



2020  
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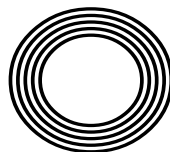
**EGG-  
CELLENT  
EASTER  
BONNET**

**MUSCLE-  
BUILDING**

7 techniques for a  
full body workout

**CAROLINE FLACK**

*The media backlash following  
the star's tragic death*



**FREE**

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# TYSON FURY

The story behind the Gypsy King's heavyweight success

# WHAT IS CAR LEASING

Essentially, leasing is similar to renting. You make payments for the use of the car over a certain time period, and then return the car at the end of that period. In most cases people lease cars for 2-4 years and then at the end of the contract hand the car back.

## What needs to be considered when leasing a vehicle

- Make and model of your vehicle.
- How long you want the car for, the miles you drive each year and how much you want to pay upfront. To lease a car, you put down an initial payment. This is then followed by fixed monthly payments that continue until the end of the contract. Usually, the longer the period, the lower the monthly payments. At the end of the lease, your payments then cease which leaves you free to lease another car whenever you want.



## Pros

- ✓ Not having to worry about the depreciation costs of your vehicle
- ✓ You can drive a car that would otherwise be out of your price range
- ✓ Monthly payments are lower than a standard car purchase.

## Cons

- ✗ You don't own the car
- ✗ Can be expensive to exit the contract early
- ✗ Generally higher insurance premiums

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Plan has been running for the last 20 years. We used to cover just Essex and London but have since grown into one of the biggest lease companies. Whether it's a company car or a private car you require, we can help! There are three things that are very important to us here at Plan:

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There are so many OPTIONS online, but we guarantee that we can either MATCH or most cases BEAT any personal/business quote. This is due to the number of cars and vans we supply every year, by having access to the UK's biggest Finance Companies.

## Service

As a company we always strive to offer the best service. This is evident from our "Excellent" customer reviews online. Some of you may be thinking the good service will just be at the start, however, that is not the case. We can ensure that the high level will continue throughout your contract.

## Knowledge

Although good service and great prices are key, we do value knowledge just as much. Our staff here are highly trained with expert knowledge of cars and the industry. They can help if you are new to leasing or would like to find out more about a vehicle. Most importantly, they can advise which will be the best PLAN for you.

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March 2020

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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon. We are nearly there, **VISION** readers, only one more month and the clocks will have changed. I am preparing myself for a change as I start to be a president

of my network group. What a privilege. I am looking forward to it but obviously slightly nervous about what is to come.

It's so nice to connect with other local businesses and business owners, especially from my industry, which is not always the most favourable.

Advertising and promoting your business is not always the top of the list when starting or looking to generate more customers, but it needs to be done. Did you know Coca-Cola spends on average £6billion globally each year? It has been an established brand for many years but still appreciates the importance of keeping its brand message.

In local news, an Epping woman is killed after being hit by a car, an Epping development reaches a new milestone and an annual art exhibition is returning to Theydon Bois Village Hall.

We welcome any of your stories for our local news pages. If you have a story to share, please send it to [epping@visionmag.co.uk](mailto:epping@visionmag.co.uk)

I hope you all enjoy the March 2020 edition of **VISION**EppingTheydon.

*Brett*

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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Tim Green  
CONTRIBUTORS | Tabatha Fabray, Amneet Kaur, Maria Pierides



# A MOUNTAIN AMONG MEN

A full-page background image of Kobe Bryant in a yellow and purple Los Angeles Lakers jersey, number 24. He is in a dynamic pose, jumping with his arms outstretched, looking upwards. A basketball is suspended in the air above his head, near the hoop. The background is dark and out of focus.

**T**he outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the words to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

## OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28





# WHAT A WASTE

*The media falls into the spotlight in the aftermath of Caroline Flack's death*

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.

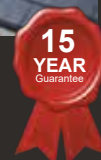
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# make-up GET SET, GO

**M**ake-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no. So why not make your own instead?

**ROSE WATER & WITCH HAZEL SETTING SPRAY** – *Best for oily, mature and acne-prone skin*

**YOU WILL NEED:** 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

**ALOE VERA & LAVENDER SETTING SPRAY** – *Best for dry or dull-looking skin*

**YOU WILL NEED:** 2 tablespoons aloe vera gel | 2–3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

## HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2–3 weeks, using when needed

## HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6–8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed

# EMOTIONS

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## YOUR DEFINITIVE GUIDE TO *Chocolate*

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life's great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

### MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.







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FOOD & DRINK

## Fine Foodies

**W**e have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

### *Olive oil*

A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

### *Natural yoghurt*

High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

### *Berries*

An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

### *Broccoli*

Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

### *Sweet potatoes*

Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...

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# EAU MY GOD

## HOW MUCH WATER SHOULD WE ACTUALLY BE DRINKING EVERY DAY?

It has become the 'cure all' catchphrase, hasn't it? Feeling tired? Lacking energy? Got dull skin? A little peckish? Then have a glass of water. So accustomed have we become to this information that it's easy to believe a tall, cool glass of H<sub>2</sub>O can fix all of the world's ills.

Why is it, then, that so few of us actually manage to drink what we should? The Natural Source Waters Association believes that 89 per cent of us Brits aren't reaching optimum hydration, leading to fatigue, headaches, mental foggiess and a general feeling of 'meh'.

It is a well-known fact that a human can survive up to three weeks without food, but only three to four days without fluids. This is because our bodies are made up of 60 per cent water, meaning that even a 2 per cent drop in the total fluid levels prevents cells in our bodies operating at full efficiency. At this point, you are technically dehydrated, and it is not uncommon to feel emotional, weary and unable to concentrate.

Your goal, then, should be to aim for eight glasses (250ml each) of water per day, which is around two litres. At first this may feel excessive, but like all good habits it will soon become second nature. Handily, there are many tools designed to help us drink more, from fitness apps which encourage us to log our water consumption, free water fountains and even drinking bottles with in-built counters to help us keep track.

Another burning question is whether other beverages help us stay hydrated as effectively as water, and the answer, sadly, is no. Sure, coffee, tea, soft drinks and even alcohol will improve our fluid levels to an extent, but nothing quite hits the spot like good old-fashioned H<sub>2</sub>O. So if you want to be the best version of you this year, get drinking.

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# MUSCLE *mania*

**D**id you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out. Men and women alike can incorporate the following muscle-building techniques into their workout routine.

## SQUATS



Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

## DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.



## DIPS



If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

## PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.



## BENCH PRESS



The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

## OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.



## ROWS



If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.

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# it's a CLASSIC

*Revealing Pantone's Colour of the Year*

The idea of falling in love with a colour seems like an emotion straight out of an art critic's most opulent and emotive witterings. And yet, as far as Pantone's Colour of the Year for 2020 goes, such a bold, accessible and relatable shade should be to the liking of even those who'd rather steer clear of exhibitions and galleries.

While Pantone reinforces its lofty, slightly pompous, self-appointed status as the overseer of the holy swatch, it does at least apply an emotional narrative to the shades and tones represented, and in the seductive Classic Blue – that's colour 19-4052 to those in the know – there are many observations.

The institute pours admiration behind its simplicity, and certainly, as far as interiors go, it's arguably the most versatile selection in years. That's because Classic Blue offers credibility and reliability, echoing trust and dependency. As a foundation colour it sets up perfectly a raft of colour mixes – imagine a statement wall with white sofa and beige cushions; imagine deep-blue wardrobes and bed throws offset with rose red or black.

Ultimately, it is a colour that draws in and sets off in equal measure – it complements wood and brings out fabric. It is a tone that invites the opportunity to adapt into your own look.

In an era where bold shades have come to the fore, it's no surprise to see Classic Blue find its place. Arguably the bravest choice since turquoise in 2010, it's a world away from the multifaceted Living Coral of last year, which divided opinion.

The directive with Classic Blue is to embrace, embellish and embolden a shade that in previous decades would have been labelled a 'cold' colour. Pantone has surely seen to it that it'll never be viewed that way again.



HOME & DIY





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DIY

# Mother's Day GIFTS

HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...

## Inspirational Tea Towel

**You will need:** A stencil • Washed and ironed tea towel • Access to a printer • Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft knife • Cutting surface, e.g. cardboard

### How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.

- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.



## Ombre Tie Dye Tote

**You will need:** Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp

### How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.



## Mason Jar Photo Vase

**You will need:** A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

### How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.



HOME & DIY





**Y**ou may not think that there is much use for an old rain gutter, but with a little bit of imagination and a touch of DIY know-how, you can create several innovative and interesting storage solutions in your home.

### *A shoe rack solution*

If you have children, you may notice that you have more shoes than space allows in your home, and nobody wants an array of muddy footwear left littering your living room. Thankfully, all you need is a rain gutter and a spare corner or alcove to hang in it.



### *A space-saving party platter*

For those who love to put on a spread, this space-saving idea could be perfect for you. Thanks to the width, it's easy to put several gutters onto one table, helping to overcome problems with space. Simply cover the gutters in foil and fill with party food. They are perfect for banana splits, pasta salad, nibbles and fruit salad.



### *A kid's reading corner*

Apparently a simple playroom is no longer sufficient for children nowadays. They need to have specific areas to promote different elements of their development, such as a messy play section, an imaginative play area, a chill-out zone and a reading corner. Luckily, several old rain gutters make the ideal set of shelves for a space-saving bookcase.



### *A wire-hiding solution*

No one likes to have unsightly wires exposed throughout their home. However, with more and more electrical devices being purchased, cords and cables can be seen everywhere. Fortunately, by simply attaching a rain gutter to the wall below a table, desk or shelf, you can neatly contain the wires and avoid any accidents, as well as make your home appear less cluttered.



*Upcycling*

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Photo credit: Laura Moss/www.thisoldhouse.com, www.architupandesigns.com, www.fabartdiy.com, www.onecrazyhouse.com



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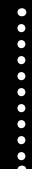
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## WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatching fabrics, wrought iron and wood; and most definitely no fluffy carpets.



HOME & DIY

Photo credit: Livingetc.com



# BRITISH BULLDOGS

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.

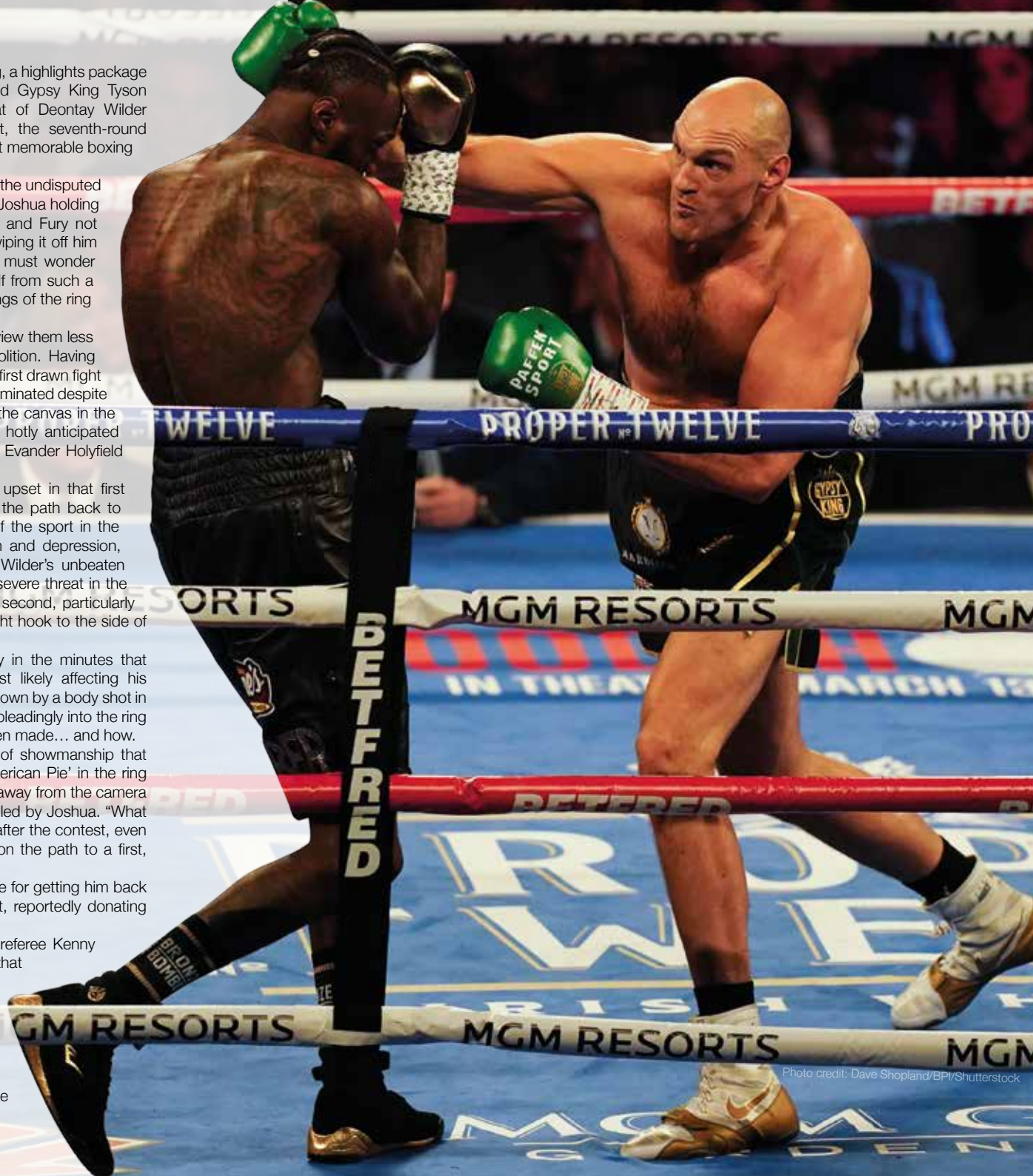


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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS EPPING



## Man charged over death of woman hit by car in London

A man has been charged with three offences after a crash in London in which a woman from Epping was killed.

Anisha Vidal-Garner, 20, was pronounced dead at the scene after she was hit by a car whose driver had earlier ignored police instructions to stop.

Quincy Anyiam, 26, from Surrey, was charged with failing to stop at the scene of a road traffic collision, dangerous driving and causing death by dangerous driving.

He appeared in custody at Croydon Magistrates' Court on February 24.

The incident took place at around 9.45pm on Wednesday, February 19 after a car sped away from police in Brixton Hill after officers signalled for it to stop.

It failed to do so, and was then involved in a collision with a pedestrian.

The car did not stop at the scene and was found abandoned nearby.

The Directorate of Professional Standards and Independent Office for Police Conduct (IOPC) have both been informed, as is routine. The IOPC has taken the decision to independently investigate the incident.





# Development reaches key milestone as hoarding installed

A new leisure centre for Epping took a step forward last month after the site in the town centre was transferred to development company Qualis Commercial Ltd.

Hoarding has been installed at the site to mark a key milestone in the much-anticipated development, which will also include a cinema, food, retail and public space, along with housing.

Epping Forest District Council leader Chris Whitbread commented: "I am delighted to announce the impending transfer of the St John's site to Qualis. We are moving into a new and exciting phase that will eventually see the whole of Epping benefit."

"The St John's site is part of a larger project, including

residential redevelopment of the old leisure centre in Hemnall Street and what is currently the Condor building of the current Civic Offices at the other end of the High Street. It will totally rejuvenate Epping.

"Our council is changing to meet the needs of the future. Overall, we are looking at a gross investment of around £100million in the next five years, delivering a minimum net three per cent return to the council across the portfolio. This is a brand new and dynamic approach to redeveloping council-owned land which will bring a fantastic new vibrancy to the area.

"Residents will benefit from new, quality amenities, and ongoing income will be provided to support council services for generations to come."

# Football club appoints new manager

Epping Town Football Club has appointed former Saffron Walden and Stansted player Stuart Hoskins as first team manager.

A post on the club's Twitter feed stated: "The club and supporters are excited to see where Stuart and his team can take us."

Hoskins wrote on Twitter: "Delighted to be given the opportunity. A big task ahead but (the) hard work starts now."

His appointment follows the resignation of Billy Cove, who is now Bishop's Stortford Swifts first team manager.

Former Epping Town chairman Chris Ottaway, who resigned the day after Mr Cove, was this week appointed the new chairman of Harlow Town Football Club.

No announcements have been made regarding a new chairman of Epping Town about player availability after several Epping Town players left the club following Mr Cove's departure.

The Essex Olympian League rearranged Epping Town's fixtures following the resignations, cancelling games scheduled for the following two Saturdays to give the club "a couple of weeks with no game to give us a chance to get something sorted moving forward", a club official said.

It was expected that Epping Town would be back in action on Saturday, February 22, when they take on rivals Corinthians – the Southend-based club which earned a double promotion from Division 4 to Division 2 with Epping Town last season.

Epping Town are currently sixth in the league.

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## 'Use it' plea over community bus service



Epping Forest Community Transport is encouraging people to make use of its twice-weekly service which runs between Chigwell and Epping, and includes the Epping Forest Retail Park.

The service runs on Mondays and Wednesdays from the Two Brewers pub, Lambourne Road, Chigwell Row (10am), to Epping High Street (arriving at 10.45am).

The bus also stops at Lambourne Road (10.01am), Grange Hill Station (10.05am), Manor Road (10.08am), Limes Farm community office (10.12am), Hainault Road (10.17am), High Road, Chigwell, via Chigwell Station (10.21am), Epping Forest Retail Park (10.30am) and The Broadway, Debden (10.35am).

The return journey leaves Epping High Street at 12.45pm with stops at The Broadway, Debden (12.55pm), Epping Forest Retail Park (1pm), High Road, Chigwell (1.09pm), Hainault Road (1.15pm), Limes Farm community office (1.20pm), Manor Road (1.22pm), Grange Hill Station (1.25pm), Lambourne Road, Chigwell Row (1.29pm) and the Two Brewers pub (1.30pm).

Epping Forest Community Transport manager Angela Canham said: "We would like to raise awareness of the Chigwell bus services – route CP03 – which provides easy-access transport for people from the Chigwell area to the Epping Forest Retail Park in Langston Road and also to Epping. With the service running on a Monday, as well as a Wednesday, shoppers can be in Epping for the town's weekly Monday market."

Passengers can 'hail and ride' between stops.

## No objection to building work at proposed restaurant

Epping Town councillors have expressed no objection to proposals to change the shopfront at premises in Epping High Street, which are set

to become a 65-seater "top quality" fish restaurant.

Alec Smith, the former owner of Smith's restaurant in Ongar and Alec's in Navestock, is set to open a similar restaurant on the ground floor of Revival Court, the mixed-use development on the site of the Half Moon pub in Epping High Street.

Last month, a town council planning committee was told that restaurant use has already been approved and the planning application under consideration was for a new shopfront and other building work only.

## Would you consider becoming a firefighter?

That's the question being asked to people in Epping and across the country by Essex County Fire and Rescue Service as it welcomed its biggest new squad in more than 10 years with 18 new firefighters.

The firefighters were honoured at a dedicated passing-out ceremony attended by Assistant Chief Officer Moira Bruin and Jane Gardner, Deputy Police, Fire and Crime Commissioner for Essex.

The training course has seen them learn the practical and technical skills needed to be firefighters. They've been equipped with the skills and experience they need to deal with a variety of incidents.

The firefighters will now join crews in fire stations across the county, where they will continue their training and develop their skills.

Assistant Chief Officer Moira Bruin said: "Thank you to each and every one of you for your commitment to serving the communities of Essex."

"I'm personally looking forward to getting to know you more, and visiting you at your stations and hearing about how you are helping to make Essex a safe place to live, work and travel."

Could you join Essex County Fire and Rescue Service? Visit [www.join.essex-fire.gov.uk](http://www.join.essex-fire.gov.uk)



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# LOCAL NEWS

*from your neighbourhood*

Photo credit: Essex Police



## Burglar who stole from several homes jailed for almost four years

A man who stole items from a home in Theydon Bois has been jailed for three years and nine months.

Tre Lewis broke into homes in Epping, Graylands, Theydon Bois and North Weald, stealing items including jewellery and thousands of pounds in cash.

The 23-year-old was charged with three counts of burglary, charges he later admitted at Chelmsford Crown Court on Monday, February 17.

Investigating officer Detective Constable Rob

Guiney, from Loughton CID, said: "Tre Lewis showed complete disregard for the people whose homes he broke into and had no qualms about going through their possessions and stealing their property."

"Due to the quick response of officers responding to the burglary call, Lewis was arrested shortly after the Theydon Bois break-in and, due to the evidence against, him has been left with no option but to plead guilty."

## Police officer brings crime spree to an end

A police officer in Epping Forest has been praised after he arrested a man who was seen acting inappropriately in Theydon Bois last month.

PC Emma Jackson apprehended the individual after concern was expressed on social media by female joggers and dog walkers in Epping Forest after the man was spotted acting inappropriately within the forest.

The same man had been involved in a disturbance earlier in Loughton.

PC Jackson caught up with him in Theydon Bois,

where his mini crime spree was brought to a sudden and abrupt halt.

On its Facebook page, Essex Police wrote: "Epping Forest Community Police Team dealt with the male overnight and today sees our own PC Emma Jackson securing six charges including assault on police and a remand on the male."

"Well done to Emma who worked tirelessly on this job and thank you to our local residents' groups and NHW for encouraging people to report the numerous incidents to us."

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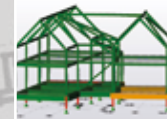
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## Special guest speaker for Theydon Bois Men's Forum



Every two weeks, as part of one of its programmes, Theydon Bois Men's Forum has a guest speaker at its meetings.

On February 26, Howard Gould, who works for the Leyton Orient Trust and is a Leyton Orient FC Community Liaison Officer, was invited to give a speech at the forum.

He was called on behalf of the club to speak about their history.

Howard spoke about his job role within the trust and the club. He went all the way back to 1881 to talk about the formation of Leyton Orient FC and mentioned all the highlights of each decade since then, making his way to current time.

Theydon Bois Men's Forum had some Orient fans in the audience, who were very curious to know more about the football team and what goes on behind the scenes.

Howard talked about how much he enjoys his job: "I love my job; I have been a supporter of the Leyton Orient for more than 50 years, so it is a thrill for me to work for them. It's very enjoyable working for the club that I support."

## Council announces council tax freeze

Council taxpayers in Theydon Bois and across Epping Forest will see their council tax bill for district council services stay the same.

Epping Forest District Council leader Chris Whitbread said: "As the new decade begins, Epping Forest has achieved its goal of the lowest council tax in Essex and enters the 2020s with a bold vision for the district's future."

Cllr Whitbread, who represents Theydon Bois, informed residents about what the council will spend money on over the next financial year.

He revealed: "Pay and display car parking charges

are also frozen. We are taking back control of the Highway Rangers. In addition to funding from the County Council we are providing support for the Local Highways Panel.

"We will continue to support three additional police officers targeted by ourselves who are now an integral part of the Community Well-being Team."

## Annual art exhibition to come back to village hall

Theydon Bois Village Hall will be hosting its annual art exhibition, which will take place on May 22-23.

The exhibition will showcase the talent of local members, who all have different painting techniques.

The event will be suitable for everybody to enjoy, as it includes a variety of different styles and subjects.

Lucy Alligan-Rolf, host of the event, said: "We feel like there is something for everybody in the exhibition, as many different styles are available.

"Some artists are very focused on capturing local areas; others include portraits, silk batiks and abstract work.

"As in previous years, we are looking forward to the continued support of our local community and we can't wait to welcome them to the event."

Pictures will be sold at reasonable prices. 10cm 'Charity Squares' will also be sold for £5 each, which will be accompanied by personal greeting cards.

The exhibition will be open Friday, May 22 from 7pm to 9pm and Saturday, May 23 from 10am to 5pm.

There will be refreshments and free parking for visitors; entry is £1. For more information, visit [www.arctotis.net/theydonartgroup.co.uk](http://www.arctotis.net/theydonartgroup.co.uk)







PLANT OF THE MONTH:

# Asparagus

**A**sparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

## How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

## When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

## Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



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**BAMBOO**  
Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (Phyllostachys nigra) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

**CHUSAN PALM**  
There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the Trachycarpus fortunei is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.  
This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

**GINGER LILY**  
To add to these green tropical twins, try a ginger lily (Hedychium aurantiacum). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

**MUSA BASJOO**  
An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

**BEAR'S BREECHES**  
Finally, complement your tropical spread with bear's breeches (Acanthus mollis) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.

*Musa basjoo*  
*Bamboo*  
*Ginger Lily*



How to make an

# EGGCELLENT

Easter bonnet

**W**ith Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays.

With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

## 1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

## 2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

## 3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

## 4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com



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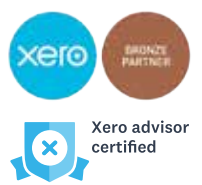
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Sue Potter from S Potter Talent has over 10 years' experience in leading apprenticeship programmes from creating, launching new schemes, remodelling ones, as well as rolling out mentoring programmes to support the apprentice on their journey. Sue can work with any size company from SME to large corporate. Sue has received accreditations from the appropriate professional body on all the schemes she has worked on. Her breadth of experience spans identifying the skill gaps within the business and the impact of these in the

short, mid and long term. With this knowledge she creates workable training strategies to support the current and future needs of the business.

S Potter Talent offers bespoke consultancy and programme management for apprenticeship schemes including:

- Auditing apprentice opportunities within your business
- Providing business advice on employer responsibilities and legislation covering all aspects of apprentice schemes
- Utilising available funding, for example the Apprenticeship Levy
- Setting up and supporting apprenticeship schemes.

Sue can also offer:

- Training needs analysis to identify where the gaps are
- Design and implementation of training programmes and courses aligned to the needs of the business and individuals
- Co-ordination of an organisation's L&D strategy and plan, utilising internal and external training providers as appropriate.

If you are interested in learning more about apprenticeships and how they can benefit your business growth, contact Sue on: 07486 073844, email: [info@spottertalent.co.uk](mailto:info@spottertalent.co.uk) or visit: [www.spottertalent.com](http://www.spottertalent.com)



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# Release the PRESSURE

## EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

**E**quity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

### THERE ARE TWO TYPES OF EQUITY RELEASE:

#### *Home Reversion Scheme*

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

#### *Lifetime Mortgages*

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where the size of the debt is actually greater than the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.







# PUZZLES & TRIVIA

PUZZLES

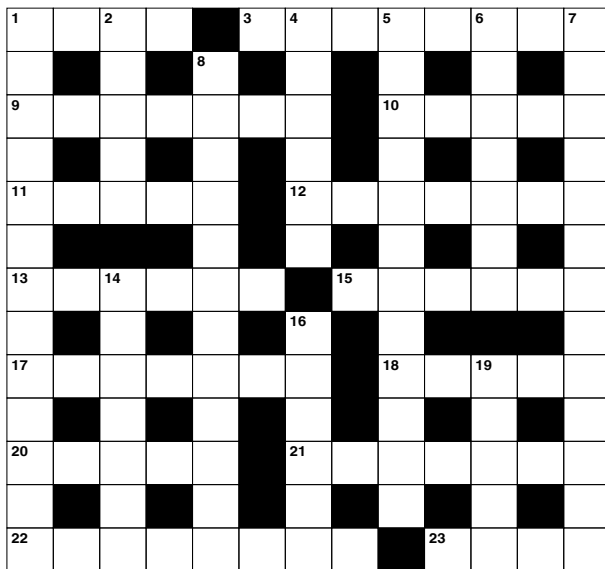
Answers can be found on the Contents Page 4

## ACROSS

1. Unwell (4)
3. Coming out of (8)
9. Freezing (3,4)
10. Italian cathedral (5)
11. Herb (5)
12. Mode (7)
13. Make tidier (6)
15. Adjust in advance of its use (6)
17. Sharp tooth (7)
18. Shady spot under trees (5)
20. Ornamental stone (5)
21. Chanted (7)
22. Overabundances (8)
23. Dairy product (4)

## DOWN

1. Perfect likeness or double (8,5)
2. Requiring much mastication (5)
4. Change (6)
5. Reallocate (12)
6. Traditional piano keys (7)
7. Amiably (4,9)
8. Despair (12)
14. Antiquated (7)



16. Reach a destination (6)
19. Lifting device (5)

## DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

## SUDOKU

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SPORT



**TOKYO 2020**  
THE NEW SPORTS

### 3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.

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in your area

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Run in partnership with Brambles Children's Centre.  
Classes during term time only.

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Theydon Bois Baptist Church, 2 Avenue Road,  
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The bereavement café is a place to meet and connect with other local people who have had a similar experience to your own.  
It's a safe place to speak openly about your experiences, or just meet up for a coffee and a piece of cake.  
Anyone who has experienced the loss of someone close to them, no matter how long ago, is welcome to attend the session.

It is free to attend and you're welcome to drop in anytime throughout the event.  
For more information, contact St Clare Hospice community engagement manager, Sally Muylders, on 01279 773709 or email [sally.muylders@stclarehospice.org.uk](mailto:sally.muylders@stclarehospice.org.uk)

**California Suite**  
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There will be a free pre-film craft activity at 10.30am.  
Tickets are £5 for adults and £2 for children. They can be purchased from Epping Library, on the door (cash only) or via [www.eppingatthemovies.com](http://www.eppingatthemovies.com)

**Mothering Sunday Afternoon Tea**  
St John's Church, St John's Road, Epping,  
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