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JANUARY

202

### Editor's notes...

Brett Shohet, Editor

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

This last month has been difficult as I said goodbye to my best friend David, who passed away aged just 46 after becoming ill at the start of last year. He leaves behind his family, three children, his beloved friends and lots of happy memories. As well as being a Southend United season ticket holder, he loved the Southend area. Recently, his family and friends gathered together to pay tribute to David, wearing scarves and t-shirts we had specially printed. It was a lovely way to celebrate his life.

I'm lucky, at my age, not to have lost many people close to me. It was especially difficult in the lead-up to Christmas. Suddenly, the gifts and the idea of all the festive treats on offer pale into insignificance when I think about how important it is to spend as much time as possible with our friends and family while we can.

I hope you enjoyed the Christmas break. The new year offers the chance for us all to make a fresh start. Whatever trials and tribulations it throws our way, we know we have survived the unprecedented challenges of the last few years, and we can take that strength and courage into 2023.



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Vision Magazine Essex

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





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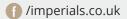
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# SPARE?

AMID THE RELEASE OF HARRY AND MEGHAN'S TRIO OF PROJECTS, WE LOOK AT HOW THE 'SPARE' AND HIS WIFE HAVE BEGUN TO TELL THEIR TRUTH

Since their unexpected flight from both British shores and the working Royal Family in January 2020, Prince Harry and his wife Meghan have caused quite the stir, constructing a new narrative that neither they nor the Royal Family can be certain of recovering from.

First came a biography of the pair, *Finding Freedom*, written by close confidante Omid Scobie, which hinted at unease within the royal ranks. Then, in March 2021, their shock interview with TV talk show maven Oprah Winfrey aired to global comment on both sides of the Atlantic.

Since then, things have been reasonably quiet and calm as the Sussexes have settled into their Los Angeles lifestyle and adjusted to family life with their two children, Archie, aged three, and 18-monthold Lilibet. However, as several multimillion-dollar deals reach their point of fruition, our red-headed prince and his raven-maned wife are once again back in the spotlight.

Last month, their six-part Netflix documentary *Harry & Meghan* was released, which saw the Duke and Duchess of Sussex attempt to tell their side of the story. Capturing the couple from their earliest days together right up to the period after Prince Philip's death, the series has certainly split opinion. While some find it to be insightful and informative, others believe it to be shocking and villainous. Or in some cases, opinions have flipped completely, and those who might not have supported them before have now gone to the other side and have begun to empathise with the pair.

### 'I'VE HAD TO MAKE PEACE WITH THE FACT THAT WE'RE PROBABLY NEVER GOING TO GET GENUINE ACCOUNTABILITY OR A GENUINE APOLOGY'

To add to any nerves the Royal Family may have already been experiencing, Harry's book, *Spare*, is released this month. The title alone conveys the Duke's deep disconnection from his own family, one that doesn't appear as if it will be healed anytime soon.

All things come in threes, and Netflix has announced it is also behind the couple's other new project, entitled *Live to Lead*. It showcases inspirational figures – from climate change activist Greta Thunberg to New Zealand Prime Minister Jacinda Ardern, to South Africa rugby star Siya Kolisi, the first-ever black captain of the side. Harry was inspired by the efforts of Nelson Mandela, and true to the former president's lifelong aspirations, the series of interviews is positioned to offer hope, vision, perspective and understanding... arguably at a time when the world needs it most.

Hopefully Harry himself will find in 2023 ways to reconcile what has been a turbulent and heart-wrenching year for the royals. He and Meghan's latest moves won't have done much to repair relations, but his transparency and clarity over how he feels hard done by may indeed act as a line in the sand, from where a new vista may emerge for the outliers, even if he questions the possibility of that.

"I've had to make peace with the fact that we're probably never going to get genuine accountability or a genuine apology [from my family]," says Harry in the documentary. "My wife and I, we're moving on. We're focused on what's coming next."

Such sentiments have been uttered by many of us regarding our own families, and unequivocally this shows us that when it comes to matters of the heart, the Windsor family, for all their wealth, prestige and glory, really are just like the rest of us. But is this family's broken relationship past the point of repair?







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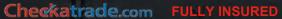
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TOP TIPS FROM AWARD-WINNING MEN'S HAIRDRESSER AND OWNER OF TONI&GUY BILLERICAY, JIM SHAW

> here will be one stand-out hair colour trend for men this winter bleached hair. Men will look to lighten their hair and have it toned for a clean, platinum hue or an icv white/grev tone that's fitting for the season.

FOR WINTER 2023

We will also see cooler-toned brights becoming popular, such as dark greens, blues and purples for men who want to add a pop of colour to their look.

Disconnected cuts have been in and out of fashion over recent vears, and this season they're back on trend. This means we'll see men requesting their hair to be super short on the sides with longer length on top.

The military-inspired regulation cut will also be popular. This is a very sharp and fresh style whereby the hair is trimmed down on the top but kept longer than the sides, which are tapered and gradually cut shorter before reaching the nape of the neck, where the hair can be shaved off completely to help reflect a true regulation cut.

For those looking for a haircut that's longer in length, mullets will be the textured haircut of the season. Hair should usually be cut shorter and choppier towards the front and sides and left longer at the back. However, for 2023, we will see a more modern take on this trend, with men looking for the

> gradation of different lengths to be a lot softer.

In terms of styling for winter 2023, this all depends on the cut you have. If you have a shorter haircut, sleek styles will be very on trend. Incorporate a pomade with a shine finish, gel or wax into your styling routine to give your hair a neater, more polished appearance.





o you always stick to the same style of jumper? Then maybe now is the time to explore other options.

Discover the most popular jumper necklines below and find the perfect fit for you, your shape and your style.

### Shawl collar

A shawl collar is a cross-over style of neckline that is found on both men's and women's jumpers. Although stylish and sophisticated, this type of jumper neckline is predominantly used to provide warmth around the neck area.

### Polo or turtle neck

A polo neck is a tight-fitting style of collar that you can turn or roll down if desired. It typically extends from the collarbone up to the lower jaw and is ideal if you have a pear-shaped figure as it can help to broaden the shoulders.

### Coul neck

A cowl neck jumper features a funnel neck that drapes down to show off your collarbone and neckline. It is similar in style to a polo neck jumper but the fabric falls more loosely or in a bundle. This shape flatters all body types.

### Crew neck

A crew neck, sometimes referred to as a round neckline, is one of the most popular jumper neckline styles. Predominantly found on pullover-style jumpers, a crew neckline is versatile and works well on men and women alike.

### Scoop neck

A scóop-shape neckline drops much lower than a usual neckline and is often used to showcase a little bit of cleavage. Although mostly found on women's clothing, you can also find men's jumpers that feature a scoop neck.

### Banded collar

This type of jumper neckline features a small band or tab of fabric that delivers a smooth and smart appearance. You can find V-necks and round necks that have a banded collar.

# colour me calm

Are you looking for a new hobby? Sales of adult colouring books have surged since the pandemic as people look for ways to relax, de-stress and enjoy some much needed me-time.

Not convinced that colouring should be your new pastime? Discover five benefits of picking up pens and pencils below.

### Colouring relaxes your brain

Does your brain often feel frazzled by the end of the day? As colouring is a focused activity, it can

help to relax your mind and keep worries at bay. It has also been shown to improve brain function as it activates the creative part of your mind.

### Colouring improves your motor skills

Adult colouring books often feature complex designs which require you to hone your handeye coordination and motor skills. This can be particularly beneficial if you spend a lot of time looking at screens.

#### Colouring aids sleep

As many as one in three people suffer with insomnia, which is characterised as not being able to get to sleep or not staying asleep for a sufficient amount of time. Colouring before bed, rather than being exposed to blue light from your phone or tablet, can help to release melatonin and enable you to easily drift off to sleep.

### colouring reduces anxiety

Studies have shown that colouring can help to reduce anxiety in adults. Simply by colouring for 20 minutes a day, you can lower your heart rate and decrease feelings of stress or anxiety. Colouring can also help to improve your mood.

### Colouring can be therapeutic

Similar to art therapy, colouring can be therapeutic as it helps to put your mind into a meditative state. This enables you to focus purely on the present and remove any negative thoughts from your mind.







le know sport is great for reducing stress and boosting confidence, but let's be honest: for most of us, the biggest lure of exercise is to

With that in mind, here are the seven sports that burn the most calories per minute. Calorie expenditure is based on a healthy, able-bodied person

### A RUNNING (UP TO 1.000 CALORIES/HOUR)

Running is great for burning calories, and even those hitting the pavements at a slow pace can burn around 700 calories per hour. And as logic dictates, the faster you run, the more calories you

### A SQUASH (UP TO 900 CALORIES/HOUR)

The best all-round sport of them all, squash combines energy bursts with stamina, power, competitive spirit and mental awareness, and is great for burning fat.

### A CYCLING (UP TO 700 CALORIES/HOUR)

Despite the fact that cycling affords you the chance to step off the gas, it remains an excellent exercise for burning calories.

### A BOXING (UP TO 700 CALORIES/HOUR)

It's quick bursts of energy that make boxing such a great exercise, with power, constant motion and the need to stay aware all combined in this fun, fast-paced workout.

### A SWIMMING (UP TO 600 CALORIES/

Not only is swimming excellent for putting every part of your body to use, but the continued resistance against water means additional calorie burn.

### A ROWING (UP TO 600 CALORIES/HOUR)

While some may assume rowing is primarily a strength challenge for the arms, this exercise also requires leg flexibility and movement. The more muscles being used, the more calories you'll burn.

### A AEROBIC DANCE (UP TO 550 CALORIES/HOUR)

Aerobic dance is not only a fun way to exercise. but is also effective at improving your fitness.



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## Let's Talk Queens

I am an Integrated Therapist, specialising in trauma, addiction and relationship therapy.

Trauma can include Post Traumatic Stress Disorder, historical experiences, abuse or memories, which impact on the body and mind on a regular basis, causing symptoms such as sleep deprivation, overthinking, alter-ego's, dissociation, phobia's, anxiety or panic attacks.

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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Not surprisingly, Britain is a nation of cheese lovers. Whether it's a humble cheddar sarnie, a saucy slice of Welsh rarebit or a fancy fondue dip, the average Brit eats 30g of cheese a day and there are more than 700 cheeses produced in the UK.

Around half of sales are cheddar – named after the famed Cheddar Gorge caves in Somerset where the cheese was once stored to ripen – but we're still partial to more exotic fromages such as mozzarella, parmesan and feta.

### **HOW TO CELEBRATE**

With such a thriving cheese industry in this country, it couldn't be easier to indulge in this Wookey Hole-iest of days. Most major supermarkets now boast English-made gems such as Wensleydale Blue and Red Leicester, but it's also worth seeking out some lesser-known treats from your nearest speciality cheesemonger. Or, if you're really enthusiastic, you can head to your local dairy farm where they will likely have a shop selling their creations.

Not only is cheese incredibly tasty and diverse, it's also highly nutritious. A great source of protein, it contains vitamin B12 (which is vital for red blood formation), and a matchbox-sized slice provides one-third of an adult's daily calcium requirement.

So don't be sheepish – make like a mouse and treat yourself to a little of what you fancy. Whether red, yellow or blue, in moderation, cheese is very good for you.

### **BRITAIN'S TOP 10 CHEESES\*:**

- 1. Cheddar
- 2. Red Leicester
- 3. Brie
- 4. Mozzarella
- 5. Parmesan
- 6. Stilton
- 7. Cream cheese
- 8. Wenslevdale
- 9. Camembert
- **10.** Feta

\*According to a study by Branston Pickle in



FOOD

DRINK

# c're thinking about staving in this Valentine's Day shellfish offers a

f you're thinking about staying in this Valentine's Day, shellfish offers a decadent and delicious centrepiece for a romantic meal for two.

However, if you're unsure what to serve for that special someone come February 14, here are five of the most popular types of shellfish, as well as how to serve them.

### **OYSTERS**

Oysters are the most nutrient-rich shellfish available and also the most expensive. With a reputation as an aphrodisiac, oysters have a gooey texture and a salty flavour. Most commonly served raw on ice, you can fill their shells with lemon, butter, hot sauce or a zingy mixture made from shallots and vinegar. Alternatively, they can be grilled, baked or fried.

#### MUSSELS

One of the easiest shellfish to prepare and cook, mussels are usually steamed in flavoured broth or sauce. Mussels need to be kept alive before they are cooked and can only be refrigerated for one or two days. Any mussels with broken shells or ones with open shells and that don't close when tapped should be discarded. Enjoy moules frites (steamed mussels and fries), served with a huge chunk of crusty bread.

#### CRAE

Crabs take a bit more effort to prepare and cook, but it's definitely worth it as you'll be rewarded with tender, delicious meat. You can boil, roast, steam or grill crab and this shellfish is commonly used in dips, pastas, seafood dishes and salads. White crab meat boasts a meaty texture and a more delicate flavour, whereas brown meat is softer with an almost pâté-like consistency.

#### **SCALLOPS**

Another highly tender and succulent type of shellfish, scallops make the perfect starter. Boasting a rich, buttery flavour, you can choose between small and sweet bay scallops or big and bold sea scallops. Pan-seared scallops with peas and mint are our go-to recipe at any time of year.

#### LOBSTER

Known for its melt-in-the-mouth texture, lobster is the epitome of elegance. Lobster can be cooked whole, and the most succulent meat is found in the tails, legs and claws. Try garlic herb butter lobster tail as a delicious starter or lobster risotto as a main course.

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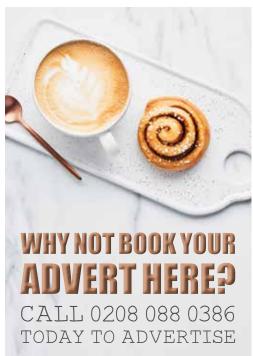
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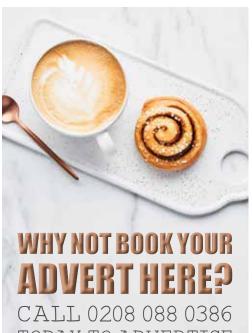
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- is year, Chinese New Year falls on January 6. Run your gluestick along one short side of the 22, marking the beginning of the Year of the lantern. Form the paper into a tube shape, then Rabbit. Chinese communities throughout the alue the two short sides together. world celebrate the New Year with family meals and
  - 7. If you like, decorate your lantern or add a ribbon or paper handle.

The lanterns look great strung along a piece of ribbon



Some sheets of paper (A4 paper makes a lantern about 20cm tall, and A5 paper makes a lantern about 14cm tall). You can use different coloured or patterned paper

bunny features, such as ears, eyes and noses.

outdoor events featuring firecrackers, fireworks and

dragon puppets. And at the end of the festivities.

there's a lantern festival to welcome the full moon. To mark the occasion, why not create some

hinese N

- A ruler, pencil and eraser
- A glue stick
- Scissors
- Extra decorations such as stick-on shapes, sequins, braid or ribbon (optional)

- Fold your paper in half lengthways so you have a long, slim rectangle.
- Draw a line parallel with the long edge, where the two sides of the paper meet. This line should be about 2.5cm away from
- Starting about 2.5cm in from one of the short edges, draw a series of parallel lines across the rectangle, from the folded edge up to the long line you've just drawn. These lines should be about 2.5cm apart.
- Cut along each of the short lines.
- Erase any noticeable pencil marks, then unfold the paper.



KIDS

## HCME TRENDS

### THE SMALL DÉCOR CHANGES YOU CAN MAKE TO YOUR HOME FOR 2023

Outdoor indoor: With all the stresses of modern life, the natural hues of the great outdoors are a perfect way to de-stress. So bring the outside in with wood, lush plant life and a colour scheme rooted in nature.

Aqua calm: Similarly, anything reminiscent of the sea works to ground those of us who are in thrall to modern life. Turquoise, tranquil blue and anything suggestive of the azure depths will soothe and calm the busy mind.

> Homely habitat: Another trend expected to be prevalent in 2023 is being sympathetic to your local community. So rugs shorn from from upcycled wood and art,

Gorgeous gold: Neither garish nor flashy, this trend is warm, earthy and classy. Think gilded mirrors, glowing lanterns and burnished

candlestick holders. Anything that exudes warmth

Largesse lampshades: Does anything tie a room together quite like a lampshade? Looming over us in all their glory, larger lampshades are having a moment. Beautiful brass or the purest paper, some are even crafted from nothing but feathers, and yet the impression they leave endures.

Craving curves: Sensuous, soft and languid, straight lines are eschewed in 2023 and replaced by curves. Sofas, tables, chairs and mirrors everything needs to have that gentle touch and slightly out-of-focus edge.

local sheep, furniture crafted Lavender love: According to predictions, the Colour of the Year in 2023 is going to be and sculptures from resident Digital Lavender. This is a light shade of violet which expresses two sets of emotions: cheerfulness and calmness. By applying this colour to the home, you can create a relaxing yet moodlifting ambience.



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# A BUG

n light of the huge rise in energy bills, households up and down the country are being more frugal with their central heating and looking for more creative ways

to stay warm.

### WHAT ARE THE DIFFERENT TYPES OF HEATED **BI ANKFTS?**

Unlike electric blankets, which operate much like mattress toppers and come with elasticated straps or as a fitted sheet, heated blankets are designed for you to curl up under. Much more versatile and visually appealing, heated blankets can be used on the sofa, on the bed or even at your desk.

### WHAT ARE THE BENEFITS OF HEATED BLANKETS?

There are many reasons why you may want to invest in a heated blanket, such as the fact that they are comfy, can be carried from room to room, and come in a variety of colours and designs. However, it is the cost-cutting aspect that is the most attractive element.

HOW MUCH MONEY CAN YOU SAVE? Both heated blankets and electric blankets are highly cost-effective and cost only pennies to run. In fact, if you choose to

invest in a heated blanket, it can cost you as little as 1p for around seven hours on the minimum heat setting. To put this into perspective, it costs on average of £2.76 per hour to run your central heating based on a 24kW boiler. Plus, you can control how much electric you use by adjusting the various heat and timer settings and the automatic shut-off function.

### BEST HEATED BLANKETS ON THE MARKET

- > Best for wearing around the house: Lakeland Electric Heated Poncho
- > Best for energy efficiency: Dreamland Velvety
- > Best budget buy: Silentnight Luxury Heated
- > Best for ease of use and convenience: Homefront Electric Heated Throw





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# NEWS

### LOCAL NEWS

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# Touching tributes for 'inspirational' teacher

Tributes have been paid to a teacher who died following a crash in the Cotswolds.

Moyra Whelan, 35, was the head of history at Woodbridge High School in Woodford.

She was travelling to a friend's wedding when the four-vehicle collision occurred on the B4425 near Aldsworth, Gloucestershire. She was one of 10 people rushed to hospital and passed away in hospital on Friday, December 2.

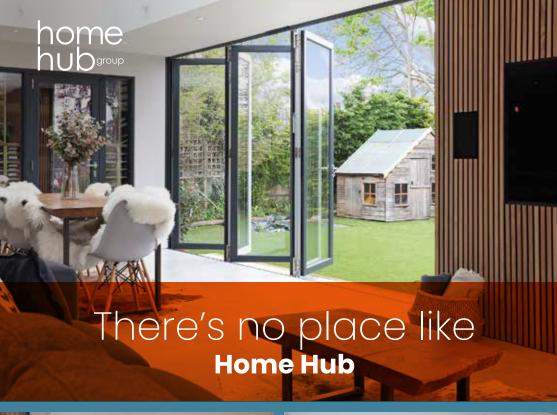
An 18-year-old woman was arrested following the incident and has been released on bail. Police are still investigating the crash.

Moyra's family said: "We are all mourning the passing of our beloved daughter and sister, Moyra Whelan. She was the second youngest of seven siblings and lived in East London.

"Moyra loved her job, and the children loved her back. She was an inspirational teacher, a straighttalking, fun-loving friend to many and the sunshine of our family. She enjoyed life to the full and was on her way to the wedding of one of her school friends when tragedy struck."

Steven Hogan, headteacher of Woodbridge High School, said: "This is the most terrible and tragic loss to our school.

"Ms Whelan was an amazing history teacher and head of department. So many students have benefited from her wisdom, knowledge and expertise."







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LOCAL

NEWS

### Sadiq Khan announces further ULEZ expansion



The Mayor of London Sadiq Khan has announced plans to expand the Ultra Low Emission Zone (ULEZ) to incorporate the entirety of Greater London.

Residents in Woodford Green and those living north of the A406 will need to pay £12.50 per day from August 2023 should their vehicles fail to meet emission and safety standards.

The ULEZ was previously expanded in October 2021, when it grew to the boundary of the North and South Circular Roads (A406 and A205), encompassing South Woodford.

Sir lain Duncan Smith, MP for Chingford and Woodford Green, said on Twitter: "Sadiq Khan's ULEZ expansion would do next to nothing to tackle air pollution, while hitting the poorest with a daily charge many simply cannot afford.

"Members [of the London Assembly] must use their votes to stop the ULEZ expansion."

Mayor Khan said: "The latest evidence shows that air pollution is making us sick from cradle to the grave. Londoners are developing life-changing illnesses, such as cancer, lung disease, dementia and asthma.

"Expanding ULEZ is the right choice for our city and something that I know will help us to continue building a better, greener, fairer and healthier London for everyone."

### Motorcyclist named after fatal collision

Police have named a motorcyclist from Woodford Green who died in a traffic collision on the A47 in November.

Maxim Sviridov, 37, of Horn Lane, was involved in a collision with two cars, including a heavy goods vehicle (HGV), while riding his motorcycle. He was pronounced dead at the scene.

A spokesperson for Cambridgeshire Police said: "A man who died following a collision on the A47 on Thursday. November 24, has been named. "Maxim Sviridov, of Woodford Green, was riding his motorcycle when he was involved in a collision with a black Volkswagen Touareg and a red HGV at about 6.30pm.

"He was pronounced dead at the scene. The drivers of the other vehicles, both men in their 50s, were unhurt and are assisting police.

"We are appealing for witnesses, dashcam footage or anyone who saw the vehicles in the moments leading up to the collision to get in touch."

Anyone with information can get in touch with Cambridgeshire Police at www.cambs.police.uk or by calling 101, quoting incident 394 of 24 November.

### Council raises flag to mark World Aids Day

Redbridge Council marked Worlds AIDS Day last month and showed support for millions of people living with HIV.

Councillors and representatives from HIV treatment and advocacy charity Positive East came together on Thursday, December 1, to raise the Red Ribbon Flag outside Redbridge Town Hall in Ilford.

The council also took the opportunity to highlight various local free testing services.

Councillor Jas Athwal, Leader of Redbridge Council (pictured sixth from left), said: "We've come a long way in the treatment of HIV. Today, 99 per cent of people in the UK living with HIV receive effective treatment, and 97 per cent of people cannot pass the virus on.

"Early diagnosis is essential for keeping the infection under control and reducing the chance of illness. That is why making sure people know how to access testing and treatment is so important."

Councillor Mark Santos, cabinet member for adult social care and health, said: "World AIDS Day is an excellent opportunity to get tested, know your HIV status, and access effective treatments that mean you can live a normal life span.

"We must also continue to help fight the stigma attached to people living with HIV."

For more information, visit mylife.redbridge.gov.uk/hiv-and-aids



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### Woodford and District

### National Trust



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

Meetings take place throughout autumn, winter and spring at Memorial Hall, South Woodford, and All Saints Church Hall, Woodford Wells.

Do come along; everyone is welcome. Contact Richard Speller on 07774 164407 for further details. Our upcoming meetings are:

- London, a City in Turmoil, by Nick Dobson. This will be held at All Saints Church Hall, Woodford Wells, on Wednesday, January 11, at 2.30pm.
- > Following that, we'll have our Battle Royale 1066

talk by Steve Hookins. This will be held at St Mary's Church, South Woodford, on Tuesday, February 14, at 10.30am.

- > After that, our next topic will be on Kenwood House, with the talk delivered by the curator of collections and interiors at English Heritage, Louise Cooling. This will be at All Saints Church Hall on Wednesday, March 15, at 2.30pm.
- > Finally, our annual general meeting will be held on Wednesday, April 19, at 2.30pm followed by the talk A Stroll Through Snaresbrook by Lynn Jones. This will be at All Saints Church in Woodford Wells.



More than £4,000 has been raised for a table tennis table in Elmhurst Gardens in South Woodford.

The fundraiser was launched by the Elmhurst Playground Association (EPA), a group of local parents who wanted to refurbish and develop play areas for the benefit of local children.

Redbridge Council gave the fundraiser a muchneeded boost by donating more than £2,000 from the Community Infrastructure Levy.

Vision Redbridge Culture and Leisure, the operator of the park, offered to install grass matting to ensure year-round usage of the new table tennis table.

Kevin Wacket, director of parks and open spaces for

Vision Redbridge Culture and Leisure, said: "As the operator of the park, we are very pleased to hear this good news and fully support the project."

A spokesperson for EPA said: "Elmhurst Gardens serves its local community well and is enjoyed by all ages and abilities. The play area and tennis courts are well used, and a permanent table tennis table would be a welcome addition to these facilities.

"It can be used by all, including by wheelchair users who enjoy the park but currently have no facilities they can access.

"Teenagers and young adults who enjoy visiting the park will also be able to enjoy it."

### NEWS FROM

### THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE





This year marks Haven House's 20th anniversary. Haven House has been dedicated to caring for thousands of young people in our community with a life-limiting or life-threatening illness and extending this support to the people close to them.

Haven House was first conceived in the early 1990s as the brainchild of registered nurse Sue Irwin, who founded the charity to provide care to seriously ill children at no cost.

After several years of fundraising, Sue was alerted to the Mallinson Estate. Through the support and dedication of Sue's friends, the hospice acquired a 99-year lease on The White House in 2000.

From first supporting families with the Toy Home Loan service, to opening the in-house bedrooms and then holistic care centre, Haven House remains dedicated to its mission of providing the highest



quality palliative and holistic care.

In the hospice, children benefit from play activities as well as day and overnight stays. There are support groups for family members, and the hospice team also cares for families in the comfort of their homes.

Sian Wicks, chief executive at Haven House, said: "As the charity celebrates its 20th year, it is impossible to mark such a milestone without recognising the support from our local community. I am forever grateful for the magnificent support we receive."

The team at Haven House will be sharing key moments from the past 20 years. Keep an eye on the Haven House website at www.havenhouse.org.uk and social media.

Haven House is also inviting residents to a comedy night with Jon Richardson on February 7. Find out more at www.havenhouse.org.uk/comedynight

### **Woods hit form after defeat**

Woodford Town FC bounced back from a disappointing defeat at home to Barking FC with three consecutive wins and a narrow defeat on penalties in the London Senior Cup.

The Woods earned a 1-0 win away at Little Oakley FC on November 26, followed by a resounding 8-0 thrashing of Southend Manor FC on November 30.

The victory was Woodford's biggest since August 2019, when they defeated Sawbridgeworth Town by the same margin.

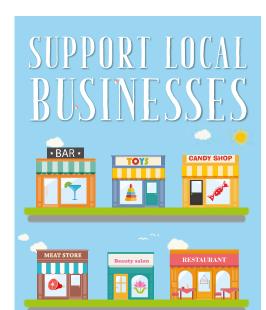
This result was followed by a 3-1 away win against Stanway Rovers FC on December 3.

Woodford Town were also unlucky not to progress in the London Senior Cup, coming up against Wingate and Finchley, who are two leagues higher in the pyramid. Despite Christou scoring in the 24th minute, Woodford lost 5-4 on penalties and dropped out of the cup.

Their form dipped with a 1-3 defeat at home to Stanstead FC on December 21. The visitors took the lead midway through the first half before scoring their second in the 47th minute.

Although Parrott scored one for Woodford, it proved to be little more than a consolation when Stanstead scored their third just three minutes later.

Their upcoming fixtures include matches against Sawbridgeworth Town on January 14 and Saffron Walden on January 17.



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### Home Storage Trends for 2023

he New Year is synonymous with fresh starts and, of course, the big January house declutter which gets us all thinking about how we can make changes to the way we organise our homes. If 2023 is the year you plan to give your home a stylish lift, here are some top home storage trends from Sliderobes, that are set to dominate the world of interiors in the months ahead.

### Home office order

With the shift to home working, people have been looking at ways to create an organised home office that's free from distraction. The new trend for home offices is storage solutions that are built in and bespoke, when it comes to their shelving, drawers and desks. Not only does this give it a personal touch but also makes the area feel like a functional workspace, to promote productivity.

### Sustainable storage

2023 will be the year for sustainable storage. Ecofriendly options aren't anything new but this trend is gaining momentum and it's likely that more people will be opting for natural materials and aesthetics such as rattan and bamboo, glass and wood for their storage, whether it's baskets, boxes, shelves or wardrobes.

### Crittall doors

In terms of styles, Sliderobes have seen a huge increase in crittall style doors for their customers' wardrobes and this trend is here to stay. It's easy to see why, as it's chic and minimal but has a bit of a modern edge. It's also versatile enough to suit any room style; from mid century to Scandi.



#### Blue is back

Grey has long been the interiors shade of choice but colour is making a comeback. Last year saw the resurgence of green but this year blue will be the perfect pick. Depending on the shade, blue can suit any room and style.

Rich deep blues will look luxurious, whilst grey toned denim blues can create a sense of peace and calm.



### Bespoke for you

The ultimate trend for storage in 2023 will be personalised design. Everyone wants their home



to feel unique and reflect their character and this will be integrated into storage solutions too. After all, everyone has individual storage needs. Whether it's a bookworm who wants a library of shelving

or a shoe lover who needs a built-in shoe-rack in their wardrobe to protect, show-off and store their collection, storage that's fit for your lifestyle and your belongings, makes it much easier to keep a space calm and organised, as everything will have its own place.

For fitted storage solutions in any area of the home, from bathrooms and bedrooms, to living spaces and home offices, visit www.sliderobes.com

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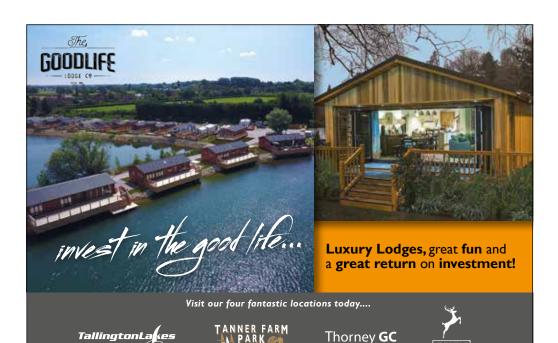
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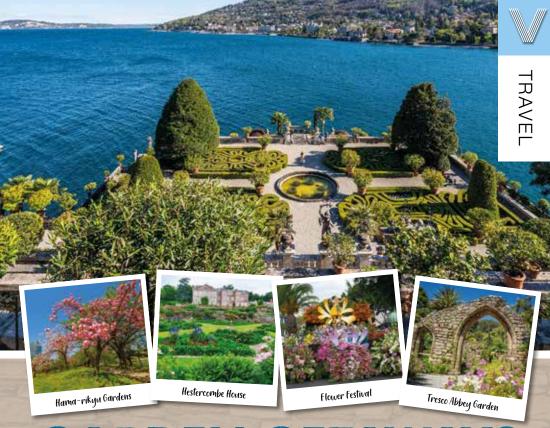


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### GARDEN GETAWAYS

If you love gardening, then you are going to love our suggested destinations that are just perfect for green-fingered travellers.

Whether you want to explore gardens in the UK or go further afield, here's something for every gardening enthusiast.

Ifaly: Whether you choose to explore its formal gardens or simply enjoy the abundance of breath-taking blooms around the country, Italy is a great destination for garden enthusiasts. The gardens that overlook the Italian lakes are a must-see, with the botanical gardens of Villa Taranto overflowing with azaleas and rhododendrons.

Japan: This East Asian country is renowned for its pink cherry blossom and Zen gardens which have to be seen first-hand to be believed. Head to the Hama-rikyu Gardens in Tokyo in March, and don't forget to also schedule a trip to Japan's most popular Zen garden at the Ryōan-ji Temple.

Somerset: If you are looking for a gardening getaway that is closer to home, Somerset is the perfect choice. Visit country houses such as Hestercombe House, Kilver Court and Lytes Cary Manor and marvel at their impeccable grounds and stunning natural surroundings.

Madeira: Boasting a sub-tropical climate, Madeira is a haven for a whole host of rare species that guarantee to impress. From North American sequoia trees to pretty ponds filled with koi carp, there are many colourful sights for you to enjoy. Don't miss the Flower Festival in April 2023, where you can see some of Madeira's finest gardens and landscapes.

Isles of Scilly: The Isles are famous for their unspoilt natural beauty, with an abundance of beaches, rugged landscapes and wildlife. Head to Tresco Abbey Garden, where you can marvel at 20,000 plants from more than 80 different countries.



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9. Organise a clothes swap with friends

**HOW TO MOVE ON FROM NO-SPEND JANUARY:** If you don't want to revert back to unhealthy spending once January is over, it can be a good

idea to introduce a no-spend week or no-spend

day once a month. Also, avoid rushing out to

buy new things right away as this can undo all your hard work - wait until the sales instead.

BRITISH BUSINESS Survivors

### Mational Eye Care Month

ETS

better time to learn how to take care of your pet's eyesight? Sight is an essential sense that enables your pet to navigate their environment, communicate with other animals and even express emotion, so find out how to look after your pet's vision below.

■ anuary is National Eye Care Month, so what

### WHAT CAUSES EYE PROBLEMS IN PETS?

Sadly, eye problems are relatively common in pets and can be caused by many different things such as exposure to chlorinated water or saltwater, fungal infections from a change in climate or humidity, genetics, and ageing. Some breeds are also more susceptible to certain eye conditions than others.

### HOW TO LOOK AFTER YOUR PET'S EYE HEALTH

Regular maintenance
 One of the easiest and m

One of the easiest and most effective ways to keep your pet's eyes in good condition is by preventing any issues before they occur. You can do this by periodically cleaning their eyes with a soft, damp cloth or a specially formulated rinse and regularly trimming the hair around their eyes. Also check for any debris or contaminants in and around the eyes.

### 2. Purchase eye vitamins

You can help to support your pet's eye health by giving them eye vitamins. A more long-term approach to eye health, these are packed with antioxidants that work hard to fight harmful free radicals. Research shows that these can help to prevent the onset of agerelated and hereditary macular degeneration.

### 3. Use gentle grooming products

While it is important that you keep your pet clean and well groomed, some grooming products can irritate their eyes. Use chemical-free shampoos and soaps and avoid air fresheners in the home if your pet has sensitive eyes.

#### 4. Be vigilant

Many eye problems cause watery or mucus discharge, so make sure that you look out for this as well as any swelling or redness. Sensitivity to light, rubbing at the eye and holding the eye closed are also signs of a potential infection or issue.

### FIVE AGE-OLD BRITISH COMPANIES STILL WITH US TODAY

taggeringly, between 350,000 and 400,000 British businesses close their doors for good every year. But some companies have been up and running for centuries.

The oldest surviving British company is The Royal Mint. It opened in 1279 and, for several hundred years, was based at the Tower of London. In the early 1800s, it moved over the road. But by 1975, it had completed its move to its current home in Llantrisant, Wales. The Mint makes more than 3.3 billion coins and blanks yearly – for the UK and more than 30 other countries.

With the dwindling use of cash, the Mint has expanded into other areas, including precious metals investment, historic coins and luxury collectibles. And it's doing pretty well.

Cambridge University Press, the world's first publishing company, was founded in 1534 and publishes academic and educational texts.

Moving down the years, Royal Mail, as it's now known, was founded in 1586. For almost 500 years, it was owned by the state. But by 2015, it was fully privatised. At one stage in the early 20th century, the company had 22,000 pigeons. And someone's gone to the trouble of counting how many elastic bands it currently uses to bundle mail – apparently 342 million a year.

Barclays Bank was founded in London in 1690. The institution's long history is contained in an archive of photos, letters and curiosities housed in the Barclays Group Archives in Manchester.

In 1706, Thomas Twining bought a coffee shop in London's Strand and began to sell tea. Back then, tea was very costly. But Twining spotted a trend. And when he started selling loose tea leaves, as well

as cups of the beverage itself, business boomed. By 1717, he'd bought additional space next door – and the shop's still open for business today.



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Thile no one expects to be involved in a car accident, these types of incidents can happen in the blink of an eye and, if you don't know what to do next, can cause you untold stress and expense.

Here's everything you need to know about making a claim following an accident.

### WHAT INFORMATION DO I NEED TO MAKE A CLAIM?

If you are involved in a motoring incident with another person, you should do your best to obtain the below information on the scene:

> Their full name

EHICLE INSI

- > Their vehicle registration
- > A contact telephone number

It can also be a good idea to find out their address and details of their insurance provider. If there are any witnesses, try to get their details as well. When you phone your insurance company, they are likely to ask you for your policy number, so make sure you have this to hand.

### WHEN DO I NEED TO MAKE A CLAIM?

Although it can vary from one insurance provider to the next, typically you have 24 to 48 hours to inform them if you are involved in a motoring

accident. This is regardless of whether the incident was your fault or caused by another party. Where possible, you should call them while still at the scene.

E CLAIM F

### DO I HAVE TO MAKE A CLAIM AFTER AN

There is no rule that says you have to make a claim after a road accident, but you are required by law to tell your insurer about what has happened.

### DO I NEED TO CALL THE POLICE AFTER A CAR ACCIDENT?

According to the Road Traffic Act, you must report a car accident to a local police station within 24 hours. You can do this using the nonemergency number 101. If there is an injury or the road is blocked, call 999 immediately.

### WHAT HAPPENS IF I DON'T WANT TO MAKE A CLAIM?

You may choose not to make a claim. This will allow you to keep your no-claims discount intact, although you will have to pay for any necessary repairs to your vehicle yourself. It is worth knowing that, even if you do not make a claim, the other driver involved may still do so.



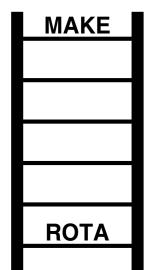
### PUZZLES & TRIVIA

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- MALACHITE
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- OPAL
- ▶ QUARTZ
- QUAR 12
- RUBY
- SAPPHIRE
- TANZANITE
- TOPAZ
- TOURMALINE
- TURQUOISE

### DID YOU KNOW?

- ► More than one million animal species have been identified on earth.
- ► There is only one species of Koala in the world.
- ▶ In the wild, red pandas are mainly active during the twilight period and until the early hours of the morning. They can then be found resting.
- Like domestic cats, giant panda bears have vertical slits for pupils.
- It's thought there are more tigers in captivity than are left in the wild.
- Lions can eat up to 40kg of meat in a single meal. That's around a quarter of their body weight.
- You can tell the species of an elephant by the shape of their ears.

### 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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