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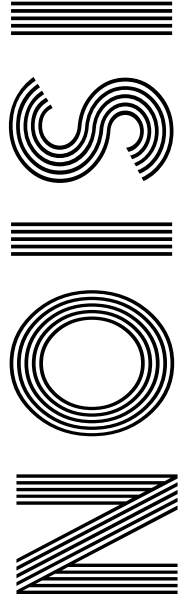
UK'S  
NOT SO  
SMART  
MOTORWAYS

LOVE IS IN  
THE AIR

Online dating tips

CHOCAHOLIC

*Ways to use leftover Easter eggs*



FREE

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MARY BERRY

Celebrating the cook's career as she turns 85

# 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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## 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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- 6 NOT SO SMART MOTORWAYS
- 8 IT'S A DATE...
- 11 BEAUTY
- 12 HEALTH & FITNESS
- 17 FOOD & DRINK
- 21 HOME & DIY
- 28 MARY BERRY
- 31 LOCAL NEWS EPPING
- 36 LOCAL NEWS THEYDON
- 41 GARDENING
- 45 BUSINESS & PROPERTY
- 48 KIDS
- 51 SPORT
- 52 THE **VISION** LISTINGS
- 54 PUZZLES

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At the time of print all content in **VISION** was relevant and up to date  
according to COVID-19 government guidelines

# Editor's notes...



Brett Shohet, Editor

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

What a strange time we  
are living in. If we look  
back through history  
and all the events we  
have gone through, we  
are still here and we  
will get through this too.

I'm looking at this as an inconvenience for now.  
But also looking forward to who I will be and  
where **VISION** can be after this period. It's  
what we have done in the past that has made us  
who we are right now, and it's what we do right  
now that will make us who we are in the future.

I'm making sure I stick to a routine and treat  
every day as normal within the restrictions that  
have been laid out. Get a good night's sleep, eat  
cleanly and healthily and be safe.

But the most important thing is knowing that  
we are here for one another. Local businesses  
are going to need us more than ever right now.

Before that next purchase, ask yourself, can  
I get this from my local business? That one call  
could change the future for their business and  
their family.

Also reach out to me. If you want a chat or need  
to find a business that is not featured in **VISION**,  
I will accept the challenge to find someone who can  
help you and also help their business.

Stay safe, and I hope you all enjoy this edition  
of **VISION**EppingTheydon.

*Brett*

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14. WHATNOT, 15. ACCEDE, 16. KINGLY, 17. CRASH, 19. AGUE

# *(not so)* SMART MOTORWAYS

## ARE SMART MOTORWAYS ONE OF THE TRANSPORT INDUSTRY'S LEAST CLEVER IDEAS?

The concept of the smart motorway is, on initial inspection, a good one... a smart one, in fact. It uses active traffic management to increase the capacity of a motorway, with the main premise being to free up the hard shoulder for regular traffic use.

Also factoring in variable speed limits, the aim is smoother flow of traffic, quicker journey times, a reduction in both noise and air pollution, and fewer road traffic collisions.

On that basis, the concept, first introduced back in 2006 on the M42 in the West Midlands, is a sound one. The vast majority of us will have been in a situation where overhead information boards divert, guide and advise us in smart motorway settings, and we'll have experienced the benefits.

Sure enough, more than £2billion of contracts

have so far been issued in order to extend, renovate and convert existing routes into smart motorways, with the M1, M4, M5, M6, M60 and M62 all actioned. In addition, other variations, such as controlled motorways, dynamic hard shoulders, all lane running and through junction running routes – which use the same concept but cannot be fully utilised for hard shoulder use, for instance, because of bridges – have come into effect.

However, in recent years, the effectiveness and safety levels of this traffic management solution have been called into question. Despite a conversion cost of between £5million and £15million per mile, the Campaign for Better Transport has consistently claimed no positive impact on CO<sub>2</sub> emissions.

Most alarmingly, though, is a swell of evidence suggesting that rather than reducing collisions and

accidents, smart motorways are actually causing them.

This point was first raised by the RAC, who discovered that motorists' confusion over whether a smart motorway was, effectively, 'in use', led to many driving on the hard shoulder when they were not permitted to.

Then, in January of this year, a Freedom of Information Act revealed a 20-fold increase in near misses on smart motorways, caused when a motorist has broken down and has with no hard shoulder or safe space to retreat to.

The original M42 pilot scheme offered emergency refuge areas (ERAs) 500m apart – that's less than a third of a mile. The logic therefore is that anyone sensing they are breaking down can 'limp' to the next safe space.

However, some stretches of the M25 have these spaces up to 1.6 miles apart, leaving motorists in real danger in the event of mechanical failure or a collision, with no means of removal. In real terms, this has led to 38 deaths on smart motorways across the UK.

To that end, Police Federation of England and Wales chief John Apter said, "I do not like the term 'smart motorways' because it infers they're a good idea. They're anything but, and a recipe for disaster. It's a death trap. It's inherently dangerous and putting lives at risk."

It seems a full-scale review of smart motorways is imminent, and this apparently innovative measure to alleviate the ever-increasing demands we have on our roads could find itself consigned to the annals of road traffic experimentation.





# It's a date...

TOP TIPS TO GET YOU BACK IN THE GAME

**A**re you single, spent too long huddled around your radiator and run out of shows to binge on Netflix? Now's the time to revamp your online dating profile, ready for when you can start getting out there again – hopefully in time for a summer romance...

## NAIL THE PROFILE

- ♥ Use recent and unfiltered pictures. Most people who are serious about dating prefer to see the real you as opposed to manipulated images. Don't just post selfies – include pictures with friends too.
- ♥ Be honest. Don't lie about your age or your past, and if you're between jobs, that's fine too.

- ♥ Be open, but don't give it all away – mention that you like travel, for example, but leave it to them to find out what your top five destinations are.

## FIRST DATE TIPS

- ♥ Activities such as minigolf or bowling are low-pressure ways of getting to know someone.
- ♥ Avoid the conventional cinema, but an open-air cinema is a fun alternative. And a great excuse to cuddle if the weather turns chilly.
- ♥ Go to a comedy club to see if you share the same sense of humour.
- ♥ If you both listed a love of food on your profiles, then dinner should definitely be on the cards.
- ♥ Stay safe. Let someone know where you are going, and share your location via WhatsApp once you get there. Have someone nearby so they can come to the rescue, if needed.

## RED FLAGS

- ♥ Run away if they're a sore loser or an ungracious winner on your activity date.
- ♥ If they spend longer staring at their phone than into your eyes, hit the road.
- ♥ Beware if they have absolutely everything in common with you – they might have stalked your social media.
- ♥ Everyone has a past, but constantly mentioning their ex is not okay.
- ♥ Neither are any of these things: ordering for you, being overly critical of everything, and arriving late with no excuse or apology.



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# Anti-cosmetic surgery fixes



BEAUTY

Following the news that former *TOWIE* star Amy Childs was among a long list of celebs who openly admitted to having cosmetic surgery regrets, we're going to explore some quick beauty fixes that don't involve going under the knife...

### The Quick Nose Job

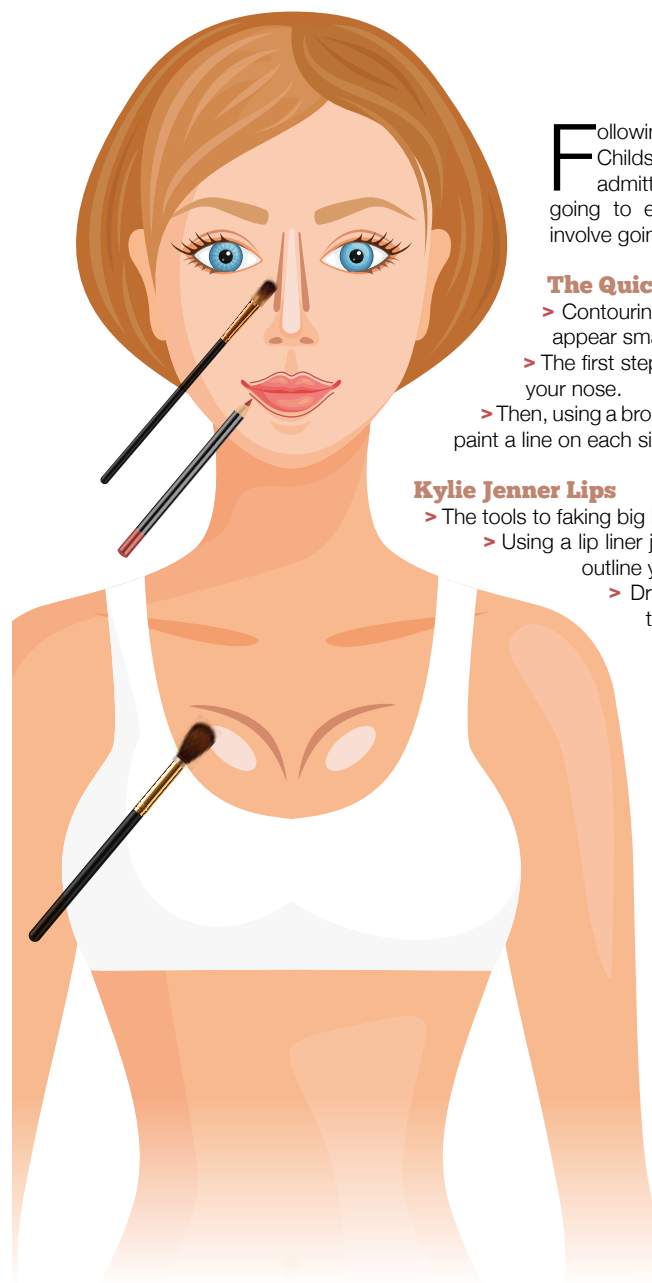
- > Contouring the side of your nose will instantly make it appear smaller.
- > The first step is to use concealer to highlight the middle of your nose.
- > Then, using a bronzer a few shades darker than your foundation, paint a line on each side of your nose, and blend, blend, blend.

### Kylie Jenner Lips

- > The tools to faking big lips without fillers are all in your make-up bag.
- > Using a lip liner just one shade darker than your lipstick, over-outline your lips.
- > Draw an 'X' just above the Cupid's bow, and then complete the lip outline from that point. This creates an exaggerated outline, while still sticking to the natural shape of your lips.
- > After you've applied your lipstick, add a hint of concealer or highlighter to the centre of the lips. This will create an ombré effect, which makes the lips look even bigger. This can also be achieved by using a lipstick in a slightly lighter colour in the centre, for a more subtle and natural effect.
- > Go one step further with ombré lips by playing with more than one shade of liner and lipstick. The internet is filled with helpful tutorials to nail this trick.

### Bigger Chest

- > A push-up bra is a girl's best friend if you want that extra lift. However if that still doesn't cut it, a silicone insert can also be used inside each cup.
- > Contour. Contouring isn't just for your face – you can fake a rounder and bigger bust by contouring the top of your chest and creating a fuller, more voluptuous shape.







# Keeping children healthy

Are you worried about the amount of sugar your child is getting from the food and drinks they consume every day?

One of the main issues with young children is that some parents use sweets and chocolate as rewards for good behaviour. But do you ask yourself what effect sugar can have on your children?

For children between the ages of 2 and 18, the recommended daily sugar intake is a maximum of 6 teaspoons, which is equivalent to 25 grams or 100 calories. To put this into perspective, an average milk chocolate bar has 23 grams of sugar which is the vast majority of your child's limit for the day. Sugar is also hidden in so many foods and drinks that we would never expect. It's hidden in juices, pasta sauce, rice and even bread.

If you are a parent of a picky eater, you likely cater to what your child wants. As long as they are eating something, you are satisfied. What you may not know is that catering to your child's pickiness can have a negative effect on their behaviour, health and overall well-being. For example, if your child will only eat certain foods such as macaroni cheese and chicken nuggets, each one of their meals is loaded

with calories, sugar and carbohydrates. When every meal that your child eats is so high in calories and sugary carbs, it won't be long before they start putting on weight and developing vitamin deficiency from not eating fruit, salad and vegetables.

### What can you do about it?

When it comes to reducing your child's sugar intake you need to make the changes gradually, otherwise it will have a negative effect.

Instead, one or two everyday swaps per week can make a huge difference. For example, put a low-sugar (full-fat) yoghurt in their lunch box, swap fruit juice for water infused with chopped-up fruit, or swap a chocolate bar for an apple. A prime example to avoid is Innocent Smoothies for kids. Despite the marketing hype, these "healthy" fruit juices are concentrated sugar, and can contain more sugar than full-sugar (Original) Coke. CoCo Pops is actually a staggering 84 per cent sugar. Frightening.

If you would like more information on this, contact Graham Phillips at Prolongevity, call 07768 275802 visit [www.prolongevity.co.uk](http://www.prolongevity.co.uk) or email [gphillips@manorpharmacygroup.co.uk](mailto:gphillips@manorpharmacygroup.co.uk)

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ELEMIS





Sirtfood Green Juice  
kale, rocket, parsley, celery, ginger,  
green apple, lemon, matcha green tea

# The Sirtfood Diet

DISCLOSED

No, not the Seafood Diet, as in you see food and you eat it, although we do love that one. The Sirtfood Diet, which was used by Adele to help achieve her dramatic new look, is designed to supercharge your metabolism, leading to highly effective weight loss.

### What is the Sirtfood Diet?

The Sirtfood Diet involves eating foods that are high in sirtuin activators, which are a type of protein that protect the cells in our bodies from becoming inflamed, although they are also said to help regulate our metabolism, increase our muscle mass and burn fat.

### What can I eat on the Sirtfood Diet?

If you have read anything about Adele's weight-loss journey,

then you may have heard that she was able to indulge in both red wine and dark chocolate, and yes, this is true. Both of these treats are high in sirtuin activators and are therefore on the menu.

Other foods you can eat include:  
Apples | Walnuts | Medjool Dates | Soy | Strawberries  
| Olive oil | Rocket | Coffee

### Is the Sirtfood Diet good for you?

With many people changing from the Cabbage Soup Diet and the Grapefruit Diet in favour of long-lasting, healthy eating habits, is this diet sustainable long term?

Fortunately, the Sirtfood Diet allows you to eat a variety of nutritious foods, meaning your vitamin and mineral intake will be fairly high. However, it is restrictive and low in calories (it is recommended to eat no more than 1,000 calories a day in the first week), meaning that this plan can be hard to stick to.

### How much weight can I expect to lose?

A Sirtfood Diet 'expert' claimed that you can lose up to 7lbs in just one week. However, a more realistic and healthier aim would be 2-3lbs.



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## IMPORTANT MESSAGE TO PATIENTS

Given the unprecedented situation regarding the COVID-19 virus, we wish to reassure you we are continuing to keep our practice clean and safe for you and our team. However, following the latest guidelines, we are now postponing all non-essential treatments.

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FOOD & DRINK

Last month we introduced the first five of our ten finest foods to keep you looking young and healthy, on both the inside and the outside. Here are the final five.

### *Chocolate*

Not only is chocolate a proven mood enhancer, but chocolate that contains at least 70 per cent cocoa is loaded with proteins and vitamin B, meaning just a couple of squares will help burn fat and improve your skin and hair.

### *Tomatoes*

You say: "Tomato;" I say: "Wow, you look fantastic." Tomatoes have proven to be double trouble for ageing. Brimming with those brilliant antioxidants and carotenoids that help fight the oxidation that ages skin cells, they also boost collagen production, keeping skin taut and youthful.

### *Wild salmon*

Wild salmon, though more expensive than farmed, is thought to be better for you as it is lower in fat

and there is less chance of contamination from pollutants, but both kinds are loaded with omega-3 fatty acids. These nutrients not only protect your heart by boosting arterial function, but they also help you produce sebum, your skin's natural oil, which keeps hair healthy and skin plump and youthful.

### *Nuts*

These delectable delights are literally small anti-ageing bombs, thanks to their concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants. Though all nuts offer nutritional benefits, walnuts in particular are high in omega-3 and omega-6, which help keep your hair glossy and your brain young, as they are proven to help prevent cognitive decline.

### *Wine*

If you want to age like a fine wine, then start drinking in moderation. Studies have shown that wine protects against heart disease, diabetes and age-related memory loss. Red wine in particular contains resveratrol, a compound that may activate genes that slow cellular ageing.

*part 2*







# FULL OF THE joys OF spring

Fancy putting a spring back into your step this season? Why not try one of these nourishing and nutritious, not to mention tasty, spring vegetables that are in season this month?

## SPRING GREENS

You may not know this, but spring greens are actually the first cabbages of the year, although they do not have a hard core but instead can be recognised by their thick, green leaves. Part of the brassica family, spring greens contain a whole host of essential minerals and vitamins, including vitamins A, C, K and iron.

Spring greens peak from April to June and are best served in a stir-fry or added to a stew or soup.

## SPRING ONIONS

Spring onions are incredibly versatile vegetables as they have a milder taste than most other onions, meaning they can be eaten raw or cooked. Often used in Asian cooking, spring onions, or scallions as they are also known, are an excellent source of vitamin

C and calcium.

Add to a spring vegetable omelette, make a pea, mint and spring onion soup, or simply chop up and scatter over a salad.

## SPRING PEAS

The spring pea season is short but is definitely worth taking advantage of as fresh spring peas are sweet and delicious. You have two options when it comes to spring peas – garden or sugar snap. Both can be eaten raw or cooked and they have identical nutritional profiles; however, sugar snap peas can be more flavourful.

Peas are surprisingly high in protein compared to other vegetables and are a great source of dietary fibre.

Make a pea pesto with rocket and parmesan, add to a kedgeree or create your own homemade mushy peas.

## OTHER VEG IN SEASON IN APRIL INCLUDE:

- Asparagus
- Kale
- Chard
- Spinach



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# Hone your health with HOUSE PLANTS



HOME & DIY

House plants have become increasingly popular in recent years, along with a sudden shift in focus on sustainability and the natural world around us. With the ability to not only brighten up your home and increase your productivity, these versatile plants can also boost your physical and mental health.

## SPIDER PLANTS

These attractive plants are ideal for people who want a low-maintenance house plant that has the ability to improve the air quality within their home. Specifically, spider plants are great at removing formaldehyde from the home, which is known for causing eye, throat and nose irritations.

## ALOE VERA

Chances are you have a moisturiser or other skincare product in your bathroom cabinet that contains this anti-inflammatory substance. So, why not have your own natural source of aloe vera in your home? Use the gel-like matter from the inner leaf to treat burns, sunburn, psoriasis and cold sores.

## LAVENDER

The ideal plant for your bedroom, lavender is known for its calming and stress-relieving aroma. If you suffer from insomnia or find it difficult to switch off in the evening, a lavender plant can help soothe any restlessness, anxiety or feelings of nervousness that you are experiencing.

## PEACE LILY

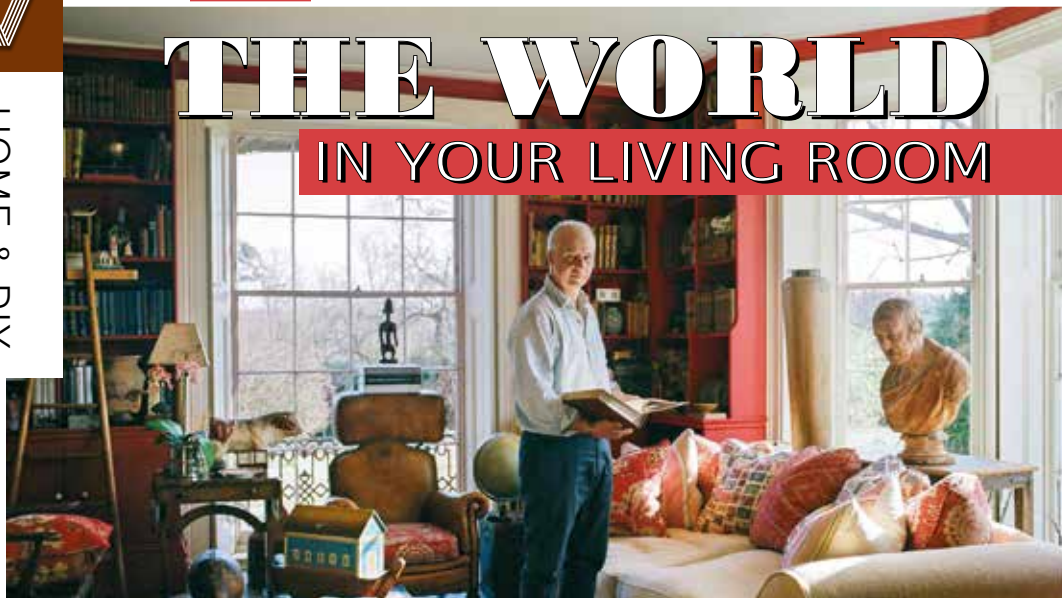
Not only will this beautiful plant lift your home this spring, it will also help to remove a whole host of toxins, including ammonia, benzene, xylene, formaldehyde and trichloroethylene.

However, these plants produce pollen so should be avoided if you suffer with hay fever.

## SNAKE PLANT

These clever plants are amazing at improving indoor air quality, but be warned, you need several plants for the job to be done properly, so this is a good choice if you are happy with an abundance of greenery in your home.





# THE WORLD IN YOUR LIVING ROOM



Recreating the idea of interior discovery from one of the UK's most dynamic brands

The fact that interior designer Andrew Martin delivers his brand of playful, adventurous, multifaceted design from a showroom in Chelsea is perhaps at odds with the area's formal, stuffy, rather bland feel.

Sure, SW3 presents arguably London's finest exemplar of pouting, polished, Victorian and Georgian wealth, but its look jars slightly with the bright, breathless brilliance of a designer who recently celebrated 40 years at the front of a mode that celebrates intrepid spirit, hidden cultures and the world's kaleidoscope of customs and crafts.

Consider wallpaper that displays excerpts from *Pride and Prejudice*, or takes the form of old maps or sheets of stamps; think of stools, coffee tables, seats and sofas inspired by 1960s and 1970s looks, but that retain a cheeky modern-day irreverence; or what about Muhammad Ali, Kate Moss or Britain-themed cushions...?

From statement pieces to one-offs, Andrew Martin's position as an interiors visionary is exemplified in the sense that its flagship store in London has the feel of a mid-level nightclub. There is warmth, variety, detail and depth at every turn, but even the most playful of items has quality at its heart.

Founded by Martin Waller in 1978, the brand trod carefully through the somewhat cheap sheen of the 1980s, then flourished in the decade that followed as multiculturalism became a buzzword for style. Bolstered by the exposure of more than 20 books on the subject and a celebration of travel, in 2020 the Andrew Martin brand is now a platform for discovery in our own homes. And whether you've got a stool made to look like a petrified log is irrelevant.

"What we are about is detail, culture and the ability to have fun," says the founder. "It is about turning away from the formal and having fun – it is about injecting humour and philosophy into our surroundings, and this is something anyone is capable of."

Photo credit: andrewmartin.co.uk, Jooney Woodward via howtospendit.com



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# Dishwasher

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A dishwasher is designed to make your life easier. That being said, there is nothing easy about trying to salvage your kitchen treasures.

Therefore, it is a good idea to know exactly what you can and can't put in your dishwasher.

**1 SHARP KNIVES:** If you have invested in a set of self-sharpening knives or the one that claims to be the sharpest knife in the world, don't go and ruin its reputation by putting it in the dishwasher, as the cycle can warp the metal and cause the blade to become dull.

**2 CAST IRON PANS:** Although cast iron is known for its durability, put it in the dishwasher and all that changes, causing rust and stripping its non-stick properties.

**3 CRYSTAL:** If you have a set of expensive crystal glasses, you will want to avoid cleaning them in the dishwasher as the high temperatures can cause them to chip and become cloudy.

**4 ALUMINIUM PANS:** Even if you have old aluminium pans that you are not worried about staining or damaging, putting these pans in the dishwasher can lead to other items becoming marked. Always check to see if your pans are dishwasher safe before adding them to the cycle because harsh dishwasher detergents can dull the finish.

**5 WOODEN UTENSILS OR KITCHENWARE:** Your wooden spoons or bowls, should never be put in the dishwasher as the very hot water can cause the wood to crack or become warped.

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# AGED TO *perfection*

AT 85 YEARS YOUNG, MARY BERRY IS STILL  
AT THE PEAK OF HER POWERS

For so long one half of *The Great British Bake Off*'s dynamic judging duo alongside Paul Hollywood, Mary Berry coached amateur bakers through years of soggy bottoms and wheat-free triumphs. Yet in the context of her wider career, the baking doyenne's stint on the hit BBC reality show – which ended when Channel 4 swiped the contract, leaving Mary to mark her loyalty by refusing to move with it – accounts for only a very small part of a baking success story that has seen her rise to prominence with every bit the beauty of a loaf of bread.

In more than 50 years delighting on screen, at cookery demonstrations and in the pages of countless cookery books, Mary Berry's culinary career has taken her far and wide. Ever since discovering a passion for cooking in her domestic science classes at school in Bath ("the first thing I made was a treacle sponge and everybody seemed to enjoy it"), Berry's career has always revolved around the kitchen in some way, shape or form.

There were home visits to show people how to use their electric ovens in the early days, studies abroad at France's prestigious Le Cordon Bleu, plus cooking for the Egg Council and the Flour Advisory Bureau. She even worked as a magazine food editor while raising her family – it's been a varied but produce-led career.

Berry penned her first culinary tome, *The Hamlyn All Colour Cookbook*, back in 1970, and since then she's overseen a further 75 tomes of kitchen cleverness.

Like many chefs, her preference for fresh, locally sourced produce shines through. A Royal Horticultural Society Ambassador who proudly tends her own vegetable garden at home in Buckinghamshire, Mary places great importance on the idea of home-grown, seasonal produce. "I think people more and more are wanting to know where their food comes from," she says. "If it comes from your own garden or your allotment, you know all about it, don't you?"

When it comes to home cooking, Mary follows the traditional route, favouring what is available rather than sugar-free or pesticide-ridden fodder. "We grow what we eat," she says.

Famous for her bakes, Mary likes to use "all the natural ingredients", and you won't catch her shaping her recipes to fad diet requirements. "I don't do low fat," she says firmly. "I'd rather have a smaller portion." Perhaps these calorific but micro portions are the answer to Mary's trim figure. "I don't have a slimming secret; I believe in everything in moderation," she says.

That moderation now sees her 85 years young, fit as a fiddle and, inevitably, eyeing up the next project. This year she is fronting BBC show *Best Home Cook*, and as the weather warms up, she will be seen around the country at a number of food events.

"The great thing about food is it keeps on evolving," she says. "It's so rich, so diverse and, more than anything else, so tasty. It keeps us all coming back for more and I'll never tire of sharing my passion with other people."



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## Drug dealer jailed after multimillion pound drugs bust

An Epping drug dealer has been sentenced to nine years behind bars after police found a multimillion pound drugs stash.

Dean Garland, 46, of Sunnyside Road, was stopped by police while driving in October last year, which resulted in officers finding more than £3million worth of cocaine and MDMA.

He was sentenced on March 12 at Snaresbrook Crown Court after previously pleading guilty to possession with intent to supply a total of 29kg of cocaine and 46,000 MDMA tablets.

Just after 2pm on Thursday, October 24, Garland was stopped by police in Tower Hamlets.

Whilst approaching the vehicle, a white Ford Transit, officers noticed him throwing a set of keys into the passenger footwell.

After arresting him, officers found 4kg of cocaine, in the form of four large blocks, in a black rucksack.

He was arrested for possession of Class A drugs with intent to supply. Garland was also found to be in possession of £465 cash, a Nokia mobile phone and

a car key for another white Ford Transit.

A more thorough search of his vehicle found a hydraulic door controlled by a key fob. Behind the carefully concealed door was a further 12kg of cocaine, 45,000 MDMA tablets, 200g of cannabis resin and £38,000 in cash.

Later that same evening, officers conducted a search of his home address.

The other white Ford Transit was found and parked outside the address. Another hideaway was found in the back of the van, which contained a further 13 blocks of Class A drugs as well as £5,000 cash. The cocaine found has a collective street value of £2.8million.

Detective inspector Glenn Butler, from the Met's Specialist Crime North Command, said: "Thanks to the hard work of Met officers, a massive quantity of drugs that were heading for our streets have been seized and destroyed. These drugs would have fuelled the violence and stabbings that have taken place across London and the rest of the country."





# Plans for café behind High Street recommended for approval

Plans for a café behind the Greggs and Holland & Barrett shops in Epping High Street are being recommended for approval, despite objections from the town council.

A planning application has been submitted to Epping Forest District Council for a “replacement building” on the site of a former building next to the entrance to the Market Garden, close to the garage used to store the market stalls.

Pre-application advice given by the district council states that the proposals would have “no impact on the conservation area and setting of listed buildings”.

A district council planning officer said a black weather-boarded cladding with feather-edged finish and red clay tiles for the roof would be “acceptable”.

However, Epping Town Council's objection stated that the proposal is an over-development of the site.

The council adds that the previous building on the site has been demolished and, while unsafe, was in the curtilage of a listed building.

The planning and general purposes committee also expressed concern about the number of similar establishments being approved, which “puts additional pressure on those existing, which could have a seriously harmful effect on the long-term viability of the town, due to excessive competition”.

The committee is also concerned about the increased pedestrian movement on Epping Town Council's busy market store land, which would be detrimental to highway safety.

# MP highlights work of home building industry

Dame Eleanor Laing, MP for Epping Forest helped highlight the work of the home building industry when she attended a parliamentary drop-in session with the Home Builders Federation.

The event showcased the variety of roles available in the home building sector, and the industry's diverse and skilled workforce.

Dame Eleanor MP is pictured with Kieran Redfern, Maisie Webb, Oliver Eyres-Betts and Simon Hawkins from Waltham Abbey-based Hill Group.

Dame Eleanor MP said: “I was delighted to have the opportunity to meet Kieran, Maisie, Oliver and Simon at the launch of the Federation's ‘Building a Future: Opportunities in Home Building’ report, which highlights the diversity of career paths throughout the industry.



“There is a great demand for the building of new homes right across the country so we need to expand the skilled workforce necessary to meet the demand.

“It is great that the Federation and good firms like Hill are taking training seriously. This provides lots of diverse opportunities for many young people, as well as expanding this vital skilled workforce.”

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## Police officer recognised for making a difference



An officer who recently joined the force has been recognised for the difference she has already made in the community.

PC Anokhi Chouhan, 23, submitted her application to become an Essex Police officer with the intention of making a difference.

Anokhi has recently been tasked with further strengthening the relationships with multifait groups in the Epping Forest district, with the support of chief inspector Lewis Basford, district commander for Brentwood and Epping Forest.

Since the New Year, Anokhi has met with various faith leaders in the district and is looking at ways they can all communicate about issues such as community, safety and engagement.

Anokhi, who passed out in October 2019, said: "I have always had an interest in faith and religion, and I've enjoyed looking at ways we can help multifait groups in the district.

"It will allow me to understand the concerns and issues affecting those communities while providing an opportunity to inform them of the work we are doing to keep them safe."

Anokhi helped patrol the Diwali Festival in Loughton back in November last year and was recently invited to speak at Chigwell Mandir for International Women's Day.

Chief inspector Basford said: "We've always worked closely with multifait groups in the district and Anokhi's engagements will only strengthen those relationships.

"I'm excited about the opportunities that she can bring, and we have come together to come up with a number of ideas that I feel would make a real difference."

Leader of EFDC, councillor Chris Whitbread, said: "In light of the government's recent advice regarding the coronavirus (COVID-19), we've set up a team dedicated to answering questions or signposting customers to where more information is available.

"To help ease calls and save you time, we have added a frequently asked questions (FAQs) page to our website, where you may find your question has already been answered.

"If your question does not appear on the FAQ page, please call our helpline on 01992 564088 to talk to our team.

"This is not a health service and it's still important to call the NHS on 111 if you have any concerns about symptoms.

"However, if it's about the council or our community, this new service will try to help our residents and local businesses deal with the effects of the coronavirus."

To find out more, visit [www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

## Burglars threaten police officers on High Street

Two burglars who targeted a shop on Epping High Street during the early hours of March 6 threatened police officers who attempted to stop them.

The suspects broke into McColl's at around 2am on Friday, March 6 and stole a large quantity of cigarettes.

In an attempt to stop the two suspects, police officers arrived on the scene but were threatened by them as they left in a grey Mercedes CLA.

An extensive search of the area was carried out, with a police helicopter launched to assist officers, but neither suspect was arrested.

A spokesperson for Essex Police said: "Anyone with information is asked to call Loughton CID on 101 quoting reference 42/35659/20."

You can also report online at [www.essex.police.uk](http://www.essex.police.uk)

Alternatively, contact Crimestoppers anonymously on 0800 555 111 or use the anonymous online form.



## Council sets up helpline for COVID-19 concerns

A new community helpline has been set up by Epping Forest District Council (EFDC) to help with residents' concerns about coronavirus.





# LOCAL NEWS

*from your neighbourhood*



## School celebrates big win

Theydon Bois Primary School is celebrating coming fourth in the Junior Member Class 'Likeliest Hen Show Racer' category at the Royal Pigeon Racing Association's (RPRA) 2020 British Homing World Show of the Year.

In total, 50 pigeons were entered into this class, highlighting the result for Theydon Bois Primary School, which has never entered the awards before. It was a proud first-time win for the school.

Theydon Bois Primary School started its journey into the world of pigeon racing in 2019 after it arranged for the RPRA to visit its pupils to discuss the detailed history of pigeons in war.

The school then set up a pigeon loft, which was funded and delivered by the RPRA, along with several show pigeons. The school planned to enter these pigeons in the Junior Showing category at the 2020 Show of the Year.

Dubbed the "Crufts of the pigeon world", the RPRA's Show of the Year took place at Blackpool's Winter Gardens and more than 2,000 racing pigeons were judged in different classes.

After Theydon Bois Primary School's win, RPRA's

development officer, Richard Chambers, delivered a prize card to the delighted school. Theydon Bois Primary School will now be purchasing racing pigeons to fly them in its local pigeon racing club.

Ian Evans, the CEO of the RPRA said: "Theydon Bois Primary School is a fantastic example of the future of the pigeon racing sport. They thoroughly deserved their win at the Show of the Year and we are proud to have funded their pigeon loft."

"The school has done exceptionally well for their first ever competition entry and it's unprecedented for a school to win. They should be very proud. We look forward to helping more schools like Theydon Bois Primary School get into the pigeon racing sport."

Teacher of Harewood Class at Theydon Bois Primary School, Sian Farley, said: "The schoolchildren are over the moon with our fourth place win at the Show of the Year. The RPRA's support with helping us set up a pigeon loft in the school is incredible; we are extremely grateful."

"We are now looking forward to purchasing some racing pigeons and entering them in races. Watch this space."

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# Free bagels on offer for NHS workers



A kind-hearted business owner in Theydon Bois is doing his bit to support doctors and nurses fighting coronavirus.

Stuart Hearne runs the Brick Lane Bagel Company on Station Approach and said he felt compelled to help those on the front line – by offering them his goods free of charge.

He said: "It was a no-brainer. I felt I had to do my little bit for those putting their lives on the line. You hear it every night on the news how they've been struggling to get food."

The idea proved so popular that Stuart was forced to close on the first day of the campaign, but as VISION Epping Theydon went to press, he was back open for business.

He said: "I'll deliver them to people who live locally or to Whipps Cross or Princess Alexandra Hospitals. I'll keep going as long as I can continue."

NHS staff can go to 2 Coppice Row, Station Approach, Theydon Bois or call 01992 472716.

## Volunteer service provided to help those self-isolating

A volunteer service has been set up to provide help to anyone in Theydon and across Epping Forest having to self-isolate during the coronavirus outbreak.

Within 48 hours of the initiative being shared on Everything Epping Forest's social feeds, more than 120 people had asked to be added to the volunteers' database.

Everything Epping Forest owner David Jackman said: "The response has been amazing, with many people offering themselves to help in not just their own village or town but further out around the district."

"I really hope that no requests for help are received but it is good to know, and for the wider community to know, that there are community-minded people out there ready to help if required."

The scheme has already received contact from a woman in Norfolk who said she would pass on the details to her relatives living in Epping who would not have known about it.

To be added to the coronavirus volunteers' database, email [everythingeppingforest@gmail.com](mailto:everythingeppingforest@gmail.com) with the following information, which will be given to people requesting assistance: name, contact number and which areas you can cover.

If you need assistance with shopping, email [everythingeppingforest@gmail.com](mailto:everythingeppingforest@gmail.com) or text 07710 447868 with REQUEST at the start of your email or text message and state your location and what assistance you require.

## Long-lived members of tennis club step down

Club chairman and club secretary of the Theydon Bois Tennis Club have recently stepped down from their positions after years of working hard for the club.

Secretary Pat Walter announced last month she would be retiring from her position on the committee after 40 years.

Pat joined the club in 1968 when she moved to the village, and alongside her role as club secretary she captained many teams to a high standard, as well as organising club tournaments, charity events and the dinner dance.

Until recently, she continued to play at the British Open Seniors Clay Court tournament and Aorangi Park in the British Closed Seniors Grass Court tournament.

A spokesperson for the club said: "Pat has been hugely influential in the development of the modern tennis club, and everyone at the club owes her a great debt of gratitude for all the work she has done."

Richard Crone also stepped down after 15 years as the club's chairman.

Richard worked very hard for the club, consistently going above and beyond the role, dedicating many extra hours to help coach the juniors and always volunteering at the many events at the club and playing in the men's teams.



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Starting in our next issue, we will be running a regular feature on each month's birth flower, revealing what your birth flower says about your personality, plus tips on how to grow your flower in your own garden.

#### WHAT IS A BIRTH FLOWER?

Every month has a flower that symbolises that month, and it is said that the characteristics of this flower may be inherited or passed on to the people who are born during that month. These flowers are known as birth flowers.

#### WHAT IS THE HISTORY OF THE BIRTH FLOWER?

It was the Romans who first started the concept of flowers as gifts rather than just as decorations, by giving flowers to

people on the day of their birth becoming commonplace. It was this act that led to the creation of the birth flower.

#### WHY DO WE GIVE FLOWERS AS GIFTS?

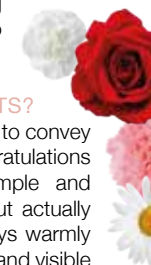
Today, people tend to give flowers as gifts to convey a certain message, normally of love, congratulations or commiserations. Flowers are a simple and effective way to express emotions without actually saying a word. As gifts, flowers are always warmly welcomed owing to their sweet fragrance and visible beauty, but they are actually so much more than that, with each flower symbolising something different.

#### WHAT IS THIS MONTH'S BIRTH FLOWER?

Just to give you a little taster of what is to come in next month's first birth flower feature, the birth flower of April is the daisy. This flower is known for conveying innocence, love and purity, with people born in this month being playful and loyal.



GARDENING







# USE YOUR noodle in the Garden

## FIVE WAYS TO USE A POOL NOODLE IN YOUR GARDEN

If you think the only purpose of a pool noodle is to keep your child afloat, then think again. There are many ingenious and innovative ways that you can use these naturally buoyant and highly water-resistant swimming aids in your garden.

### Home-made sprinkler system

Whether you want to regularly water your grass or your flower bed, a sprinkler system is a handy tool to have. However, you don't need to go out and buy one. Simply puncture holes in your noodle, stuff one end with foam and secure with duct tape and then insert your hose into the other end. Place vertically for a kids' fun water toy.

### Trampoline springs cover

Improve the safety of your trampoline by using pool noodles. Simply cut a slit down one side and slot over the springs and metal edges.

### Plant protector

It wouldn't be spring without the arrival of sunflowers and other big, beautiful blossoms. Unfortunately, the more towering the plant, the more likely they are to bend and snap. However, if you surround each stem with a pool noodle, they will stand tall and proud throughout the summer.

### Drinks holder

If you find your cans of fizzy drinks often get knocked over in the garden, then a pool noodle drinks holder is exactly what you need. Glue two pieces of noodle together, then simply cut out a small circle, insert your drink and you can sip safely in the knowledge that your beverage will not be split.

### Floating mood lights

Lighting is a key component in creating a relaxing and inviting summer garden vibe, but you don't need to spend a fortune on outside lights. Just take a selection of different coloured noodles, cut into rings and insert LED tea lights (don't use real tea lights).

Photo credit: capturingparenthood.com, shareably.net, home-talk.com, creativelove.com

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## NOW BORIS'S BREXIT IS SECURED, WHAT DOES IT MEAN FOR OUR BRICKS AND MORTAR?

The brazen upward surge of the UK housing market offers cause for both celebration and concern for the nation's population.

A seemingly unerring rise over the past decade sees house prices currently at record highs. For those looking to get on the ladder, the task seems less achievable than ever before, while even property owners find themselves on a runaway train that demands even more from them should they wish to step up.

The only real winners in the housing market are those looking to sell up and drift away from the madness, and in some quarters the uncertainty over Brexit has only exacerbated fears of what may happen with our biggest life investment.

In the first instance, however, the UK experienced a positive surge in the aftermath of the Conservatives' comprehensive General Election victory in December 2019. A stable and growing economy

clearly bolsters the housing market, and the 'getting done' of Brexit appeared to release waves of pent-up uncertainty that had stagnated the market for the best part of three and a half years.

It's perhaps no coincidence then that prominent 'remain' UK cities such as Cambridge, Bath, Bristol and York are now top of the tree in terms of an upturn in buyer demand.

Before COVID-19 hit the country, this 'gloves off' idea was great news. With the ability to invest, and continued government house-building programmes, the market was set to be boosted.

That said, with stagnancy comes stability, and in the past few years the market has been fairly steady. The fears from experts were that when sellers got a little carried away, it would rock the property ladder somewhat, and that would mean uncomfortable exchanges for those looking to put down roots.

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# ASPIRE to Inspire



As we enter a difficult period in our lives, with change happening everyday, could you do with a little motivation? Check out our top four inspirational businessmen and women for 2020. They will activate your ambition in no time.

## JUSTINE ROBERTS

Founder and Chief Executive of Mumsnet, an online parenting community that brings mums together, Justine Roberts has campaigned on issues including special educational needs, improvements in miscarriage care, freedom of speech on the internet and, most recently, #PublishParentalLeave.

*Motivational quote:* "Good enough is good enough" (on juggling parenting and business).

## JAMAL EDWARDS

Having begun his love of videoing by filming foxes in his West London council estate garden, Jamal is now the proud owner of SB.TV which has attracted more than 300 million hits globally for its music videos. Arguably his most viral moment was guiding Princes William and Harry through their first Google Hangout.

*Motivational quote:* "The only failure is not trying."

## BETHANY FIRTH

Paralympic swimmer and gold medallist Bethany Firth was all set for Tokyo 2020, which has been postponed to 2021 due to coronavirus sweeping the globe. But this doesn't mean she isn't still dedicated to encouraging people to get in the pool when they re-open following the pandemic. Bethany is a proud supporter of Swimathon, the annual fundraiser for Cancer Research UK and Marie Curie, which has also been postponed.

*Motivational quote:* "You can achieve anything if you put your mind to it."

## TIM COOK

When Tim Cook took over as Apple CEO, critics were unsure about whether he would be able to deliver. However, Apple stock increased by a whopping 480% after he took over in 2011, and in 2018 it became the first publicly traded company to reach a \$1trillion market cap. And, with the greatly anticipated AR headsets and glasses launching in the next few years, his reign is only set to strengthen.

*Motivational quote:* "Let your joy be in your journey, not in some distant goal."

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LOVE YOUR LEFTOVERS:

# Easter Eggs

**W**ith the average child set to receive eight Easter eggs over the Easter weekend, worth a whopping £56, it can be a good idea to find out some interesting and fun ways to use up any leftover chocolate to avoid unnecessary waste.

## CREATE A CHOCOLATE FONDUE

What could be more fun than making your own chocolate fondue? You could even ask your little ones to make a selection of tasty and nutritious fruit kebabs to dip in the decadent dish. Simply melt your leftover chocolate in a bowl and then get dipping.

## MAKE A CHOCOLATE FACE MASK

If you have girls who love a pampering session, why not make your own chocolate face masks? They can even lick them off after. All you need to do is melt a quarter of a cup of chocolate (preferably dark), add one tablespoon of cream and a few drops of honey, and then apply to the face.

## CONCOCT A CHOCOLATEY DRINK

Everyone loves hot chocolate with a few marshmallows thrown in for good measure, and thankfully, now you have all this leftover chocolate, you can make your very own version. Simply heat 150ml milk and 50ml double cream in a pan and then add 50g chocolate. Optional: add the zest of half an orange.

## CHOCOLATE MUG CAKE

If your kids love baking but you hate the mess, then this is the perfect idea for you. Start by cracking an egg into a cup, then mix in 4 tablespoons of flour and 2 tablespoons of cocoa. Finally add 3 tablespoons of milk, 3 tablespoons of oil, ¼ teaspoon of vanilla extract and a tablespoon of broken-up chocolate Easter egg. Mix well and pop in the microwave for 3 minutes.

Still got some chocolate left? Why not donate it to your nearest food bank or homeless shelter?



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**TOKYO**  **2021**  
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SPORT

## 4. SURFING

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo, which has been postponed until 2021 due to coronavirus, we take a look at surfing.

The sport of surfing has had a choppy ride with Olympic chiefs over the years. It was more than half a century ago that the pioneer wave rider Duke Kahanamoku encouraged the IOC to make it an official Olympic sport.

He passed away in 1968 at the age of 77, and it has taken until now for the decision-makers to agree to the Hawaiian's proposal. His name will no doubt be mentioned this summer.

Shida Beach, around 40 miles from the Japanese capital, will be the venue for the surfing event, which begins on July 24.

Ocean-based, rather than in a wave pool, heats will be 20-25 minutes long, with four people going at a time. The best two from each will advance.

There will be the usual rules of surfing protocol to adhere to, with penalties and possible points deductions given

to those who infringe, such as interfering with the competitor closest to the wave.

Speed and power, plus the difficulty of each manoeuvre attempted and completed, will impact the judges' scores.

As a sport, surfing pays less attention than most to age. It is possible that an athlete approaching their fifties could compete in the event, but that would still be some distance short of the age of the oldest Olympian, Oscar Swahn, who was 72 in the 1920 Antwerp Olympics when he triumphed in shooting.

Kelly Slater, who is probably the most famous surfer ever, said that he could be convinced to come out of retirement to compete, although that's yet to be confirmed. Regardless, it will be one of the more entertaining art forms on show at this year's games.





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# PUZZLES & TRIVIA

PUZZLES

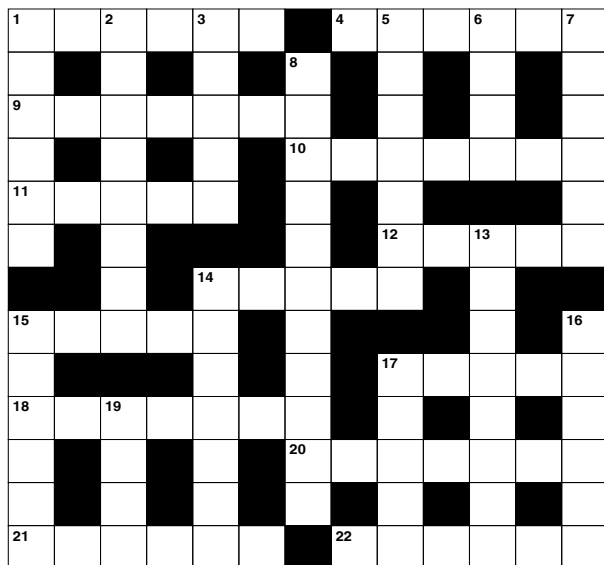
Answers can be found on the Contents Page 4

## ACROSS

1. Rhesus (anag) (6)
4. Less attractive (6)
9. Slope (7)
10. Freshness (7)
11. Female relation (5)
12. Words that identify things (5)
14. Mistaken (5)
15. Covered with water (5)
17. Breed of dog (5)
18. Have a moderating effect on (7)
20. Strong desire for a thing (7)
21. Votes into office (6)
22. Unkempt (of hair) (6)

## DOWN

1. Workers' groups (6)
2. Large Spanish estate (8)
3. Lift up (5)
5. Incandescent (7)
6. Indolent (4)
7. Cooks in the oven (6)
8. Goodwill (11)
13. Infallible (8)
14. Stand for small objects (7)



15. Assent or agree to (6)
16. Regal (6)
17. Smash into another vehicle (5)
19. A fever or shivering fit (4)

## DID YOU KNOW?

- ▶ Newborn puppies are born with their eyes and ears sealed shut. It takes around a fortnight for their sight and hearing to develop
- ▶ The dog Laika is thought to have been the first animal to go into space and orbit the Earth
- ▶ Dalmatians are all white when they're born. Their spots start to appear when they're around two weeks old
- ▶ A dog's sense of smell is much more sensitive than a human's. Dogs are often used by the police to search for missing people
- ▶ Wild dogs evolved over several hundred years to become the domestic dogs of today
- ▶ There are more than 400 different breeds of dog

## SUDOKU

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