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LEWIS CAPALDI

On overcoming life's challenges on the road to fame

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MAY 2023

# Editor's notes...



Brett Shohet, Editor

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

I hoped you enjoyed the Easter break and took the chance to spend time with family and friends. In this fast-paced world, it's easy to forget to relax and chill out, so I hope you remembered to take some time for yourself too.

The world is constantly changing, and technology is moving at such a fast pace that it can be difficult to keep up with. AI is a subject on many people's lips at the moment. While some are uncertain about its capabilities, I think it's important not to be afraid of change and to embrace the potential offered to us by such technology.

Our cover star this month is Lewis Capaldi, who is heading out on a UK tour following the release of his new album. I recently watched his Netflix documentary, *How I'm Feeling Now*, and it offered a fascinating insight into his journey on the road to fame, particularly with his struggles with mental health. It drove home the important message about looking after our mental health, and that talking about such issues is the first step to destigmatising them.

I'd encourage everyone to support their local businesses while out and about during the bank holidays coming up this month. Whether that's shopping in an independent boutique or visiting a local restaurant for lunch, they are sure to appreciate your support.

*Brett Shohet*

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

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# FROM LILY SAVAGE

The death of Paul O'Grady MBE at the end of March brought a premature end to the life of one of our most respected modern-day entertainers – someone whose own reinvention helped the gradual process of changing attitudes in British society.

Growing up on the sometimes rough, often competitive back streets of Liverpool in the Swinging Sixties required more than a little spark and swagger, so it's probably little surprise that one of its finest exports, Paul O'Grady, created a career built on the foundation of his larger-than-life personality.

"As the saying goes, if you can't beat them, join them – and if you can't join them, become a drag act," laughed Paul O'Grady in one of this final interviews.

He departed from us at 67, seemingly with another decade or two of wit, charm and pzazz still ready to be unleashed, and the tributes have been extensive and heartfelt.

O'Grady had a number of jobs growing up, including working as a clerk, a waiter and a barman. It was only when he moved to London that he managed to create a career out of his passion for entertainment and performance.

The star's main outlet was the dynamic and daring Lily Savage, a drag queen act who became hugely popular on the underground scene, and eventually gained mainstream appeal when Channel 4 took up the option to give him a stint on *The Big Breakfast* after Paula Yates' resignation. The likes of *The Lily Savage Show*, *Blankety Blank* (which the character fronted for five years) and *Lily Live!* followed, showcasing the full mainstream evolution of a character. It was a long way from O'Grady's first TV appearance on *The Bill* back in 1988 as a transvestite prostitute informant named Roxanne (credited to Paul Savage).

While Lily Savage was eventually retired, the legacy of such a dynamic figure lived on. The character had opened doors for a brand of leftfield entertainment, and helped carve a path for LGBTQ+ rights and promotion across mainstream entertainment.

"I had been in that world since the seventies when I began performing in pubs and clubs around London, so it was all very natural for me, and had been for decades," he said.

"That I lived in a country that embraced me and loved me for who I was, I found wonderful, and it compelled me to go on to do other things."

The successful *The Paul O'Grady Show* ran on weekday afternoons for eight years across two spells, and the entertainer also saw huge popularity across extensive theatre, charity and radio work, as well as the likes of *Blind Date* and *For the Love of Dogs* (2012-23). The latter of these popular TV programmes was filmed in late 2022 and is currently showing on ITV1.

In recognition of his contributions to TV, radio and theatre, he was made an honorary Doctor of Arts at De Montfort University Leicester in 2010.

"I always found you can talk about absolutely any subject if you approach it with interest, respect, humility and humour. That's the way I have tried to embrace all the challenges that have come my way," he said.

His funeral, which was held on April 20, featured a significant contribution from Battersea Dogs & Cats Home, who lined the streets with their four-legged residents in honour of the decade O'Grady spent presenting the ITV reality show at Battersea.

"I've always got on better with animals," he joked. "They are much more my type. As I've said before, I am not bothered about sex, money or fame. I just want a mongoose."



# TO PAUL O'GRADY



# A GUIDE TO THE MOON

Have you ever wondered why the moon appears to change shape each night? These are known as the moon's phases, and it isn't actually the shape of the moon that changes but our view of it.

Find out more about the different phases and names of the moon below.

## WHAT ARE THE PHASES OF THE MOON?

- 1. New moon:** You cannot see the moon when it is a new moon.
- 2. Waxing crescent moon:** In the Northern Hemisphere, you see the waxing crescent moon as a thin crescent of light on the right.
- 3. First quarter moon:** The first quarter moon
- 4. Waxing gibbous moon:** This phase is between a half moon and full moon. Waxing means it is getting bigger.
- 5. Full moon:** You can see the moon completely illuminated during full moons.
- 6. Waning gibbous moon:** This phase is between a half moon and full moon. Waning means it is getting smaller.
- 7. Last quarter moon:** This appears as a half moon but with the opposite half illuminated to the first quarter moon.
- 8. Waning crescent moon:** In the Northern Hemisphere, you see the waning crescent moon as a thin crescent of light on the left.



## FULL MOON NAMES

Each monthly full moon has a special name, many of which originated from Native American culture:

**January:** Wolf Moon

**February:** Snow Moon

**March:** Worm Moon

**April:** Pink Moon

**May:** Flower Moon

**June:** Strawberry Moon

**July:** Buck Moon

**August:** Sturgeon Moon

**September:** Full Corn Moon

**October:** Hunter's Moon

**November:** Beaver Moon

**December:** Cold Moon

## WHAT IS A BLUE MOON?

A blue moon is an additional full moon that appears every once in a while. Typically, a year contains 12 full moons – three in each season – but sometimes a 13th full moon appears, known as a blue moon. Blue moons usually occur once every two to three years but can occur twice in one year. This is next due to happen in 2037.

## WHAT IS A HARVEST MOON?

The harvest moon is the full, bright moon that occurs closest to the start of autumn. The term comes from the days before electricity when farmers relied on the moonlight to harvest their crops at night.



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# A guide to make-up EXPIRATION DATES

**B**e honest, how often do you check the expiration date on your make-up? If the answer is hardly ever, then you're not alone.

Unfortunately, out-of-date make-up can cause a whole host of problems, including skin irritations and eye infections.

## FOUNDATION: Shelf life of six months to one year

You can keep your foundation germ-free for longer by keeping your fingers away from the neck of the bottle and gently dripping the formula onto the back of your hand before applying. If your foundation starts to separate, it definitely needs to be binned.

## CONCEALER: Shelf life of six months to one year

Similar to foundation, concealer can last up to one year as long as you keep it out of direct sunlight and avoid touching the applicator with your fingers. Again, if it separates, throw it away.

## LIPSTICK: Shelf life of one year

Typically, a lipstick should last for around 12 months. However, if you notice a change in texture, whether it has started to dry out or become gloopy, or if it starts to smell funny, it is no longer usable. Remember to store your lipstick in a cool, dry place.

## EYE PENCIL: Shelf life of one year

Pencils tend to last longer than other eye products as they are sharpened regularly. Keep away from steam for enhanced longevity.

## MASCARA: Shelf life of three months

If you don't want to get a nasty eye infection, you should be replacing your mascara once every three months or sooner if you notice that the formula has started to become clumpy or smell strange. Never share mascara.

## EYESHADOW: Shelf life of three to six months

Although powder eyeshadow can potentially last for up to two years, because it is used around the eyes, you should replace it more often.



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# 10 things YOUR GP wishes you knew

**D**o you find yourself Googling questions or symptoms you wish you could discuss with your doctor? Read on to discover 10 things your GP wishes you knew, and save yourself time and worry.

♥ **You do not need to clean your ears**

Earwax is needed to protect your ears and should not be removed with a cotton bud or any other small item. This may cause a perforated ear drum.

♥ **You do not have to have a period on the pill**

You don't need to have a break from the pill so that you have a period. Taking 21-day contraceptive pills back to back without having the seven-day break will not cause any ill effects.

♥ **You don't need to bring down a child's fever**

A fever shows that your body is fighting an infection so, if your child seems well in themselves, you do not need to bring down a high temperature. However, seek medical attention if it is 39.4°C or higher.

♥ **Verrucas do not need to be treated**

In most cases, a verruca will go away on its own in a few weeks or a month without the need for

treatment. However, there are over-the-counter remedies that you can use to treat them.

♥ **You do not need to drink eight glasses of water per day**

As long as you stay hydrated, aiming to drink eight glasses of water a day isn't a necessity.

♥ **Watching TV in the dark isn't bad for your eyes**

As long as you take regular breaks from watching TV or any other screen, watching TV with the light off is no worse than watching it with the light on.

♥ **You can drink alcohol on some antibiotics**

Most antibiotics do not interact with alcohol, so you can safely enjoy a drink if you feel well enough. However, you should always check the attached leaflet to be on the safe side.

♥ **Being cold will not give you a cold**

A cold is a virus and is not caused by cold temperatures or being outside.

♥ **Cracking joints doesn't cause arthritis**

Cracking of the joints is caused by bubbles of gas and is nothing to be worried about.

♥ **The five-second rule isn't real**

If your child eats food that has been dropped on the floor, this is highly unlikely to cause any problems.



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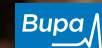
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# Honey

NOT JUST FOR SPREADING ON TOAST

On May 20, it's World Bee Day – a time to celebrate those buzzing bugs that make honey.

### How do bees make honey?

Using their hollow tongues, bees suck up the nectar from flowers and store it in part of their stomach. Back in the hive, they regurgitate the mixture and spread it through the honeycomb cells. They then fan it with their wings to evaporate the moisture and turn it into honey. There are more than 300 different kinds of honey, depending on the flowers the nectar comes from.

Of course, honey is delicious spread on toast. But did you know it's also a great natural health and beauty aid because it contains micronutrients, including vitamins, minerals and antioxidants? It also has moisturising, antibacterial and anti-inflammatory properties. For maximum benefits, choose raw, organic honey.

### Healthy scalp and hair

To treat your scalp, use a tablespoon or two of honey straight from the jar. Leave for a couple of hours before rinsing and shampooing. For a hair mask, mix a tablespoon of honey with the same quantity of olive oil. Leave on for 15 minutes before rinsing and shampooing.

### Minor cuts, grazes and insect bites

If you're unlucky enough to suffer a cut or bite, simply dab on some honey to help with the healing process.

### Sore throats

To relieve a sore throat, mix a tablespoon of honey with ¼ teaspoon turmeric in a mug of warm water or tea, and sip when you need it. You can also use the mixture as a gargle.

### Healthy sleep

A tablespoon or two of honey before bed, eaten or in a drink, can help regulate your blood sugar and make you feel relaxed.

### Remember...

Never give honey to children under one year as certain bacteria in honey can produce toxins in a baby's intestines. Also remember that honey is high in sugar and calories. The information here is for guidance only – it is not medical advice.



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FOOD & DRINK

# KIWILICIOUS!

Although small, kiwis pack a punch when it comes to both health benefits and flavour. They're sweet, easy to eat and highly nutritious, so explore this extremely underrated and underused fruit in more detail below.

## WHAT IS A KIWI?

If you are unfamiliar with this fruit, then let us tell you a little more about it. Oval in shape and about the size of a large egg, kiwis boast brown skin, green flesh and tiny black seeds.

## WHAT ARE THE HEALTH BENEFITS OF EATING KIWIS?

Excellent source of protective antioxidants | Support heart health | Contain both soluble and insoluble fibre for digestive health | Good source of vitamin C | Alleviate some of the symptoms of asthma | Support immune function | Low in calories | Count as one of your five-a-day

## HOW TO ENJOY KIWIS:

### KIWI FRUIT SMOOTHIE

**You will need:** 3 peeled kiwis | 1 peeled, stoned and chopped mango | 500ml pineapple juice | 1 sliced banana

Place all the ingredients into a blender and blitz until smooth. Serve over ice.

### KIWI AND AVOCADO SALSA

**You will need:** 3 ripe chopped kiwis | ½ peeled and chopped avocado | ¼ cup of pomegranate seeds | 1 tbsp thinly sliced onion | 1 tsp chopped chilli peppers | 1 tsp extra virgin olive oil | 1 tbsp chopped fresh coriander | Salt and pepper to taste

Place the kiwi, pomegranate seeds, avocado, onion and olive oil in a bowl. Add the chilli peppers and coriander and gently fold in, then season to taste.

### KIWI AND STRAWBERRY LIME FRUIT SALAD

**You will need:** Handful of strawberries | 1 kiwi | 1 tbsp honey | 1 tbsp lime juice | ¼ cup of mint leaves

Chop the strawberries into small cubes and add to a mixing bowl. Peel the kiwis, chop into small cubes and add to the bowl. Add the honey, chopped mint and lime juice and gently mix together. Be careful not to bruise or mash the fruit.





# RAVISHING Rhubarb

An unusual vegetable owing to its very sour yet slightly sweet taste, rhubarb is instantly recognisable by its deep pink hue. Super simple to grow, rhubarb is popular for both sweet and savoury dishes.

## What are the healthy benefits of rhubarb?

- Contains high levels of fibre, which is linked to lower cholesterol levels
- A good source of vitamin K, which is beneficial for your bone and heart health
- Full of antioxidants that protect the body from free radicals
- May help with digestion and to treat digestive disorders

## Rhubarb recipes

### 1 RHUBARB GIN

**YOU WILL NEED:** 1kg pink rhubarb stalks | 400g white caster sugar | 800ml gin

**HOW TO MAKE:** Wash the rhubarb, trim the stalks and discard the base and leaves | Cut the stalks into 3cm lengths and place in a sterilised jar with the sugar. (To sterilise jars, wash in soapy water, rinse and then dry in the oven for 20 minutes at a temperature of 140°C/120°C fan/gas mark 1) | Shake and leave overnight | After 24 hours, add the gin, seal and shake again | Leave for four weeks before drinking |

Serve as it is or strain the liquid through a muslin-lined sieve first.

### 2 RHUBARB CHUTNEY

**YOU WILL NEED:** 250ml cider vinegar | 100g golden caster sugar | 300g chopped rhubarb | 4 chopped medjool dates | 1 tsp grated ginger | 1 cardamom pod

**HOW TO MAKE:** In a pan, heat the cider vinegar and caster sugar until dissolved | Add the chopped rhubarb, ginger, dates and cardamom pod and cook for 15-20 minutes | Once you have a thick chutney consistency, season with salt to taste | Store in sterilised jars for up to two years (unopened).



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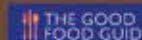


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# fiddle-leaf fig

## PLANT TO YOUR HOME

If you are looking for a new indoor plant for your home, then a fiddle-leaf fig is a great choice. With large, glossy leaves and an impressive trunk, this statuesque tree can act as the focal point in any room.

### WHAT ARE THE DIFFERENT TYPES OF FIDDLE-LEAF FIGS?

The most common type of fiddle-leaf fig plant is the *Ficus lyrata*, which grows to around 10 feet tall when kept inside. Other varieties include:

- > ***Ficus lyrata bambino*** – a dwarf variety that grows to only a few feet tall
- > ***Ficus lyrata compacta*** – features smaller leaves and grows to around five feet tall
- > ***Ficus lyrata variegata*** – an uncommon variety with a mix of green and cream leaves

### HOW TO CARE FOR A FIDDLE-LEAF FIG

A fiddle-leaf fig needs bright, filtered light to grow, as direct sunlight can burn its leaves. Any quality indoor plant potting mix is fine as long as the soil drains well.

This plant needs a moderate amount of moisture to thrive; too much can cause root rot and too little can cause the leaves to wilt. During the growing season (spring to autumn), water when the top inch of the soil feels dry, and then slightly less over winter. Also add a fertiliser specially made for this plant during growing season and remember to regularly clean its leaves.

### HOW TO PRUNE A FIDDLE-LEAF FIG

To keep your fiddle-leaf fig in optimal condition, cut back any damaged leaves, overgrowth or crossing branches. Make the cuts about an inch away from the trunk to avoid damage.

### WHERE TO BUY A FIDDLE-LEAF FIG

You can buy fiddle-leaf fig trees either online or at some garden centres.



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# Your guide to SPONGES

## A GUIDE TO CHOOSING THE RIGHT SPONGES AND HOW TO KEEP THEM CLEAN

While you may not have given much thought to sponges, if you hate doing the dishes or cleaning kitchen worktops, the right sponge can help to make tiresome tasks a breeze.

sanitise your sponge weekly and throw it away when it shows signs of wear. Ideal for cleaning kitchens, windows, countertops and bathrooms.

### WHAT ARE THE MOST COMMON TYPES OF SPONGE?

#### NON-SCRATCH SPONGES

Sponges that are labelled as non-scratch are safe to use on non-stick pots and pans, as well as real wood surfaces. They also will not scratch the surfaces of ceramic bakeware. Non-scratch sponges are a good choice for cleaning glassware as they effectively remove dirt without causing any damage.

#### HEAVY-DUTY SPONGES

As the name suggests, heavy-duty sponges are highly abrasive so should be used to remove tough, stuck-on dirt and debris from kitchen items such as stainless steel pans.

Heavy-duty sponges are not suitable for non-stick cookware, as they are likely to scratch their Teflon coating, nor for ceramic cookware or copper pans.

#### CELLULOSE SPONGES

Cellulose sponges are made from recycled plant fibres, making them a good option for those who want to reduce their carbon footprint and become more sustainable. The main benefits of cellulose sponges are that they are low-cost and very absorbent. However, they are also prone to collecting bits of food over time, so you need to make sure that you

### HOW DO I CLEAN REUSABLE SPONGES?

The best way to kill bacteria harbouring in reusable sponges is to clean them in your microwave or dishwasher. If you choose the former, wet the sponge thoroughly and heat on high for one minute. Alternatively, place on the top rack of your dishwasher with the drying cycle on. Do this once a week for best results.



HOME & DIY



# LEWIS CAPALDI



## Someone We Love...

### THE ENDEAVOURS, INSPIRATIONS AND INSECURITIES OF LEWIS CAPALDI

We live in a world where our leading male singer-songwriters no longer have to subscribe to the airbrushed, heavily manufactured, perfectly coiffured boyband façades of the stars of decades gone by.

This has helped to create careers and vast wealth for the likes of Ed Sheeran, James Arthur, Rag'n'Bone Man and, now, Lewis Capaldi.

For the vast majority of us, this is a relief. Not only does it lend hope that any of us can aspire to and reach the most ambitious of heights; more importantly, it dispels the faux perfection that emanates from TV screens, devices and digital radios.

"I grew up in that era where everyone looked like they had just stepped off a catwalk," begins Capaldi, the 26-year-old Scottish singer-songwriter who has captivated the hearts of many with his soulful voice and emotive lyrics.

"We don't have to play those games anymore and I think there is much more allowance for us to be ourselves. It's real progress."

The star, who rose to fame with his chart-topping single *Someone You Loved* in 2019 – a track currently ascending past a colossal three billion streams on Spotify – is reaping the rewards of two decades of soul-searching and hard work... a process that came to light via a recent Netflix documentary, *How I'm Feeling Now*.

The production shone a light on the perseverance that has patterned his rise to the top, as well as giving the artist the opportunity to open up about living with Tourette's syndrome.

The neurological disorder is characterised by involuntary movements and vocalisations, known as tics. "It's something that has always been with me and perhaps always will, but it's so important I use my platform to reassure other people that

Tourette's doesn't need to hold you back from what it is you want to do," he says.

"For years, I felt imprisoned by it, before realising I could use it as a stimulus, because sometimes you need something to rally against in your life, and Tourette's is that thing for me."

Perhaps we shouldn't be surprised at Capaldi's ability to counter life's challenges. A deep thinker, the Scot's emotional attentiveness frequently comes across in his music. From the breakthrough *Someone You Loved*, a poignant ballad, characterised by its raw lyrics and melancholic piano melody, that spent seven weeks at the top of the UK singles chart and reached number one in the US too, to the soulful vocals and introspective lyrics of *Bruises*.

In 2022, both *Forget Me* and *Pointless* made it to the top of the hit parade as well. The former track was Capaldi's first meaningful release in three years, and despite huge previous success, his candid uncertainty was on show in the promotion of the track, when he revealed, "It could be the beginning of a beautiful chapter in my life, or the very public downward spiral that, let's face it, I'm probably due."

Of course, the artist needn't have worried, and he is now embarking on a UK tour to accompany the release of his album, *Broken by Desire to Be Heavenly Sent*, on May 19.

Capaldi is a singer-songwriter of impeccable talent but, almost as important, devastating humility... and he's here to stay.

Photo credit: ChrisJamesRyanPhotography/Shutterstock.com



# FROM YOUR AREA

## Society recognised at community awards



Photo credit: South Woodford Society

The South Woodford Society was recognised at the Mayor of Redbridge's Community Champion Awards.

The society was praised for its continuing efforts towards making the community better. Most recently, the group encouraged residents to take part in StreetSafe, a pilot scheme allowing residents to inform the police of public places where they feel unsafe.

Mayor of Redbridge councillor Thavathuray Jeyaranjan (pictured centre) said: "We celebrated the annual Mayor's Community Awards, where we honoured those members of the borough whose achievements and dedication were recognised and presented with an award. Thank you to everyone who was nominated and to all the worthy winners. It was truly humbling to hear the incredible work that you achieved."

To find out more about the society, head to [www.facebook.com/Southwoodfordsociety](https://www.facebook.com/Southwoodfordsociety)

To sign up areas to the StreetSafe scheme, visit [www.met.police.uk/notices/street-safe/street-safe](https://www.met.police.uk/notices/street-safe/street-safe)

## Three arrested following reports of knife fight

Two teenage boys have been charged with violent disorder following what was described as "a fight involving weapons" outside Woodford Underground Station.

The Met Police were called at around 5.10pm on Monday, April 17, following reports of a fight with weapons, including knives, in the vicinity of the station.

Officers, including several who were armed,

attended the scene and were able to gain control of the situation.

Three boys were arrested on suspicion of affray. Two of them, both aged 16, appeared in custody at Barkingside Magistrates' Court on April 19.

The first was charged with possession of an offensive weapon and violent disorder. The second was charged with violent disorder. They were bailed to appear at Stratford Youth Court on Friday, July 28.

The third boy arrested, aged 15, was bailed pending further investigation. At the time of writing, no injured persons have made themselves known.

Following the incident, Redbridge police officers conducted antisocial behaviour patrols around the South Woodford and Woodford Green areas to assuage residents' fears.

Enquiries into the incident continue.

## New 24/7 cycle lockers introduced at station

New cycle lockers have been introduced outside South Woodford Underground Station.

Located in the car park, three slots are now available for those wanting to leave their bikes in a secure location before travelling on the Tube.

Regular bikes can be stored, as well as e-bikes, however there are no charging points. The lockers will be open 24 hours a day, seven days a week.

The installation is part of Spokesafe's ongoing Car Park Innovation trial with Transport for London.

Access to the lockers can be gained through a membership with Spokesafe via their app. A regular membership allows pay-as-you-go booking slots for £2 a day, while a full membership for £25 allows access to all lockers across multiple locations.

To book a slot, visit [www.spokesafe.app](https://www.spokesafe.app) or download the Spokesafe app.

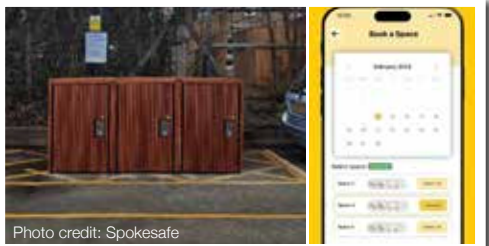


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NEWS FROM

# THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Haven House Children's Hospice hopes to see 500 walkers powering through the streets on Friday, May 19, at the annual Sparkle Walk.

Encouraging people to sign up for this year's 10km walk is Natasha Little from Woodford Green, whose 15-year-old daughter Olivia receives cares from the hospice. Olivia was born with a very rare genetic condition causing

complex learning and physical disabilities and has been using Haven House for the past seven years. She has been supported by several hospice services and therapies including respite care, yoga and physio.

TeamLiv – made up of Olivia's mum, her nannies, aunts, cousins and friends – have completed every walk since its launch four years ago. This year, they want you to join them in donning your trainers and glitter for the hospice.

Natasha said: "I love how the Sparkle Walk brings the community together to raise vital funds for Haven House, while having a good time with your friends and family. I'm walking because we appreciate everything that Haven House does for us so much. This is our way of raising money for the hospice and to say a big thank you for all they do for Olivia and us as a family."

"We look forward to it each year, especially the Prosecco in the Cuckfield at the end. You meet some wonderful people along the way and there's always such camaraderie with fellow walkers. I'm encouraging everyone to get involved so that Haven House can continue its important work, which is so



vital for families like ours."

Reiko Murray, Haven House's events manager, added: "Imagine the feeling of accomplishment you'll experience as you cross the finish line, knowing that you've made a real difference to the lives of children and families who are going through some incredibly difficult times. Not only will you be helping to fund our amazing hospice, you'll also be showing your support and solidarity for those families in our community."

"This year is extra special as it's Haven House's 20th birthday, so join us in making it the best year yet."

Thank you to event sponsors Savills and Gates of Woodford.

Visit [havenhouse.org.uk](http://havenhouse.org.uk) to register today.

Woodford and District

## National Trust



Our meetings are now ending for the summer months and our interests turn to visits.

Our members and guests can join in and travel to various interesting sites.

These are as follows:

> Blenheim Palace. Woodstock. Oxfordshire.

Tuesday, May 23

> Knole House, Sevenoaks, Kent, Thursday, June 29

> Standen House and Bluebell Railway, East Grinstead, Tuesday, July 11

> Waddesdon Manor, Aylesbury, Thursday, July 20

> Columbine Hall, Stowupland, Suffolk, Tuesday, August 1

> Wrest Park, Silsoe, Bedfordshire, Sunday, August 13

For more information, contact chairman Richard Speller by calling 07774 164407.



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# YOUR LOCAL EVENTS

### PUB QUIZ

The Royal Oak, 320 Hale End Road,  
Highams Park, IG8 9LN  
Every Tuesday, 8pm – 10pm



Photo credit: Royal Oak - Highams Park/Facebook

Head to The Royal Oak at Highams Park for its weekly pub night every Tuesday.

Bring your friends along and put your general knowledge to the test with questions on science, sport, TV, film and more.

The last winners took home a bottle of house wine. Walk-ins are available, but if you'd like to book, visit [www.royaloakhigamspark.co.uk/event/pub-quiz-highams-park/2023-05-09/](http://www.royaloakhigamspark.co.uk/event/pub-quiz-highams-park/2023-05-09/)

### SOUTH WOODFORD COMMUNITY MARKET

George Lane, South Woodford, E18 1LW  
Sunday, May 21, 11am – 4pm

Take a stroll around South Woodford's Community Market this month and try local street food, fresh fish, artisan bread, olives, churros, vegan choices and cocktails.

You can also browse stalls selling cards, photos and handmade crafts. Entry is free just turn up on the day.

### GREG DORRELL AS ROD STEWART TRIBUTE

Seasons Bar and Function Room,  
15 The Broadway, Woodford, IG8 0HL  
Thursday, May 25, 7pm – 11pm

Performer Greg Dorrell has been dubbed "one of the greatest Rod Stewart impersonators" and is coming to South Woodford later this month.

In 2008, he won his category on BBC's *The One and Only*, and had his voice praised by *Pop Idol* vocal coach Carrie Grant. Tickets cost £10 and can be bought from [www.eventbrite.co.uk/e/greg-dorrell-as-rod-stewart-tribute-tickets-607302186187?aff=ebds-sbdestsearch](http://www.eventbrite.co.uk/e/greg-dorrell-as-rod-stewart-tribute-tickets-607302186187?aff=ebds-sbdestsearch)

### GARAGE NATION FESTIVAL PART 1 EAST

Hainault Recreation Ground,  
185 Forest Road, Ilford, IG6 3HX  
Saturday, May 27, 12pm – 10pm

Garage Nation returns on the bank holiday weekend with a mix of drum 'n' bass, house, jungle, old skool and UK garage hits.

The full line-up hasn't been announced yet, but Moondance and AWOL are set to host the jungle arena.

Tickets start at £24.95 and can be bought from [www.allevvents.in/woodford/garage-nation-festival-part-1-east/300036282504](http://www.allevvents.in/woodford/garage-nation-festival-part-1-east/300036282504)

### MAY MUSIC FESTIVAL AT ST MARY'S CHURCH

St Mary's Church, Langley Drive, Wanstead,  
E11 2LN

Sunday, May 28, 5.30pm – 6.30pm

Come along to St Mary's Church in Wanstead for their special May Music Festival. The chamber music concert will be performed by local professional musicians and is set to be a fun evening for all.

Tickets cost £10 and can be bought by emailing [alisongwells@me.com](mailto:alisongwells@me.com)

### LITTER PICK

South Woodford Community Orchard,  
Mulberry Way, E18 1ED

Sunday, June 4, 11am – 1.30pm

Give back to the local community at South Woodford Society's litter pick next month. Volunteers are welcome to stay as little or long as they like. Litter picks, hoops and hi-vis vests will be provided on the day, and all ages are welcome to take part.

If you would like to attend, please get in touch via email at [e18society@gmail.com](mailto:e18society@gmail.com)



Stock image



WHAT'S ON



# Enjoy the delights of the traditional British seaside

For those who crave a bit of nostalgia, and maybe worry that our ability to connect with iconic seaside locations of old is a thing of the past, a trip to Frinton-on-Sea is the perfect remedy.

There is little to rival the natural vibrancy of a sumptuous, sunny, sandy beach, as radiant sun beats down on the coolest, finest Essex sand.

And yet, where Frinton-on-Sea is concerned, serenity and nostalgia come as much from its vibrant rows of beach huts as they do from the wondrous natural environment.

Its architecturally precise promenade sees beach huts painted in a kaleidoscope of bright colours, and these have been an integral part of the town's heritage for more than 100 years. Simple in their form, they retail for upwards of £50,000 – yet if a 12ft square space is adequate for you to relax, change or store beach essentials in, then perhaps the investment is worthwhile? These picturesque huts have become a symbol of traditional British seaside culture and

continue to draw visitors from far and wide, yet Frinton is about so much more.

Its unspoiled sandy beaches are award-winning and stretch for miles along the coast, and the gentle slope of the shoreline creates a shallow, safe swimming area that is perfect for families and children. Meanwhile, the absence of amusement arcades, commercial outlets and 'kiss me quick' hats ensures that this part of the Tendring coastline retains a sense of simplicity and class that few other resorts around the UK can rival.

Even the aforementioned promenade, adorned with Victorian-style streetlamps and ornate railings, holds a sense of class about it; while further back, extensive parkland shows the town's custodians are just as adept with grass as they are with sand.

Frinton-on-Sea has a population of fewer than 5,000. Although several times that number swarm into the area on hot summer days, it rarely feels anything other than idyllic. The next time you're looking for an idyllic British seaside escape, Frinton should be top of the list.



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# GOT SOME FRONT

Our front gardens are typically a bit more restrictive than the spaces behind our homes, but that doesn't mean we can't still make them look stunning.

They are the outdoor spaces that typically lack privacy, are exposed to dirtier air, and may even find themselves hosting a car or work vehicle. Therefore, for the added aggro our front gardens have to put up with, it's sensible to keep things simple, saving your energy for the private space at the back.

Beginning with plants and varieties of flowers, it's sensible to limit a front garden to perhaps just five or six variations. If you include too many different styles, it can create a hotchpotch of ideas that will only make your home look untidy.

Also try to prioritise privacy over prettiness. The front of our property is exposed to all and sundry, so carefully positioned hedges, shrubs and trees can keep unwanted eyes away. Just be sure not to

position larger living matter in front of windows to prevent blocking out the light.

When selecting plants, consider varieties that will last all year round, saving you a constant summer/winter change-up. Think summer roses that progress into gorgeous winter blossoms, and evergreens that will grace the changing seasons with constant class.

As far as a lawn goes, while artificial grass has never been better or looked more authentic, a small area of real grass, or perhaps one either side of a path, is low maintenance and can be taken care of with a simple mower. While it's tempting to bring a wild meadow into the equation, that look is always better achieved in a larger garden, where a rugged area is established in a well-tended garden.

Finally, if you're looking to pave or lay down slate or stone in a front garden, remember weeds will still work their way through, so keep an eye on things, particularly in the summer months.

*keeping your front garden low maintenance*

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Education is not the filling of a pail, but the lighting of a fire.  
— William Butler Yeats

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- 2. KRAKÓW, POLAND**  
Poland's elevation into a popular location to visit over the past 20 years has been impressive, and this is no better exemplified than in the way Kraków, its second city, welcomes visitors. A former European Capital of Culture, it is a creative tourist's dream, with arts, crafts, collections and museums, plus a host of theatres for the performing arts.
- 3. PORTO, PORTUGAL**  
Located on the Iberian Peninsula, many parts of Porto were built with the aim of luring in foreign investment, so it makes sense that Lisbon's smaller sibling has an abundance of interest and charm. From bridges to cathedrals, elegant gardens to wine tasting – the city is the birthplace of port wine – it's a smorgasbord of tastes and flavours.
- 4. CORK, IRELAND**  
The last port of call for the Titanic before it headed off across the Atlantic, Cork has a lot going for it, with a bustling market, friendly people, and a renowned food and drink scene. Much more personal than Dublin, it introduces tourists to the rural delights of southern Ireland.
- 5. KOŠICE, SLOVAKIA**  
A modern city with an eco edge, Košice combines incredible architecture dating back centuries with a defined approach towards sustainability and the repurposing of old spaces for creative industry. With a warm welcome and thriving arts scene, this is an inspirational place which transports visitors into a world that reflects the past while embracing the future.





# Make a splash

**S**tuck for something to do with the kids on a typically rainy day in the UK? No need to fret; there will be smiles all round if you pay a visit to one of these top indoor waterparks.

## Waterworld, Stoke-on-Trent

Frequently listed as one of the top indoor waterparks in the UK, Waterworld is a fantastic day out for all the family. Featuring 30 rides and activities for all ages, some of its most popular attractions include slides for toddlers, white-knuckle rapids and a wave pool.

## Splashdown, Dorset

Splashdown offers 13 thrilling indoor and outdoor rides, as well as three splash zones for children under five. Our favourite ride by far is the Mississippi Drifter, where the whole family can ride on one inflatable tyre. The Infinity flume is also great fun, and you can even pick your own music!

## Sandcastle Waterpark, Blackpool

The largest indoor waterpark in the UK, Sandcastle features an impressive 18 rides and attractions for you to enjoy. As well as the slides, wave pools and flumes, this waterpark has arcades, snack bars and cafés, so you can easily spend the whole day there.

## Alton Towers Waterpark, Staffordshire

If you want to combine theme park rides with water slides, the Alton Towers Waterpark is the ideal choice for you and your family. With high-speed slides, waterfalls, tranquil lagoons and relaxing hot tubs, there's something for everyone at this popular waterpark.

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# ISAs VS...

If you want to start saving, then you may be wondering where to put your hard-earned cash. Two of the most popular options are ISAs and savings accounts, but which one is best for you?

## WHAT IS AN ISA?

ISA stands for individual savings account and offers a tax-efficient way to save money. There are four types of ISAs:

- Cash ISAs
- Stocks and shares ISAs
- Innovative finance ISAs
- Lifetime ISAs

The government sets a limit for how much can be saved each financial year and does not charge any tax on the interest you earn.

## WHAT IS A SAVINGS ACCOUNT?

A savings account offers a safe place to put aside your money and allows you to earn varying amounts of interest. Depending on your circumstances, you may have to pay tax on any interest earned.

There are several different types of savings accounts, including:

- Easy-access accounts
- Fixed-term accounts
- Regular savings accounts

ISA	Savings Account
Completely tax-free	Interest is taxed if you earn over £1,000 for basic tax earners and £500 for high tax earners per year
You can deposit up to £20,000 per year	No limits on deposits
Limited to opening one type of ISA per year	No limits on how many accounts you can open
Good for large amounts and long-term saving	Good for large amounts and long-term saving

## SHOULD I OPEN AN ISA OR A SAVINGS ACCOUNT?

Before you decide whether to open an ISA or a savings account, you need to determine your needs and savings goals. Typically, you can earn more competitive interest rates on a savings account and, depending on the account, you may be able to both deposit and withdraw money. However, an ISA is a good choice if you want to protect yourself from paying tax on any interest earned.



# ...SAVINGS ACCOUNTS

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# GUIDE TO BUYING A USED SCOOTER

Whether you are a first-time buyer or are seasoned in the world of scooters, a used one can save you a pretty penny.

Below are four questions you need to ask before buying a used scooter.

### 1 DOES IT RUN?

While this may seem like a no-brainer, before you buy a used scooter, you need to make sure that it actually runs. Once you have established that it does, the next step is to listen to how it sounds. Four-stroke engines should have a smooth hum, whereas two-stroke engines should sound like a gentle chainsaw, so make sure you listen out when you do a test drive.

### 2 HOW LONG HAS IT BEEN SITTING?

If you are purchasing a used scooter online, take a close look at the pictures. Does the scooter look dusty? If yes, then it may

have been sitting unused for a while. Make sure you check the battery and the tyres as both of these are likely to need replacing.

### 3 CAN YOU STILL GET SPARE PARTS FOR THE SCOOTER?

While you can still get spare parts for most scooters that have come out in the last decade, it is always worth checking before you sign on the dotted line. Don't forget to also be vigilant of scooters that are missing several body panels, as this can be a sign of a crash or that the scooter has been stolen.

### 4 WHO IS THE SELLER?

You can choose to buy a used scooter from either a dealership or a private seller. While there are advantages and disadvantages for each option, a dealership is a safer bet as you can find out about their reputation online and they are more likely to provide detailed checks on their scooters.



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## UNUSUAL SPORT:

# Underwater Rugby

HEARING THE RALLYING CRY OF 'SWIM LOW, SWEET CHARIOT', IT CAN ONLY BE AN INVITATION TO PLAY UNDERWATER RUGBY

In 1961 in Cologne, Germany, a new variation on a hybrid sport containing elements of rugby and water polo was invented.

Named underwater rugby, for perhaps rather obvious reasons, the first championships took place some 17 years later, even though the sport's overseers were still unclear as to what the rules should be.

Ultimately, it was decided that there should be six players per side in the pool at any one time, with further substitutes from a total squad of 15 able to be made during the two 15-minute halves.

Most team formations comprise of two forwards, two backs and two goalkeepers or left-wingers, with the aim being to keep possession and score after outwitting the opposition through speed, skill and holding your breath.

The underwater rugby ball is plastic and filled with salt

water and the players have to score in steel goals which are located at the bottom of opposing ends of the pool. The pool dimensions have to be between 12m and 22m in length, 8m and 12m wide, and with a depth of 3.5-5m.

No kicking, hitting or strangling is allowed, but it's a contact sport so, within reason, anything else goes. Officials are present to judge possible offences, resulting in punishments such as warnings, free throws or two-minute penalties.

There were 18 countries involved at the last World Championships in 2019, where Colombia became the first non-Nordic nation to win a gold medal, beating two-time and defending champions Norway in the final in Graz, Austria.

Underwater rugby is said to be the only true 3D sport in the world in the way both the ball and the players can travel in three dimensions and in all directions – imagine, for instance, having a teammate 5m below you in a pool. For this reason, its popularity is exploding.



SPORT

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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

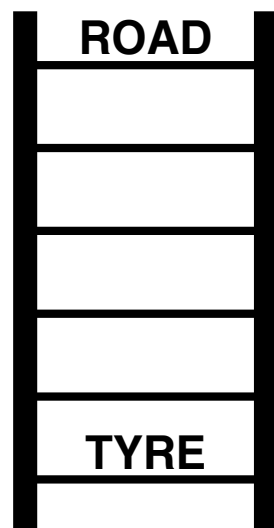
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- ▶ Members of the Royal Family are not allowed to sign autographs. This is in case somebody tries to forge their signature.
- ▶ During her reign, Her Majesty Queen Elizabeth II sent more than 300,000 congratulatory cards to people celebrating their 100th birthdays, and more than 900,000 messages to couples marking their diamond (60th) wedding anniversary.
- ▶ King Charles III, the former Prince of Wales, has been the heir apparent since he was three years old.
- ▶ In November 1965, while a student at Gordonstoun School, the then-Prince of Wales played the lead in Shakespeare's *Macbeth*.
- ▶ The former Prince of Wales has presented the weather forecast on the BBC.

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

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DO NOT rearrange the order of the letters.

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

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