

Looking at pubs' history

THE fascinating history of the area's pubs from the 16th century to the present day has been documented and updated in a 600-page book.

Running to 200,000 words, *Behind the Bar* has been expanded over more than 15 years, by the Waltham Forest Oral History Workshop (WFOHW) and is the group's most popular publication.

Most popular is the history of every pub in the borough right through to the present day, now including the recently-opened tap-rooms in local breweries.

Mike Custance led the revisions for the group: "A lot has changed in just three years and Covid ran riot through the whole hospitality sector, closing thriving businesses for months on end," he explained.

"But Waltham Forest's pubs are now back in business, bringing together local people in the unique way that only pubs can."

Behind the Bar is available as a free download in PDF format from www.wforalhistory.org.uk/books. An e-book is planned.

Amahl scoops title in our wellbeing awards

Instructor is praised for building people's confidence with classes



Winner - Amahl Jones

By Robert Collins

robert.collins@london.newsquest.co.uk

AMAHL Jones is the winner of The Best Class Instructor category of Your Local Guardian's Health and Wellbeing Awards.

The 32-year-old's strength lab held at the Sylvestrian Leisure within the Forest School in Snaresbrook, East London, has brought a great deal of praise and admiration.

Amahl told the *Guardian*: "I genuinely cannot express how grateful I am to all those who voted for me. Clearly me pushing people's limits is something people enjoy."

"Anyone who's trained with me, attended my classes or knows me generally knows I'm not in the industry for any accolades, but I simply want people to develop a sense of enjoyment, confidence and com-

petency when it comes to exercise as that's the often overlooked purpose of training for leisure, it's got to be enjoyed!

"I hope everyone continues to excel as they have with me and hope that any others reading this feel encouraged to know there's a place here that they can learn to unleash their raw."

Amahl grew up in Woodford Green and Chingford and recently bought a house with his partner in Romford.

He adds: "I've been involved in sport, exercise and fitness all my life, having played a wide range of sport but most notably rugby from the age of eight and have been fortunate enough to have experienced rugby at every level."

He started his business, We Train Bear, in 2014, becoming a qualified personal trainer with Premier Fitness Club.

We Train BEAR offers One-to-One and Small Group coaching sessions, fitness classes, nutritional strategies, training programmes and sports rehabilitation and sports massage therapies.

The BEAR in We Train BEAR stands for - Build, Educate, Achieve, Realise.

Amahl says he wants to: "Educate people on training methods and nutritional strategies to fuel optimally and realistically and achieve attainable goals we set together. Get people to believe in themselves and their capabilities, equip themselves with the correct tools and knowledge and Grin & Bear through the challenges."

Leisure centre manager Jordan Wilson said: "Amahl has worked with us for three years and he is absolutely fantastic. Members love his repertoire. He has helped people build confidence in their fitness."

Hospital's Covid rules for patients

THE Princess Alexandra Hospital NHS Trust has announced a new Covid-19 screening process for patients with a planned procedure.

Patients must complete a lateral flow test three days before their planned procedure and are strongly encouraged to reduce their potential exposure and risk of contracting Covid-19.

Free lateral flow test kits can be ordered via the Gov-

ernment website or by calling NHS 119.

Patients must report their lateral flow test result online, also on the Government website, or by calling NHS 119.

An email or text message confirmation will be sent to confirm a positive or negative Covid-19 result.

On the day of the procedure, patients will be asked to show the email or text message confirmation

of their negative Covid-19 result.

If the lateral flow test result is positive or invalid, patients must contact the relevant planned procedure bookings department as soon as possible for advice.

For complex booking of officers, call 01279 952807; for the cardiology department, call 01279 962517 and for the endoscopy department, call 01279 827880.

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