

Plan ahead for the weekend

PUBLIC TRANSPORT IS ONLY TO BE USED FOR ABSOLUTELY ESSENTIAL JOURNEYS

ONLY PEOPLE MAKING ESSENTIAL JOURNEYS SHOULD USE PUBLIC TRANSPORT. IF YOU MUST TRAVEL, CHECK TO SEE IF THESE WORKS WILL AFFECT YOU. FOR REGULAR UPDATES, SIGN UP TO [TFL.GOV.UK/EMAIL](https://tfl.gov.uk/email)

Central line

All weekend: No service between Leytonstone and Epping (via Loughton) or between Woodford and Hainault (via Chigwell), owing to engineering works. Trains will run between central London and Hainault (via Wanstead). Rail replacement buses will run.

London Overground

Sunday: No service between Willesden Junction and Clapham Junction, owing to Network Rail works. Use local bus routes instead.

Sunday: No service between Surrey Quays and Clapham Junction, owing to Network Rail works. Rail replacement buses will run between Canada Water and Clapham Junction.

Staying safe on the go

IF you can travel another way, consider walking or cycling. For essential journeys, be aware that you may be expected to queue to enter stations.

Try to travel outside peak times, [5.45am-8.15am and 4pm-5.30pm on weekdays].

Before you travel check the busiest stations by visiting tfl.gov.uk

Use a face covering, carry hand sanitiser and wash your hands before and after you travel, especially when social distancing is hard to maintain.

Maintenance works at Bank and Monument

FROM Monday, customers will need to walk along the street between the District and Circle line platforms at Monument station and the Central, Northern and Waterloo & City lines at Bank station. This is owing to maintenance work on the escalators, which is due to be completed by mid-August.

Signs will be in place to guide customers along King William Street, and at busier times staff will be available to assist. For customers paying with contactless or Oyster, remember to touch out as you exit and touch back in as you re-enter to avoid being overcharged.

Emirates Air Line update

PASSENGERS using the Emirates Air Line service between 6am and 9.30am on weekdays will not be charged.

There is no need to touch in and out at the cable car gates, however customers will still need to touch in for other parts of their journey to ensure the correct fee is charged.

For example, this might include any interchanges at Royal Victoria or North Greenwich stations.

To enable social distancing, only one passenger is allowed to travel per cabin, unless they are travelling with someone from the same household.

Weekend baking

ENVIIOUS of all those glistening iced cakes and crusty bread rolls on social media? Whip out an apron and turn up the heat, it's time to get involved.

JUMP ON THE TRENDS

From banana bread to rainbow-coloured cupcakes, favourite lockdown bakes won't fail to get your mouth watering. Now's the opportunity to dip a finger in every pie.

When life gives you lemons, make Mary Berry's lemon drizzle traybake. Famed for being deliciously moist, these zingy treats take under an hour and you won't regret it. For this and other treats, head to www.maryberry.co.uk

Ripe bananas at the ready? It's time to have your cake and eat it. The BBC has you covered with an easy peasy banana bread recipe, complete with a how-to video on creaming the butter. Visit www.bbc.co.uk/food for more details.

It's never too late to hop on the bread trend, and a good place to start is Phil Vickery's demonstration on ITV's This Morning. With just four ingredients, you'll be pulling a crusty white loaf out of the oven in no time. For this and more, visit www.itv.com/thismorning/food/



LUNCH COMPETITION

Found yourself turning into a culinary creative in the kitchen during lockdown? Now's your time to shine. Instagram-famous food blogger KS Ate Here and Urban Food Fest have teamed up with Cowcross Yards, a Farringdon street food market, to launch the #LockdownLunch challenge.

In 14 minutes using four ingredients, try your hand at dishing up the most delectable lunch possible. To enter, follow @CowcrossYards on Instagram. Take a snazzy photo or video with the hashtag #LockdownLunch and tag @CowcrossYards.

The winner gets a fantastic foodie experience at Cowcross Yards when it reopens this year. To find out more, visit www.cowcrossyards.co.uk

KITCHEN CHALLENGES FOR CHILDREN

The Ingredient Challenge is a simple website with a simple concept: select a few ingredients, set them in front of your children and see what they can whip up. Encourage them to write a recipe for their wacky new concoction as they go along.

For example, one challenge is to serve a delicious dish with just three ingredients: peas, carrots and a lemon. Ella Maraj from London chopped, boiled and mashed her ingredients into a vibrant green soup, complete with a sprinkling of lemon juice on the top.

For more culinary ideas, head over to www.kids-cooking-activities.com



Ready, steady, bake!: (From top) Whip up a tasty lunch with four ingredients in 14 minutes; and get little ones cooking creatively @KS_ATE_HERE, TANAPHONG TOOCHINDA