

**inside**

# Chingford and Highams Park

January & February 2026

competition



inside this issue:

**health:**

Rise and shine

**baking:**

Cinnamon honey apple crumble

Local Community Events

and What's On

& all your usual favourites!

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When talking to the Manager of Cloudy2Clear Stephen Moon it became evident that the value of saving their customers money has been held dear for

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**Glass, it's better when it's clear!**



# inside Chingford and Highams Park



**W**elcome to the January/February edition of Inside Magazine, the local magazine for Chingford and Highams Park.

If there's ever a time of year designed to make me hibernate at home, it's January and February. It's

cold and grey – that's both the weather and my skin – and general lethargy rules the roost. Top of my 'to do' list is blankets, tea, and endless TV.

For a day or two, this can be blissful. But that cosy cocoon quickly becomes too much of a good thing. I'm sure I'm not on my own here. So what's the answer?

According to online wellness advisers (who don't look like they've had a down day in their lives), the solution is simple: get outside. Ignore the weather, pull on a generous number of loose layers – ideal if you over-indulged at Christmas – and plant yourself squarely in the middle of nature. And it has to be proper green space; 30 minutes around the block, dragging your reluctant pooch, doesn't count.

You might think that an hour or two outdoors won't make much difference and that once you're home, everything will feel the same. But apparently a bit of distance from your winter den, combined with a boost of oxygen, really does something for your motivation.

Maybe you'll tackle something small, like finally sorting out that drawer full of mismatched gloves. Or maybe it's the home project you've been putting off for months. And if you do decide to go big, any home-improvement company or tradesperson will be delighted to help you start the year with some new ideas.

*Tania Houston*

**NB.** Copy deadline date for our next issue (March/April) is February 13th.

Printed on FSC accredited paper. For every tree felled significantly more are planted. Vegetable based inks are used throughout, which are far more environmentally friendly than oil based inks. Waste paper from the printing and binding process is recycled and goes back into providing pulp for recycled paper products.



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Inside Magazine (Chingford and Highams Park) is published bi-monthly by E4 Publishing.

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**Serves** 6

**Preparation time** 15-20 minutes

**Cooking time** 25-40 minutes

## Ingredients

### For the apple filling

- 3-4 large apples, core and seeds removed, chopped
- 2 tbsp Honey Heaven Organic Honey with Cinnamon
- 2 tbsp butter

### For the topping

- 75g oats
- 4 tbsp Honey Heaven Organic Honey with Cinnamon
- 4 tbsp butter, melted

## Method

1. Add all the ingredients for the filling in a rectangular baking dish. You can pop this in the microwave on high for 5 minutes to make the cooking process quicker.
2. Preheat the oven to 180°C, fan 160°C, gas mark 4.
3. Mix together the ingredients for the topping and spread evenly on top of the apple filling.
4. Bake in the preheated oven for 25 minutes until golden on top. Or, if you haven't put the filling in the microwave, bake for 40 minutes.

Honey Heaven's range of 17 single-sourced organic raw honeys comes from one artisan beekeeper and is bottled straight from the hive, without any processing. For more information and recipes, visit [www.honeyheaven.co.uk](http://www.honeyheaven.co.uk).





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# SUDOKU

## How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

*It's fun.  
It's challenging.  
It's addictive!*

**Solution on page 26**

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

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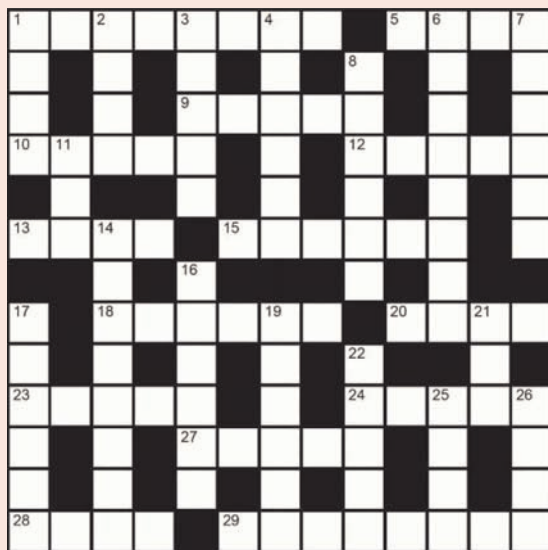
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# CROSSWORD

Solution on page 26



## Across

1. Ruffian, yob (8)
5. Young, unmarried woman (4)
9. Covered with lather (5)
10. Frame of iron bars to hold a fire (5)
12. Downy juicy fruit (5)
13. Material effigy worshipped as a god (4)
15. Art of growing miniature trees (6)
18. Flatfish with distinctive orange spots (6)
20. Organ of photosynthesis and transpiration in plants (4)
23. Kitchen appliance used for cooking food (5)
24. Bottomless gulf or pit (5)
27. Cloak, often knitted (5)
28. Musical instrument (4)
29. Concerning someone's private life (8)

## Down

1. Let droop (4)
2. Killer whale (4)
3. Picture placed within the bounds of a larger one (5)
4. Slowly, in musical tempo (6)
6. Rough (8)
7. Bag containing a small amount of ointment or shampoo, etc (6)
8. Ring road (6)
11. Primary colour (3)
14. Adversary (8)
16. Most secure (6)
17. Fin on the back of a fish (6)
19. Separate or cut with a sharp instrument (6)
21. Hardy and sure-footed animal (3)
22. Bundles, of straw or hay, for example (5)
25. Be wide open (4)
26. Marine mammal (4)

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As lockdown struck, to help combat some personal issues in his life, Adam began volunteering. Initially as a Meals on Wheels driver, then he became a telephone befriender and over two years ago he joined the Samaritans as a listening volunteer. To this day he still continues his voluntary work.

Adam said: "Setting up this home care business is an extension of the voluntary work I already do. My voluntary work has given me so much - it's empowering, humbling, incredibly rewarding and gives me a real sense of purpose. There is no better feeling than to help others."

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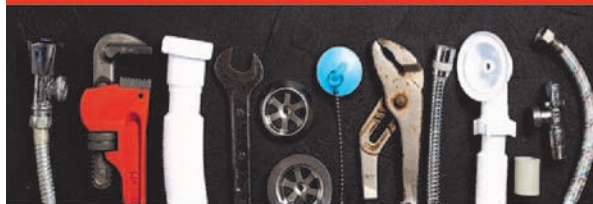
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## Cornwall

With undulating hills and spectacular coast, Cornwall is a cyclist's dream. Some of the best routes are the steep climbs between beautiful villages, including the Cornish Way which runs from Land's End to Bude. For a more relaxing holiday, consider the traffic-free Camel Trail. Spanning 18 miles between Padstow and Bodmin, it follows an old railway line beside the River Camel.

## The Yorkshire Dales

### Yorkshire, Cumbria and Lancashire

The Yorkshire Dales boast limestone cliffs and sweeping valleys. Pedal down country lanes and look out for Roman remains. Intermediate cyclists will enjoy the Settle to Malham Cove loop in North Yorkshire, which includes a climb up to Malham Tarn. For a greater challenge, the Park Rash climb beckons.

## The New Forest

### Hampshire and Wiltshire

As one of the UK's smallest national parks, the New Forest is perfect for families. The traffic-free Hawkhill Trail is a great option, while the Rhinefield Ornamental Woodland Ride takes you past some of the forest's tallest trees.

## Snowdonia, Wales

The star attraction of Eryri National Park is Mount Snowdon. Scenic cycling routes in the area include the Llanberis Pass loop that circles the base of the mountain. The Mawddach Trail and Lôn Gwyrfa are perfect for beginners.

## Isle of Arran, Scotland

The beautiful Isle of Arran lies an hour's ferry journey from the mainland. Tackle the 55-mile Arran Circular or the flatter Machrie Moor route.

# Rise and shine

By Susannah Hickling

How to ensure a healthy start to the day on cold winter mornings.

## Wake up naturally

Ditch the alarm if you want to set yourself up for the day. Research has shown that people who wake up naturally feel more awake more quickly and are more likely to feel rested throughout the day. To make it work, go to bed at a time that allows your body to find its natural – or circadian – rhythm, and turn in at the same time every night.

## Go outside

Getting out into the daylight as soon as possible after waking up will help you feel alert during the day and sleepy at bedtime. The fresh air, exercise and being in nature will also boost your mood.

## Delay your coffee

Levels of the stress hormone cortisol are higher when you wake up, offering a natural energy boost. Save the caffeine until after your morning walk when you're more likely to need it.



## Get moving – but gently

Our bodies stiffen up overnight, so a few light stretches to loosen up in the morning will help prepare you for the day ahead. There are plenty of suggestions online. To avert injury, move around naturally for 30 minutes before doing any exercise routine.

## Have protein for breakfast

Avoid sugar, which causes blood glucose spikes, and opt for protein instead. Protein and wholegrains will keep you fuller for longer and give you energy. Try eggs on wholemeal toast or porridge with skimmed milk and fruit.

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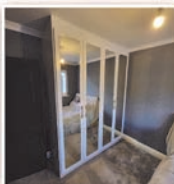
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# QUIZ!

(answers on page 26)

## Review of the Year 2025

1. Who won the US Masters in 2025 to become the first European golfer to complete a career grand slam?
2. In 2025, Blaise Metreweli became the first female to become the head of which organisation?
3. Who played the "Legends" slot at the 2025 Glastonbury Festival?
4. With the USA imposing tariffs on it despite the islands being uninhabited, Heard Island and McDonald Islands is a territory of which country?
5. Which video game was the basis for a 2025 film advertised with the tagline "Be There and Be Square"?
6. Name the only two teams that England defeated in normal time during the 2025 UEFA Women's Championship.
7. Which chart-topping singer was part of an all-female crew that flew into space in April 2025?
8. In April 2025, it was reported that which TV show helped boost Thai takeaway orders in the UK by up to 25 per cent?
9. The 2025 series of the BBC TV show Race Across the World started in China and ended at the southernmost point of which country?
10. Which famous person died in 2025, just days after visitors to an event in Birmingham could pay 666 pounds to meet him and his family?

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**18th February.** 'Podiatry Practice and Common Procedures' by Mark Treddenham.

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# PUZZLE SOLUTIONS

## Crossword page 14

### Across:

1 Hooligan, 5 Lass, 9 Soapy, 10 Grate, 12  
Peach, 13 Idol, 15 Bonsai, 18 Plaise, 20  
Leaf, 23 Range, 24 Abyss, 27 Shawl, 28  
Lute, 29 Personal.

### Down:

1 Hang, 2 Orca, 3 Inset, 4 Adagio, 6  
Abrasive, 7 Sachet, 8 Bypass, 11 Red, 14  
Opponent, 16 Safest, 17 Dorsal, 19  
Cleave, 21 Ass, 22 Bales, 25 Yawn, 26  
Seal.

## Sudoku page 12

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

## Quiz page 24

- 1) Rory McIlroy
- 2) MI6 (the Secret Intelligence Service)
- 3) Rod Stewart
- 4) Australia
- 5) Minecraft (the film is called A Minecraft Movie)
- 6) Wales and the Netherlands
- 7) Katy Perry
- 8) The White Lotus
- 9) India
- 10) Ozzy Osbourne

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<b>L. B. of Waltham Forest</b>	(020) 8496 3000
<b>Crimestoppers</b>	0800 555 111
<b>Consumer Advice</b>	0808 223 1133
<b>Police (non emergency)</b>	101
<b>Gas Emergencies</b>	0800 111 999
<b>Citizens Advice Bureau</b>	0800 144 8848
<b>NHS Direct</b>	111

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<b>RSPCA Cruelty Line</b>	0300 1234 999
<b>National Rail Enquiries</b>	03457 48 49 50
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<b>Gatwick Airport</b>	0844 892 0322
<b>Stansted Airport</b>	0844 335 1803
<b>Luton Airport</b>	01582 405 100
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<b>Library: Castle Ave and Station Rd via email;</b>	
<b>libraries.support@walthamforest.gov.uk</b>	


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