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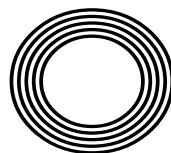
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January 2020

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon.

I would like to take this opportunity to wish all our readers a very Happy New Year.

Thank you for all your support and feedback last year.

Because of this we have a **VISION** of us growing to even more areas in 2020, including areas out of Essex.

Personally, I will be looking to make 2020 a year to remember, with a move to a new house as we are looking to move from an apartment.

I have also been asked to be the president of a local business networking group I attend. What a privilege – it will give me an opportunity to connect even more with the people in my community.

I hope you all keep up your New Year's resolutions and make 2020 a year to remember.

In local news, a cannabis factory is found, an underground reservoir is revealed and a walking football programme receives recognition at the Active Essex Sports Awards.

We welcome any of your stories for our local news pages. So if you have a story to share, please email epping@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the January 2020 edition of **VISION**EppingTheydon.

Brett

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THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

The history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

He also received an OBE in the New Years Honours List to end a remarkable year.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.

What's the score?



Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet. Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.



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THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

- > **Gender-free fashion is more sustainable.**
Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.
- > **Gender-free fashion can help put an end to stereotypes.**
Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.
- > **Gender-free fashion is all inclusive.**
You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.



Skin: DEEP

THE BEST GADGETS FOR GREAT SKIN

We've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:



FOREO IRIS

A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.

ZIIP BEAUTY

If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.



REVIVE LIP THERAPY

While "a moment on the lips, a lifetime on the hips" may be a rather crueler reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.



DRx SPECTRALITE FACEWARE PRO LED FACE MASK

It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.





Good Shot

The sight of a shot glass may send minds racing back to Friday nights in Ritzzy's. However, on this occasion, the end result is health, not a hangover, with "shorts" and "shots" rapidly gaining in popularity for those who want to cram as much goodness into a thirsty thimble.



The Antioxidant

To reduce the risk of infections, diseases and cancer

INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



The Daily Wellness Wonder

To boost immunity and aid alertness

INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ½ tsp black pepper • ¼ tsp cayenne

PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses

Photo credit: inspiredtaste.com



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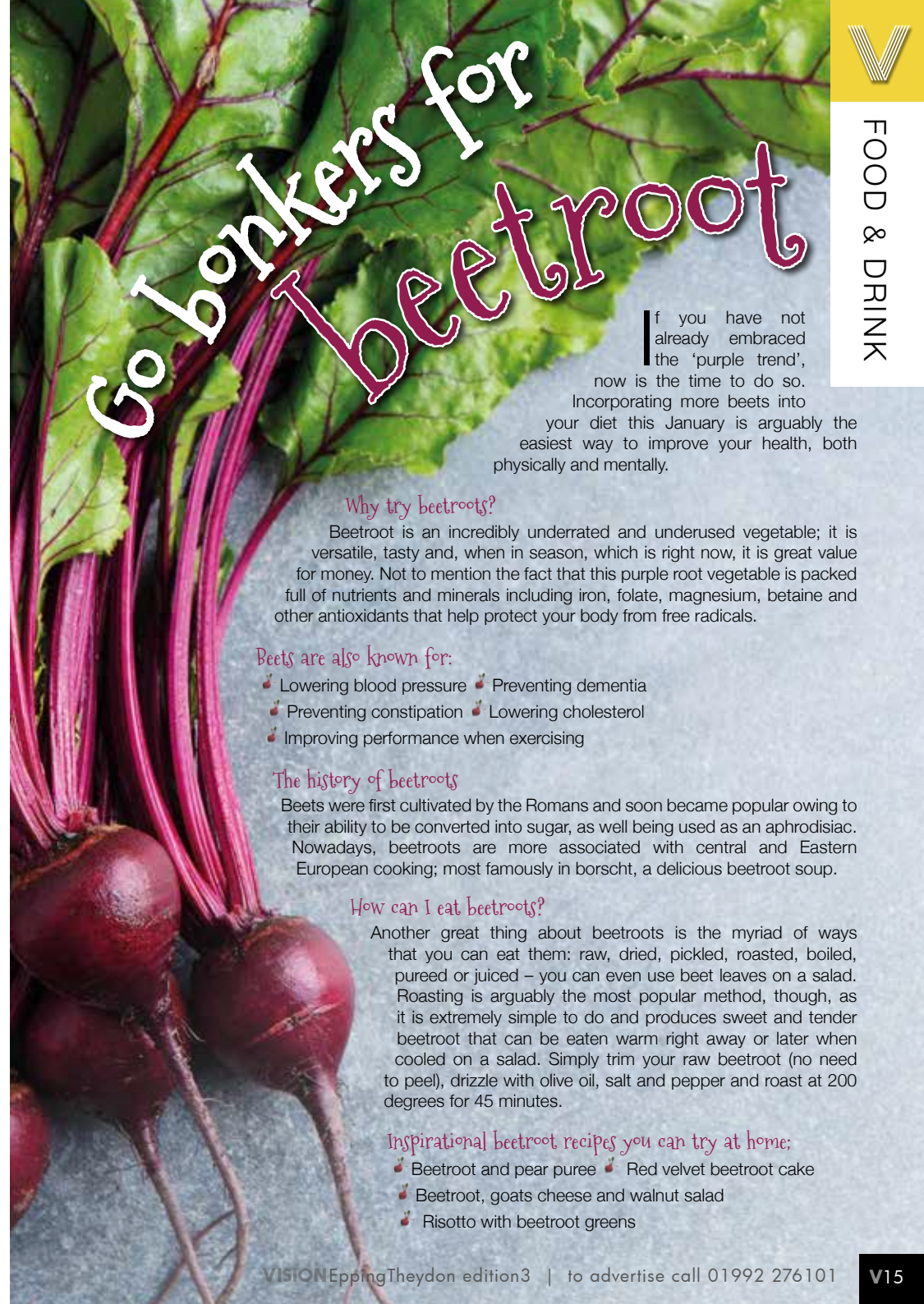



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Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so. Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

Why try beetroots?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

Beets are also known for:

- Lowering blood pressure
- Preventing dementia
- Preventing constipation
- Lowering cholesterol
- Improving performance when exercising

The history of beetroots

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

How can I eat beetroots?

Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

Inspirational beetroot recipes you can try at home;

- Beetroot and pear puree
- Red velvet beetroot cake
- Beetroot, goats cheese and walnut salad
- Risotto with beetroot greens





Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought.

However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?



What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



Jackfruit Curry

YOU WILL NEED:

- 1 onion
- 1 tsp ginger
- 3 garlic cloves
- 2 tbsp curry powder
- 1 tbsp flour
- 1 cup vegetable stock
- 1 can coconut cream
- 1 can tomatoes
- 1 can jackfruit – drained and rinsed

HOW TO MAKE:

- Cook onion until soft
- Add ginger, garlic and other spices
- Lower heat and add flour
- Pour in stock, cream and tomatoes, cook for 3 minutes
- Add jackfruit
- Cook for 20–25 minutes
- Shred the jackfruit

BBQ Pulled Jackfruit

YOU WILL NEED:

- 1 red onion
- 1 tsp cinnamon
- 1 tsp cumin
- 2 tsp smoked paprika
- 2 tsp chipotle Tabasco
- 1 tbsp apple cider vinegar
- 4 tbsp BBQ sauce
- 1 can chopped tomatoes
- 2 cans young jackfruit in salted water

HOW TO MAKE:

- Cook onion until soft
- Add spices
- Add Tabasco, vinegar and 3 tbsp BBQ sauce
- Add tomatoes, jackfruit and 200ml water
- Simmer for 30 minutes (lid on), stirring to break up jackfruit
- Remove lid and cook for a further 10 minutes
- Shred jackfruit and add 1 tbsp BBQ sauce



Jackfruit (no tuna) Sandwich

YOU WILL NEED:

- 1 can young jackfruit in water
- ¼ cup finely chopped red onion
- 1 tsp Dijon mustard
- 4 tbsp Veganise (vegan mayo)
- Relish

HOW TO MAKE:

- Rinse jackfruit and pat dry
- Shred with a fork
- Mix with all other ingredients
- Season to taste



Photo credit: www.veganai.com

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HOME & DIY

If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt



BACK TO BLACK

WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.



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DIY bed canopies

HOME & DIY

If you want to bring a touch of elegance to your bedroom while at the same time creating a cosy focal point, then look no further than a bed canopy.

Bed canopies are fairly expensive to buy, but incredibly cheap to make. If you decide to do one home DIY project in the new year, this should be it.

CHOOSE THE CANOPY FABRIC

With canopies being available in a wide variety of materials, colours and textures, the world really is your oyster. For a luxurious vibe, opt for velvet or silk, or if you favour a more laid-back look, opt for linen or mesh.

CHOOSE THE CANOPY HANGING ELEMENT

Arguably the easiest way to hang your canopy is with an embroidery hoop; simply unscrew the hoop, pass the fabric through it, ensure it is even and reseal the hoop. Alternatively, you can utilise copper pipes to create a larger canopy that cascades

around your whole bed.

Or, if you are wanting a more natural vibe, you could even use a simple (but sturdy) branch which can be hung from the ceiling with a few chains and basic hooks.

INSTALL THE HOOKS & HANG THE CANOPY

As a bed canopy will be hanging above your head, it is important that all the screws are secure; drywall anchors are a good idea and will ensure that your bed canopy does not fall down. Enlist a helper when attaching the fabric to ensure it is hung evenly.

ADD SOME CREATIVE TOUCHES

Once your bed canopy has been installed, you can personalise it with accessories to ensure that it matches the décor of the rest of your room. Fairy lights are a great idea for a child's room or even for adults who want to feel like they are sleeping under the stars. Curtain tie-backs are another popular option.



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A step-by-step guide

Be honest. How often (if ever) do you bleed your radiators? This household maintenance task is vital if you want to ensure your home stays warm without costing you a small fortune.

✓ STEP ONE:

Turn on your central heating so that all your radiators have warmed up before you begin the bleeding process; this will ensure that there is sufficient pressure in your radiators to push out any trapped air.

✓ STEP TWO:

Check each radiator for signs that it might need bleeding; this includes any cold spots in your radiators or clucking sounds that they are emitting. If a particular radiator takes longer to heat up than the rest, this could also be a sign that it needs bleeding.

✓ STEP THREE:

Turn off your heating so that you do not burn yourself or create an unwanted flood in your home.

✓ STEP FOUR:

Put some old towels underneath the radiators that you are planning to bleed; discoloured water may flow from your radiator and you do not want to stain your carpet.

✓ STEP FIVE:

Take your radiator bleed key and insert it into the bleed valve; this can be found at the top or bottom of the radiator and looks like a round hole with a square inside. Turn the valve anticlockwise; you should then hear a hissing sound as the trapped air escapes.

✓ STEP SIX:

You only need to turn the eye about halfway round as the valve does not need to be fully open to successfully bleed the radiator. Wait until you can no longer hear air and then turn the bleed valve clockwise to reseal.

✓ STEP SEVEN:

Repressurise your heating system; if the needle gauge in your boiler is on yellow, not green, you need to do this.



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“
THE LIST OF
THINGS I’VE
EXPERIENCED
MAKES ME
A BRILLIANT
CASE STUDY
FOR A LOT OF
PEOPLE
”

Jameela Jamil

It’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”

LOCAL NEWS

from your neighbourhood



Students take on world darts professional

World darts professional Steve West challenged current and returning students at Open Box Education Centre in St John's Road, Epping, to a darts match.

As part of a varied and nurturing curriculum, students take part in weekly darts lessons supported by Open Box volunteer Steve Nichols, a former Lehman Brothers employee, to enhance mental maths, confidence, communication skills and teamwork.

It was a perfect opportunity for students to display their skills and perform in a competitive environment, while picking up some tips from a professional.

Trustees from The Lehman Brothers Foundation, who have supported Open Box with donations towards a new classroom and other enrichment opportunities for students, watched the event and were given a tour of the new facilities.

Open Box Education Centre is a small independent alternative provision school for students in Years 10 and 11.

Principal Alison Dolan said: "We are very grateful to darts player Steve West, volunteer Steve Nichols and The Lehman Brothers Foundation for supporting the valuable work with our students who require a nurturing environment and a bespoke curriculum."

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Underground reservoir revealed in all its glory

One of Thames Water's most spectacular structures – hidden under Epping Forest – was revealed in all its Victorian glory during work to maintain the standard of the company's drinking water.

High Beech, an underground reservoir, was built in 1887 and normally stores 10 million litres of treated water before it is pumped to the taps of 18,000 customers across the region.

At four metres deep and covering an area of 2,800 square metres, the arched Victorian structure was drained to allow engineers to carry out £100,000 worth of maintenance ahead of the festive period.

Diane Barlow, of Thames Water's Water Production Operational Excellence Team, said: "We take our responsibility to provide customers with the high-quality water supply they rightfully deserve very seriously, so we were determined to get it right first time. This work protects water supplies for now and for future generations."

"The reservoir was in pretty good condition considering it's more than 130 years old. The attention to detail and beautiful craftsmanship of the Victorians who built it never ceases to amaze us."

With the main reservoir out of action, a reserve tank ensured supplies were maintained to customers, with teams working extended hours to ensure the project was completed in time for Christmas.

Diane added: "This was all with a view to keeping the outage as short as was practical, and therefore minimising any risk of customers going without water. As it turned out it was very successful with no customer impact. We're learning from our successes to ensure the next reservoir inspection goes just as smoothly."

Thames Water has approximately 320 service reservoirs and 520 individual cells on an inspection programme, as required by law, and typically inspects 60 cells per year. The company also tests its drinking water more than 500,000 times every year.

Cannabis crackdown in town centre

Police in Epping made an arrest earlier this month when they discovered a cannabis factory at a house in the town centre.

Officers swooped on the property on January 3 and found nearly 250 plants. A man was arrested and remanded in custody for cannabis cultivation.

On their Facebook page, a police spokesman said there would be no let-up in the fight on drugs.

He commented: "The trade in cannabis accounts for around 38 per cent of the retail market for illicit drugs in the EU, and the drug is thus an important source of revenue for Organized Crime Groups and contributes towards local crime, modern slavery and funding international terrorism."

Autistic school plan for former car showroom



Photo credit: Google Maps

The former Gates showroom in Epping High Street could become a school for autistic children, according to Everything Epping Forest.

Options Autism (7) Ltd, part of the Outcomes First Group which has been operating for 40 years, has submitted a planning application for the new use after an application for a restaurant in the vacant premises was rejected by Epping Forest District Council.

The proposed day school for children with autistic spectrum conditions details plans for classrooms, an assembly hall, a training kitchen, two therapy rooms, an external play area and staff offices.

Changes to the existing building would see alterations to provide a small entrance lobby extension to the tower, and associated works including car parking.

The day school would cater for about 60 children aged from seven to 19.

Options Autism (7) Ltd provides specialist care and education for children and young people with autism through a person-centred approach.

Individuals' needs are prioritised, and interventions are adapted to provide tailored support, state supporting documents submitted with the planning application.

The focus of the proposed school would be for young people with autism and with speech, language and communication difficulties.

Woman left injured following crash

Essex Police are appealing for witnesses and dash-cam footage following a crash on the M11 last month.

On December 29 at around 4.30am, a black Range Rover and a silver Ford Galaxy crashed on the London-bound carriageway between Harlow and Epping.

A woman in the Galaxy sustained a serious knee injury.

A spokesperson from Essex Police said: "If you saw the collision, have any dash-cam footage or have any other information, please call us on 101 quoting incident 242 of December 29, or call Crimestoppers anonymously on 0800 555 111."

Walking football club commended in awards

The Epping Forest Walking Football programme, which aims to get people back into the sport following injury or after not playing for a while, was highly commended at the Active Essex Sports Awards.

Run by Epping Forest District Council's sports development team, the programme was shortlisted under the Changing Lives through Sport and Physical Activity category.

It supports older people to become more physically active, offering weekly drop-in sessions which have helped more than 50 participants to get fit – improving their mental well-being and making friends in the process.

Will Fordham, who runs the programme, said: "Walking Football is designed to help people keep an active lifestyle despite their age, as well as helping players recover from injury."

"I am over the moon that it has been recognised."

Sessions take place at Town Mead Leisure Park, Waltham Abbey, on Tuesdays between 11.30am and 12.30pm and on Fridays between 5pm and 6pm. Each session is £2.50.

Active Essex Sports Awards celebrate the outstanding achievements of the many clubs, groups, coaches, schools, workplaces, athletes and volunteers throughout the county.



LOCAL NEWS

from your neighbourhood



MP is first woman to be elected principal deputy speaker

Dame Eleanor Laing, MP for Theydon Bois and Epping, made history earlier this month when she became the first woman to be elected as principal deputy speaker in the House of Commons.

The vacancy opened up after its previous occupant, Sir Lindsay Hoyle MP, was elected as speaker following the resignation of John Bercow.

Three Deputy Speakers are elected by the House of Commons. As chairman of Ways and Means, she will preside over March's budget statement, one of the biggest events of the year.

She was first elected Deputy Speaker in October 2013.

Dame Eleanor MP has the responsibility of taking the chair when the speaker cannot. The role was created in the 19th century to cover absences of the speaker.

Dame Eleanor MP thanked her supporters on social media.

She tweeted: "I'm truly honoured and delighted to have been re-elected as #DeputySpeaker and as the first #woman Chairman of Ways & Means. I look forward to working with Sir @LindsayHoyle_MP, Dame Rosie Winterton MP and @nigelp to serve this @HouseofCommons."

Dame Eleanor MP's victory was her second in recent weeks after she was re-elected as Member of Parliament for Epping Forest during the General Election.

Speaking to BBC Radio Essex, she said: "32,000 people voted Conservative in Epping Forest and the majority is bigger than ever so I am very touched personally."

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Work to address flooding is due to start



Photo credit: Mark Cowell

Work to alleviate flooding in Theydon Bois is due to get underway, **VISION**EppingTheydon understands.

People living in and around the area alerted authorities to reports of severe flooding last month, with several roads unusable, including the B172 from Abridge to Theydon Bois and between Theydon and Epping. The road between Theydon and Epping was still closed earlier this month.

Standing water on major routes added to the delays caused by accidents on the A12, M25 and M11.

In Theydon Bois, drivers had to negotiate deep water under the M11 bridge, with many locals calling on Essex County Council. Police closed the road for a weekend at the end of December.

Councillor Chris Whitbread represents the village at district and county level.

He said he understands the county council has a team ready to go, and traffic management systems are due to be installed.

Cllr Whitbread explained: "They'll be looking at what the problem is and what's caused it. Ditches and drains off the motorway, for example, could also have played a role but the issues will be looked at and addressed. It's been a great inconvenience for local people."

Locals have expressed frustration on social media at the length of time it has taken to deal with the problem.

Villagers warned to secure cars against thieves

A woman in Theydon Bois has warned car owners in the village to secure their vehicles after she received reports that two men had been attempting to get into and steal cars in Woodland Way.

Tippy Cornish, who works at the village post

office, said she understands there is CCTV footage of the incident and revealed the police have also been informed. She said she was asked by one of the intended victims to let the village know.

She added: "One of the villagers whose cars were targeted explained that her keys are kept in a Faraday pouch, and if they hadn't been her cars would have been stolen. Both males were wearing Parkas with hoods pulled up."

If you have any information on the incidents, call police on 101 or Crimestoppers on 0800 555 111.

Essex Police have plenty of information on how you can safeguard your vehicle against thieves. Go to essex.police.uk and search theft of a vehicle.

Do you want to see more invested in the police?

Should there be more investment in the police service in Essex, and are you willing to pay more Council Tax to provide it?

That's one of the questions posed by Roger Hirst, Police, Fire and Crime Commissioner for the county.

He is asking the Council Taxpayers of Essex for their opinions before he sets out plans for the 2020/21 policing budget.

Roger said: "Funding for Essex Police comes from two sources: central Government and local Council Tax. Over the past two years we have carried out surveys asking whether or not people would pay more to increase investment in policing in Essex."

"Last year, 4,187 people completed the survey. Seventy-one per cent said they would be prepared to invest more in policing to help improve the service provided. As a result, we increased the policing element of Council Tax by £24 a year for the average household – the maximum permitted by the Government without a referendum.

Hard copies are available on request by either calling 01245 291600 or emailing pfcc@essex.police.uk. People can also write to PFCC for Essex, Kelvedon Park, London Road, Rivenhall, Witham, Essex, CM8 3HB.



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PLANT OF THE MONTH:

Raspberry Canes



GARDENING

January is one of the few months of the year where you might think there is nothing to be done or grown in your garden, but that is not the case. Raspberry canes are suitable for planting in the colder months, as long as the ground is not frozen, and will result in plump and juicy berries come the summer.

WHAT TYPE OF RASPBERRY CANES TO BUY?

There are two types of raspberry canes available: summer-fruiting varieties and autumn-fruiting varieties. Summer-bearing raspberry canes produce just one crop in May/June, whereas autumn ones can produce one or two crops each year, often in early summer and then again in late summer/early autumn.

HOW TO PLANT RASPBERRY CANES:

- Look for well-drained soil that also retains water well. Avoid heavy, clay soil.
- Choose a position that is partly shady to avoid full sun on the hottest days of the summer.
- Plant your canes 20 inches apart, with each row being around 5 feet apart to avoid overcrowding and for access.

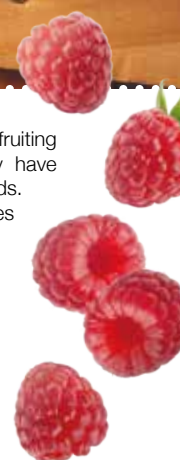
- Do not plant autumn- and summer-fruiting varieties next to each other as they have different maintenance and pruning needs.
- Alternatively, you can plant your canes in a raised bed with plenty of organic matter.

WHY GROW YOUR OWN RASPBERRIES?

Raspberries are sweet, delicious and versatile; however, they are also expensive to buy in the supermarkets. Why? Because raspberries do not continue to ripen once picked, so they are a bit of a nightmare for commercial growers. But for growing in your own garden, they are ideal.

ARE RASPBERRIES EASY TO GROW?

The plants themselves are low maintenance, and, as long as they have the right growing conditions, will provide enough fruit for your family all summer long, making them ideal for introducing children to the joys of growing your own produce.



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Little WHITE LIES

Hilarious fibs parents tell their kids

Ask any parent – keeping your young ones in check is a tough task. And yet, the process is often made considerably easier with the clever use of some truth-bending.

A recent study found that a parent will tell more than 3,000 fibs throughout the process of elevating their child into adulthood, in protecting them from the truth, in not knowing an answer, or just wanting a quiet life.

Here are some classic little white lies that every parent will be able to relate to:

- "Unless you share you'll have no friends"
– harsh but (un)fair, and probably untrue
- "When the ice cream van plays his tune it means he's run out"
– mean, just mean.
- Add in various threats that bad behaviour may lead to kids being sent away, parents going to jail or the small matter of the world ending, and it's incredible that our nippers even make it to adulthood in one piece.
- It's believed that around the age of eight, kids stop believing everything they are told... probably because so many of those naysayer naughties never came true in the first place.
- And yet, when it comes to little white lies, it's not always parents trying to pull the wool over their youngsters' eyes. The best piece of advice of them all – you know, that festive one – is truly a warning that needs to be heeded, because Santa really does know if they've been bad or good...
- "If the wind blows you'll stay like that"
– an effective way to stop kids pulling silly faces
- "If you don't brush your teeth they'll all fall out"
– perfect dental hygiene ploy
- "Your eyes will go square"
– the classic incentive to move away from the telly
- "Eat your greens or you won't grow up strong"
– a produce-themed exaggeration



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Braeside Seniors (11 to 16): Thurs 5 March 9.15am
Oaklands (2½ to 11): Thurs 5 March 9.15am
Normanhurst (2½ to 16): Fri 6 March 9.15am

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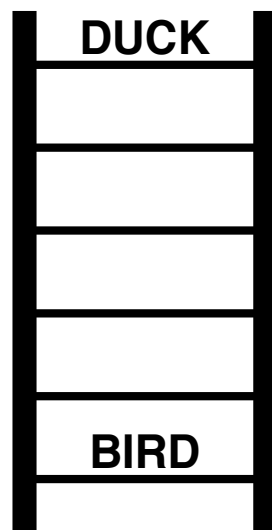
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- ▶ WELCOME PARTY



DID YOU KNOW?

- ▶ A male ostrich can make a roaring noise, similar to a lion's roar
- ▶ Annually, cows kill more people than sharks do
- ▶ Butterflies taste with their feet, as their taste senses are located there. They can taste by standing on food
- ▶ Wolves can go for more than a week without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't roar

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

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WHAT'S THE DEAL

with Deborah?



How has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

ONE: You are the boss – the organisation will behave as you do, so be driven at all times.

TWO: Don't be distracted – only focus on the elements that will take your business forward.

THREE: Adapt your plan – be flexible and willing to change your way forward.

FOUR: Believe the dream – be passionate, authentic and optimistic at all times.

FIVE: Forgive yourself – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."



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If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

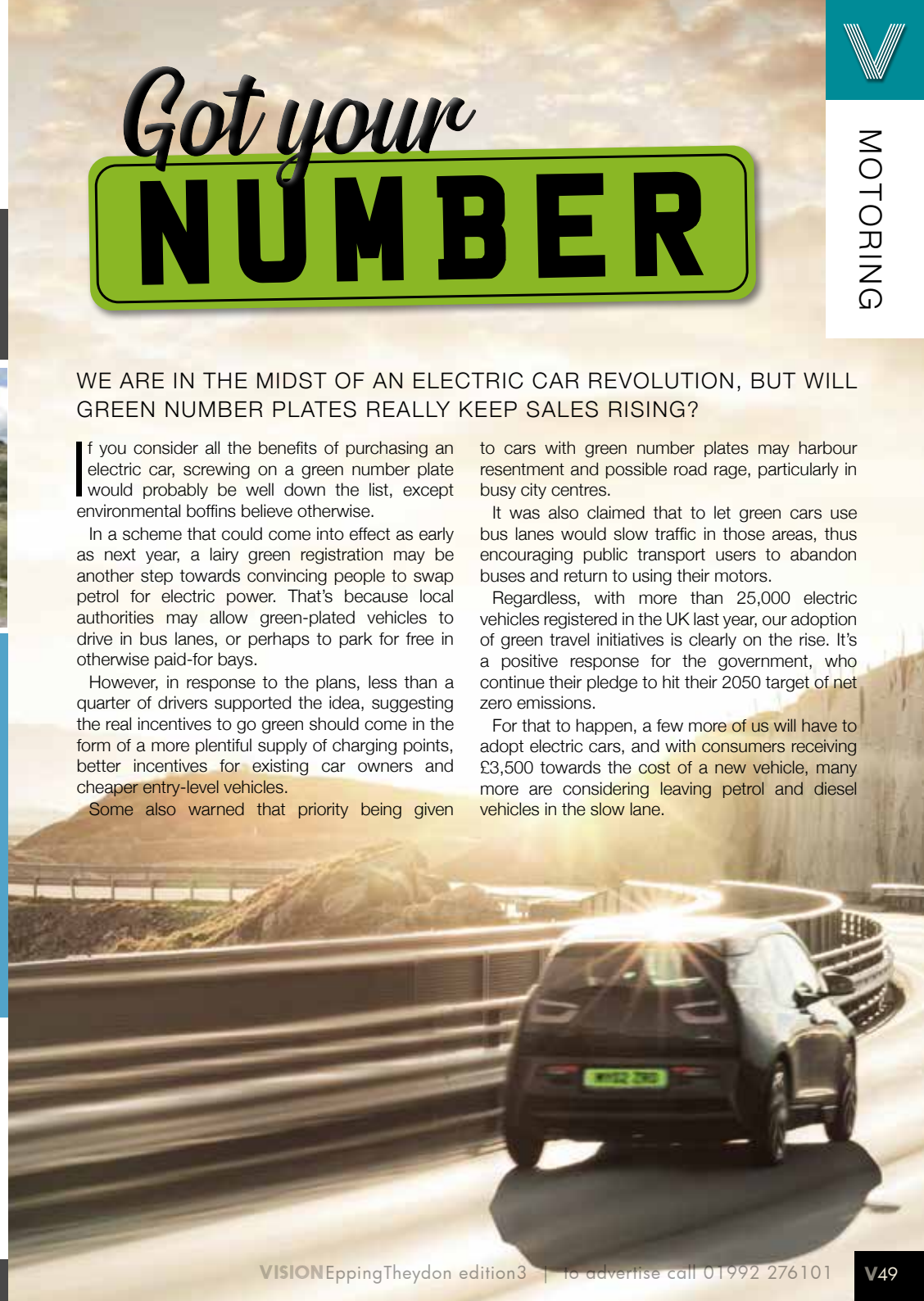
Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.





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TOKYO 2020 THE NEW SPORTS



SPORT

1. SKATEBOARDING

In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be

interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.



Photo credit: skateism.com

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Refreshments will be available at a small charge.

Open Event

Gaynes Park Barns, Banks Lane, Coopersale,
Epping, CM16 7RJ

January 19, 11am – 3pm

A great opportunity to see the wedding venue, helping you visualise the setting.

The team will be on hand to show you around and answer any questions you might have. Refreshments will be available. To attend, pre-book by visiting gaynespark.co.uk/open-events

Sacred Sound Inspirations Imbolc Gong Bath
Epping Hall, 2 Saint Johns Road, Epping,
CM16 5DN

January 29, 8pm – 9pm

Experience the healing sound vibrations of the gong. Participants lie on a blanket or yoga mat and are bathed in the powerful and transformative sounds of the gong.

Arrive from 7.45pm, with doors closing at 7.55pm. Pre-booking is essential, £16 per person.

To book, visit www.eventbrite.co.uk/e/sacred-sound-inspirations-imbolc-gong-bath-epping-29th-january-2020-tickets-75770233809

Epping Forest Interactive Ghost Walk

Epping Forest

January 31, 7.30pm, 9pm, 10.30pm

Join Haunting Nights as you are taken on a Ghost Walk looking for the ghosts of Epping Forest. You'll be taken closer than ever before to the haunted history connected to this historic forest.

This event will be a ghost walk which lasts around an hour. Different ghost-hunting techniques will be used.

Tickets are £10 per person. The early session is family friendly and sessions after 9pm are for those aged 16 years and over.

To book call 07387 226700 or visit hauntingnights.co.uk/?olsPage=products%2Fthe-epping-forest-interactive-ghost-walks-3112020

Silent Movie Special with Neil Brand

St John's Church, St John's Road, Epping,
CM16 5DN

February 8, doors open 5.45pm

Harold Lloyd stars as a young man who leaves his small country town and heads to the big city to get a job. This film will be accompanied by world-renowned pianist Neil Brand.

For more information and to book, visit www.eventbrite.co.uk/e/harold-lloyds-safety-last-u-with-neil-brand-accompanying-live-on-piano-tickets-84406617465

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