

A portrait of Susanna Reid, a woman with long brown hair, smiling and wearing a red lace dress. She is positioned on the left side of the page. The background is a mix of white and light grey with some orange and teal accents.

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LARGEST  
DINOSAUR**

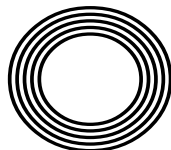
**SPRING REFRESH**  
Tips for the season

*Celebrating the life of*  
**JOHN MOTSON OBE**

**COBALT BLUE**  
*How to wear the on-trend colour*

**SUSANNA REID**

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APRIL 2023

# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. It amazes me how small the world is and how we are all connected, especially when I am out and about. For example, I have known one of my contacts for ages and he has a famous comedian in his family, along with another contact who used to be a drummer for The Clash.

We just all seem to be more connected, especially with the six degrees of separation with social media and platforms like **VISION**.

I am consistently looking for ways to invest in our communities and support local businesses. To aid in our mission to do so, I recently purchased an established business exhibition. The event will be held in Hertfordshire in October and is sponsored by London Stansted Airport. It will feature more than 60 stands and offers local businesses the chance to showcase their services. If you would like to know more, please contact me on the details below.

Finally, May 6 will see the coronation of King Charles III. There are many events being held to mark this historic occasion, and I'd encourage everyone to get involved with the celebrations.

*Brett Shohet*

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# THE VOICE OF FOOTBALL

## JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

**‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’**

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.



# MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

*Life as the Biggest Dinosaur* is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit [www.nhm.ac.uk](http://www.nhm.ac.uk)



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FASHION

# How to wear COBALT blue

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

## COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

## TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

## MAKE IT MONOCHROME

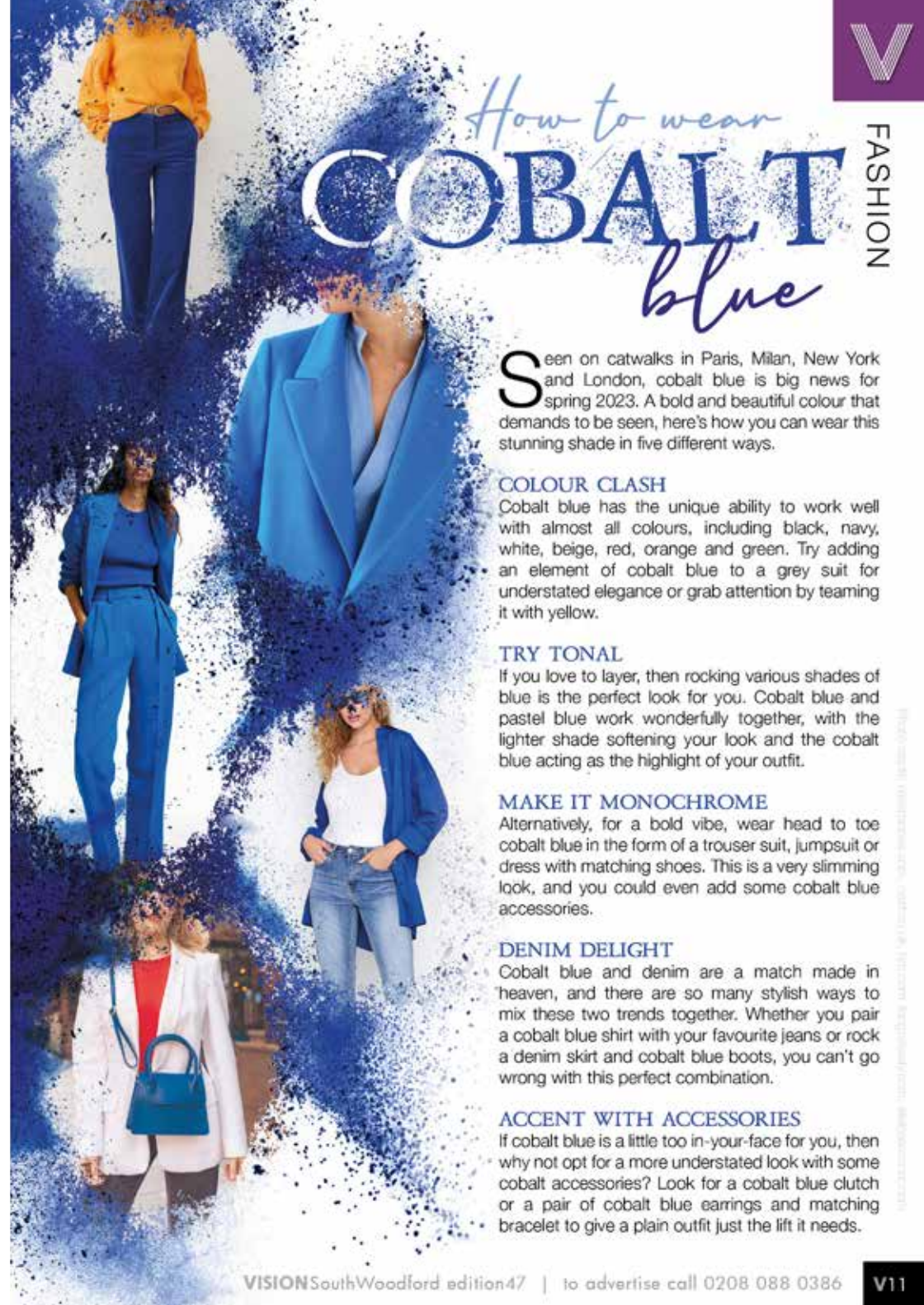
Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

## DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

## ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.







# GUIDE TO False eyelashes

Would you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.



**INDIVIDUAL** lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.



**CLUSTERS**, which are sometimes referred to as flares or accents, are ideal for those who do not want to apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.

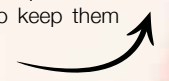


**STRIPS** are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.



**MAGNETIC** lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

**EXTENSIONS** are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.



## Open Day

Join us on Thursday 11 May 2023 for the official opening of our Chapel of Rest

We welcome you to our Buckhurst Hill funeral home on Thursday 11 May where we will be opening our doors to celebrate the blessing of our Chapel of Rest.

Join us from 11am when Councillor Roy Berg will be cutting the ribbon before refreshments are served and the chapel blessing takes place.

Ribbon cutting	11.00am
Welcome drinks	11.15am
History of Harold White	11.30am
Chapel Blessing	Midday
Light buffet	12.30pm
Dove release	1.00pm
Horse & carriage rides	1.15pm



# Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?



## LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.



## TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.



## AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.



## IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.



## BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

## NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.

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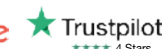
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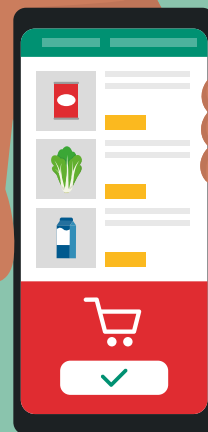
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# WASTE NOT Want not!

**THE BEST APPS TO CUT DOWN ON FOOD WASTE**



The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around.

Check out these top four apps that promise to help you cut down on food waste and save money in the process.

## TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.

## OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.

## KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.

## NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.



FOOD & DRINK

## FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

### 1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



### 2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



### 3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

### 4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

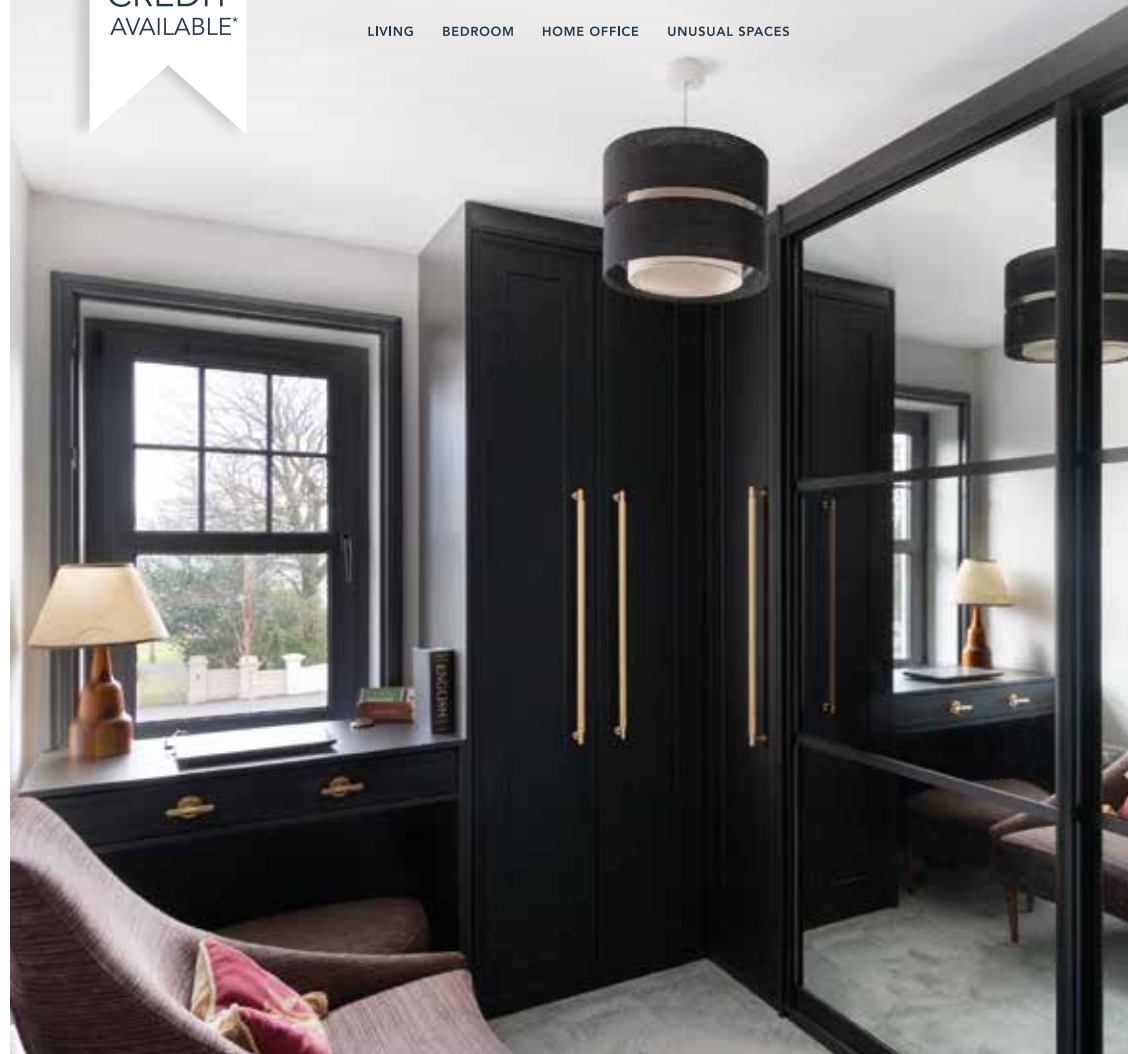
### 5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

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# A SPRING REBOOT for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

**ADD A SPLASH OF COLOUR:** The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

**LIGHT UP YOUR LIFE:** You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

**GET MOVING:** Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

**BRING IN THE GREEN:** Not the colour this time, but foliage. Think fresh flowers, potted plants and terrariums. If you want to be super-thrifty, a bunch of

*Above all, have fun!*



HOME & DIY





# Morning. nune and night

Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

## How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.

The nune style is an easy one to recreate in your own home and can be budget-friendly.



Photo credit: nunenune.com



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# Shake your POMPOM



HOME & DIY

Forget weird little pompom creatures with googly eyes.; these fuzzy balls of fun have just got a whole lot cooler.

Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

## How to make:

Traditionally, pompoms are made using two cardboard circles.

- For a 6cm diameter pompom, draw and cut out two cardboard circles, each 5.5cm diameter.
  - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
  - Place the two circles together.
  - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
  - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
  - Tie a length of yarn very tightly around the middle then remove the circles.
  - To finish, just give your pompom a neat haircut.
- To speed things up, get hold of some pompom makers from your local craft shop or online; they only cost a few pounds.

## Pompom ideas:

- Use your pompoms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pompom or three smaller ones onto the corners of a plain cushion
- Attach them around the top of a plain basket
- For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pompoms on each.



Photo credit: thehomesihavenmade.com



# GOOD MORNING

from Susanna Reid

## LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

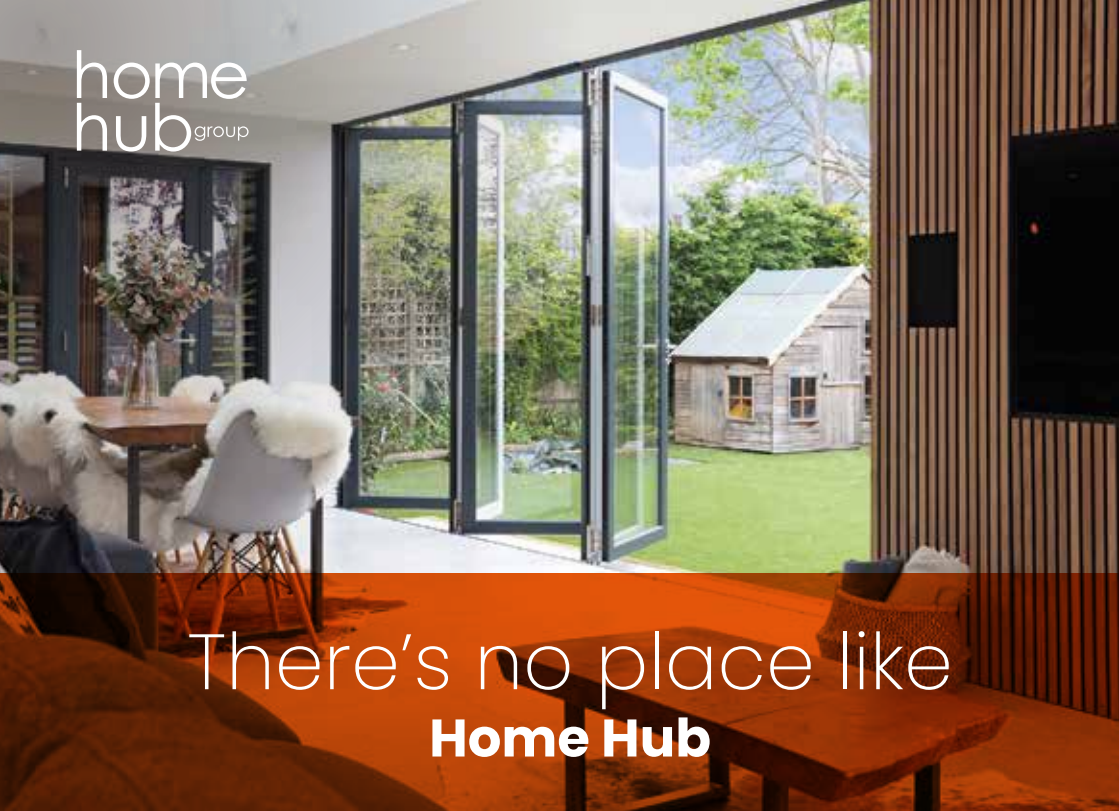
In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”







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# FROM YOUR AREA



LOCAL NEWS

## Tennis courts to be renovated with £400,000 grant



Photo credit: Google Earth

Tennis courts at a South Woodford park are to be renovated as part of a £400,000 investment from Redbridge Council (RC) and the Lawn Tennis Association (LTA).

The courts in Elmhurst Gardens will be among several tennis facilities refurbished across the borough, including Barley Lane Recreation Ground in Romford and Clayhall Park in Ilford.

Alongside the renovations, LTA and RC will be offering an expanded range of new activities to the courts, including a free weekly session for all ages, and the introduction of local tennis leagues for those looking for more competition.

The refurbishments are set to be completed at the end of May.

Councillor Kam Rai, deputy leader of RC, said: "We're very excited to receive this funding. Tennis is a sport that gains in popularity every year, so it's important that we have good local facilities where people can enjoy a good game of tennis."

Police then made hospital enquiries relating to the incident and identified three men in their late 20s as the victims. Though they were hospitalised, none are thought to be in a life-threatening condition.

Three men also in their 20s have now been arrested – one on suspicion of dangerous driving and the other two under suspicion of grievous bodily harm.

Essex Police are asking that anyone who witnessed the incident or who has any information to report it via 101, quoting crime reference 549/11MAR23.

## School goes green with tree planting session

A South Woodford primary school has recently taken part in a new tree planting session as part of an initiative to teach schoolchildren about trees.

More than 390 pupils at Churchfields Junior School, including Atharva (pictured below centre) helped to plant 10 trees on the school's site, alongside councillor Jo Blackman, cabinet member for environment and civic pride (pictured below left), and tree officer Simon Strodel (pictured below right).

The trees were given to the school by Redbridge Council, which has also launched the programme at eight other schools across the borough and given away a total of 71 trees.

As well as learning skills in gardening and tree care, the children will now learn about how green coverage helps to promote the local ecosystem, clear the air and combat climate change.



## Three injured and three arrested in disturbance

An incident that took place in the early hours of the morning in South Woodford has led to the arrests of three men.

Police were called to High Road, near the junction with George Lane, at 1.40am on Saturday, March 11, following reports of a disturbance.

Upon police arrival, no victims or suspects were present at the scene, but investigating officers believe that a vehicle struck several members of the public before driving off.





NEWS FROM

# THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Here's to 20 extraordinary years and beyond...

Haven House Children's Hospice kickstarted its 20th birthday celebrations with a ball.

The event on Wednesday, March 8, at The Londoner, Leicester Square, saw 360 guests join in celebrations to mark 20 years since the opening of the hospice in Woodford Green.

Kindly supported by headline sponsors the Chigwell Group and The Function Band, in partnership with Orbian and Perry's, a phenomenal £174,625 was raised to support children with life-limiting and life-threatening conditions and their families.

Guests were kept partying until the early hours by a show-stopping set by The Function Band and DJ Tony Perry (pictured left) and were urged to dig deep during the raffle and silent and live auctions.

Speaking on the night, host and TV presenter Mark Wright (pictured second from right) said: "I am incredibly proud to have been appointed one of the first ambassadors of Haven House more than 10 years ago now. It is great to be able to come together tonight to celebrate the amazing work of the hospice and to raise funds for families who need our support.

"It's rare to walk through Haven House and not see a smile. Inevitably, there are sad moments at a hospice, but the team work tirelessly to ensure that children and families enjoy their time and make as many memories as possible. Tonight is about raising as much money as we can for this wonderful charity so they can be



there for seriously ill children and their families."

The biggest tribute on the night went to the thousands of children and families that have been cared for over the years. Guests were moved by hospice nurses Dee and Michele, who shared a story of how the hospice had supported a young boy called Oscar with end-of-life care at home.

Chief executive of Haven House Siân Wicks said: "Without amazing people in our community, we simply couldn't be there for the families we care for. On behalf of the entire Haven House team, I would like to say a big thank you for your ongoing support."

To find out more about Haven House and how you can get involved with its 20th birthday year, visit [www.havenhouse.org.uk](http://www.havenhouse.org.uk)

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 the autumn, winter and spring months at Memorial Hall in South Woodford and All Saints Church Hall in Woodford Green/Wells. Good company, interesting topics and the chance to socialise with local people with interest in the work of

the National Trust.

Our April meeting is our annual general meeting, followed by an interesting talk, A stroll through Snarebrook by Lyn Jones. This will take place at 2.30pm on Wednesday, April 26, at All Saints Church Hall, Woodford Wells.

Do come along. Everyone is welcome. Contact Richard Speller on 07774 164407 for further details.



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# YOUR LOCAL EVENTS

### EASTER BUNNY CRAFT ACTIVITY

Online with Redbridge Museum

Every day until Sunday, April 16, 10am – 5pm

Organised by Redbridge Museum, this fun event for three- to five-year-olds gives little ones a chance to make their own bunny ears to hop around with this Easter. To find out more, visit [www.visionrcl.org.uk/event/easter-bunny-activity](http://www.visionrcl.org.uk/event/easter-bunny-activity)

### OLD SCHOOL NIGHT

The George Pub South Woodford,  
70 High Road, South Woodford, E18 2QL

Friday, April 14 onwards, 8pm – 11pm

Taking place every Friday night from April 14 onwards, The George Pub will be playing some classic retro tunes from across the decades, with a few drinks to go with it. To find out more, visit [fb.me/e/tAZvleRI](http://fb.me/e/tAZvleRI)

### GLORIOUS INTIMACY – THE MUSIC OF JOHANNES BRAHMS

St Mary's Church Woodford, 207 High Road,  
South Woodford, E18 2PA

Saturday, April 15, 7.30pm

The music of Brahms comes alive as performed by the St Mary's Chamber Music Ensemble with singer Deborah Aloha. All proceeds go to the church itself. To book, visit [bit.ly/3FZKgl8](http://bit.ly/3FZKgl8)



Photo credit: The wub

### REPAIR CAFÉ

Redbridge Central Library, Clements Road,  
Ilford, IG1 1EA

Saturday, April 22, 10am – 12pm

Take your broken items along and make something new out of them at this fun, crafty social event. Run by Transition Town Ilford, all it costs is a voluntary donation,

if you can. All you need is a broken item, but no laptops or mobiles. To find out more, visit [www.visionrcl.org.uk/event/repair-cafe](http://www.visionrcl.org.uk/event/repair-cafe)

### FAMILY CYCLE RIDE AT FIVE PARKS

Wanstead Park, Seven Kings Park,  
Goodmayes Park, South Park, and  
Valentines Park and Mansion  
Sunday, April 23, various times



Photo credit: Mx. Granger

A 10-mile cycle ride for fitness-loving families. Start your ride at any of the parks, and then follow a route through quiet roads and cycle paths. Hop on and off anytime. To find out more, visit [www.visionrcl.org.uk/event/family-cycle-ride-through-five-parks](http://www.visionrcl.org.uk/event/family-cycle-ride-through-five-parks)

### THE ADDAMS FAMILY

Redbridge Drama Centre, Lovegrove Theatre,  
Churchfields, E18 2RB

Thursday, April 27, to Sunday, April 30, 7.30pm

Performed by the Ilford Operatic and Dramatic Society, this musical comedy features dark laughs and everyone's favourite creepy and kooky family. Written by the minds behind West End favourite *Jersey Boys*, this show has been a smash hit around the world. To find out more, visit [www.visionrcl.org.uk/event/the-addams-family](http://www.visionrcl.org.uk/event/the-addams-family)

### REDBRIDGE CREATES WEST END

Kenneth More Theatre, Oakfield Road,  
Ilford, IG1 1BT

Friday, April 28, 7pm – 9pm

Students at RDC Performing Arts School are putting on an evening of performances based on West End shows. To find out more, visit [www.visionrcl.org.uk/event/redbridge-creates-west-end/](http://www.visionrcl.org.uk/event/redbridge-creates-west-end/)



WHAT'S ON



# An ancient forest with sinister secrets

Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



Photo credit: LucasRanger/Shutterstock.com



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# A guide to GARDEN OBELISKS

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

## WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

## TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

## BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy | Morning glory | Climbing roses

## HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

## WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.

Photo credit: sarah waverham

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# AIRPORT *Pro*



TRAVEL

**T**hey say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

## **DO relax**

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

## **DON'T stress about time**

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

## **DO refresh**

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

## **DON'T be excessive**

Many people celebrate going on holiday by having a tipple or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

risk of being turned away at the gate.

## **DO organise hand luggage**

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can leave liquids and large electrical items in cabin luggage as they go through security. London City Airport is the first to put this new technology in place, thereby reducing hassle for passengers.

## **DON'T overdo the shopping**

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.



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HISTORY



**P**ablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.



## DID YOU KNOW?

- > Picasso's iconic striped t-shirt was designed by Coco Chanel
- > His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- > He produced 47,800 works of art in his 78-year career
- > His father was an art professor
- > In 2005, his painting *Le Rêve* sold for \$155million.

(t-shirt credit: pablopicasso.org)



# Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market

town of Hexham came in fourth on the list.

5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



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# THE CAR'S THE STAR

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**LAND ROVER DEFENDER**

While most of us assume the classic car arena is reserved exclusively for those whose sense of nostalgia is matched with astoundingly deep pockets, think again. There are a number of iconic motors that, with a bit of research and a customary forecourt or driveway haggle, can be yours for much less than you may imagine.

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened. Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

**FORD CAPRI**

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

**PORSCHE 924**

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

**SAAB 900 TURBO**

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000. Sleek, solid and Swedish – it's a classic motor from a classic era.

**MGB GT/ROADSTER**

Iconic in shape, and dating back to the 1960s, the Roadster comes in a hard- and soft-top. It was the motor that generations of future Ferraris were modelled on. Incredibly, you can pick up a GT for a little more than £5,000.

Photo credit: Richard P Long/Shutterstock.com, William Barton/Shutterstock.com, Martin Charles Hatch/Shutterstock.com, Widsnap/Shutterstock.com, Art Komoralev/Shutterstock.com



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# RIVALRY *on the River*



SPORT

Photo credit: Nordin Catić via Cambridge University Twitter, The Boat Race Twitter

Every year, on the last Sunday in March or the first Sunday in April, two of Britain's most prestigious universities battle it out in a gruelling 4.2-mile Boat Race along the Thames.

On March 26 this year, the eight Cambridge men plus a coxswain were first across the finishing line and now have 85 victories compared with Oxford's 81. Only once has there been a dead heat – back in 1877.

**WHY ALL THE FUSS?** The Boat Race is a symbol of fierce academic and sporting rivalry between the two universities. It's also a tough test of strength, endurance and strategy. Rowers spend months ensuring they're at peak mental and physical fitness on race day.

The Boat Race is also steeped in history and tradition. The first event was held in 1829 and has been held almost every year since, except during the First and Second World Wars and the COVID-19 pandemic in 2020.

Watching the race live makes an exciting and low-cost day out, and every year thousands of people line the riverbank and stand on the bridges to watch the event.

**WHAT'S THE ROUTE?** The race starts at Putney Bridge and the teams navigate several bridges, including Hammersmith Bridge and Barnes Bridge, before reaching the finish line at Chiswick Bridge.

One of the most challenging parts of the course is the stretch of the river known as the Tideway, near the Houses of Parliament and the London Eye. This part of the river is subject to strong currents and tidal changes, making rowing difficult.

**IS IT JUST FOR MEN?** Not anymore. The first women's race was held in 1964, and since 2015 the women's course has been identical to the men's. That said, the men's race is still the one that makes the headlines. This year saw the Cambridge women win the Boat Race, marking their sixth straight win.





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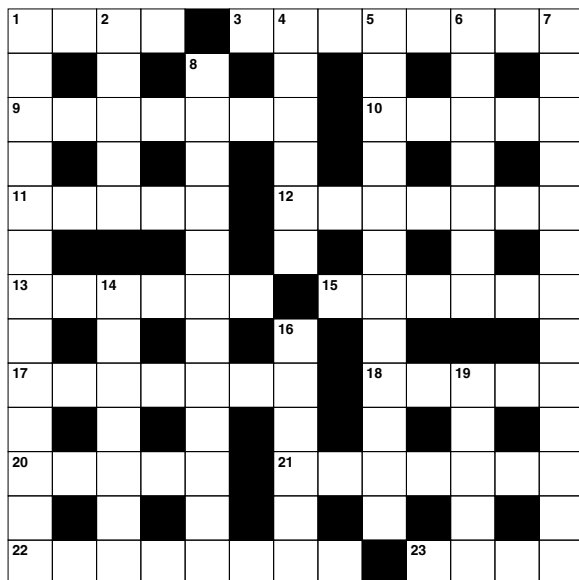
# PUZZLES & TRIVIA

## ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

## DOWN

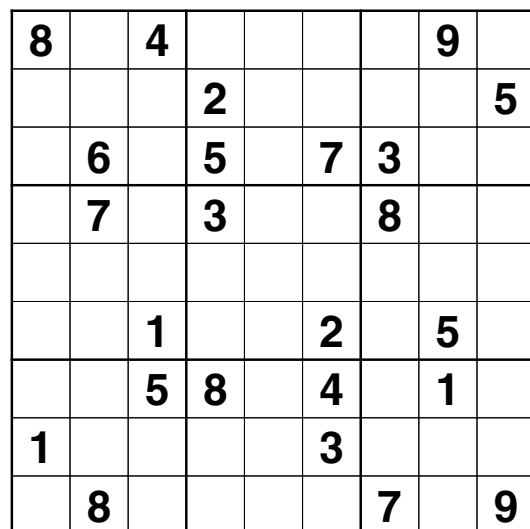
1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



## DID YOU KNOW?

- One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- The sunset on Mars appears blue.
- Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- One day on Venus is longer than one year on Earth.

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