

# inside

# Chigwell and Buckhurst Hill

January & February 2026

competition



inside this issue:

## health:

Rise and shine

## baking:

Cinnamon honey apple crumble

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and What's On

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





Welcome to the January/February edition of Inside Magazine, the local magazine for Chigwell and Buckhurst Hill.

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.

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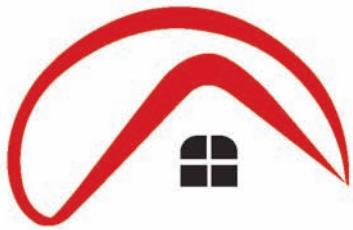
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# Cinnamon honey apple crumble

The intense flavour of cinnamon in the honey is all that's needed to give this crumble the perfect balance of fruit and spice and all things nice!

**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.

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# 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 begin the day with a spring in your step. This isn't always possible, of course, but the evidence is compelling: a survey of more than 1,000 employees by sleep health website Each Night found that people who woke up naturally felt fully awake more quickly than those who used an alarm. They were also more likely to feel rested throughout the day, eat a healthy breakfast, exercise more and have a positive outlook.

What's more, if you snooze you lose, according to a Japanese study. This found that people who woke repeatedly because they put their phone alarm on snooze were more groggy than those who got up after a single alarm.

To make natural waking succeed, you need to go to bed at a time that allows your body to find its own – or circadian – rhythm. Turning in at the same time every night will help regulate your body clock.

## 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, physical activity and the experience of being in nature will also boost your mood.

## Delay your coffee

Cortisol – your body's main stress hormone – levels are higher when you wake up, providing a natural energy boost. So it's a good idea to save the caffeine until after your morning walk, when you're more likely to need it. Drink a glass of water when you wake up instead, as being well hydrated will make you feel more energised.

## Splash yourself with cold water

Admittedly, this is not tempting on a chilly morning, but it could really liven you up. Let your shower run cold for a minute and then return it to its usual temperature, or start warm and turn the water to cold at the end. A Dutch study found that people who had a hot shower followed by a cold blast of up to 90 seconds for 30 days experienced a 29% reduction in sickness-related absences from work. Other research has suggested cold showers could help relieve depression and pain.

## 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 avoid injury, move around for 30 minutes before doing any exercise routine. This could mean just walking around the house or showering and dressing.

## Have protein for breakfast

Avoid sugar, as this causes blood glucose spikes, and opt for a moderate amount of protein instead. Eating protein and wholegrains for your first meal of the day will keep you fuller for longer and give you steady energy. Eggs on wholemeal toast or porridge with skimmed milk and fruit will set you up nicely.

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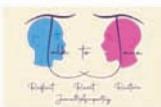
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**Solution on page 26**

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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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# Great Scot



David Tennant's talent has found expression on stage and screen since his teenage years. But his career reached new heights in 'Doctor Who'.

Not only did the BBC series 'Doctor Who' make David Tennant a household name, it also introduced him to his future wife, Georgia Moffett.

He met Georgia – the daughter of the fifth incarnation of the Doctor, actor Peter Davidson – when she appeared in the 2008 episode, *The Doctor's Daughter*, as Jenny, the cloned child of David Tennant, the tenth Doctor.

Georgia, now 41, already had a son, Ty, born in March 2002. David officially adopted him in 2011, the same year he and Georgia tied the knot.

David and Georgia share their London home with Ty, 23, and their other children, Olive, 14, Wilfred, 12, ten-year-old Doris and Birdie, six. During one episode of his podcast, 'David Tennant Does a Podcast With...', the actor, 54, shared that the couple constantly tell their children they love them. "I'm very glad our kids will be annoyed that we say it too much; it's the better way to be."

## Early ambition

It was his love of 'Doctor Who' that inspired David to become an actor at the age of about three or four years old. Born David John McDonald in Bathgate, West Lothian, Scotland, in 1971, the son of a Presbyterian minister, David changed his name as there was already an actor called David McDonald. After graduating from drama school, he landed his first professional acting role in the theatrical production of Brecht's *The Resistible Rise of Arturo*

Ui'. He became a television favourite as the Doctor in 'Doctor Who', a role he played from 2005 to 2010. Other notable credits include DI Alec Hardy in 'Broadchurch' and the demon Crowley in 'Good Omens', along with appearances in films such as 'Harry Potter and the Goblet of Fire'. Acclaimed theatre roles include *Macbeth* and *Hamlet*.

Last autumn David appeared in ITV's gripping seven-part real-life crime drama, 'The Hack', based on the 'News of the World' phone hacking scandal in the mid-2000s. David played investigative journalist Nick Davies as he fought to expose the truth. (Episodes available to stream on ITVX and STV.)

## Rivals return

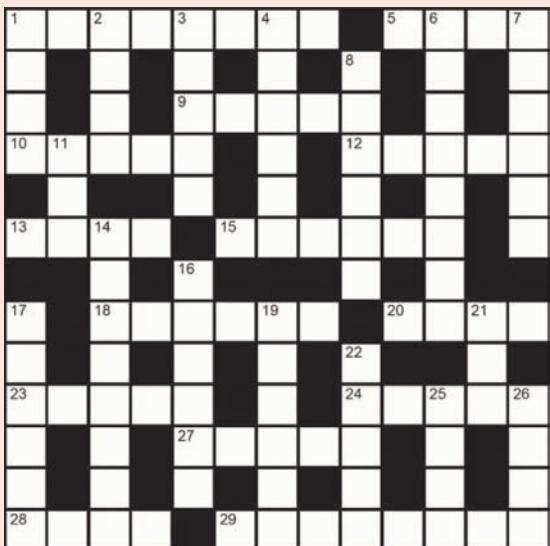
Filming wrapped up last year, too, on the second series of 'Rivals'. Adapted from the late Dame Jilly Cooper's 1988 novel, the popular first series aired in 2024 on Disney+. In the drama, set in the fictional county of Rutshire, the characters vie for business and each other's affections in the cut-throat world of TV executives.

David reprises his role as the egotistical Lord Tony Baddingham, the controller of regional TV network Corinium, in this latest series. He said: "It wasn't like that in Bathgate in the 80s – but apparently it was in the Cotswolds. There was a lot of hair and there was a lot of sex."

*Stream all episodes of 'Rivals' on Disney+.*

# 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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# New you, new do

Fed up of winter and in need of a change? A hair makeover is a great place to start.

"Do you want it feathered? How about a blunt cut? Ooh, have you thought about balayage?" if you haven't changed your hairstyle for a while, you may want to swot up on the lingo. Here are a few key phrases:

## Style

**Bob:** Chin-length or slightly longer.

**Lob (long bob):** Hair falls around shoulder length.

**Pixie:** Very short on the sides and back, but slightly longer on top. Although shorter cuts may seem easier to style, they can actually take more time and practice, so it's worth discussing this with your stylist before going for the chop.

**Power pixie:** This keeps extra length and volume on the top for a 90s vibe.

**Blunt cut:** A precision cut where the hair is cut to the same length with no layers or texturising.

**Shag:** A choppy cut with lots of movement and texture. It usually includes a fringe. The desired effect is somewhere between relaxed and messy.

**Wolf-cut:** The mullet reimagined for 2026, a wolf-cut features short choppy layers on top and longer feathered ones underneath.

## Cutting techniques

**Layering:** Cutting sections of the hair at different lengths to add movement, texture and volume. Face-framing layers can help to highlight your features and add softness.

**Feathering:** Thinning out the ends of the hair by cutting them at an angle for a light, natural finish.

**Texturising:** This is similar to layering, but it's less about sections and more about cutting or thinning the hair to reduce bulk and create a natural or defined style.

## Colouring techniques

**Highlights:** Thin sections of your hair are lightened. In most cases, the effect is quite subtle and looks more natural than having one colour applied to all your hair.

**Lowlights:** Similar to highlights, but hair is darkened rather than lightened. Lowlights are often used alongside highlights to add warmth and definition.

**Babylights:** Very fine highlights.

**Balayage:** While traditional highlights are usually applied using foils, balayage highlights are painted on by hand. The aim is to create a natural, sun-lightened effect, gradually getting darker towards the roots, which makes regrowth less obvious.

**Reverse balayage:** This achieves a similar look to balayage but is about adding darker colours rather than lighter ones.

**Money piece:** Bold highlights or a contrasting colour applied to the front of your hair to frame your face.

**Gloss/glaze:** A semi-permanent treatment that adds shine and slightly changes the colour without damaging your hair.

While it's helpful to know the terminology, it's even more helpful to show your stylist photos of the look you're aiming for. And don't forget to ask them for advice, as they should be able to adapt a look to better suit your hair type, face shape and colouring.



# Along for the ride

## Five of the best cycling destinations in the UK.

From mountains and woodland to rolling hills and over 19,000 miles of dramatic coastline, the UK is packed with scenery that's best explored on two wheels. Here are some of the top cycling destinations this country has to offer and some of the best routes to follow while you're there – whatever your fitness level.



### Cornwall

With undulating hills and spectacular coastal scenery, Cornwall is a cyclist's dream. While there are a few flat, family-friendly sections of cycle path, some of the best routes in this beautiful county are the steep coastal climbs that weave between beautiful little villages.

The Cornish Way is a perfect example. Running from Land's End to Bude, the trail forms part of the National Cycle Network and is best tackled in stages over four or five days.

Alternatively, if you're looking for a route that's more suitable for amateurs, the famous Camel Trail is a good place to start. Spanning 18 miles between Padstow and Bodmin, the completely traffic-free trail cuts through woodland as it follows an old railway line beside the River Camel.

### The Yorkshire Dales

Yorkshire, Cumbria and Lancashire

The Yorkshire Dales first rose to cycling fame during the 2014 Tour de France Grand Départ – and it's easy to see why. Boasting limestone cliffs and sweeping valleys, and punctuated with charming villages, this national park in the north of England is fantastic for cycling. Pedal down remote country lanes, drinking in the ancient landscape of river valleys and magnificent hills, and look out for glimpses of the Dales' Roman remains.

Intermediate cyclists will enjoy the Settle to Malham Cove loop in North Yorkshire, which carves through rolling countryside and includes a climb up to Malham Tarn. Or, for a greater challenge, the Park Rash climb beckons; located near Kettlewell, the route is one of the steepest in England and not for the faint-hearted!





## The New Forest Hampshire and Wiltshire

The New Forest is one of the UK's smallest national parks, and the perfect size for exploring on two wheels. Criss-crossed with a mixture of undulating gravel tracks and long flat stretches of road, the New Forest offers the ideal terrain for amateur cyclists and family days out. Take it slow, look out for free-roaming ponies, donkeys and other wildlife, and stop for a pub lunch in one of the park's picturesque villages.

The Hawkhill Trail is a great option for a chilled day out. Beginning at Round Hill Campsite between Brockenhurst and Beaulieu, this road- and traffic-free route cuts through some deep forested areas and past some of the most interesting features of Beaulieu Airfield. Or, for a slightly more challenging route, set out on the Rhinefield Ornamental Woodland Ride and marvel at the forest's most magnificent trees.

## Snowdonia, Wales

In the north-west corner of Wales lies the 823-square-mile Eryri National Park, a beautiful blend of celtic culture, mountain scenery and rugged coastline.

The star attraction is Mount Snowdon (Yr Wyddfa), the highest mountain in England and Wales at 3,560 feet high. It can't be tackled on a road bike but there are plenty of scenic road cycling routes in the surrounding areas, including the Llanberis Pass loop that circles the base of the mountain. Alternatively, if you're looking for a more leisurely route through some of the park's most beautiful areas, the Mawddach Trail and Lôn Gwyrfai are perfect for beginners and families.



## Isle of Arran, Scotland

Cyclists will love the hilly trails on the jaw-droppingly beautiful Isle of Arran, an hour's ferry journey from the west coast of Scotland. The main draws, apart from the spectacular scenery, are the quiet roads and lots of places to stop for lunch.

While the island may seem small, it's packed with trails that range from easy to challenging, so there's something for everyone. Tackle the 55-mile Arran Circular – the island's most popular route – or, for a less intimidating option, try the flatter Machrie Moor route, which is more suited to families.

# RADFIELD HOME CARE, DRIVEN BY A PASSION TO HELP OTHERS

**A**t Radfield Home Care Care Chingford & Loughton, we are helping people to age well by remaining connected to the things that matter most in life. Our journey started with our founder, Adam Simons, who has very personal motivations for setting up a business that supports his local community.

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 homecare 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."

Inspired by Adam's passion, we are dedicated to providing quality private home care services and understand that exceptional care starts with exceptional people. That is why we are committed to supporting and empowering our brilliant Care Professionals.

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# Brush up

By Katherine Sorrell

Consider colour capping for a visually intriguing yet tranquil effect.

## No more white ceilings and woodwork

Colour capping involves using varying tones of a single colour right up to the ceiling, creating a sense of harmony without sharp breaks (goodbye, white skirtings and ceilings). The room feels bigger than it really is, because the eye travels seamlessly around it. Flat surfaces gain depth and the whole space feels enveloping and intimate.

The look is surprisingly easy to achieve and works especially well in period homes, where architraves, dado rails and cornicing can be washed in with the graduating colours, enhancing their detail and character. In modern homes, meanwhile, colour capping provides depth and understated variations of colour where architectural features may be lacking.

**Casabella interior matte paint, from £20.75 for 0.94l, Benjamin Moore.**  
[www.benjaminmoorepaint.co.uk](http://www.benjaminmoorepaint.co.uk)



**Darwin large two-seater sofa in luxury velvet orange umber, from £999, Dunelm. [www.dunelm.com](http://www.dunelm.com)**

## Use a simple decorating guideline

Pick at least three different shades from the same family. Proportion is vital and one of the most successful ways to achieve this is to follow the 60:30:10 rule. Simply use one main hue over 60% of the room, a feature colour for 30% and an accent colour for 10%. For a brighter, airy look, apply 60:30:10 from top to bottom or, for a darker, more dramatic look, go from bottom to top.

## Where to use colour capping

This look can work in almost any room but is most effective in a space where you want to create atmosphere and intimacy. When applying it to living rooms and bedrooms, especially if you use the darkest tone for the ceiling, colour capping creates a cocooning effect. In open-plan spaces, it can be used to zone areas for different uses.

However, in rooms that are very dark or have low ceilings, it may be better to stick to a one-colour scheme.

## Choosing colours and finishes

Paint company colour charts and websites make it straightforward to choose coordinating shades of the same colour. Keep the contrasts strong enough to tell the difference between the shades but not so strong they don't harmonise.

Pale neutrals are perfect when you want a light, bright, airy feel for smaller or north-facing rooms, where it's best to avoid stark whites. For warmth and drama, vibrant reds, oranges and mustards fit the bill, while earthy, organic tones of olive, brown and ochre feel relaxing. Pastels like sage, cornflower and dusky pink are elegant in a well-balanced interior.

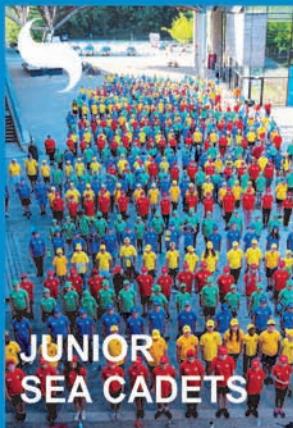
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Can this compact crossover with a hybrid powertrain beat the competition? Cameron Richards reports.

#### What is it?

With its chic styling and bright colour schemes, the Fiat 600 offers the same cutesy looks as the Fiat 500 but greater practicality.

#### What's new?

Originally only available with electric power, the 600 is now offered as a more affordable hybrid with a broad choice of trim levels.

#### What's under the bonnet?

The 600 comes equipped with a 1.2-litre three-cylinder turbocharged 48-volt mild-hybrid powertrain, with power outputs of 98bhp or 134bhp.

We're driving the higher-powered version, which also generates 205Nm of torque, and can hit 60mph in 8.3 seconds and a top speed of 124mph. Fiat claims a combined fuel economy of 58.9mpg and CO2 emissions of 109g/km.

#### What's it like to drive?

Around town, the light steering makes it easy to manoeuvre and it's quite nippy in traffic. However, that light steering feels numb at higher speeds. The automatic gearbox is also hesitant when you accelerate.

#### How does it look?

The 600 looks like a 500 that has put on a few pounds, featuring the same bubble-shaped exterior design.

However, the 600 boasts two extra doors, lower wheel arch extensions and chrome detailing around the window seals and below the doors. The 600 logo that runs the width of the chrome strip in the doors gives it a unique presence.



#### What's it like inside?

The interior is a nice place to be, with our test car boasting cream leather with turquoise stitching but there are also lots of hard, scratchy plastics.

There are a good number of physical buttons, while storage is excellent. It includes a very deep centre console bin, deep door bins and a centre armrest with storage, but it's a pity the glovebox is tiny.

Space in the back is average but legroom is tight. The car offers 385 litres or 1,256 litres of boot space with the rear bench folded down. That's 35 litres more than a Vauxhall Mokka.

#### What's the spec like?

The entry-level '600' has all the essentials, such as a 10.25-inch touchscreen display, cruise control, air conditioning and rear parking sensors. Meanwhile, the mid-level 'Icon' boasts automatic climate control, LED taillights, keyless entry with push-button start and 17-inch alloy wheels.

We're driving the flagship 'La Prima', which adds an electrically adjustable driver's seat with a massaging function, 18-inch alloy wheels, a powered tailgate, and heated front seats and windscreens.

Prices kick off at £25,360, similar to the Mokka.

#### Verdict

With its interesting exterior design, generous boot space and impressive standard equipment list, there's plenty to like. But it doesn't feel special enough to make it a leader in the compact crossover class.

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## Road trip tips

The Net Vet's Dr Alex Crow and Porsche advise on keeping dogs safe and comfortable in the car.

### Start with familiarity

To get them used to travelling, Dr Alex suggests "putting dogs in the car on the driveway for a few minutes before taking them out and giving them a treat". He then recommends building up to short drives of under five minutes.

### Secure dogs properly

A loose dog in a vehicle is dangerous and could result in a £5,000 fine and nine penalty points. "Also, it can be very distracting to the driver of the car," adds Dr Alex.

Luckily, there's a broad range of harnesses, boxes and dedicated options, including a Porsche-specific inflatable luggage compartment box for dogs.

### Make journeys comfortable

"If you're doing a long journey, make sure you're stopping every half an hour to an hour," says



Image: Porsche

Dr Alex. Pack plenty of water and a bowl. While drivers should always avoid leaving their pet in the car in summer, they should also think before cranking up their car's heating in winter if travelling with a dog.

### Drive smoothly

It's all about "smooth driving and smooth corners", says Dr Alex, who recommends "gradual braking and avoiding sudden stops". Try to avoid twisty roads or tight lanes, which can cause travel sickness in dogs.

### Choose a dog-friendly destination

Ensuring there are places where your dog can walk about is important. "If it's a hotel, make sure that they're dog-friendly," says Dr Alex.

# 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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# Overcoming gym anxiety

Many of us will be resolving to work out more this year. But for some people, the biggest barrier isn't time or motivation – it's walking into the fitness centre itself.

Statistics show that Google searches relating to 'gym confidence' and 'overcoming gym anxiety' – also known as gymtimidation – have risen by 1,600% and 300% respectively year-on-year.

## What is it?

Individuals feel nervous, self-conscious or overwhelmed about working out in a gym setting. Navigating unfamiliar equipment, wearing gym clothing, not knowing proper exercise techniques and working out alongside seemingly more experienced gym-goers can be a huge source of anxiety.

These feelings most commonly stem from a fear of judgement, lack of confidence or feeling out of place. Studies show that other factors, such as changing in front of others and concern over equipment cleanliness, can contribute.

However, while gymtimidation can be enough to put you off, there are ways to manage and overcome it, so that you can make the most of your workouts.

## Focus on your goals

Remember why you started and set achievable, personal goals to stay motivated. Start with beginner-friendly workouts or classes to build confidence.

## Familiarise yourself

It can be helpful to get to know the gym environment ahead of time.

- If you'd feel calmer understanding the layout of the gym, you could book a guided tour. You may even be able to take a virtual tour.

- If you're worried about not knowing how to do certain exercises or use equipment, watching tutorials can be helpful. Remember, too, that gym staff are there to help.
- Visiting during off-peak hours, when gyms tend to be less crowded, can help reduce feelings of intimidation.

## Don't over-complicate things

In our 24/7 world, we have access to an endless supply of exercise information – from social media to magazines – and for those with gym anxiety, this information overload can feel even more intense. Workouts don't need to be fancy. Select, say, five or six exercises you feel comfortable with and build your workout from there, introducing new exercises as your confidence and fitness grow.

## Bring a buddy

Exercising with a friend can provide support, make the experience more comfortable and keep you motivated. You might also like to join a fitness class of like-minded people – from Pilates and yoga to Zumba and spin, there's plenty on offer.

## Feel comfortable

Remember that you don't have to look or dress a certain way to exercise or be accepted at a fitness centre. So, wear whatever you feel best in, be that a baggy t-shirt and tracksuit bottoms or tight-fitting Lycra.

## Be patient

Overcoming gym anxiety takes time. Recognise that everyone starts somewhere, so be kind to yourself as you build confidence and establish a routine.

## And relax...

It might also help to have some relaxation techniques you can fall back on if things get too much, such as deep breathing exercises or mindfulness.

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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 Plaice, 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.

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### 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
- 6) Wales and the Netherlands
- 7) Katy Perry
- 8) The White Lotus
- 9) India
- 10) Ozzy Osbourne

# Tech talk

## APPLE OF YOUR EYE?

The consumer electronics giant is now setting its sights on smart glasses.



Apple is reportedly scaling back its plans for future Vision Pro virtual reality headsets, focusing instead on developing more practical, more affordable smart glasses that you can wear for everyday activities. Apple CEO Tim Cook is said to be 'obsessed' with smart glasses, and that market is currently dominated by Facebook parent company Meta and its smart Ray-Ban models (pictured). Apple is expected to announce its own smart glasses with built-in camera, speakers and in-lens displays later this year – but you'll have to wait until at least 2027 before you can buy a pair.



## TV YOU CAN'T SEE

The latest technology is offering a completely transparent screen.

Would you buy a TV you can't see? LG hopes you will. The LG OLED T Signature Series Smart TV looks like a normal big-screened OLED TV, albeit a fancy one, but at the touch of a button it becomes completely transparent, enabling you to see the image on its screen as well as what's behind.

LG is collaborating with leading visual artists to show off the potential for new ways of creating and enjoying artworks. However, it's fair to say you won't see one of these televisions in many living rooms right now – the world's first transparent OLED TV is exclusive to Selfridges and costs £44,999.99.

## NAIL THE SALES

How to make sure the prices are right when you're looking for savings in January.

January means yet another flurry of big sales on the big online retailers – and that also means the return of deals that are too good to be true. In many cases the discounts you see online aren't really real: the original sticker price may be from years back, or the item could be discounted so frequently that its recommended retail price is largely fictional.

But there's an easy way to check that a deal in the sales is a really good one. On Amazon you can see products' price histories by copying the page address into [uk.camelcamelcamel.com](http://uk.camelcamelcamel.com), and you can get other retailers' price histories when you look up products on [pricespy.co.uk](http://pricespy.co.uk).

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<b>Buckhurst Hill Parish Council</b>	(020) 8498 9933
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<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
<b>Thames Water</b>	0800 316 9800

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Family Groups Ltd., Registered Charity.

# JOKES

People are teasing my mate for spending all his savings on a beginner's levitation course. But he's just going to rise above it.

My boss said I couldn't bring my dog into work with me, so I had to tie him to a tree outside. He's not happy about it but my dog is having a blast in the office.

What do you call a snowman who likes to take tropical holidays? A puddle.



A traffic policeman stopped a man who'd gone through a red light.  
"Should you be wearing glasses?" he asked.  
"No, officer," the motorist replied. "I have contacts."  
"Sir, I don't care who you know. I'm still booking you."

The inventor of Ovaltine must be a malty millionaire by now.



I'm on a seafood diet. I see food and I eat it.

What happened to the woman who stole a calendar? She got 12 months.



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