

WXHR

Whipps Cross Hospital Radio

Patients' Guide

ON RADIO CHANNEL 1

AROUND THE HOSPITAL

AND ONLINE AT

www.wxhr.org.uk

your
FREE
magazine

24 HOUR REQUEST LINE 020 8535 6997
or on HOSPEDIA *800 (Free)

Take us home with you at www.wxhr.org.uk

Registering a birth or death



Waltham Forest Register Office
106 Grove Road
Walthamstow E17 9BY

Register the birth of your child

You need to register the birth of your child within 42 days of its birth – this is a legal requirement. But it's very easy. Book an appointment on line at www.walthamforest.gov.uk; there's free internet access at all Waltham Forest Libraries, or phone **020 8496 3000**.

You will need to **bring the notification of birth** issued by the midwife. You must have this with you. You can buy additional birth certificates (currently £4 each) to take away with you.

Parking is limited so use public transport if possible (there are three 1h bays in Fraser Rd). Please allow about 30mins for the appointment.

Do arrive in plenty of time – we are very busy and may not be able to fit you in if you are late.



Registering a death

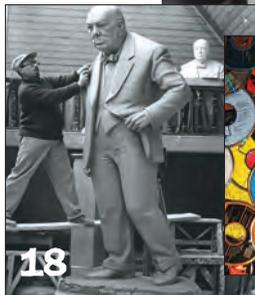
You need to register a death within 5 days, but this may not be possible if a post mortem is required. You can register a death at Whipps Cross hospital – book an appointment on line at www.walthamforest.gov.uk or phone **020 8496 3000**.

You will need to bring the Medical Certificate of Cause of Death (MCCD) issued by the doctor. If there has been a post mortem, then please mention this when you book an appointment. You can buy death certificates at the time of registration, currently £4 each.



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HOW TO CONTACT WHIPPS CROSS HOSPITAL RADIO

Whipps Cross Road, Leytonstone, London, E11 1NR

Studio phone (for requests): 020 8535 6997 *800 from a Hospedia bedside unit (FREE)

website: www.wxhr.org.uk

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WELCOME

to Whipp Cross Hospital Radio



Being in hospital is undoubtedly a stressful time for patients and families. Patients naturally worry about their treatments and, if nothing else, routines are upset and everyone wants to get back to normal. Top of your agenda will be when you can go home.

The whole experience can make us feel negative and depressed. But, of course, there is another side. Once we do get home the recovery process kicks in and we brighten up as we start to feel better and life looks rosy again.

That raises a question about thinking on the bright side in the first place. Many describe the idea as 'positivity'; in other words your glass is half full and not half empty. As Oprah Winfrey put it: 'Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you'll never, ever have enough'.

We should all be able to write down five things that are positive in our lives – try it!

The Chinese were pretty smart on positive thinking too and suggested: If you want happiness for an hour – take a nap. If you want happiness for a day – go fishing. If you want happiness for a year – inherit a fortune. If you want happiness for a lifetime – help someone else.

An optimistic approach to life can bring big advantages that help not only



with medical recovery but also with daily life

That is where we come in; smiling, enjoying music (even singing) and allowing yourself to be entertained are all routes to positivity and sunnier times. Being cheerful is one of our ground rules here at Whipp Cross – great music and happy radio!

And as Barack Obama said:

'Yes we can!'

Phil Hughes
Editor

healthwatch
Waltham Forest

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WHIPPS CROSS HOSPITAL RADIO

Programme Schedule

Weekday Programme Schedule

- 6am **Mike Jones** with the **Breakfast Show** – including Whipps Cross Country, The Sixties Flashback Hour at 9.00am and a mid-morning short story at around 10.30am
- 12noon **Gennie Pearson at Lunchtime** with the **Comedy Hour** at 1pm and a **Tamla Motown 3-after-3**
- 4pm **Andrew Fuller** with **Afternoon Delight** – featuring an hour of Whipps Cross Love Songs at 5pm
- 8pm **MONDAY**
Whipps Cross Focus – local news and features
- TUESDAY**
Tuesday At 8 – what's on, music from Beyond Britain, the Cheeseboard and two tracks from the artist of the week
- WEDNESDAY**
Whipps Cross Focus – local news, sport, interviews & features
- THURSDAY**
Dusty Discs – golden oldies from the 50's, 60's & 70's with Tony Jenkins
- FRIDAY**
Whipps Cross Focus – local news, sport and features
- 9pm **Down Your Ward** – requests from around the wards
- 10pm **The Late Show** – easy listening music with Petula Andre
- 11pm John Costello with **Late Night Classics** and classic poems
- 3am **Steve Harvey** with **Early Morning Music** including the chillout feature

Weekend Programme Schedule

Saturday

- 6am **Jon Emmins** – including **Jon's Quiz**, number 1's from the 90's and Double Decade 70's and 80's

- 12noon **John Doyle** presents Saturday Sport and music. During the season a full programme of football and sports coverage featuring commentary on Leyton Orient and West Ham matches
- 6pm **Pete Dowsett** – including 7pm-8pm **Jukebox Saturday Night** with hits from the 50's & early 60's
- 10pm **John Costello** with **Late Night Classics** and classic poems
- 3am **Steve Harvey** with **Early Morning Music** including the chillout feature

Sunday

- 6am **Sunday Morning** with **Ian Beach** and between 9am and 11am two hours of **Whipps Cross Country**
- 12noon **Pauline Martindale** invites you to **Sunday Company**
- 2pm **At The Cross** – **Tony Sargent** with an hour of Christian music and reflection
- 3pm **Sunday Classics** – a selection of popular classical music with **Andrew Fuller**
- 4pm **Showtime** – **Terry Warren** with music from the shows, TV & films
- 5pm **Sunday Sport** – a round-up of local and national scores and results
- 6pm **The Whipps Cross Chart Show.** **Ian Parker** counts down the month's most requested records
- 7pm **The Ward Party** – an hour of requests
- 8pm **Down Your Ward** – **Phil Hughes** with live conversation and requests from around the wards
- 10pm **John Costello** with **Late Night Classics** and classic poems
- 3am **Steve Harvey** with **Early Morning Music** including the chillout feature

DANIEL MAYS

Moody, troubled, gritty and occasionally funny guy!



Bad guy, moody guy, troubled guy, gritty guy, spiv guy and occasionally funny guy; Kevin (EastEnders), Danny Waldron (Line of Duty), Jim Keats (Ashes To Ashes), Private Joe Walker (Dad's Army) are all just a few of the faces of local actor Daniel Mays.

Vera Drake was his first big break and then Eddie O'Grady in the 2010 film Made in Dagenham, which certainly made a name for him. Daniel himself was made not far from Dagenham, in Epping and

grew up in Buckhurst Hill. He was inspired to become a performer when, at the age of ten, his mum (a bank cashier in Loughton) took him to Michael Jackson's Bad tour at Wembley. He was hooked. He says it was actually the dancing that inspired him most and he would lock himself in his room pretending to be Jacko while his mum knocked up copies of the costumes.

At the age of 13, he migrated from West Hatch School to the Italia Conti stage school where he found he loved acting rather more than dancing and after three years there won a place at RADA. After graduation, it took six months before he got any paid acting work. Meanwhile he helped cast extras for music videos, thinking, 'Where's it all gone wrong?' But, finally, he got four episodes of EastEnders and has not stopped working since.

Ben Whishaw was just below him at RADA; Sally Hawkins and Maxine Peake ahead. He ruefully says you can count on one hand the people from his year still consistently working. Daniel admits it is the precarious profession which has turned him into a workaholic. His agent says, 'Turn stuff down' but he keeps thinking someone is going to tap him on the shoulder and say, 'Your time's up'. That drives him on.

After a small part in Pearl Harbor (the third pilot), which he would rather forget, came Vera Drake, The Adventures of Tin Tin, The Bank Job, Atonement and numerous other films, stage plays and TV dramas such as Public Enemies and Outcasts. He has never been pigeon-holed, does not chase celebrity and prefers not to be recognised in public. All he cares about is being a 'fantastically good actor'.

As a bright, funny and easy-going Essex bloke, he agrees he has not got movie star good looks but his easy charm and charisma allow him to bury himself in roles. He sees himself as a regular actor, although in Spielberg's Tin Tin, it was big time Hollywood but weird. His part required him to wear a rubber wetsuit,

body sensors and helmets as his movements were used to animate digital, 3D character models. He only had a short time on set but there was Spielberg telling him what to do – every actor's dream.

Although Daniel prioritises supporting his family at home in East Finchley (Louise and sons Milo and Dixie), he loves taking on the kind of British films that make an impact but which may pay very little, Shifty was typical. But after the minimum budget Shifty, he was offered an amazing £80,000 deal for another film and signed-up. It was never actually released but he was still paid!

Growing up in Buckhurst Hill, Daniel was the second youngest of four brothers; Ryan is now a stockbroker, Paul is in computers and Jonathan is a cricket groundsman. All of them were obsessed with sport and naturally playing in the local woods. It was a boisterous household presided over by his electrician father and Daniel had to shout to be heard. It was probably the need to have his voice heard that shoved him towards performing. He was neither the bully nor the bullied at school; he was too busy being the joker to be either and was once warned by the local Boys in Blue for being drunk and disorderly.

His first job was stacking shelves on a Saturday at a corner shop called Ginger's in Buckhurst Hill where he was paid the princely sum of £1 an hour. He also had an awful job in a wild-west-themed restaurant in Ilford and had to wear chaps, cowboy hats and stage mock gunfights as he took orders.

His family passion for sport led him to support his local football team, Leyton Orient, he is still a huge fan and goes to matches whenever he can. He knows really well the club's ups and downs; the downs probably outnumber the ups!

He also enjoys a round of golf and some running to keep fit and clear his head but reckons age has caught up with his knees and playing footy in a Sunday League is now off the agenda. Most of his family are Orient supporters apart from his brother Jonathan who, annoyingly for Daniel, is a West Ham fan.



Unusually he is an accomplished oil painter although pressure of time blocks him from getting his brushes out these days despite having many of his paintings hanging on his walls at home.

His one big ambition is to drive Route 66 in the USA; perhaps someone should make a film about it. He would be first in the queue.

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WHIPPS CROSS HOSPITAL RADIO

FREE ON RADIO CHANNEL 1 ALL DAY... EVERY DAY



Many patients at Whipps Cross are keeping in touch with friends and family and enjoying radio and television services using the Hospedia bedside entertainment system.

If your bed has a console you will need to register with the Hospedia operator when you first come into hospital by pressing the green button on the handset. It is free to register but you need to do it to use any of the services. You may be asked for your name and date of birth to uniquely identify you and then you will be allocated your personal phone number to give out to friends and relatives.

Available on the system are television channels (free in the mornings) and your own telephone. To use the

television and phone you will need a Hospedia Freedom card, which may either be bought from the dispensers in the corridors or from Hospedia staff. Your charges will automatically be deducted from the card as you go along.

RADIO CHANNELS ARE ALWAYS FREE and on Radio Channel 1 you will find Whipps Cross Hospital Radio, your own community radio station, 24 hours a day. You can ring for your favourite record or a dedication to be included in our next request show (between 8pm and 9pm most evenings). Simply dial *800 and your call will be free.

Headphones are available from staff and the screens also have small speakers.

• Register with Hospedia

• Press the green button on handset

• FREE to register

• Radio Channels are always FREE

• Find us on Channel 1 24 hours a day

• Dial *800 for your FREE request

Are you looking after someone else's child?

Perhaps mum is ill or abroad.
Maybe your teenager's friend has moved in due to issues at home?

Is someone else looking after your child? Maybe you are working away or live abroad

Did you know that you have to tell the local council?

In the UK, thousands of children under 16 (or 18 if disabled) are being cared for by someone who is not a 'close relative'. This is called a Private Fostering Arrangement. It is when a parent makes an arrangement for their child to be cared for by someone else. After 28 days or more, it could be a Private Fostering Arrangement.

Who is a 'close relative'?

The Children Act defines a 'close relative' as the child's grandparent, brother, sister, step-parent, uncle or aunt. They could be full or half relations and could be related through marriage. Other relatives – e.g: parent's cousin, partner (unless married), great uncle/aunt or friends of the family means that this could be a Private Fostering



Arrangement.

Why do I have to tell?

Many of these children will be fine, but some could be at risk of abuse.

What will happen?

The local authority will make regular visits to see the child and give help and advice to the carer. This is important so that children are well-cared for in a safe environment.

To make a referral please contact:

Waltham Forest Multi-agency
Safeguarding Hub

Phone: 020 8496 2310

Email:

MASHrequests@walthamforest.gov.uk

Visit:

www.walthamforest.gov.uk/private-fostering

Private Fostering



Im staying with a friend of my parents while i go to school here. That means i am being privately fostered. I hope the council know who is looking after me.

For more information about Private Fostering call
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visit www.walthamforest.gov.uk/privatefostering
or email MASHrequests@walthamforest.gov.uk



PARKVIEW HOUSE CARE HOME

Parkview House is an established, purpose built care home offering elderly residential and dementia care. The home is set over two floors with en-suite bedrooms. The home benefits from spacious surrounding gardens and a large conservatory, which is a delight for residents and visitors especially in the summer. Parkview House is situated next to a park where our residents can go for walks, feed the ducks and enjoy picnics.

Residents' rooms are spacious and feature en suite facilities. The communal areas are at the centre of what makes Parkview House a real community whether it be at meal times or when enjoying activities. There are no fixed visiting hours so friends and family can come and see residents at any time.

Call in for a viewing, meet the Care Team and have a coffee and a chat.



PARKVIEW HOUSE CARE HOME

206 / 212 Chingford Mount Road, Chingford, London E4 8JR
Tel: 0208 003 1056 Email: Parkview@mmcg.co.uk

For more information, visit us online at www.mmcgcarehomes.co.uk

WHIPPS CROSS HOSPITAL RADIO

What's It All About?

Originally established by the Walthamstow Lions in 1969, we are a self-supporting, registered charity and broadcast 24 hours a day, seven days a week with distinctive programmes for the patients and staff at one of the largest general hospitals in London.

We know from the letters and feedback we get that our community radio station is very much appreciated and we are proud to have won numerous national awards, including 'Station of the Year' in 1995 and again in 2013.

So what is Hospital Radio about?

The focus of what we do is to play relaxing music for patients and visit the wards where we can. Simply we try to provide great entertainment and company. Most people may only be with us for a few days but if we can brighten those days just a bit, our job is worthwhile. A chat here, a request there and giggle wherever we can – the old saying about smiling being just the tonic stands as tall now as it did forty years ago.

Talking of which, when we started back in 1969 a postman earned £17 a week; a brand new Hillman Sunbeam car cost £789; 15 days in Majorca cost 35 guineas (ask a consultant what guineas are); nylon stockings were 7s 11d (ask granny about that one) and Sooty was the highest paid puppet in the world.

Walthamstow Lions establish Whipps Cross Hospital Radio



1969



Our first studio, a wooden shed



We went on air from a converted garden shed next to the restaurant. It really was an old, wooden shed, about 6ft by 8ft with a leaky roof, some very dodgy, home-made equipment and, in winter, a draught between your legs to make your cufflinks rattle.

A lot has changed since then and we have moved on from scratchy, vinyl records and cassettes, to CDs and now to computer systems. What has not changed much over the years is the most requested record. Still top of the pops at Whipps Cross (and many other hospital stations) is Frank Sinatra's My Way, which is odd really as it is a fairly glum song: 'And now the end is near, I face the final curtain'. Could someone please choose records by The Cure?

Currently we have around forty volunteers, we are entirely self-funding and are always grateful for donations (we have a post box opposite the enquiries desk in the main corridor). It costs around £2,000 a year to keep the station on air. You can find more details of the station on our website at www.wxhr.org.uk



Home made equipment and enough winter draughts to make your cufflinks rattle!

1976

The Hospital Radio mobile disco was established as a fundraiser. The service was extended to Chingford Hospital and then Wanstead Hospital



It is also possible to listen to our service on a smartphone and via the Tuneln Radio app or at home on a computer by clicking on our website. In fact our online feed goes around the world.

The station here at Whipps Cross is now approaching its 50th anniversary and with continuing support from Barts NHS Trust, we hope we can continue with our crusade to entertain patients and have

some fun ourselves along the way. If we can involve you in the fun, the smiles will be infectious and that is probably the only infection that is really welcome around the wards.

That draughty studio has long gone but then so have my cufflinks... but what remains is our commitment to patients, healthcare and smiling.

Phil Hughes

A line was connected to Leyton Orient FC and regular football commentary started	Whipps Cross Hospital Radio became a charity in its own right, breaking links with the Lions Club	Two professionally built studios came online under D block in the main hospital	Whipps Cross Hospital Radio wins Station of the Year at the National Hospital Broadcasting Awards. We were successful again in 2013	The first of two Restricted Service Licences were bought for a one month period broadcasting on p with adverts and a 24 hour schedule	Patientline (now Hospedia) arrived with bedside TV and radio units	Whipps Cross Hospital Radio celebrates 40 years of broadcasting
1980	1982	1991	1995	1998	2004	2009

THE POUND IN YOUR POCKET



The Bank of England

In 1967 the Prime Minister, Harold Wilson, spoke about a devaluation of the currency and promised the pound in our pockets would not change. He meant in value but it has certainly changed physically. In those days there were twelve pence to a shilling, 240 pence to a one pound note, there was a ten shilling note and, if you were really flush, a five pound note.

Then in 1971 along came decimalisation, the coins changed, the ten bob note was gone and by 1985 the pound note went up in smoke too. So here we are today with fifties, twenties, tenners and fivers and the plastic notes are taking over!

The polymer notes are smaller and more durable than their paper predecessors but apparently they suffer in hot washing machines. They curl rather than fold but they should still last five years and not just the two for paper notes. The Bank of England says it costs a lot of money to print money, so there is money to be saved.

The Queen was asked to approve her portrait on the new see-through windows and Winston Churchill now scowls from the back of a banknote for the first time. And there are more changes planned for the pounds in our pockets.

The plastic tenners in circulation from September 2017 feature author Jane Austen and new £20 notes in 2020 will

also be plastic. These new higher value notes include braille identifiers for the visually impaired. However, it seems likely that £50 notes will eventually be withdrawn, partly due to lack of practical use (apparently we now use cards for higher value purchases) and partly to prevent money laundering. We know the new polymer notes will not withstand hot water laundering! Should the monarch change, there will be panic at the printers! But then in ten years will we still be using cash at all?

The Bank of England Printing works in Loughton, which was opened in 1956, prints the new notes and destroys the worn-out ones and our coinage is minted in Wales. In 1992 there was a scandal at



the Bank of England's plant when it was revealed that four employees had stolen more than £600,000. One of the crooks, Christine Gibson, smuggled the notes out of the building by stuffing them into her knickers. They were all arrested along with their spouses but only one was jailed. However, in a civil lawsuit by the government, the remaining members of the gang were ordered to repay the money to the Bank. Their story was turned into a film in 2008, Mad Money, starring Diane Keaton.

At the Loughton works, old notes are withdrawn from circulation and up until the early 2000s were burnt, releasing some of the world's most expensive smoke. Although energy was recovered from the incinerators, new standards of recycling offered a composting system for destroying the paper notes. Since 2011 all old notes are now used for soil improvement, so you may well be eating your old fivers and tenners. The new polymer £5 notes will eventually be recycled into plastic pellets and turned into plant pots. Perhaps you could grow some 'Honesty' in them.

MONEY FACTS



Now just one in 25 adults only use cash to make day-to-day payments.



In 2016 there were 3.4 billion banknotes in circulation (valued at £68 billion) with just over a billion new ones being issued and with 152,000 forgeries (mostly £20 notes) spotted.



One in five homes keeps cash 'under the mattress' – on average £345.



In 2016 the average amount taken out of a cash machine was £69.

If you are interested in our currency and would like to get the feel of some solid gold bars, the Bank of England Museum is open Monday to Friday in Bartholomew Lane, central London and is free, though the gold bars are not for sale and there are no free samples to take home!

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Queens Road Learning Centre

97 Queens Road, Walthamstow E17 8QR
Tel: 020 8496 2974

11 September 2017, 9.30am – 2pm
14 September 2017, 6pm – 8pm
11 January 2018, 10am – 12noon
13 January 2018, 10am – 1pm
18 April 2018, 6pm – 8pm
19 April 2018, 10am – 12noon

Leyton Neighbourhood Learning Centre

3 The Square, High Road Leyton
E10 5NR
Tel: 020 8496 1131

11 September 2017, 6pm – 8pm
12 September 2017, 10am – 12noon
11 January 2018, 6pm – 8pm

Leytonstone Learning Link

23–25 North Birkbeck Road, Leytonstone
E11 4JF
Tel: 020 8496 1061

17 April 2018, 10am – 12noon

We look forward to welcoming you and wish you every future success.



WINSTON CHURCHILL

in Bronze



Coming out of Whipps Cross, along the Woodford New Road and over Waterworks Corner, you eventually reach the roundabout at Woodford Green. Taking the slip road right towards South Woodford as you head down Salway Hill, there, snuggled between the trees and behind the bus stop, is the statue.

On its rough, white, stone pedestal the 8ft 6in, two-ton bronze figure of Sir Winston Churchill glares moodily down the hill, past South Woodford and towards the Houses of Parliament ten miles beyond.

The statue serves as a reminder of

Churchill's legacy as Britain's formidable wartime leader and prime minister during the dark days of World War 2. But the reason it is in Woodford is to reflect his 40 years as an M.P. for Epping and later, after boundary changes, for Woodford itself.

As a child I remember seeing Churchill pass our house on the campaign trail in the very early 1960s. My mother took me to the gate to wave at the elderly, hatted man, struggling to stand but waving back from an open-top car. It was only later I found out why my mother was so impressed – she had survived the Blitz in Liverpool and to her, Churchill was a god-like figure.

The statue was already there when I saw him pass, although I had not seen it. The Borough of Wanstead & Woodford commissioned it but in those tight



financial days the £5,000 it cost was raised from public donations, including \$25 sent from America; the 'special relationship' was alive then. There was still much national love here for the statesman who remained an M.P. until just months before his death in 1965.

At the unveiling ceremony in October 1959, overseen by Field Marshall Viscount Montgomery, Winnie (then aged 85) shuffled around it and muttered 'very nice' – probably much to the relief of the crowd as some critics had described early photographs of the head as resembling a 'baggy, bullet-headed gorilla'. But Churchill had been, as always, one step ahead and, having seen those photographs, had suggested some face-lifting to give a better impression of rugged power.

The sculptor was Glaswegian David McFall. He was selected from a list offered by the Royal Academy in London and began a series of sittings with Churchill, first in France and then at Chartwell. The slight droop in its mouth was due to a stroke which had, by that time, affected Churchill's face.

McFall's diaries show that he started with the head and then the hands before returning to his Chelsea studio and moving on to the main figure and the

clothes and that it took nearly two years to complete

Initially Lady Churchill had asked for a seated figure but judging by the imposing figure he created, the sculptor wisely stuck to his guns. But there was that early controversy over the grim, gorilla-like look on Churchill's features and minor adjustments were agreed.

When it was finished, McFall was certainly pleased saying 'I'm delighted, this is my biggest work so far. The people will be proud of this statue'. He had been confident the locals of Woodford would take to it having first tested its impact on his postman and milkman.

There is no cigar and no hat and Churchill's hand is shown reaching for his pocket watch but the trade-mark bow-tie is there. Even now looking up at it on a summer's afternoon there is still a feeling of power and fight about the figure. It embodies the Battle of Britain spirit and, as an iconic local landmark, it has kept an eye on Woodford through all weathers and through all the changes and challenges of six decades.

(There is a smaller scale replica of the statue in Glasgow's City Museum and also a twice life-size bronze head of Churchill by Italian sculptor Luigi Fironi outside the old Manor House in Wanstead High Street).



OUT AND ABOUT in Walthamstow

With great events in The Mall all year round, customers don't miss out on the many wonderful opportunities. Whether events for families, children, shoppers or diners The Mall want you to get involved. Celebrate Sundays with a free gift when you spend £50 in any combination of stores on a Sunday.

Need help when visiting the centre? The Shopmobility scheme will have you covered offering a wide range of services from arranging the dial a ride service, loan of wheelchairs and mobility aids to putting on fantastic social events. If you know someone who will benefit or just want to find out how they could help, visit info@shopmobilitywalthamforest.org. Their workers are volunteers and are operated by local charity Liveability Waltham Forest.

themall.co.uk

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Tel: 020 8500 0016

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Thursday – 9am – 7pm
Friday – Saturday 9am – 6pm
Sunday – 11am – 5pm

Adding the feelgood factor
Shopping as it should be

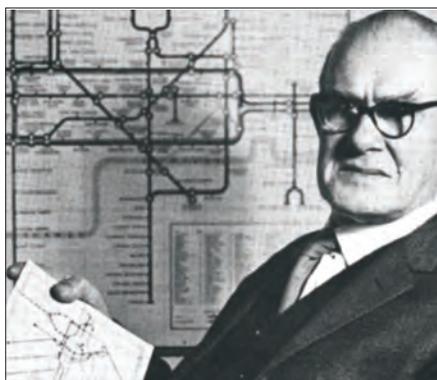
Going Underground

Living in this area, between the forest and the city is pretty handy. Hop on a bus or the Tube and you can be at Westfield for a spot of therapeutic shopping in 15 minutes.

The London Underground is usually an excellent system, except on the occasions when it jams up. Then it is a nightmare. And with a TFL Freedom Pass it comes free.

Our Underground is the third largest in the world, after the Shanghai and Beijing metros and finding your way round can be confusing, especially for visitors. That is where the familiar map is vital. The problems with drawing a map that was clear and simpler than the actual lines themselves were solved by local man Harry Beck.

He was born at 14 Wesley Road, Leytonstone where there is now a blue



plaque on the house. He designed the iconic map in 1931. It has been in use ever since and its features have been copied by other undergrounds around the world.

Harry was working as a draughtsman for London Underground and designed the map in his spare time. Realising that nobody needed to see the relative distances between stations, he could cram them all into a smaller design and by using different colours for the lines, it would be clearer.

It resembled an electrical circuit diagram but was initially rejected by the management. The public, however, loved it. Finally the company was persuaded to adopt it in 1933. Harry was paid a bonus of two week's wages – just over £5.



The original 'wiggly' map before the outer stations were built



The current Underground map

Who Am I? 1960's singers

1. I was born in 1939 in Washington, USA. I'm a singer, songwriter and musician. I helped shape the sound of Motown and I was fatally shot by my father in 1984.

2. We are an English pop/rock group. We had over 30 charting singles. Our most famous member was Graham Nash and our band name came from a famous artist and Christmas.

3. I'm an English singer, actress and composer. My career spanned seven decades and began as an entertainer on BBC Radio during World War II. I married publicist Claude Wolff in 1961 and in 1998 I was made a Commander of the Order of the British Empire by Her Majesty, The Queen.

4. I am a singer, songwriter and musician born in Texas in 1936. As well as singing, I also play the guitar and harmonica. I was a member of the Traveling Wilburys.

5. I'm a singer, actress and TV show host. Born in 1940 in New Jersey, my real name is Marie. I was named best selling female vocalist in a poll in 1964 and I was often asked for directions to San Jose!

6. I was born in 1927 in Iowa and recorded 44 albums and nominated for six Grammy Awards. I had my own weekly television show for almost ten years and among my regulars were the Osmond Brothers.

7. I am a Scottish singer, songwriter and guitarist and had a long and successful collaboration with British independent record producer Mickie Most. Among my pop musician friends were Joan Baez, Brian Jones and The Beatles and I taught John Lennon a finger-picking guitar style.

8. I pioneered the genre of soul music during the 1950s combining blues, rhythm and blues and gospel styles. Frank Sinatra called me 'the only true genius in show business'.

9. I was an American singer, songwriter, actress and activist. In 1963 I recorded a pop hit which became a number one nationwide and in 2004 it was nominated for a Grammy Award for a rock and roll recording.

10. My career has spanned six decades with a string of top hits, regular touring, appearances in Las Vegas and career comebacks. I received a Grammy Award for Best New Artist in 1966, an MTV Video Music Award in 1989 and two Brit Awards in 2000 and 2003. I was awarded an OBE in 1999 and in 2006 I was knighted for services to music.

CHECK YOUR TUBE FACTS

-  In 2007 the Tube carried one billion passengers for the first time and Oxford Circus station is used by almost 100 million passengers a year.
-  An estimated half a million mice live in the Underground system – all without tickets!
-  Over 47 million litres of water are pumped from the Tube each day, enough to fill a leisure centre swimming pool every fifteen minutes.
-  The total length of the Underground network is 250 miles with 270 stations.
-  The escalators travel the equivalent distance of going twice around the world every week.
-  The trains travel the equivalent of 1,735 times around the world (or 90 trips to the moon and back) each year.
-  Edward Johnston designed the lettering for the London Underground in 1916. The font he came up with, Railway Sans (as used on this page), is still in use today.

We're here to help

Amnesty International	020 7033 1500
British Red Cross	07947 558404
Community Transport	020 8521 0665
Forest Recycling Project	020 8539 9076
Hackney City Farm	020 7729 6381
Healthwatch	020 3078 9990
Honeypot Children's Charity	020 7602 2631
Lifeline Project	0203 826 9600
London Wildlife Trust	020 8802 4573
Mencap, Haringey	020 8365 0251
Multiple Sclerosis Action Therapy Centre	020 8531 9216
North London Action for Homeless	020 8802 1600

Oxfam Walthamstow	0208 503 6334
PDSA	020 8550 6644
Private Fostering	020 8496 3000
Registering a Birth or Death	020 8496 3000
Salvation Army	020 8800 4035
Shaw Trust	0800 917 9061
St John Ambulance	020 8521 9990
Stop Smoking	0800 032 0102
Stroke Action	020 8807 8023
Waltham Forest Disability Resource Centre	020 8534 1589
Walthamstow and Chingford Almshouses Charity	020 8520 0295
Walthamstow Debt Centre	01274 760720
Witness Service	020 8530 0083
YMCA	020 8509 4600
Youth Direct	020 8211 1722

Take a journey with Community Transport Waltham Forest

- Services include vehicle use on a self drive or driver provided basis
- Door to Store Shopping for the elderly and disabled
- Excursions Club to places of interest
- Waltham Forest Community Driving School catering for all your transport training needs



DRIVEN BY OUR COMMUNITY

For more information telephone: 020 8521 0665
Or visit our website: www.communitytransportwf.co.uk

Low Hall Business Park, Argall Avenue, Leyton E10 7AS

Do you or someone you know have a problem with



Do you live in Waltham Forest 

Are you over 18 

**Lifeline
Project**
Waltham Forest

If yes then call **0203 826 9600** to find out more.

Lifeline Project 1 Beulah Road, Walthamstow, E17 9LG

 @LifelineWF

DON'T WORRY...

BE HAPPY*

We all want to feel happy, just like that other great 'Happy' song by Pharrell Williams. It is one of our most requested tracks and had sold over ten million copies by the last count.

There are more than 60,000 books on the subject of happiness, with Gretchen Rubin the undisputed queen of the genre and in the States the happiness industry is estimated to be worth over \$10 billion.

Official International Happiness Day is 20th March, maybe we should have more than one day a year, perhaps one a month? You can get happiness apps for your smartphone and the giant tech company Google employs a chief happiness officer. What on earth does that person do, smile a lot?

So what makes you happy? How about some of these?

-  The first day after winter when you can put on a tee-shirt and feel the warm sun on your face?
-  Finding money in unexpected places?
-  The smell of freshly made bread or the smell of freshly cut grass?
-  Waking up before the alarm and realising you have another half hour in bed?



Popping bubble wrap?



The taste of chocolate melting in your mouth?



Remembering where you put your keys, phone, purse, passport, screwdriver?

Voted top in a recent poll was this lovely thought: getting into a freshly made bed with crisp, white sheets – obviously not in hospital!

And finally, maybe this one: happiness means your favourite song coming on the radio.

Yes, that is definitely the one for us!

**(Bobby McFerrin –1988)*



GODDARD

VETERINARY GROUP

The Goddard Veterinary Group fosters strong and long-lasting relationships with its patients, clients and staff alike



www.goddardvetgroup.co.uk
www.facebook.com/GoddardVets



WAY BACK THEN

The NHS

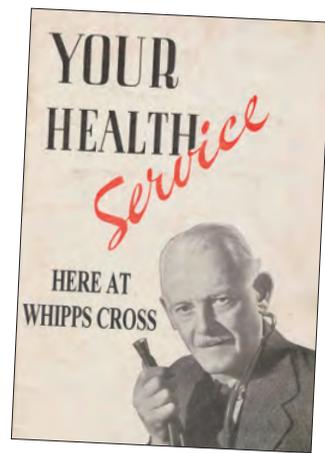
The NHS has come a long way since it was established in July 1948. Medicines and treatments have certainly changed beyond anyone's expectations. But the first antibiotic, penicillin, only came into general use at around that time.

These days we expect complex scanners, wonder drugs and medical knowledge to diagnose and cure many of our ailments. Daily life on wards has changed dramatically too with a more relaxed approach, entertainment facilities, mobile phones, open visiting and far shorter in-patient stays.

Local resident and a recent patient at Whipps Cross, Janet Coombs, has had many spells in hospital since the 1950s and remembers how it was for patients back then: 'There was enormous effort put into making sure your bed was changed every day and that it was kept neat and tidy. Covers were turned down evenly and even the wheels aligned. With two nurses in attendance wrinkles were flattened out and patients had to lie straight with their arms under the covers to welcome the doctors' ward round. And you never dared ask questions!'



From the wake-up call soon after six-thirty in the morning, everything was very regimented and the matron ruled like royalty. Janet remembers the strictness: 'She ran the hospital with a rod of iron and woe betide any nurses who didn't come up to scratch. Even the doctors had to ask her approval to come on the ward, and the ward was spotless, floors polished, lavatories gleaming and window ledges you could eat off. She managed the patients, the wards, catering, laundry, the nurses' training and even their social



lives. And in those early days of the NHS if a nurse married, she had to resign her post.'

Jackie Burns, a retired nurse, remembers having to explain herself to her matron: 'A patient had been sick into a kidney dish so I dashed to clean things up and emptied the dish down the sluice. Unfortunately the patient's teeth also went with the contents. I was summoned to matron's office and told to write to the family to apologise.'

The ward sister was second in command and oversaw the daily routine of patient care, much less technical than and far more formal. She also made sure the nurses were perfectly scrubbed and dressed. Janet remembers how their heavily starched aprons crackled as they wafted around the wards. A stiff white collar, blue and white dress (reaching 11 inches off the ground) with detachable white sleeves, a starched cotton cap and black stockings with flat black shoes completed the uniform. There was also a black cape with red lining for outside.



Jewellery was forbidden: 'No make-up or watches were allowed but when nurses qualified they were allowed to wear a navy belt with an ornate silver buckle which often cost two week's wages. It was a tradition that the staff nurses on a ward would buy the belt and present it to a newly-qualified nurse.' Janet says the silver buckle was worn with real pride.



However, there was no radio or television on the wards in those days and the only phone might have been a payphone out in the corridor. The most you could expect for entertainment was the book trolley. But the food was freshly cooked and Janet remembers it was always hot and appetising: porridge or eggs for breakfast and syrup sponge or apple pie puddings with the main meals: 'It was actually rather good and if you

were up and about you'd take your meal at the nurses' main table in the middle of the ward. Those unable to move had it on a bed trolley, so meal times were quite sociable.'

One surprising prescription she recalls at the old Hackney Hospital was a tot of something a little stronger for those not thriving on the normal fare: 'In the corridor was a supply of bottles of Guinness for the men and Sanatogen wine for the women. It was simply thought that both provided a tonic and a useful nutritious top-up for patients. There were rumours that champagne was occasionally prescribed.'

Janet says the care she received recently at Whipps Cross was terrific and life on the ward is more relaxed these days especially with the Whipps Cross radio service. There were more nurses on hand and an all-powerful, patrolling matron back in the 1950s and 1960s who certainly kept everyone on their toes but the modern-day staff are just as caring and lovely.

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Proudly providing services for patients, staff and visitors at Whipps Cross University Hospital since 1 December 2016.

serco

LEARNING TO SWIM

The reasons why your child should learn to swim are many and varied. You need to give your child the chance to learn to swim.

The most important reason is that swimming is the only sport which can save your child's life.

Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

But your child should learn to swim because swimming is lots of fun for people of all ages and children love getting in the water and enjoying themselves.

But it is not just fun, swimming provides health benefits which can help to keep your children healthy and happy at the same time.

Swimming keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and improves balance and posture.

Children of any age or ability can take

part and it is more accessible for children with additional needs than almost any other sport. Swimming provides challenges and rewards accomplishments, which helps children to become self-confident and believe in their abilities. Your child will have plenty of opportunities to make friends and grow in confidence.

But health, fun and confidence are not the only reasons why your child should learn to swim.

Learning to swim opens up the door to a range of other activities.

A few sports your child can only do if they can swim: kayaking, canoeing, scuba diving, surfing, triathlon and yachting.

Learning to swim is a skill that once learnt is rarely forgotten and it is open to people of all ages. There are even swimming events for people over 100 and a few Masters swimmers who are still swimming past this age.

Remember, you can't always be there. Learning to swim may save their life one day.

SWIMMING LESSONS

7 DAYS A WEEK

Lessons are ideal for

Non-swimmer

Early Beginner

Intermediate

Advanced



Weekdays from 5:00pm

Weekends from 8:30am



For children aged 3 years and over

All our teachers are STA or ASA qualified

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enquiries@sylvestrian-leisure.co.uk

Sylvestrian Leisure Centre, Forest School, College Place, Snaresbrook, E17 3PY

www.sylvestrian-leisure.co.uk

HOW YOU CAN STAY IN TOUCH

with Whipps Cross Hospital Radio

www.wxhr.org.uk



You can now take us home with you and listen to the station live online just by clicking the link on our website.

Enjoy our great music and entertainment once you go home and stay in touch! You can also hear us on a smartphone or by using the free

TuneIn radio app; just search for Whipps Cross Radio.

We have a comprehensive website so you can find out more about the station, the programmes and services or send a patient request to us from anywhere around the world.

 • Listen to us at home or on a smartphone

 • Find out about our programmes

 • See our presenters and studios and discover how you could volunteer

 • Catch up on the latest station news and listen again to selected highlights

 • Read our latest magazine

 • Read the history of the radio station

 • Contact us

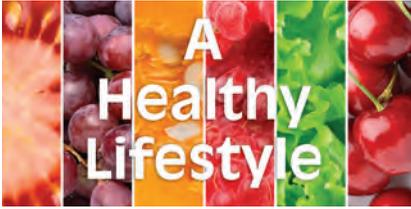
You can also follow us directly on Facebook and on Twitter and we even have a YouTube page:

 facebook.com/whippscrossradio

 twitter.com/wxhr

 youtube.com/whippscrossradio

Stay in touch and stay connected!



Whatever your age, fitness level or body shape, it's never too soon or too late to start thinking about living healthily. You can take a step towards healthy living by making a few basic changes to your daily life.

Walk more

Take the stairs instead of the lift; use your lunch hour to have a half-hour walk; walk instead of driving short distances.

Exercise

Walking short distances instead of driving them and taking the stairs instead of the lift are just two ways of building exercise into your daily life.

Get to a healthier PLACE.

Friendly Supportive Staff

ANYTIME FITNESS OPEN 24/7

665 High Road, Leyton E10 6RA
0203 475 1984 • www.anytimefitness.co.uk

Personal Training

Instructor Led & Virtual Classes

Eat better

Try to eat more fruit and veg and less fat, salt and sugar. Ensure you eat a good amount of starchy foods (rice, bread, pasta and potatoes) and some protein-rich foods like meat, fish, eggs and pulses.

cut salt

Most of us are eating far too much salt through bought soups, sauces, biscuits, cereals and ready meals.

We only need six grams of salt a day – a teaspoonful.

Drink more water

Our bodies need six to eight glasses or two litres of water every day to ensure everything is in good working order.

Diet and nutrition

What you eat is important. Your diet can affect how well you feel. If you eat the right foods, you can protect yourself and decrease your chances of getting ill – from minor ailments to more serious illnesses.

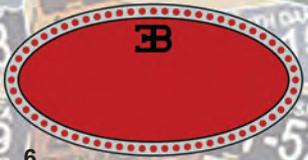
In the UK, we eat an average of three portions of fruit and veg per day, we really need to have five daily portions.

The Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat comes from each food group.



Identify the Car Manufacturer



Can you identify the name of the car manufacturers in each of the pictures above?
 If the name of the manufacturer appears in its logo, we have taken it out.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

MUSIC QUIZ

- Who composed the opera *Rigoletto*?
- What was the 'King of Pop' Michael Jackson's middle name?
- Who composed the music for *Schindler's List*, *Saving Private Ryan* and the first two *Jaws* films?
- The Diamond Jubilee Concert in 2012 outside Buckingham Palace was organised by which singer songwriter?
- Who had a 1985 hit with *Slave to the Rhythm*?
- Who composed the songs *Here Comes the Sun* and *Something*?
- Mr. Booth was born in Wigan, on 26 May 1904, who is he better known as?
- Who rose to fame in 2003 with her debut album, *The Soul Sessions*?
- Shawn Corey Carter is better known by which stage name?
- Which American music magazine do you most associate with several weekly music charts listing the most popular songs and albums in the US?
- Which Russian punk band appeared at the 2015 Glastonbury Festival?
- Which British novelty pop group had the most weeks in the charts in 1974?
- Which composer and pianist, who died in 1917, was known as the 'King of Ragtime Writers'?
- What is English dairy farmer Michael Eavis famous for?
- Which song is Status Quo's only number one single in the UK Singles Chart?
- Strange Days* is the second studio album by which American rock band?
- Which subscription based music streaming service was launched by Jay Z in 2014?
- Which Italian classical tenor became blind at the age of 12 following a football accident?
- I Will Never Let You Down*, became which singer's fourth UK number one in 2014?
- The 5.6.7.8's are a rock trio from which city?
- Which pop band feature Sharleen Spiteri on lead vocals?
- Sean John Combs is better known by which stage name?
- Which British electronic music duo are composed of Tom Rowlands and Ed Simons?
- Who is noted for his guitar solo on *Stairway to Heaven*?
- Who reunited in 1981 for *The Concert in Central Park*, which attracted more than 500,000 music fans?

answers p32



THE BRITISH SITCOM QUIZ

Do you remember the classic British TV sitcoms? When Tom and Barbara showed us how to live *The Good Life*, old lag Fletcher stirred up the laughs in *Porridge* and the staff at Grace Brothers always served us with a smile? How much do you recall about these popular characters and the sitcoms that left their laughter lines on the face of British TV comedy.

1. In *Steptoe and Son*, what was Harold Steptoe's middle name?

- (a) Churchill; (b) Kitchener; (c) Montgomery

2. True or false? Before Warren Mitchell landed the role of Alf Garnett in *Till Death us do Part*, Peter Sellers was approached to play the character?

3. In *On the Buses*, bus driver Stan Butler lived at home with his ...

- (a) mum, brother & sister-in-law; (b) mum, sister & brother; (c) mum, sister & brother-in-law

4. What was the name of Sid Abbott's local pub where he often escaped to get some peace and quiet away from his family in *Bless this House*?

- (a) Cock and Bull; (b) Dog and Pheasant; (c) Hare and Hounds

5. Throughout the 69 episodes of *Are You Being Served?* Mrs Slocombe dyed her hair a total of 15 different colours. The most popular colour appeared ten times, what was it?

- (a) blue; (b) green; (c) pink

6. True or false? In *Last of the Summer Wine*, one of the things that Compo Simmonite fancied about his long-suffering neighbour Nora Batty was the sight of her in wrinkled stockings?

7. In *Some Mothers Do 'Ave 'Em*, Frank Spencer has one certificate to his name which he acquired for swimming the breast stroke but for what distance?

- (a) 15 yards; (b) 20 yards; (c) 25 yards

8. In *Whatever Happened to the Likely Lads?* Terry Collier leaves the army after having served for five years. What rank did he finally reach?

- (a) Captain; (b) Corporal; (c) Sergeant

9. In *Porridge*, Fletcher was sentenced to five years at Slade Prison for robbing what?

- (a) a bank; (b) a house; (c) a lorry

10. True or false? Rising

Damp began life as a stage play?

11. When Tom and Barbara Good decided to become self-sufficient in *The Good Life* they swapped their car for something that will be of more use to them in their new venture. What did they receive in return?

- (a) garden rotavator; (b) generator; (c) loom

12. Where in Spain did *Fawlty Towers* waiter Manuel come from?

- (a) Barcelona; (b) Madrid; (c) Seville

13. True or false? In *To the Manor Born*, Audrey Fforbes-Hamilton's pet dog was a corgi?

14. How much was Del Trotter going to charge Lord and Lady Ridgemere for taking down and cleaning their two Louis XIV chandeliers in the *Only Fools and Horses* episode 'A Touch of Glass'?

- (a) £250; (b) £300; (c) £350

15. In the 22nd and ultimate episode of *Just Good Friends*, Vince and Penny finally marry but in which city?

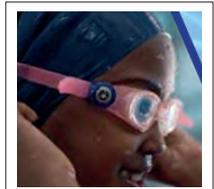
- (a) Paris; (b) Rome; (c) Venice

answers p32



SPOT THE AD

Below are parts of various advertisements that appear somewhere in this magazine. Can you find them and name the advertiser?



ANSWERS:

1960s Singers – Who am I? 1. Marvin Gaye; 2. The Hollies; 3. Petula Clark; 4. Roy Orbison; 5. Dionne Warwick; 6. Andy Williams; 7. Donovan; 8. Ray Charles; 9. Joan Baez; 10. Tom Jones.

Car Manufacturers: 1. Pontiac; 2. Lexus; 3. Lamborghini; 4. Toyota; 5. Lancia; 6. Bugatti; 7. Smart; 8. Jaguar; 9. Volvo; 10. Saab; 11. Alfa Romeo; 12. Chevrolet.

Music Quiz: 1. Giuseppe Verdi; 2. Joseph; 3. John Williams; 4. Gary Barlow; 5. Grace Jones; 6. George Harrison; 7. George Formby; 8. Joss Stone; 9. Jay Z; 10. Billboard; 11. Pussy Riot; 12. The Wombles; 13. Scott Joplin; 14. Glastonbury Festival (founder); 15. Down Down; 16. The Doors; 17. TIDAL; 18. Andrea Bocelli; 19. Rita Ora; 20. Tokyo, Japan; 21. Texas; 22. Puff Daddy; 23. The Chemical Brothers; 24. Led Zeppelin; 25. Simon and Garfunkel.

British TV Sitcom Quiz: 1 b; 2 True; 3 c; 4 c; 5 b; 6 False; 7 c; 8 b; 9 c; 10 True – a play entitled 'The Banana Box' by Eric Chappell; 11 a; 12 a; 13 False – it was a beagle; 14 c; 15 a.

Whipps Cross Hospital Radio is grateful for contributions from all authors of articles. However, neither the Hospital nor the Hospital Radio can accept responsibility for the veracity of the advertisement or articles which appear in this magazine. The publisher has endeavoured to ensure that all information and artwork inside this magazine is correct at the time of going to press. © Hospital Radio Publications 2017

*"It was a new lease
of life for me."*



Helping homeless people



After escaping an abusive relationship, Elaine became homeless, ill, and lost her job.

She moved to a hostel, where gardening sessions funded by Church Housing Trust renewed her physical and mental health.

Thanks to our donors, she was able to rediscover her sense of self and purpose.

Church Housing Trust helps people who have been homeless by funding the support they need. To help Elaine, and people like her, donate today.

Text 'CHTX17 £2, £4, £5, or £10' to 70070

Contact us for more information about donating

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🖥 www.churchhousingtrust.org.uk

Church Housing Trust, PO Box 50296, London EC1P 1WF | Charity No. 802801

Images are the property of Church Housing Trust

live happy!

with Slimming World



MONDAY

Walthamstow

Baptist Church, 4 Greenleaf Road
E17 6QQ. 9:30 & 11:30am & 7.00pm
Tel: Lisa 07846 348 564

TUESDAY

Buckhurst Hill

Bedford House
Westbury Rd. 5.30pm
Tel: Julie 07966 185 253

Walthamstow

St Gabriels Church & Family Centre
Havant Road (Off Wood Street)
E17 3JF. 5:30 & 7:30pm
Tel: Lisa 07846 348 564

WEDNESDAY

Highams Park

Highams Park Baptist Church
Cavendish Road
E4 9NG. 5:30 & 7:30pm
Tel: Debs 07958 763 371

Walthamstow

Walthamstow Academy
Billet Road, E17 5DP. 5.30 & 7.30pm
Tel: Dawn 07966 302 277

THURSDAY

Chingford

St. Edmunds Church Hall
216 Chingford Mount Rd
E4 8JL. 5.15 & 7.00pm
Tel: Julie 07966 185 253

Chingford

56 Friday Hill East
Chingford Hatch
E4 6JT. 9.00 & 10.45am
Tel: Dawn 07966 302 277

Walthamstow

Walthamstow Academy
Billet Road
E17 5DP. 5.30 & 7.30pm
Tel: Dawn 07966 302 277

FRIDAY

Walthamstow

Harmony Hall
10 Truro Road
E17 7BY. 9:30am
Tel: Dawn 07966 302 277

SATURDAY

Highams Park

Highams Park Baptist Church
Cavendish Road
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Tel: Debs 07958 763 371

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