

# Well Red



## **HEALTH & FITNESS**

Sitting abdominal exercises

## **PARK LIFE**

Westwood Recreation Ground

## **GARDENING ZONE**

Watering throughout the summer

## ***Featured Articles***

### **OUT AND ABOUT**

Places to visit locally

### **ANYONE FOR TENNIS?**

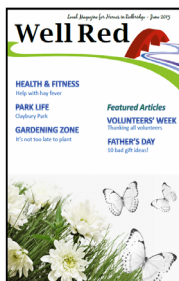
It's Wimbledon fortnight

### **THE SAMARITANS OF REDBRIDGE**

Looking at the work they do



**“Do you know where I can find...?”**  
is a very common question!



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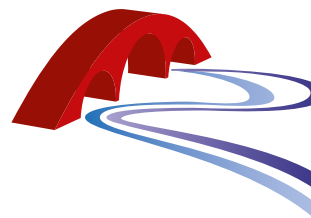
*Local Magazine for Homes in Redbridge*

**Well Red**



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# Welcome



July kicks off where June ended – at Wimbledon! One of this month's featured articles looks at the history of Wimbledon and gives some fascinating facts that you didn't know.

July is also the end of the school year and the start of the six weeks holiday. A trying time for parents having to keep their children entertained. I have put together a few places to visit in the 'Out and About' article which are educational, fun, within budget and can be visited when it rains!

Also many people in Redbridge are now fasting during the holy month of Ramadan, the end of which will be marked by Eid al Fitr. Enjoy your celebrations with family and friends.

And finally a big thank you to Beverley Poynter who contributed the article about the Samaritans of Redbridge and the fantastic work they do.

Enjoy!

Elaine  
Publisher



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## Contact



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wellred.co.uk

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# What's On Events

## FAIRLOP FAIR

**When:** Saturday 4th July 11-6pm

**About:** Held at **Fairlop Waters Country park**. Entertainment includes traditional swing boats and rides, old English games, folk music, traditional dance, cup cake decorating, tea parties, doggy fashion shows, A whirl of street entertainers of every sort from circus acts and fortune tellers to fire-eaters and fools!

FREE

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## FAMILY FUN DAY

**When:** Sunday 5th July 11-4.30pm

**Contact:** Carolan Casey 020 8500 3047 ext 221

**About:** Held at **Lambourne End Day Centre** for any family with a child with a disability or additional needs, who lives in Redbridge. Activities include archery (over 8s), earth ball, kayaking (for over 8s), pony and cart. Lunch is provided and transport can be provided too.

**IMPORTANT: Please contact Carolan Casey to book your place.**

Lambourne End Centre, Manor Road,  
Lambourne End RM4 1NB

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## INTERNATIONAL KISSING DAY

**When:** Monday 6th July

**About:** Kissing Day aims to make us appreciate a kiss in its own right. No conventions, no social norms, just a kiss. Across the globe we embrace the kiss by embracing someone else.

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## SOUTH PARK HABITAT RAFT CREATION

**When:** Tuesday 7th July 10-2.30pm

**About:** Help the Rangers create more floating habitat rafts for our new pond beside the Wildlife Centre and the lake.

Meet at the Wildlife Centre inside the park beside the lake and adjacent to the bandstand. FREE. Just turn up. For adults

## BEST OF MUSIC FEST

**When:** Sunday 12th July 11-3pm

**Contact:** 020 8708 8100

**About:** Held at **Valentines Mansion**. Enjoy a delightful selection of acoustic music performances in a beautiful setting. Arrive early to get the best spot! Picnics are welcomed but please bring your own seating or ground covers as chairs and blankets are not provided. Hosted by the Redbridge Green Fair Music Club and the Redbridge Music Lounge.  
FREE. No need to book, just drop in.

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## GARDENS TOUR - VALENTINES MANSIONS

**When:** Tuesday 14th July 11-12pm

**Contact:** 020 8708 8100

**About:** Held at **Valentines Mansion**. Join Valentines Park Manager Simon Litt Dip. Hort. for a guided walk around the incredible gardens at Valentines. Highlights include the Old English Garden, Victorian Rose Garden, Dry Garden and Walled Kitchen Garden. For adults.

Price: £3.50. No need to book, just drop in.

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## REDBRIDGE ARTS ASSOCIATION - 7TH SUMMER EXHIBITION

**When:** 15th July - 31st August

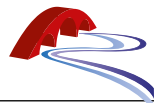
**Contact:** 020 8708 8100

**About:** Held at **Valentines Mansion**. Wednesdays to Sundays, in the Dovecote Gallery, adjacent to the Gardeners Cottage Cafe. Browse exhibits by local art groups.

FREE. No need to book, just drop in.

*Publicise your event (fun day, speaker, course, fair, theatre performance, tour, exhibition etc.) to 20,000 homes in Redbridge in the 'Events' section for FREE.*

**Contact:** 07503 661 429  
**email:** [info@wellred.co.uk](mailto:info@wellred.co.uk)



# What's On

## Events

### DEMENTIA PARTY IN THE PARK

**When:** Thursday 16th July 10-3pm

**Contact:** Jon Pushkin 07961 819728

**About:** Being held at **Valentines Mansion**, Redbridge Music Lounge in association with organisations in the Redbridge Dementia Partnership will be holding a one day music festival.

They are hoping that lots of people with dementia –and if appropriate their carers, will attend. There will be lots of music, refreshments and information stalls. FREE

### CLASSICS ON THE COMMON

**When:** Wednesday 22nd July

**Contact:** [www.classicsonthecommon.com](http://www.classicsonthecommon.com)

**About:** Once a year, **Harpenden Common** (nr St Albans) comes alive for half a day with more than 1200 classic cars, other 4-wheelers, motorcycles and scooters. There you'll find a Chevy Bel Air rubbing shoulders with a 1927 Trojan, and a rare 1978 Matra Bagheera with a '59 Berliot. Plus 10,000 admiring spectators.

PREBOOKING ESSENTIAL

### EID-AL-FITR - TRAFALGAR SQUARE CELEBRATION

**When:** Saturday 25th July 12-6pm

**About:** The Eid Festival has been annually held in Trafalgar Square in London, bringing diverse communities, families and friends together. It features live entertainment, stalls, exhibitions, and children's activities. FREE

### NATIONAL PARALYMPICS DAY 2015

**When:** Sunday 26th July

**Contact:** [www.queenelizabetholympicpark.co.uk/whats-on/events/2015/3/national-paralympic-day-2015](http://www.queenelizabetholympicpark.co.uk/whats-on/events/2015/3/national-paralympic-day-2015)

**About:** At the Queen Elizabeth Olympic Park Stratford, enjoy live music and DJs, outdoor dance and aerial theatre, sound and visual art installations and promenade pieces. A great outdoor arts festival plus the chance to join in a variety of "come and try" sports activities. FREE



## Calling all young, keen footballers

... or even if you just like to kick a ball around in the park!



**Redbridge United FC Academy**  
is looking for new players aged 4-8 years old  
to join its club for the new season.

Training and matches occur nearly every weekend during  
season, in Hainaut

For more information contact:  
Peter Groves tel: 020 8590 5149



Celebrating  
over 40 years  
in local youth  
football

# What's On

## Local Clubs & Groups

### RECOVERY WALK

**When:** First Sunday of month 11.00am

**Where:** Valentines Park

**Contact:** 020 8708 0954

**About:** FREE. Join our friendly walkers for a monthly recovery walk, these walks are at a gentle paced aimed at those suffering or recovering from long term health conditions including Cancer. The walk will be no longer than 30 minutes with plenty of rest stops and there's even an opportunity for a nice cup of tea afterwards.

Meet at Gardener's Cottage Café by Valentines Mansion.

### INDOOR MARKET

**When:** Every Sunday 10 - 3.00pm

**Where:** James Leal Centre - Ray Park

**Contact:** Krissie Phillips 07720850105

**About:** FREE. Weekly indoor market. Come along and enjoy a family day out! Children can enjoy the park, and the soft play area. Adults can browse the stalls and enjoy refreshments from the cafe.

### STORIES, RHYMES AND SONGS

**When:** Every Wednesday 11 - 11.30am

**Where:** Seven Kings Library

**Contact:** Seven Kings Library 020 8708 9780

**About:** FREE. Babies love books, so it's never too early to bring your child to the library. Enjoy stories and songs together with your child and meet other parents and children.

Suitable for under fives.

### ZUMBA FITNESS

**When:** Every Wednesday 7.30 - 8.30pm

**Where:** St. Francis of Assisi Community Centre, 144 Fencepiece Road, Ilford, IG6 2LA

**Contact:** Elaine 07961 365674

**About:** £5 a class. Get fit and burn calories in my fun Zumba Fitness classes. Toning routines are included for abs, arms and legs too! Please bring water with you as it can get hot! All levels welcome from beginners upwards. Ages 16+

### DEMENTIA WALK AND TALK

**When:** Every Thursday 11am

**Where:** Valentines Park

**Contact:** Gemma on 020 8708 0954

**About:** FREE. We are a friendly bunch and would like to invite people living with dementia (no matter the stage), along with their carers, friends, families and grandchildren, to join us for a stroll in the park.

Meet at Gardener's Cottage Café by Valentines Mansion.

### TAI-CHI & QI GONG

**When:** Every Thursday 12.30-1.30pm

**Where:** Valentines Mansion (meet in reception)

**Contact:** 020 8708 8100

**About:** Price £6. Enjoy the beautiful and tranquil setting of Valentines to practice the arts of Tai-Chi and Qi Gong. No booking required just drop in.

### BASIC COMPUTER SKILLS

**When:** Every Friday 9.30 - 10.30am

**Where:** Seven Kings Library

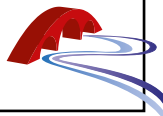
**Contact:** Seven Kings Library 020 8708 9780

**About:** FREE. Learn to use the mouse and keyboard, read and send emails, browse the internet and more.

*Are you part of a club or group, or do you run one?*

*Publicise it to 20,000 homes in Redbridge from only £19 and watch your attendance figures grow.*

*Contact: [info@wellred.co.uk](mailto:info@wellred.co.uk)  
or call: 07503 661 429*



# Out and About

**As the weather improves there is a desire to get out of the house, explore and let the children tire themselves out! London attractions don't need to be first on the list!**

Here are a few other options that are relatively local to Redbridge, and kinder on your pocket!

## Eltham Palace

Court Yard, Eltham, Greenwich, SE9 5QE  
[www.english-heritage.org.uk/visit/places/eltham-palace-and-gardens](http://www.english-heritage.org.uk/visit/places/eltham-palace-and-gardens)

Stylish house built in 1933–6 which has incorporated the great hall – the most substantial survival from the medieval royal palace – into the design. With 19 acres of gardens.

Price: Adults £13 Children £7.80. Closed on Fridays and Saturdays.

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## Eastbury Manor House

Eastbury Square, Barking, Essex, IG11 9SN  
[www.nationaltrust.org.uk/eastbury-manor-house](http://www.nationaltrust.org.uk/eastbury-manor-house)

Important brick-built Tudor gentry house, completed about 1573, and little altered since.  
Price: Adults £4 Children £2. Open Wednesdays, Thursdays and Sundays



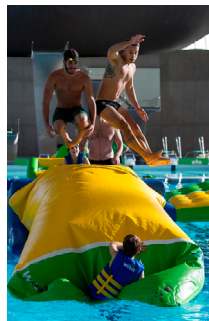
## Sea Life Adventure Aquarium

Eastern Esplanade, Southend-on-Sea, Essex, SS1 2ER  
[www.sealifeadventure.co.uk](http://www.sealifeadventure.co.uk)

Over 40 unique displays including sharks, stingrays, moon jelly fish, wolf fish and even jungle frogs and a Morelletts Crocodile  
Price: Adults £9.95 Children £6.95 (cheaper if bought on line). Open every day.

## Aqua Splash and Extreme Aqua Splash London Aquatics Centre

Queen Elizabeth Park, Stratford E20 2Zq  
[www.londonaquaticscentre.org/swimming](http://www.londonaquaticscentre.org/swimming)



Aqua Splash sessions (every Saturday) - test your balance on 20 metre long inflatable course.

Extreme Aqua Splash session (every Sunday) – 40 metre long inflatable course.

Adults and Children over 8 (competent swimmers).

Price: Adults £7.50 Children £5

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## Newham City Farm

Stansfeld Road, London E6 5LT  
<http://www.activenewham.org.uk/newham-city-farm>

One of London's largest and longest established city farms and includes cows, horses, sheep and pigs and small animals for the children to pick up and play with.

Open Tuesdays – Sundays. FREE

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## Rainham marshes

[www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/r/rainhammarshes/about.aspx](http://www.rspb.org.uk/discoverandenjoynature/seenature/reserves/guide/r/rainhammarshes/about.aspx)

An RSPB nature reserve and the largest area of wetland in the upper parts of the Thames Estuary. It has a diverse range of bird species, wetland plants and insects.

Price: Adults £5 Children £3. Open every day.

By Elaine Hall

# Anyone for Tennis?

29th June - 12th July

By Louise Addison

## It's Wimbledon fortnight

A broken pony-roller belonging to the All England Croquet and Lawn Tennis Club was the catalyst which led to the birth of the most prestigious tennis tournament in the world: Wimbledon.



When the roller broke in 1877 the members decided to hold a lawn tennis competition to raise funds for repair.

There were 22 male competitors who each paid a one guinea entrance fee. The champion was 27-year-old Spencer Gore who won 12 guineas and yes, it did rain on the day of the finals!

In spite of the weather the competition was such a success that it became an annual event. In fact there have been only ten Wimbledon-free years since that first competition: four years during the First World War and six during the Second World War.

At the start the only event was the gentlemen's singles. Then, in 1884 the ladies' singles and the gentlemen's doubles were added, followed by the ladies' doubles and the mixed doubles in 1913.

Only top-ranked amateurs were allowed to play until 1968 when the tournament became 'open', meaning that professionals could finally enter.

The British dominated The Championships, as they are known, for the first 30 years: Ernest and William Renshaw, and Laurie and Reggie Doherty were national heroes. But our winning streak didn't last. Until

recently the last British man to win at Wimbledon was Fred Perry in 1936. He won a hat trick of titles just before the Second World War. Then, in the glorious summer of 2013 Andy Murray finally brought the title home to Britain and won the heart of the

nation.

He's on a high this year having married his fiancé Kim Sears in the spring. Wouldn't it be wonderful if he made this a real fairytale year and won Wimbledon again?

### Wimbledon: Fascinating Facts

The first black person to win Wimbledon was a woman, the American Althea Gibson, in 1957 and 1958. The first, and only, black male to win was Arthur Ashe, who beat Jimmy Connors in 1975.

The last British woman to win Wimbledon was Virginia Wade in the silver Jubilee year, 1977.

It is the only tennis competition where players are required to wear all or predominantly white clothing. In 2002 Anna Kournikova had to change her black shorts for white ones on court!

Every year about 27,000 kilos of strawberries, 7,000 litres of cream, 60,000 pints of Pimms and 14,000 bottles of Champagne are consumed by spectators during Wimbledon.



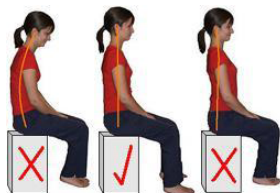
# Health & Fitness

## *Sitting abdominal exercises*

**Everybody wants a flat tummy, but time is always limited. Try combining work with a workout at the office!**

### **Good Posture**

Sitting tall with your shoulders stacked over your hips, spine elongated, chest lifted and the shoulder blades pressing down your back can help you to properly pull your stomach muscles in. The engagement of the abdominal muscles helps to tone them as they support your lower back. Allowing your shoulders to hunch forward or your back to arch can cause your stomach to stick out with an unflattering bump!



### **Exercises**

#### **Ab Squeezes**

Sit in a chair with your spine elongated and your feet flat on the floor. Inhale through your nose and, as you exhale, draw your belly button in toward your lower back as far as you are able. You should feel your abdominal muscles drawing in and slightly up during the contraction. Aim to hold your stomach in for two to five counts and then release. Complete five to 10 repetitions.

#### **Ab Crunches**

Sit up straight with your knees bent and feet flat on the floor. Place your hands on the sides of your head and curl your body downward. Squeeze your abs forcefully, rise back up and repeat.

#### **Leg Pull-ins**

Sit tall and at the front of the chair. Take hold of the armrests for support or lightly rest your hands on the seat right next to your thighs.



Keep your legs together as you lift them and bring your knees in toward your

chest. You should feel the contraction in your lower abdominals. Hold the contraction for one count and then push the legs out. Bring your obliques into the exercise by bringing your knees in toward the right side of your chest and then in the next repetition toward the left side of your chest. Complete eight to 12 repetitions.

#### **Alternating Elbows to Knees**

Alternating elbows to knees works your entire abdominal area. Sit up straight and place your hands on the sides of your head. Twist your body as you lift your left leg and bring your right elbow toward your left knee. Hold for a second, lower your leg and come back to an upright position. Repeat the same movement going to the opposite side. Keep going back and forth in a smooth, continuous motion.



#### **Considerations**

Avoid working your abs immediately following a meal; a full stomach can make it more difficult to properly contract the abdominal muscles. Include abdominal exercises in your fitness program three to four days per week and wait at least 24 hours between strengthening sessions. Always check with a doctor before starting a new exercise program, especially if you have been sedentary for a while.

By Elaine Hall

# Creative Corner

Are you creative, write poetry or short stories, take photos, draw, paint, sculpt, sew, make, design? Would you like to showcase your creativity to others? Then please send in your creations either written or provide a photo to: [info@wellred.co.uk](mailto:info@wellred.co.uk).

A £10 Amazon voucher will be given for any contributions published.

*Sometimes...*

*Sometimes I think I am alone*

*Sometimes I think nobody understands me*

*Sometimes I think I have nobody*

*Sometimes I think I am useless*

*Sometimes I wish I could change myself*

*Sometimes I wish I was beautiful*

*Sometimes I wish I was the right size*

*Sometimes I wish I was another race*

*Sometimes I am called annoying*

*Sometimes I am called fat*

*Sometimes I am called crazy*

*Sometimes I am called ugly*

*But then I remember...*

*I know God loves me however I am.*

*By Sharanjit Shokar*

## The Iron Man's Fate (inspired by the 'The Iron Man' by Ted Hughes)

At the top of the cliff the Iron Man stood,  
Tall as a house he was briefly a statue.  
He slowly turned his head left then right  
To see the big, blue sea for the first time.  
"He lifted his right foot up into space,  
Then fell down the cliff into nothingness."  
Falling, falling his body parts broke off  
And the Iron Man laid scattered  
at the bottom of the cliff in silence.  
"Nobody knew the Iron Man had fallen."

By Nathen Edwards  
(aged 9)



# Samaritans of Redbridge

**SAMARITANS**  
REDBRIDGE

are in your corner and can be found at **8 Mildmay Road, Ilford** (just

the other side of the underpass alongside Ilford Library).

Samaritans are there to provide confidential, non-judgemental, emotional support for anyone who is in distress or despair. With Samaritans you can just be yourself. All callers are given the space to be open, to share innermost feelings, and to talk about exactly how they feel, whatever those feelings may be.

The nationally recognised charity was founded in 1953 by Chad Varah, a vicar, who throughout his career wanted to do something to help people struggling to cope and possibly contemplating suicide. What was once 'one man and one telephone' has now developed into 201 branches in the UK and ROI.



Redbridge Samaritan Listening Volunteer

The Redbridge branch has existed since 1967 and currently has 89 volunteers who are fully trained and receive ongoing training and support. Volunteers give their time freely, and are there because they care. Here is what some of Redbridge Samaritan volunteers have said:

"Volunteering for the Samaritans has been richly rewarding. I feel very proud to be part of a team of people who are really sympathetic to others and who really care about the people who use the Samaritans service."

"Since I moved to London, volunteering with Samaritans has been the thing that has given me the biggest sense of community. In a city that can often seem too busy to notice the little things, it's good to do something where my focus is on taking time to listen to others. And because of the nature of what we do, it's an organisation filled with the friendliest people you could ever hope to meet!"

"I have learnt that by giving up a few hours of your time, you can change the feelings of despair, and loneliness into comfort and hope."

If you need to talk to a Samaritan, you can contact them by:

**phone on 020 8553 9900 / 08457 909090 or text 07725 909090 or email [jo@samaritans.org](mailto:jo@samaritans.org)**

Redbridge Samaritans may also be spotted under a bright green gazebo, at community events or festivals in and around Redbridge. Their annual event falls on or around the 24th day of the seventh month as the date chosen represents the fact that they are there 24/7 for anyone needing support. This year they are going to be at the **One Borough Day event** at Parsloes Park, Dagenham on Saturday July 25th from 11am.

To find out more about the work they do, volunteering, and where they can be found please go to **[www.samaritans.org/redbridge](http://www.samaritans.org/redbridge)** or follow them on **twitter @redbridgesams**.

By Beverley Poynter  
Publicity Officer - Samaritans of Redbridge

# Park Life

By Elaine Hall

*Redbridge - the 'leafy suburb'*

## Westwood Recreation Ground

Meads Lane, Seven Kings IG3



Westwood Recreation Ground is rolling parkland bisected by the culvert Seven Kings Water, dammed at the centre of the park to form a small pond, with a bridge over the channel. Located in Meads Lane, Seven Kings, it is a medium sized recreation ground that enjoys a children's play facility with a variety of play equipment, informal areas for casual sport and recreation.

The play facilities include tunnels through hills, graduated-in-height wooden pillars to jump across, unusual metal climbing frames, a great hill to roll down and a fantastic wooden, wobbly bridge that straddles the stream!



There are a lot of mature trees within this area and it makes for a perfect setting when enjoying a leisurely stroll.



Westwood Recreation Ground is one of five parks and open spaces in Redbridge that have entered a deed of dedication and are protected by the Fields in Trust as a QEII field and now has Queen Elizabeth II Field in Trust status.

See [www.qe2fields.com](http://www.qe2fields.com)

The Queen Elizabeth II Fields Challenge was an officially endorsed legacy initiative to mark the two landmark events that took place in the UK in 2012 - HM The Queen's Diamond Jubilee and the London 2012 Olympics.

The programme aimed to permanently protect 2012 playing fields and other nominated recreation spaces in communities all across the country, ensuring access to outdoor sport, play and recreation – both now and for future generations.



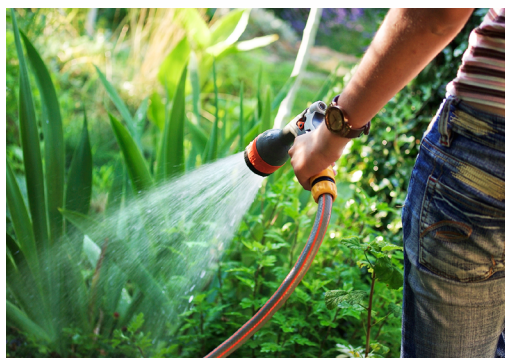
Take a picnic and enjoy a small, but well formed park!

# Gardening Zone

*Hints and tips to get the most out of your garden*

## Watering throughout the summer

With the unpredictable English weather you can never tell whether you will be able to get through the summer without a **hosepipe ban!** And now more than ever there is more push to save water too!



So **make the best use of the rain** that does fall, as we have more than enough water in the UK to sustain an average garden, but it tends to fall in the winter when all the plants are dormant.

**A water butt** is a simple, economical solution for most urban gardens. Butts will catch the rainwater from your gutter and store it until it's required. They typically hold between 100 and 300 litres depending on size.

You can now buy huge **rainwater tanks** which hold up 1000 litres and are great if you have the space. There are also underground storage tanks which hold over 2500 litres!

With **special attachments**, stored rainwater can be fed into hoses and sprinklers, so you can use them anytime.

However, if you want to make the most of your saved water then **irrigation systems** are the best choice. They typically reduce the amount of water you use by 70-90%, which is a huge saving. Here are a few tips for getting the best from an irrigation system.

**Ground preparation** is really important. Dig in lots of home-produced compost, well rotted horse manure, or spent mushroom compost. This organic matter will help the soil retain any

moisture it receives. Make sure the irrigation lines **run under the tips of the branches** rather than at the base of the plant. This will water the roots more efficiently.

**Make sure you mulch.** Mulch can be a membrane, gravel, bark chips

or cocoa shells. The aim is to keep moisture in the soil. I favour organic mulches because they gradually rot down and can be dug in to improve the soil texture further.

**A few simple measures will ensure that your garden stays green this summer without costing the earth!**

**By Rachel Leverton**

(some additional editing by Elaine Hall)

### Plants for Dry Spaces

**Alliums** - the huge ones look great

**Cistus** - Rock Rose

**Euphorbia** - my favourite, very architectural

**Helianthemum** - Sun Rose

**Lavender** - plant near patios for the fragrance

**Santolina**

**Sedum** - almost indestructible!

**Senecio** - the sunshine plant

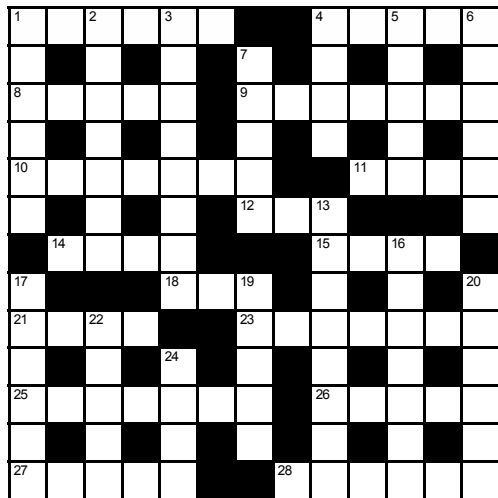
**Thyme**

# Puzzle Page



## Crossword

### Clues



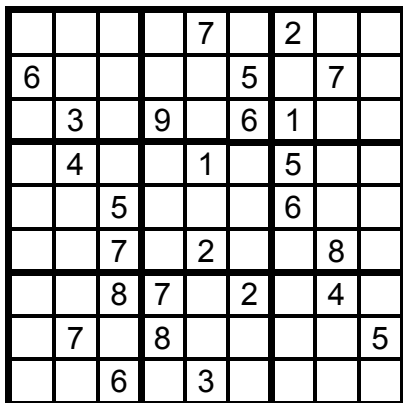
#### Across

- 1 Informal (6)
- 4 Stadium (5)
- 8 Excuse, cover story (5)
- 9 Mediocre, undistinguished (7)
- 10 Resident of Birmingham (slang) (7)
- 11 Positive, additional (4)
- 12 'Take a load off' (3)
- 14 Legend, heroic (4)
- 15 Breakfast food (4)
- 18 Belongs to him (3)
- 21 Finishes (4)
- 23 'Spill the beans' (7)
- 25 Coach, mentor (7)
- 26 Vapour, miasma (5)
- 27 Extent, range (5)
- 28 Aggravation, vexation (6)

#### Down

- 1 Churlish, dour (6)
- 2 Winter sport slope (3,4)
- 3 Beyond good taste (idiom) (1,3,4)
- 4 Antiquated, getting on (4)
- 5 Digital correspondence (5)
- 6 Laid-back, cheery (2,4)
- 7 Moves hand as greeting (5)
- 13 Back and forth (2,3,3)
- 16 Victory (7)
- 17 Buffoon, clown (6)
- 19 Frighten (5)
- 20 Minor, subordinate (6)
- 22 Histrionics, theatrics (5)
- 24 2.54cm (4)

## Sudoku



### How to play Sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition.

You don't need to be a genius. These puzzles use logic alone.

Watch out! Sudoku is highly addictive.





Get ready for summer!

Dance Fitness Fun

Wednesdays

7.30pm – 8.30pm

St. Francis Community Centre

144 Fencepiece Road, BARKINGSIDE, IG6 2LA

Elaine

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