

inside

Chingford and Highams Park

September & October 2024

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inside this issue:

baking:

Apple tarte tatin

travel:

The Channel Islands

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inside Chingford and Highams Park

Welcome to the **September/October** edition of Inside Magazine, the local magazine for Chingford and Highams Park. As a retired gentleman, I lead a hectic life. Nevertheless, I find time in my crazy schedule to watch about eight hours of TV each day, which mostly consists of gawping at cute cottages that townies want to buy, so that they can irritate the locals.

A useful by-product of my selfless research has been to identify certain trends. For example, as a child, I remember us having a new bathroom fitted, in which the magnificent plastic avocado bath had a panel surrounding it. Lord, how guests would coo in admiration. Now, however, well-to-do hipsters drool with excitement when they see a bath that has no such surround. "Ah!" they gasp. "A free-standing bath!" Or, should there be an old bath, "OMG!" they'll cry. "Avocado? We're not animals, thanks."

It reminds me of the time when someone dreamt up the hot-desk-era, where, rather than plod to your appointed place, you scrambled with one another to access a computer. No sooner had this system been installed, than someone else devised a plan whereby members of staff had their own desk, where they could store tissues, stale chocolate, and pictures of their dogs. Hot-desking, like paneled baths, was laughably dated.

I've identified a trend myself, then. It's to re-invent rubbish ideas that history has rejected. To this end, I'm working on re-inventing the Green Shield Stamp.

David Young

NB. Copy deadline date for our next issue (November/December) is October 11th.

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Editor: David Young

Features Editor: James McGowan

Sales Manager: Andy Green

Proprietor & Publisher: Peter Atkinson, E4 Publishing

Inside Magazine

Tel: 0800 610 2240

e: sales@insidemagazinelocal.co.uk

w: www.insidemagazinelocal.co.uk

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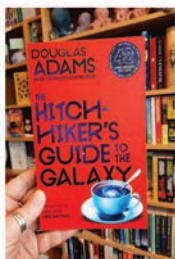
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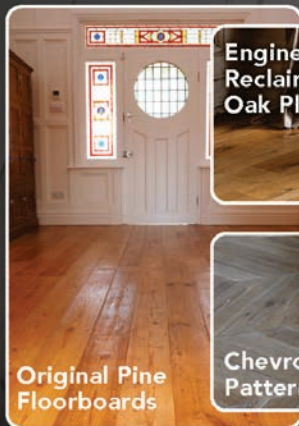


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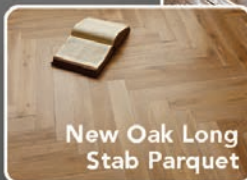
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SANDY DENNY

or Beauty, Booze and Deathbeds

STORY: DAVID YOUNG

IMAGES: OPEN SOURCE

Lucas knew that he had to get away. He had to take their child, and he had to go back to Australia. There, he knew, they'd be safe from the destruction that seemed to hang around his wife, little Georgia's mother. Love may be unbounded, but care and forgiveness have their limits. Lucas had used up the last few drops of kindness. He sold the car for cash and took his daughter to the other side of the globe, far from the madness, far from the turmoil, far from his love.

Six days into this escape, word reached him that his wife was in a coma in a hospital in Wimbledon. So, while care and forgiveness had left him, the love remained. He returned to England.

The doctor that met him told him that his wife was brain-dead, and that she would not recover. When she had found her husband gone, she'd moved in with her friend. This friend, Jon, had



SANDY DENNY IN 1972

come home one afternoon to find her lying at the foot of the stairs.

It wasn't the first time that she'd fallen. In 1978, she'd fallen downstairs at her parents' cottage in Cornwall. To cope with the ensuing pain, she'd been prescribed painkillers which were known not to go down well with alcohol. Unfortunately, booze was one of the few friends left in her life. It was such a constant friend, in fact, that it kind of pushed her down another set of stairs in the next month. This latest fall, along with the sheer pain of trying to love her, had been the stimulus that finally convinced Lucas to leave.

And now he was back, beside her bed as she lay in a coma.

"Sandy," he said, as he held her still hand. "Why?"

She died two days later, without regaining consciousness, at the age of 31. And thus ended a tumultuous life that had created tender beauty and had caused awful sorrow.

Sandy Denny was born in 1947 in Wimbledon. As a teenager, she trained as a nurse, but, with a passion for music, she studied at an art college and fell in with folk musicians. These days, such a move might not seem so threatening. It's not the fate that parents dread for their beloved



SANDY DENNY'S GRAVE

offspring. But in the mid-60s, this was a rebellious circuit, much given to sin and vice and all that other dreadful stuff.

At a concert at The Troubador, she was spotted by The Strawbs, an up-and-coming band, and she was invited to record with them. I can't find those recordings anywhere, and God knows I've tried, but I daresay they sound rough and ready. But Sandy slipped in a song of her own, the painfully ethereal "Who Knows Where the Time Goes?" I challenge you to sit yourself down and listen to the haunting voice of the departed Denny, singing her own song – I challenge you not to get goosebumps when you hear that voice from the past.

The song was picked up by American folk star Judy Collins and Sandy had established herself. In 1968 she joined Fairport Convention, and appeared on three LPs, which shaped the future of British folk-rock music. I know a lot of people might not thank them for this singular contribution to our culture, but there it is.

She left the group in 1969, and here we may remark on the productivity of groups back then, of 3 albums inside 12 months. It's taken the wonderful Beyonce 8 years to do that, and she's one of the busier stars.

Sandy wanted to pursue her own career, and gathered together the group Fotheringay, named after another of her achingly beautiful songs. Another in the group was her future husband, Trevor Lucas, he of the deathbed vigil.

Seemingly restless, she moved on again and embarked on a solo career, never quite finding whatever was the happiness she sought, whatever the channel she needed for her creativity.

Now free, she made music, wrote songs, toured, guested with Led Zeppelin, rejoined Fairport Convention briefly, married Lucas, and gave birth to Georgia. She loved her baby daughter but just as often she seemed to forget about her in boozy bouts of depression. Nothing could ever make her truly happy. Drugs and emotional turmoil dogged her every effort.

In 1978 she died in a Wimbledon hospital as a result of brain haemorrhage.



FAIRPORT CONVENTION IN 1969

When we see the sun in the sky, it seems to shine so constant and contentedly, yet telescopes reveal a seething mass of swirling fiery plasma, erupting and exploding and dying suddenly down. That is how some people live their lives.

"Who knows where the time goes?"

"I don't know, Sandy, but I wish I knew where you went."

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Solution on page 26

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				7			9	8
	8	6			4	3	1	
		5	8			2		3
				6				
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	5	4	9			7	8	
9	6			2				
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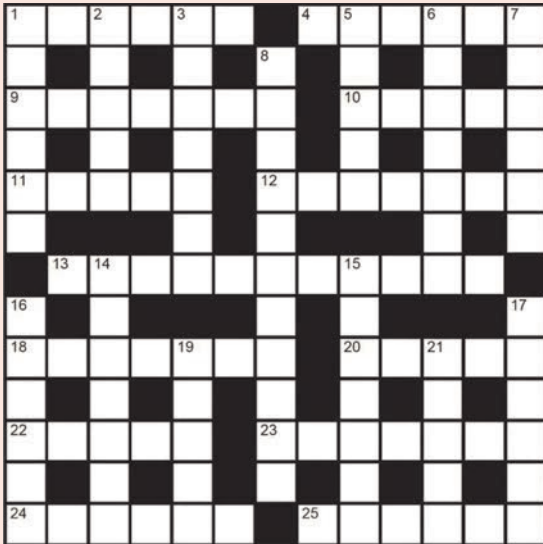
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Learning Without Limits



CROSSWORD

Solution on page 26



Across

1. Prevent from being included (6)
4. Light tanker for supplying water or fuel (6)
9. Pain in the lower back (7)
10. Eighth letter of the Greek alphabet (5)
11. Puppet character, one of Jim Henson's Muppets (5)
12. White, ant-like insect (7)
13. Bread slice dipped in egg and milk and fried (6,5)
18. Devotional exercise said by Catholics at morning, noon and sunset (7)
20. Light-headed (5)
22. Solid projectiles shot by a musket (5)
23. Confer dignity or honour upon (7)
24. Pencil mark remover (6)
25. Steve ____, US actor and comedian (6)

Down

1. Formal expression of praise (6)
2. Spice used in curry powder (5)
3. Military unit (7)
5. Aquatic mammal (5)
6. On the Origin of ____, work by Charles Darwin (7)
7. Harvester (6)
8. Inexpensive lodging place for student travellers (5,6)
14. Emblems of high office (7)
15. Fabric made of silk (7)
16. Wander about aimlessly (6)
17. Fire-breathing dragon used in medieval heraldry (6)
19. Cotton fabric used especially for hosiery and underwear (5)
21. Accounting entry (5)

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Hit the sweet spot!
Apple tarte tatin

Serves 4 Preparation time 15 minutes Cooking time 30 minutes

Tarte tatin has an air of sophistication that brings with it a reputation for being difficult or time-consuming to make. In reality, it's uncomplicated and undemanding, especially if you use ready-rolled pastry.

Ingredients

- 75g ready-rolled puff pastry
- 35g caster sugar
- 30g butter
- ¼ tsp vanilla extract
- A small pinch of salt
- 140g baking apples (around 1 small apple), peeled, cored and cut into 1cm slices

To serve

- Whipped cream, ice cream or creme fraiche

Method

1. Preheat the oven to 180°C, 160°C fan, gas mark 4.
2. Unroll your pastry sheet and cut it into a circle the size of a cast-iron frying pan.
3. Add the sugar to your pan and heat over a medium heat. Don't stir it but let it melt, then gently swirl it around the pan as it turns to liquid. It will start to caramelise and turn a golden colour, this will take 4-5 minutes.
4. Once the sugar is golden, turn off the heat and add in the butter. Add in the vanilla and a small pinch of salt, and stir again to combine everything.
5. Once combined, place the apples on top of the caramel, arranging them in any way you like but trying to keep them in a single layer as much as possible. Lay the circle of pastry on top of the apples and tuck it around the edges of the pan slightly. Place in the oven and bake for 25 minutes or until the pastry is crisp and golden.
6. Once baked, take your serving plate and place it face down on top of the skillet. Carefully but confidently flip the plate and skillet over, turning out the tart so the apples face upwards. Serve with whipped cream, ice cream or creme fraiche



Recipe is extracted from One Pot, One Portion recipes for people who eat, cook or live alone, but are tired of washing up, by Eleanor Wilkinson, out now, published Ebury Press, priced at £22, with photography by Dan Jones.

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HOME IS WHERE THE HEART IS

The Benefits of Live-In

Choosing the right care for a loved one is a crucial decision, often filled with emotional and practical considerations. Live-in care has emerged as an increasingly popular option, offering a host of benefits that promote well-being, independence, and peace of mind.

Personalised and One-to-One Care

One of the standout advantages of live-in care is the personalised attention each individual receives. Unlike residential care homes, live-in care ensures that a dedicated Care Professional is present round-the-clock, providing tailored support to meet specific needs and preferences. This one-to-one care fosters a deeper understanding and bond between the carer and the client, enhancing the overall quality of care.

Comfort and Familiarity

Remaining in the comfort of one's home surrounded by familiar settings and memories significantly contributes to emotional well-being. The stress and anxiety associated with relocating to a care home are eliminated, allowing individuals to continue their daily routines in a setting they love. This continuity is particularly beneficial for those living with dementia or Alzheimer's, where a stable environment is crucial.

Independence and Dignity

Live-in care supports independence by assisting with daily tasks while encouraging individuals to maintain as much of their routine and hobbies as possible. This respectful approach ensures dignity and

promotes a sense of control over one's life, which is vital for self-esteem and mental health.

Peace of Mind for Families

Knowing that a professional is always on hand provides immense peace of mind for families. Live-in carers are trained to manage emergencies, administer medication, and provide companionship, ensuring that loved ones are safe and well-cared for at all times.

Cost-Effective Alternative

For many, live-in care can be a cost-effective alternative to residential care homes, especially for couples. It offers a comprehensive solution that encompasses personal care, household tasks, and companionship, all within the familiar and cherished environment of home.

Conclusion

In conclusion, live-in care is a compassionate and practical choice that enhances quality of life, promotes independence, and provides reassurance for both individuals and their families. It truly exemplifies the belief that home is where the heart is.

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Phones without fear

As children go into their first or second year at secondary school, many parents will start being pressured to provide them with a smartphone because "everybody else has one".

They have a point: many kids conduct much of their social lives via phone apps, and don't want to miss out. But you know that there's a lot of unpleasant stuff online. The good news is that Apple and Android phones have some tools to help ensure your tween uses a smartphone safely.

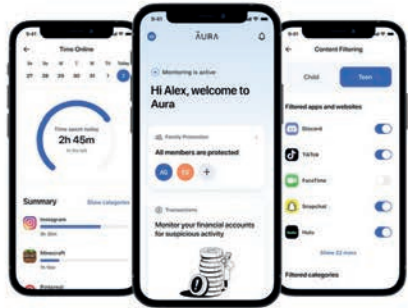
On an iPhone, the features you want are in Settings > Family. Here you can set up Screen Time for family members, a feature enabling you to change safety settings for their phone and other devices. You can block specific apps, set time limits on others and set content restrictions.

The Android equivalent is an app called Family Link.

Screen Time and Family Link let you set content restrictions for the phone's default internet browser. The restrictions can't block everything, but they do a pretty good job of reducing the risk of dodgy content getting through, and you can also block specific sites.

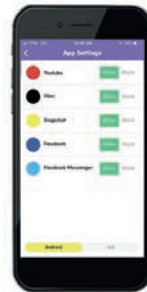
Family Link and Apple's Find My app both enable you to locate your tween. In the case of Family Link, you can set up notifications regarding specific places, so for example you can get Google to ping you when your tween arrives at or leaves school or a friend's house.

These features will cover the basics for most people, but if you want even more control there are multiple parental-control apps from big names in computer security. One of the best known is Norton Family, which not only blocks content and does so even better than the Apple and Google apps but also enables you to see a child's search, streamed video and browsing history.



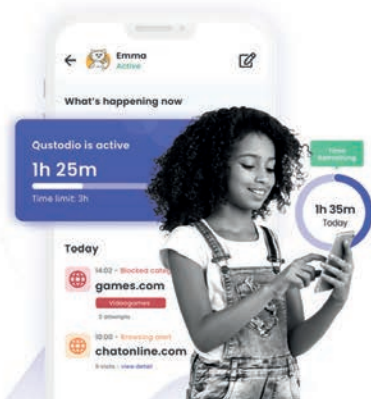
Aura

This US app was judged the best parental app by the tech site Techradar last year, thanks to its ability to warn you about dodgy content and other kids' bullying behaviour in games. **\$99 per year**



Net Nanny

Net Nanny's focus is on inappropriate content, enabling you to block and be alerted of attempts to view pornography and other unsuitable content. It's available for PC, Mac and iOS but not Android. **\$59 per year, netnanny.com**



Norton Family

Norton is one of the best-known names in PC security and this cross-platform app runs on phones and computers with effective parental controls, app blocking, time limits and search history reporting. **£14.99 per year, Norton.com**

Qustodio

This provides detailed reporting and fine-grained app control and can let you know who they've been calling or who's been calling them. **£39 per year**



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Viral beauty brands

Many of us now discover our new favourite products thanks to beauty influencers on TikTok, YouTube and Instagram. But which viral products live up to the hype? Kate Duggan shares five of her favourites...



Amika Mirrorball

With 11 different collections, Amika caters for pretty much every hair type. However, the shine-boosting, frizz-fighting Mirrorball range is probably the most well-known. As the name implies, it aims to give fine to medium hair a light-reflecting sheen. And it delivers. Hair feels softer, smoother and silkier. The products also smell great and look rather lovely on your bathroom shelf. From £24, at www.loveamika.co.uk.

e.l.f.'s Halo Glow Liquid Filter

I'm a big fan of e.l.f.'s Halo Glow Liquid Filter (although my teenage daughter usually nabs it). I use it to highlight key areas over foundation, but you can also use it as a base before make-up and mix it in with your foundation, or skip the foundation altogether and use it on its own. In other words, whatever level of glow you're looking for, it delivers. It's £15 at www.elfcosmetics.co.uk.



Glow Recipe's Watermelon Glow Hyaluronic Clay Pore-Tight Facial

To say my daughter was excited when she saw I'd bought this is an understatement. Thanks to TikTok, she was desperate to try it despite already having tiny pores and dewy skin. (That's the power of beauty influencers...) Luckily, I was also impressed by the mask (£36, www.cultbeauty.co.uk). While I couldn't see a noticeable difference to my pores, it did leave my skin feeling soft and hydrated. Plus, it only takes five minutes to work, which is always a bonus.



OUAI Treatment Masque

Another product my daughter and I are both a fan of is OUAI's Treatment Masque (£34, www.lookfantastic.com). This one is for hair and only takes five minutes to work its magic. It's pricey for a hair mask, but a little goes a long way. For best results, use it at least once a week for a month or more. If you're looking for softer, stronger locks, it's worth the investment.

DIBS Desert Island Duo

This bronzer and blush duo (£34, www.revolve.com) is ideal for adding a hint of colour and contouring. Sweep the bronzer across the areas that tend to get hit by the sun or that you want to define, such as the top of your forehead and along your jawline. Add a sweep of the blusher on your cheeks, then blend it all with a brush.



A final word on viral beauty brands...

The best beauty products are ones that are targeted to your own skin and hair care needs. Those could be the same products that TikTokers rave about, but they're just as likely to be ones with zero social media interest, that you've picked up in a three-for-two deal in Holland & Barrett. In short, focus on what works for you, not on what's trending.

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Weddings

(answers on page 26)

1. Madonna wears a wedding dress in the music video for which of her hit singles?
2. Following their wedding in Gibraltar in 1969, which famous couple spent their honeymoon at the Hilton Amsterdam hotel with a week-long "Bed-In for Peace" campaign?
3. Including her maid of honour, how many bridesmaids does Maya Rudolph's character have for her wedding in the film Bridesmaids?
4. In the Charles Dickens novel Great Expectations, which character insists on wearing her wedding dress for the rest of her life after being jilted at the altar?
5. Of all the gifts given as a traditional wedding anniversary gift in the UK, which is also the title of a UK number one hit single?
6. Which 2008 film begins with wedding invitations being sent to an architect called Sam, a banker called Harry, and a sailor called Bill?
7. Who was David Beckham's best man at his wedding to Victoria?
8. What colour of wedding dress do Sikh brides traditionally wear?
9. At his wedding to the artist and journalist Allegra Mostyn-Owen in 1987, who turned up late, had to borrow a friend's trousers for the ceremony, and lost his new wedding ring within an hour of receiving it?
10. In the film Muriel's Wedding, what song does Muriel walk down the aisle to when getting married?

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PUZZLE SOLUTIONS

Crossword [page 14](#)

Across:

1 Except, 4 Bowser, 9 Lumbago, 10 Theta, 11 Gonzo, 12 Termite, 13 French toast, 18 Angelus, 20 Giddy, 22 Balls, 23 Ennoble, 24 Eraser, 25 Martin.

Down:

1 Eulogy, 2 Cumin, 3 Platoon, 5 Otter, 6 Species, 7 Reaper, 8 Youth hostel, 14 Regalia, 15 Organza, 16 Ramble, 17 Wyvern, 19 Lisle, 21 Debit.

Sudoku [page 12](#)

4	9	2	1	8	3	6	5	7
5	1	3	2	7	6	4	9	8
7	8	6	5	9	4	3	1	2
6	4	5	8	1	9	2	7	3
3	2	9	7	6	5	8	4	1
1	7	8	3	4	2	5	6	9
2	5	4	9	3	1	7	8	6
9	6	7	4	2	8	1	3	5
8	3	1	6	5	7	9	2	4

Quiz [page 24](#)

- | | |
|--|--|
| 1) Like A Virgin | 6) Mamma Mia |
| 2) John Lennon and Yoko Ono | 7) Gary Neville |
| 3) Five | 8) Red |
| 4) Miss Havisham | 9) Boris Johnson |
| 5) Ruby (a hit single for Kaiser Chiefs) | 10) I Do I Do I Do I Do I Do (by ABBA) |

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JOKES



Someone secretly dumped soil on my lawn the other day. No idea who it was. Then last night, another load turned up. The plot thickens.

I bought my friend an elephant for her room. She said "Thanks!" I said, "Don't mention it."



A man has pleaded guilty to a charge of stealing underwear. It was a brief crime spree.

I'm trying to understand all the different types of lettuce. It's rocket science.

Did you know that video conferencing is vegan? It's a meet substitute.

I called the doctor's surgery for an appointment because I'd turned invisible. Sadly, nobody could see me for weeks.

I couldn't think of what to get my wife for her birthday. She said, "It's easy; get me something edible." Ah, that's a piece of cake.



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Hall. Please don't miss it!
Wednesday 20th November - All Saints Church Hall- AGM followed by 'Valentines Mansion and its Owners' by Georgina Green.
Wednesday 11th December -All Saints Church Hall- Haven House' by Sarah Harris.
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The charm of the Channel Islands

Nestled between the UK and France, the Channel Islands have long been recognised for their holiday appeal. Owned by the British crown, but not actually part of the UK, they offer British tourists hopes of a warmer climate and a touch of the exotic, without the need to cross borders.

The archipelago is made up of five main islands, the largest and most populated being Jersey and Guernsey. Closer to the coast of Normandy than the UK's shores, the weather here tends to be milder. English and French are widely spoken, and although you'll see road signs and street names in French, most of the population speaks English. To top it off, the islands are easily accessible from many places in the UK. You can catch a ferry from Poole and Portsmouth to Jersey and Guernsey, and direct planes fly from airports such as Exeter, Birmingham, Manchester, Liverpool and Glasgow.

Inspired? Here are a handful of experiences to tick off while you're there.

Visit Jersey Zoo

Founded by writer and naturalist Gerald Durrell in 1959, Jersey Zoo is widely considered one of the best in the world. It also plays an important role in the conservation and breeding of species that are under threat, and their reintroduction into the wild.

Visit to see endangered creatures such as Andean bears, orangutans and lowland gorillas, and even stay overnight thanks to the zoo's unique camping programme.

Discover WWII relics

Between 1940 and 1945, the Channel Islands came under Nazi occupation, leaving behind sobering reminders of the horrors of WWII. These include the remains of the Lager Sylt concentration camp on the island of Alderney, the wartime memorabilia of Guernsey's La Vallette Underground Military Museum and – perhaps most poignantly – the Jersey War Tunnels, the remains of a Nazi underground hospital converted into an interactive museum.

Find your favourite beach

The Channel Islands have no shortage of sandy beaches to lay your towel on – in fact, some are so beautiful, you'll almost forget you're in the British Isles! On the island of Herm, the azure waters of Shell Beach wouldn't look out of place in the Caribbean. Then there's the sheltered Portelet beach in Jersey, which offers a perfect swimming lagoon at low tide.

Explore by foot

The Channel Islands offer a fantastic network of coastal pathways from which to soak up the islands' spectacular scenery. Walk along quiet clifftop paths, stopping to savour the scent of subtropical plants, and look out for cormorants, oystercatchers and even puffins if you're lucky. Along the way, you'll be treated to views of sandy bays, rugged cliffs, hidden coves and farmland dotted with Jersey cows.

Take to the water

Jersey was once the centre of Europe's surf scene, and the sport is still as popular as ever among locals. The three-mile stretch of St. Ouen's Bay on the west coast of the island remains one of Jersey's main surfing locations. Guernsey's surf scene is smaller, with most local surfers chasing the swell at Vazon Bay.



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