls on November 17, celebrates bread from around the world. And to help you mark the day, we've created two mouth-watering recipes.

## FLUFFY NAAN BREAD

**INGREDIENTS:** 2 tsp dried yeast | 1 tsp sugar | 120ml warm water | 300g plain white flour (and a bit more) | ½ tsp salt | 60ml olive oil | 80ml natural yogurt | 1 large egg

### HOW TO MAKE:

- > Whisk the yeast, sugar and water together in a small bowl until frothy, then whisk in the oil, yogurt and egg.
- > Combine the salt and half the flour in a medium bowl, pour in the yeast mixture and stir well.
- > Gradually add the remaining flour (you might not need all of it) until you have a firm dough.
- > Knead for a few minutes on a floured surface.
- > Cover the dough and let it rise for an hour, then divide it into eight small balls.
- > Flatten the balls so they're 15cm in diameter.
- > Cook one at a time in a heavy frying pan on medium heat until they're golden on both sides.

## FRUITY SODA BREAD

**INGREDIENTS:** 250g plain white flour (and a bit more) | ¼ tsp salt | 1½ tsp baking soda | 1 tsp caraway seeds | 75g raisins | 75g dried cranberries | 50ml orange juice | 100ml buttermilk | 3 tbsp runny honey | 2 tbsp sunflower oil

### HOW TO MAKE:

- > Heat the oven to 200°C/180°C fan/gas mark 6.
- > Mix the flour, salt, baking soda, caraway and dried fruit in a large bowl.
- > Mix the orange juice, buttermilk, honey and oil in a jug. Pour it into the dry ingredients and mix into a dough.
- > Turn the dough onto a floured surface and shape it into a round.
- > Place it on a greased baking tray and slash the top.
- > Bake for 30 minutes until a deep brown colour.

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## BEGINNER'S GUIDE TO bonsai trees

Growing and caring for a bonsai tree is an amazing stress reliever and a fun pastime, but you need to know what you are doing if you want your little tree to flourish.

### WHAT IS A BONSAI TREE?

For the uninitiated, a bonsai tree is a miniature tree that is planted within a pot. In fact, the term bonsai literally means 'planted in container' in Japanese. An integral part of this East Asian country's culture, bonsai is now an art form that is enjoyed worldwide.

### HOW TO CARE FOR A BONSAI TREE

**Placement:** Keep your bonsai away from direct heat and drafts. They favour areas with plenty of sunlight and need humidity in order to keep their soil moist.

**Watering:** One of the most contentious issues when it comes to bonsai ownership, overwatering can cause root rot, while underwatering can lead to all the leaves dropping off in as little as half a day. As a general rule, water every two to three days in the morning, ensuring the soil is always damp to touch but not wet.

**Fertilising:** Bonsai trees need nitrogen, phosphorous and potassium in order to survive and grow. As the seasons change, your tree will have different fertilising needs. In spring, more nitrogen is needed to boost growth. In summer, equal volumes of each is best and in autumn/winter, a fertiliser with a higher phosphorus content will prepare it for the colder months.

**Pruning:** Pruning is essential in keeping your bonsai healthy. You need to make sure that you pay attention to all elements of the tree, including the shoots, leaves, buds and twigs.

**Repotting:** When you need to repot your bonsai tree will be dependent on the species you picked. However, typically, bonsais need to be repotted every two to three years to prevent the roots from becoming pot-bound.



HOME & DIY



# POPPIN' Paprika

## 2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

### WHAT IS PAPRIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

### THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

### USING PAPRIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



Photo credit: Popdally Co/Pinterest  
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# light up MY LIFE

There's hardly a home in the country that doesn't have a set of fairy lights – or several. And these days, they're not just for decorating Christmas trees. We love using them all year round to add a warm glow to our rooms and gardens. And there's always a pretty new shape to tempt us – flowers, hearts, stars, and even multicoloured skulls, should the fancy take you. But where did it all begin?

In 1869, Sunderland-born inventor Joseph Swan patented an early version of the incandescent light bulb – 10 years before Thomas Edison patented his improved version in the US.

In 1881, when Queen Victoria still had another 20 years on the throne, London's Savoy Theatre was fitted out with more than a thousand of Swan's lightbulbs. And it became the first public building in the world to be lit by electricity alone. Before this, theatres were lit with gas lights, which were dangerous and made theatres unbearably hot.

In 1882, Savoy Theatre owner, Richard D'Oyly Carte, commissioned Swan to produce some miniature versions of his lightbulbs. These were used to decorate the fairies' dresses on the opening night of Gilbert and Sullivan's opera, *Iolanthe* – all about a fairy who was banished from fairyland because she married a mortal. And so the name fairy lights was born.

The opera was a big hit, and high-society ladies soon adopted fairy lights as a must-have clothing accessory. They adorned their dresses with strings of lights, hiding the battery packs in the folds of their voluminous skirts.

By 1883, a colleague of Swan's US rival, Thomas Edison, put a set of fairy lights on a Christmas tree. It was a publicity stunt. But there started a global Christmas tradition that became so popular that we now use fairy lights almost everywhere.



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# Pugh

## AGAINST THE MACHINE

### HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

---

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

---

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Footballer supports hospice through new foundation

Harry Kane (pictured above, centre) has launched a new foundation to help support Haven House Children's Hospice in Woodford Green.

The professional footballer, who plays for Tottenham Hotspur, has supported several mental health charities and campaigns and is now pledging his continued support for his local children's hospice as part of the launch of the Harry Kane Foundation (HKF).

HKF aims to help transform a generation's thinking about mental health through a series of partnerships, including with Haven House.

To celebrate, the hospice's children and their families were invited to the Museum of London to meet the sporting hero at his exhibition *Harry Kane: I want to*

*play football*, which aims to inspire the next generation.

One of the hospice's services that will directly benefit from HKF is the Buddies Group, a sibling support group to help children come to terms with the illness or death of a brother or sister.

The Buddies Group at Haven House is an opportunity for siblings to meet others experiencing the same issues. Most importantly, children are able to discuss common fears, joys and concerns and, for some, share their feelings around grief. The activities at Buddies help to build skills and resilience, helping the children to develop into confident young people.

To find out more about the foundation, please visit [harrykane.com/foundation](https://harrykane.com/foundation)





Photo credit: Google Maps

# Repair Café event helps residents reduce waste

Redbridge Council, in conjunction with the East London Waste Authority and St Mary's Church in South Woodford, ran a free Repair Café event last month.

The Repair Café, which took place at Woodford Memorial Hall on Saturday, October 15, was a great opportunity for local people to swot up on their repair skills with advice and tips from experts, as well as to access free electrical, clothing and bike repairs. There was also a toy swap, recycling and composting advice, and free refreshments.

The event aimed to encourage people to fix broken items instead of throwing them away. Repairing items

not only helps reduce waste in the borough, which is good for the environment and tackling climate change, but can also help residents save money by repairing items instead of buying something new.

Councillor Jo Blackman, Redbridge Council's cabinet member for environment and civic pride, said: "The Repair Café events are a great way to help prolong the life of many everyday items and appliances, leading to less waste and more pounds in your pocket. Hopefully these events will also encourage people to think twice before throwing things out that can be repaired or passed on. It really is a brilliant free green initiative for local people to take advantage of."

# Drug dealer ordered to repay more than £34,000

A Woodford Green drug dealer who received a suspended prison sentence earlier this year has been ordered to repay more than £34,000.

After pleading guilty to possessing heroin and cocaine with the intent to supply, as well as cannabis, Morgan Dixon, of Sunset Court, Navestock Crescent, was given a two-year prison sentence suspended for two years as well as a 200-hour community service requirement in March of this year.

The confiscation hearing under the Proceeds of Crime Act was held in his absence, as Dixon failed to turn up at Ipswich Crown Court on October 7.

The judge made a confiscation order and Dixon was sentenced to a 16-month jail term in default and ordered to pay £34,305 within three months after the prosecution believed he profited from his offences.



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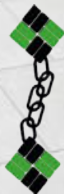


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SCAN ME



LOCAL NEWS

Photo credit: James Wilkins

# Club reaches FA Vase for the first time in decades

A football club in Woodford emerged victorious from a nerve-wracking penalty shootout last month.

Woodford Town FC hosted Sawbridgeworth Town in the Ashton's Stadium in the FA Vase first round on Friday, October 21.

The home side started on the front foot, with goals from Parrott and Phillips before the break.

The second half started in a similar fashion as Parrott scored within 15 seconds of the restart. It appeared as if it would be smooth sailing for the Woods until Sawbridgeworth pulled one back at 78 minutes.

What should have been a consolation goal proved to be the kindling for an almighty comeback. A brilliant

overhead kick in the 89th minute made it 3-2, and Sawbridgeworth equalised in injury time.

The Woods went into penalties having squandered the lead and the momentum of the game. Despite the pressure, Woodford buried all four of their penalties. Their opponents shot wide once and saw their fourth spot kick heroically saved by keeper Callum McEvoy.

With this dramatic victory secured, Woodford now head into the FA Vase Second Round Proper for the first time since 1980.

The Woods will play Fakenham Town on November 12 in a bid to rewrite the history books and progress further than any Woodford side has done before.

# Residents encouraged to sign up to adopt a tree

Applications for Redbridge's popular Adopt a Tree Pit are now open as the scheme returns following its success last year.

In 2021, more than 1,400 tree pits were adopted by local people, helping to bring neighbourhoods, including those in South Woodford, into bloom.

By adopting a tree pit near your home, you can create your own mini garden by planting wildflower seeds. With regular love and care, you'll soon see your tree pit bloom, bringing colour to your street.

Now in its fourth year, the borough-wide initiative is a way to bring neighbours together, make streets more attractive, and support local wildlife.

Councillor Jo Blackman, Redbridge Council's cabinet member for environment and civic pride, said: "This initiative is another great example of the work taking place to create greener neighbourhoods, boost biodiversity and improve the borough's street scene.

"By adopting a tree pit, you can help create attractive and colourful spaces on your street that can be enjoyed by all, and you'll be supporting local wildlife along the way."

Applications to adopt a tree pit must be made by midnight on Sunday, December 18. For more details or to apply, visit [www.redbridge.gov.uk/our-streets/adopt-and-water-a-tree](http://www.redbridge.gov.uk/our-streets/adopt-and-water-a-tree)





NEWS FROM

THE 100 CLUB
LOCAL BUSINESSES SUPPORTING HAVEN HOUSE

Popular Christmas hospice fair returns

Haven House Children's Hospice is inviting you to attend its spectacular Christmas Fair on Saturday, December 3.

Visit Father Christmas at his Gingerbread Grotto and enjoy a mulled wine and a mince pie, while the children decorate a gingerbread biscuit and explore the magical woodland scavenger hunt.

The hospice in Woodford Green will be adorned with festive decorations, from twinkling lights to Christmas trees, reindeer and, of course, gingerbread.

Reiko Murray, community and events manager at Haven House, said: "Our Christmas Fair is the perfect opportunity for the children to visit Santa in his grotto while supporting local hospice care."

You can also look forward to hot food from Shaws Quality Butchers, market stalls from local crafters, crêpes from Flipping Nora and a cup of hot cocoa from the hospice café.

Father Christmas and his elves are busy preparing to see you all, so book now to avoid disappointment. The event is kindly sponsored by Lawlors. Visit www.havenhouse.org.uk/Event/christmas-fair-22



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Court fines restaurant owner

A South Woodford restaurant owner who repeatedly failed to store his commercial waste properly has been given a hefty court fine.

Redbridge Council led the court prosecution against Huseyin Kaya, 34, owner of Salash Kitchen in High Road, South Woodford.

Redbridge Enforcement had already flagged the Turkish restaurant and put it on its watchlist following a number of waste mismanagement issues at the site, leading to a legal notice requiring Kaya to correctly store and dispose of his commercial waste.

During a further visit to the restaurant, a council enforcement officer discovered a breach of the legal notice and issued Kaya with a fixed penalty notice.

Over the coming months, Redbridge enforcement officers witnessed multiple breaches.

Further fixed penalty notices were issued. After failing to pay them, Kaya was subsequently summonsed to appear at Barkingside Magistrates' Court earlier this year, charged with three offences of failing to comply with the Environmental Protection Act notice.

Kaya was found guilty in his absence and was ordered to pay a fine, council costs and a victim



Photo credit: Google Maps

surcharge, totalling £1,740.

Councillor Jo Blackman, Redbridge Council's cabinet member for environment and civic pride, said: "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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# WINTER WALKS WARMERS



**W**ith temperatures dropping, you may be reluctant to take your four-legged friend out for long walks. Find out below if you need to invest in a winter coat for your dog. Plus, explore the different styles available.

## 5. Dog snowsuit

Whether you are planning to take your dog to a mountain resort, or they simply love playing in the snow, a dog snowsuit will ensure they don't get frostbite even if they spend hours making snow angels.

## 6. Dog reflective jacket

As the days get shorter, you may find yourself walking your dog in the dark. A dog reflective jacket will ensure they remain safe on the roads and make it easier for you to see them.

## DOES YOUR DOG NEED A WINTER COAT?

Depending on the outside temperature and the particular breed, you may need to invest in a winter coat for your dog:

- > Below 10°C – some small to medium-sized dogs may need a jumper or coat when walking outside.
- > Below 5°C – certain larger dog breeds may need to wear a jumper or coat when walking outside.
- > Minus 5°C or less – avoid walking any breed or size of dog as there is a high risk of frostbite and paw injuries.

## DIFFERENT STYLES OF DOG COATS

### 1. Dog raincoat

Most dogs are not fans of the rain even if they like playing in water. Invest in a dog raincoat and avoid wet-fur syndrome.

### 2. Dog windbreaker

Dog windbreakers are designed to keep your dog warm and dry while still providing sufficient flexibility for them to explore their surroundings.

### 3. Dog fleece

A dog fleece is the perfect choice for autumn days when the temperatures start to drop. With cosy insulation and a super-soft finish, these are like wrapping your dog up in a cloud.

### 4. Dog parka

If you want to keep your dog warm and make sure they look stylish, a dog parka is the obvious choice. With many designs to choose from, you can even find matching parkas for you and your pooch.





# WAVE goodbye TO WEEDS

**D**o the weeds in your garden just keep coming back no matter what you do? If the answer is yes, then maybe it's time to try a different approach.

Natural weed killers are not only better for the environment, but they can also be more effective at banishing weeds in the long term, and they are cheaper too.

## A SALTY SOLUTION

Salt has been used as both a herbicide and a pesticide for centuries and can be highly effective at killing off stubborn garden weeds. Simply dilute three parts water to one part salt, mix and leave to dissolve for 10 minutes. Spray liberally over the weeds and wait for them to die off.

## A JUG OF BOILING WATER

As simple as it sounds, all you need to do is pour boiling water directly over growing weeds to stop them dead in their tracks. Be careful not to splash on any nearby plants or flowers as this could kill them also.

## A SPRINKLE OF BAKING SODA

If you are struggling with weeds growing through the cracks in your patio or pavement, then a liberal sprinkling of baking soda is the perfect solution. Again, be careful not to spill on any healthy vegetation growing nearby.

## A LAYER OF MULCH

Chemical-free and available in abundance, mulch is most effective at killing pesky weeds when layered with newspaper or old cardboard. Plus, this will help to prevent new weeds from growing through.

## A TIPPLE OF VODKA

For weeds that live in the sun, mix 30ml of vodka with two cups of water and a couple of drops of washing-up liquid. Pour onto the weeds and they will quickly dry out and die. This is not as effective on shade-loving weeds.

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# The IDEAS MAN

**RORY SUTHERLAND, AUTHOR OF *ALCHEMY: THE SURPRISING POWER OF IDEAS THAT DON'T MAKE SENSE*, AND A NEW REVOLUTION IN CREATIVE THINKING**

To come up with anything original in the marketing space seems more difficult now than ever before. While the digital revolution has given us an expansive set of new tools by which brands can amplify, elongate and decorate the way they communicate with consumers, interconnectivity makes the process easier than ever to copy.

Yet when Rory Sutherland, an experienced marketer of impressive standing, began applying ideas from psychology graduates as a means of unearthing unseen opportunities, he put away his plain old copywriting days and found a whole new route by which our actions and decisions could be exploited.

In simple terms, Sutherland believes many companies look in the wrong places for solutions. So in the context of an underperforming train service, rather than fix the unfixable (faster, longer, more frequent stock), why not work to better manage what you have, such as accurate display boards, Wi-Fi on the platform and a coffee shop with seating and tables?

Sutherland also looks at subverting expectations. He says: "There's a Chinese restaurant that was successful for being the rudest in London. Normally, rudeness in a restaurant is a bad thing. If, on the other hand, you turn the rudeness from being a downside into a source of entertainment, the very same thing which would be appalling in another setting actually becomes enjoyable."

In his book, Sutherland introduces a new way of thinking that goes way beyond brands and companies, and instead can be applied to individuals across all walks of life.

"To suggest there are no new original ideas is, of course, wrong," he says.

"I would rather point to the fact there are a lot of existing ideas that still haven't been tried in certain areas, and this is really the future. You've just got to go out there, be brave, and seize the opportunity."



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TRAVEL

# BRING ME Sunshine

Where's the best place to head if you want a last-minute getaway to escape the winter chills – and soak up some vitamin D? Here's our round-up of beautiful beach destinations, and there are some great deals if you hunt around.

**CANARY ISLANDS:** Flight time: 4½ hours from London | Average daily maximum temperature (Nov-Jan): 22°C

As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

**CYPRUS:** Flight time: 5 hours from London | Average daily maximum temperature (Nov-Jan): 20°C

It might be too chilly to swim in the Med – but there should still be plenty of sunshine. And it's an excellent

location for anyone keen on wine and ancient history.

**MOROCCO:** Flight time: 4 hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 21°C Agadir on the South Atlantic coast is perfect for beach lovers, and many hotels offer 'affordable luxury'. And the colourful markets (souks) are great for bargain hunters.

**EGYPT:** Flight time: 5½ hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 25°C Egypt in November is a bit cooler and less crowded. Sharm-el-Sheikh is excellent for snorkelling, and desert trips and camel rides are available nearby.

**DUBAI:** Flight time: 7 hours from London | Average daily maximum temperature (Nov-Jan): 27°C Dubai's luxury resorts could be just the thing if you're after impeccable service, lots of activities and the chance of some retail therapy. And in winter, it's not too humid.

**CAPE VERDE:** Flight time: 6 hours from London | Average daily maximum temperature (Nov-Jan): 25°C

Consisting of 10 islands off the coast of West Africa, the best ones for beaches are Sal and Boa Vista. Cape Verde is more affordable than Dubai and great if you want something truly different.

*Bon voyage!*





# THE NEYMAR ROLL



WE LOOK AT WHEN AN UNRELENTING DESIRE TO WIN MEANS SPORTSMANSHIP AND MORAL FAIR PLAY TAKE A BACK SEAT... WITH EXPLOSIVE RESULTS!

At the 2018 FIFA World Cup in Russia, Brazil played Serbia in their final group game and needed a victory to be certain of advancing to the knockout rounds. Goals from Paulinho and Thiago Silva secured the win, but there was also a sense of schadenfreude for their star player.

Striker Neymar came into the tournament with fitness worries and was attempting to play through games to prove those issues were behind him. However, a natural game based on skill, finesse and technical ability can sometimes provoke ire from opponents, and the histrionics he had shown in the previous game versus Costa Rica were a sign of things to come.

Indeed, it proved to be an evening fraught with tiny cracks in temperament and a huge gaping hole in the petulance department from the Samba sensation. Just four minutes before the opening goal came the biggest talking point of the night.

Not only has it gone down as an exercise in play-acting excellence, but it was also the subject of such derision and humour that countless memes and viral videos have been made, re-enacted by both children and adults.

The Serbian and Beşiktaş midfielder Adem Ljajić proceeded to stop Neymar's foray down the left-wing with a challenge that caught the Brazilian forward and brought him tumbling to the turf.

However, Neymar's reaction was not to lie hurt and call for treatment. Instead, he rolled over an astonishing 17 times, something that only served to convince the officials that he was not injured at all.

Brazil ended up exiting the tournament at the quarter-final stage, and Neymar remains universally noted and disliked for his play-acting, even though four years on, it is an element he has largely eradicated from his game. Although, the upcoming World Cup may again bring out the best/worst in him.



Picture: Kevin Moran/Getty Images

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# England's 1966 WORLD CUP WIN

**AHEAD OF THIS YEAR'S WORLD CUP, WHICH STARTS THIS MONTH, WE REMEMBER ENGLAND'S FINEST FOOTBALLING MOMENT**

The events of July 30, 1966, have been replayed so many times that, while most of us weren't at Wembley to see Sir Geoff Hurst MBE's hat-trick win England the Jules Rimet Trophy, we might as well have been.

This summer marked the 55th anniversary of that great day, but it was tempered somewhat by the growing list of Three Lions heroes now not with us – in the last few years alone, we have lost Gordon Banks OBE, Ray Wilson MBE, Martin Peters MBE, Nobby Stiles MBE and Jack Charlton OBE DL.

The 1966 competition was the first World Cup to take place in the English-speaking world, and if ever the onus was on the hosts to perform in a tournament that featured just 16 teams, then it was felt in the opening game against Uruguay, when our troops laboured to a goalless draw.

By the second game, though, confidence was

flowing, and the 2-0 score that saw Mexico despatched was repeated in the final group match against France.

In the quarter-final, England again came up against resilient South Americans, as a late Geoff Hurst goal saw off dogged Argentina; and Sir Bobby Charlton CBE's brace in the semi-final was enough to defeat Portugal and their Golden Boot free-scoring attacking legend Eusébio. Four days later, England would be football world champions.

As we head into this year's showpiece, it's clear we now live in a world where the dividing line between success and failure is painfully thin. So with VAR and social media ready to hold Gareth Southgate OBE's men to scrutiny, it's perhaps worth taking a moment to reflect on those heroes of 1966, and in particular, the close calls they endured en route to the ultimate prize.

Photo credit: England Football Association, ANL/Shutterstock



**DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?**

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.





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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

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- ▶ AMETHYST
- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
- ▶ QUARTZ
- ▶ RUBY
- ▶ SAPPHIRE
- ▶ TANZANITE
- ▶ TOPAZ
- ▶ TOURMALINE
- ▶ TURQUOISE

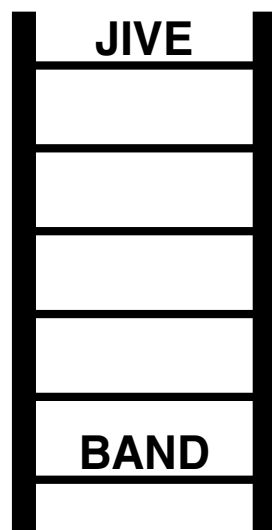
R	G	R	E	A	T	S	A	N	D	Y	B	K	E	H
G	F	D	T	A	K	L	A	M	A	K	A	N	S	O
R	O	R	A	M	A	C	A	T	A	S	I	A	K	M
I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
R	S	V	I	V	A	E	T	N	T	A	O	O	R	P
A	P	T	A	S	U	O	O	O	B	J	T	D	N	N
H	P	R	U	K	H	R	G	I	A	Y	C	A	A	I
A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K	R	O	N	N	I	A	L	G	L	R	A	S	L	T
F	D	D	L	W	H	A	A	Y	R	W	E	O	A	A
T	B	R	C	A	C	T	N	N	Z	F	R	N	R	E
L	P	O	S	N	A	M	I	B	O	Y	G	O	T	R
Q	N	O	S	P	M	I	S	X	G	M	K	K	V	G

## DID YOU KNOW?

- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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