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July & August 2026



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inside Chingford and Highams Park



Welcome to the July/August edition of Inside Magazine, the local magazine for Chingford and Highams Park. July and August are the most popular months of the year to take a trip away from home. Holidays create quite a dent in the annual

budget though and looking at the awful delays some are facing leaving the country at the moment, you might question whether it's worth it.

I know that sometimes I've reasoned with myself that I could buy something tangible which I'll get longer use out of rather than something which will be all over within a week or two.

I soon realise though, that whether I take a break for a couple of days or a couple of weeks, the memories will last long beyond the event itself. Nobody ever takes a photo of their new sofa to look back on wistfully, nor will any of us reach old age and think back to the time we 'treated' ourselves to a new set of saucepans.

Even if funds are stretched this year, a sunny day or two away from the constant nag of home running and maintenance and spending some time 'in the moment' rather than distracted by TV and the internet, can be just the pick-me-up you need. Smartphones enable us to take an unlimited number of photos and watching your short video clips will transport you back to the time again and again.

Finally, remember that days out and short UK breaks support local economies and small business owners, and you can't help but feel good about that too!

Tania Houston

NB. Copy deadline date for our next issue (September/October) is August 14th.

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Preparation time **20 minutes**

Cooking time **30 minutes**

Ingredients

- 300g butter, plus extra to grease
- 150ml pure maple syrup (preferably dark for its robust taste)
- 1/4 tsp ground cinnamon
- A pinch of salt
- 75g shelled pecans, toasted in a dry pan and chopped
- 500g rolled oats

For the drizzle topping

- 25g white chocolate, chopped
- 2 tbsp pure Canadian maple syrup (preferably amber for its rich taste)
- 1 tbsp shelled pecans, toasted in a dry pan and chopped

Method

1. Preheat the oven to 150°C, fan 130°C, gas mark 1. Grease and line a 20 x 30 cm baking tray.
2. Put the butter, maple syrup and cinnamon in a pan with a pinch of salt and stir until melted. Add the nuts and oats and stir well with a wooden spoon to coat.
3. Spoon the mixture into the prepared baking tray, level the top, pressing down slightly, then bake in the preheated oven for 25–30 minutes.
4. Remove from the oven and score 16 squares, then leave to cool completely in the tray on a wire rack.
5. For the topping, put the chocolate and maple syrup in a heatproof bowl set over a pan of barely simmering water (don't let the bowl touch the water), heat until just melted, then stir and drizzle over the flapjacks.
6. Sprinkle with chopped pecans, then cut into squares to serve.

For more sweet and savoury recipe inspiration using maple syrup from Canada, visit www.maplefromcanada.co.uk

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By Katherine Sorrell

Turn sunny days into something special with stylish and practical open-air dining essentials.



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Cushions, a woven basket and pretty glassware – luxurious ingredients for a picnic in your garden (or anywhere that doesn't involve travelling too far). All items shown are from Cox & Cox. www.coxandcox.co.uk ↑



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An easy-clean foil lining gives this striking tote bag thermal properties, making it cool in every sense. Orla Kiely tote coolbag, £40, Regatta. www.regatta.com →



This ultra-compact portable charcoal barbecue features an integrated storage tray and a bamboo lid that doubles as a preparation and serving board. Everdure Cube portable BBQ in orange, £149, Direct Stoves. www.directstoves.com ←



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Solution on page 26

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JOKES

My friend got a degree in Egyptology but couldn't get a job. He's now paying to study for a PhD so he can teach other people Egyptology. In his case, university is literally a pyramid scheme.

My boss questioned my enthusiasm today. I can't believe he woke me up just to talk about that.

Stopping his car at a ford, a holidaymaker asked an old man sitting nearby how deep the water was.

"Only a few inches," replied the man. Seconds later, the car was up to its bonnet in the river.

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Before my operation, the anaesthetist asked if I'd like to be knocked out with gas or whether I'd prefer him to hit me over the head with a boat paddle. It was an ether/oar situation.

A frog got his DNA tested. It turns out he's part Irish, part British and a tad Pole.

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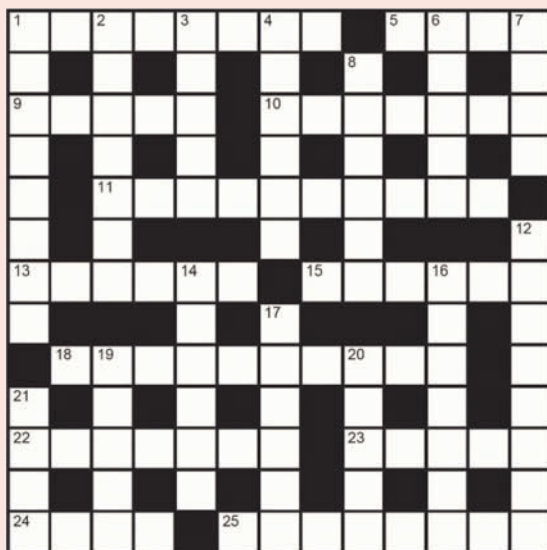
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Solution on page 26



Across

1. Tree of the maple family (8)
5. Rounded thickly-curved hairdo (4)
9. Tapestry used as a wall hanging (5)
10. Square hole made to receive a tenon (7)
11. Branched ornamental lamp-holder (10)
13. Preserve a dead body (6)
15. Living agent that carries and transmits a disease (6)
18. Italian blue cheese (10)
22. Sound made by blowing through pursed lips (7)
23. Indian form of address for a man (5)
24. Rear-facing point on an arrow (4)
25. Legal action where the outcome is likely to set a precedent (4,4)

Down

1. Scenery and other properties of a dramatic production (5,3)
2. Woody core of a maize ear (7)
3. Craftsman who works with stone (5)
4. German field marshal nicknamed the Desert Fox (6)
6. Mendicant monk (5)
7. Call used three times by a Town Crier (4)
8. Lubricating substance (6)
12. Vessel made of a material suitable for high temperature chemical reactions (8)
14. Official emissary of the Pope (6)
16. Tube that conveys air in and out of the lungs (7)
17. Exist as an essential, permanent, or characteristic attribute or quality of a thing (6)
19. Flexible twig of a willow tree (5)
20. Beginning of an offensive (5)
21. Piece of cotton used to apply medication (4)

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Do the groundwork

By Caroline Knight



Organisations and individuals who open their gardens to the public put a huge amount of effort into making sure everything looks good. Plants in these situations are curated for exhibition. Many famous herbaceous and mixed borders have earth and compost that is banked up towards the back, for example. This enables the plants to be displayed to the best effect. And as much as you might imagine you're looking at a "natural" scene, there's generally a lot of careful placing, repositioning and replanting during the season so that people can enjoy a feast of colourful sights.

How to prepare

You too might want to do some homework if you hope to achieve a beautiful garden:

- Always read the label of any unfamiliar plant. It gives valuable information, including the required light level and moisture content in the ground. There is no point in planting a Cistus, or rock rose in a north-facing, damp spot. It won't give you any flowers and then it will die. Many of our sun-loving garden plants originate from dry, rocky parts of the Mediterranean. These include Lavender, which hates its feet to be wet, and Salvias, which won't last long unless they are given well-drained soils in sun.
- Everyone has shady spots in the garden, so choose plants that thrive there. Most ferns are lush, shade-lovers and there are some beautiful

Euphorbias which provide a rich contrast of colour. Many hardy geraniums are happy in shade, along with Primula, Viola and Brunnera.

- If you have clay soil which is often waterlogged (and then rock-solid during summer), don't despair. There really are plants that suit every place. Consider Astrantias, for example. They are a tough herbaceous perennial that can cope with different conditions.
- Unless the plant you are buying is extremely vigorous or designed to be a substantial specimen, never buy just one. You need a swathe so that you will notice them. You can speed up nature by planting in clusters.
- Be wary of thugs! *Houttuynia cordata*, sometimes known as fish mint, spreads like mad, especially near a pond or waterway. Bamboo is a beautiful plant, but even the "well-behaved" clumping varieties should be planted using a root barrier. The Spanish bluebell looks quite innocent but it is vigorous, and competes and hybridises with our native bluebell. The common snowberry shrub, *Symphoricarpos albus*, spreads by suckering roots, forming thickets very quickly.
- Think about plant shapes and texture as well as flower and foliage colour. Plants should look good together, or their individual charm will be lost. Colour looks better when repeated; avoid having every colour under the sun.

She's Got the X-Factor

Best known as unflappable FBI agent Dana Scully in "The X-Files", Gillian Anderson has spent her career quietly – and sometimes boldly – defying expectations.



Born in Chicago but raised between the UK and the US, Gillian Anderson's transatlantic identity has shaped both her career and her outlook. After early stage work, it was her breakout role as FBI agent Dana Scully in "The X-Files" that catapulted her to global fame in the 1990s.

From the steely detective in "The Fall" to her portrayal of former prime minister Margaret Thatcher in "The Crown", Gillian, 57, has demonstrated a remarkable ability to inhabit different characters. In 2024, she starred as journalist Emily Maitlis in the Netflix drama series "Scoop", which told the story of the 2019 "Newsnight" interview with former Prince Andrew.

Off-screen initiatives

More recently, Gillian has delighted audiences with her candid, comedic turn as sex therapist Jean Milburn in "Sex Education". She followed this with a book exploring sexuality in 2025. "Want" is a bold exploration of female desire, drawing on anonymous contributions – including her own. Gillian has also long supported organisations focused on women's rights, LGBTQ+ equality and mental health.

This spring Gillian collaborated with Marks & Spencer when they appointed her Chief Compliments Officer. She's known for her pared-back, elegant style, but she hasn't always found it easy to achieve the right look. Gillian explained: "I spent a long time getting it wrong, feeling somehow I wasn't projecting who I am."

Independent spirit

Gillian's private life remains just that – private. According to reports, it was while on the set of "The Crown" in 2016, that she met its screenwriter Peter Morgan, who also wrote "The Queen", "Frost/Nixon" and "The Audience. They don't live together but the actor said in 2020: "It works so well as it is and it feels so special when we do come together."

Her two previous marriages both ended in divorce. The first was to Canadian-born TV art director Clyde Klotz, whom she met while filming "The X-Files". They married in 1994, welcomed daughter Piper the same year, and divorced in 1997. Seven years later, she tied the knot with documentary maker Julian Ozanne. The couple separated in 2006. Gillian was then with businessman Mark Griffiths for six years. They have two children – Oscar and Felix.

No limits

Firmly based in London, Gillian continues to balance stage, screen and writing projects while raising her family. More than just a performer, she has become a cultural voice – one that encourages curiosity, challenges convention and invites us to look at ourselves more openly.

"I feel proud to be the age that I am. I'm continuing to build and to grow and do what I set my mind to."

"Want", submitted by anonymous and collected by Gillian Anderson, is published by Bloomsbury Publishing, paperback £10.99.



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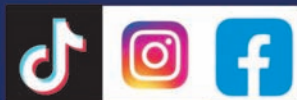


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Cruises are popular but they're not for everyone. While many love the prospect of a pre-organised holiday at sea, others might worry about feeling trapped, being sea-sick or simply not falling into the target demographic. However, cruises are commonly misunderstood. So to help you decide whether a cruise holiday is for you, here are some common misconceptions and the key things to consider.

A cruise could be for you if you...

... love convenience

For many, one of the best parts of a cruise holiday is visiting multiple destinations without the hassle of packing and unpacking, navigating plane journeys or checking into different hotels. Cruising is particularly appealing if you want to sample a variety of places in a short space of time, while not having to handle the logistics.

... enjoy variety

One of the biggest misconceptions about cruising is that it's a one-size-fits-all experience. The reality is that cruises vary enormously. From small, luxury vessels carrying fewer than 100 guests to mega-ships packed with entertainment and activities, there's a wide spectrum. Fancy island hopping around the Greek Islands or voyaging down the River Nile? A cruise holiday can take you all over the globe.

... like sticking to a budget

Another common myth is that all cruises are expensive, whereas they can offer great value for money. Many packages bundle accommodation, meals, entertainment and transport into one price, making it easy to stay within a set budget. However, check the full list of inclusions as many will charge extra for alcohol, Wi-Fi and excursions.

A cruise might not be for you if you...

... need your space

Cruises are a social affair, with shared dining, group excursions and onboard activities all part of the experience. This can be a big plus if you enjoy meeting new people, but if you value your solitude, cruising might not float your boat. While there are smaller or more premium cruise lines that offer a more intimate experience, bear in mind you'll still be sharing your space with other passengers for a large portion of your holiday.

... want freedom

Cruises are convenient, but this comes with a trade-off: limited time in each destination. Port stops may last only a few hours, which can feel rushed if you like to venture off the beaten path. While cruises are ideal for getting a taste of different places, they might not suit you if you prefer immersing yourself in one location.

... are afraid of seasickness

Seasickness is an understandable worry for many first-time cruisers. While modern, larger vessels are designed with stabilisers, if you're particularly sensitive to motion, it's definitely something to factor in. Choosing a larger vessel and a cabin in the middle of the ship can help.

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QUIZ!

(answers on page 26)

Young and Old

1. The TV sitcom Young Sheldon was both a spin-off and prequel to which other TV sitcom?
2. What is the first book of the Old Testament?
3. What are the first names of the four students who were the title characters in the 1980s TV sitcom The Young Ones?
4. The old fashioned is a cocktail that is typically made by muddling sugar with bitters and water, and adding which alcoholic spirit?
5. In 2009, which 15-year-old became the first person to win the BBC Young Sports Personality of the Year award for a second time?
6. In the board game Monopoly, how much does it cost to buy Old Kent Road?
7. Which famous rock group was formed in Sydney in 1973 by brothers Angus and Malcolm Young?
8. Which two football teams play against each other in the Old Firm derby?
9. BSC Young Boys is a professional football team based in which European capital city?
10. Who or what is often referred to as "the Old Lady of Threadneedle Street"?



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PUZZLE SOLUTIONS

Crossword page 14

Across:

1 Sycamore, 5 Afro, 9 Arras, 10 Mortise, 11 Candelabra, 13 Embalm, 15 Vector, 18 Gorgonzola, 22 Whistle, 23 Sahib, 24 Barb, 25 Test case.

Down:

1 Stage set, 2 Corncob, 3 Mason, 4 Rommel, 6 Friar, 7 Oyez, 8 Grease, 12 Crucible, 14 Legate, 16 Trachea, 17 Inhere, 19 Osier, 20 Onset, 21 Swab.

Sudoku page 12

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

Quiz page 24

- 1) The Big Bang Theory
- 2) Genesis
- 3) Vyvyan, Rick, Neil, and Mike
- 4) Whiskey
- 5) Tom Daley
- 6) £60
- 7) AC/DC
- 8) Celtic and Rangers
- 9) Bern
- 10) The Bank of England

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- Regular hydration: Keep a bowl of fresh, clean water on hand at all times.
- Frequent walks: Regular exercise keeps your dog's digestion healthy. Swimming and agility training, can also help.
- Ask about supplements. Probiotic and prebiotic supplements may benefit digestion and support a healthy gut microbiome.
- Ask your vet. Check your furry friend's poo for the four Cs and see your vet promptly if you notice any changes.



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Signs of poor gut health include diarrhoea, constipation, vomiting, excessive flatulence or bloating, and changes in your dog's poo. Other indicators include bad breath, changes in appetite, poor skin and coat health, lethargy, behavioural changes, and weight loss or gain.

Look for the four Cs in your dog's poo: colour, consistency, content and coating. A healthy poo should be firm, log-shaped and chocolate brown.

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Our decision to advertise was based not solely on price, but on the positive feedback and strong results shared by other advertisers. The team at The Inside Magazine have always been professional, responsive and courteous, and the advertising scheme has proven to be a great benefit to Abbey Antiques & Furnishings and The Abbey Group as a whole.

We have no hesitation in recommending The Inside Magazine to other businesses. Should you require any further information, please do not hesitate to contact us.

Thank you.

Kind regards,
Lisa Cannings
Director
The Abbey Group / Abbey Antiques & Furnishings

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