

*Daisy*

Birth flower  
of the month

**UNUSUAL  
FRUIT OF  
THE MONTH  
RAMBUTAN**

**NIGEL OWENS**

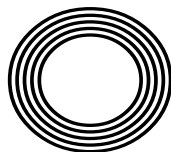
Highlighting LGBTQ+ in sport

*Stacey Saloman*

From TV personality to organising queen

*Dame*  
**JUDI DENCH**

The actress showing no signs of slowing down



**FREE**

Photo credit: Dan Rowley/BIFA/Shutterstock



## RESIDENTIAL & COMMERCIAL SECURITY SERVICES



### APPROACHING A DECADE SERVING LOCAL FAMILIES & BUSINESSES

Triangle Security has a proven track record of improving the security of homes, families and businesses, providing a high visibility presence to deter criminals from choosing to target your area.

For more information, please visit our website [www.triangle-security.co.uk](http://www.triangle-security.co.uk) to see a full list of the services we provide.

**Triangle Security are proud supporters of**

- Help for Hero's • Haven House Hospice • Scouts Association
- Lambourne End Centre for Outdoor Learning



#### Our Key Services are:

- HOME RESIDENTIAL, SITE & AGRICULTURAL SECURITY
- MOBILE PATROLS & DOG UNITS
- ALARM RESPONSE & KEY HOLDING
- PANIC BUTTONS
- SECURITY GUARDING
- SECURITY DRIVERS

## SUPPORTING THE COMMUNITY

Triangle Security are always prepared to support and help their local community, and throughout Lockdown they ran extra free patrols to protect local areas, and their trustworthy ex-military personnel assisted the vulnerable with services such as shopping and collecting prescriptions.



Triangle Security personnel provide a wide range of security services

## SPECIAL OFFER

### ALARM RESPONSE


# £59.95 /month

50% discount on admin charges  
See our website or call for details



**020 3948 7071**  
**[www.triangle-security.co.uk](http://www.triangle-security.co.uk)**



[info@triangle-security.co.uk](mailto:info@triangle-security.co.uk)  Kemp House, 152 City Road, Islington EC1V 2NX





# Editor's notes...

APRIL 2021



Brett Shohet, Editor

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

Last month I said that it really felt like we were coming out the other side of the pandemic now, and I'm pleased to see that pattern continuing as we approach the summer. I think it's only a matter of time before the nation feels a lot healthier, both economically and physically.

Personally, I'm always looking forward. I'd be lying if I said COVID-19 hasn't taken its toll on me and **VISION** at points, but I've continued investing time and money into the business and now we're in a better position. So much so that we're looking at expanding into new areas this year, offering more titles and more fantastic content and advertising opportunities.

Of course, we wouldn't be in the position we're in without our ever-supportive readers and clients. We've been having more interactions than ever before and I'm sure that will continue long into the future.

Something I've been thinking about plenty recently is stimulating myself business-wise and trying to create other incomes. Because I don't work a typical 9-5 job at the moment, I'm using my time to self-develop as a businessperson, and hearing feedback from people is a big help. So feel free to contact me: I'm always open to having a chat.

*Brett Shohet*

This is your town's hyper-local magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

**CONTACT US:** [www.visionmagessex.com](http://www.visionmagessex.com) | [epping@visionmag.co.uk](mailto:epping@visionmag.co.uk) | 01992 276101

[@visionmagessex](https://twitter.com/visionmagessex) [@visionmagessex](https://www.instagram.com/visionmagessex) [f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Kathy Miller, Lizzie Ellis

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

Inside pages recyclable

home  
hub group

NOW OPEN ON  
EPPING HIGH STREET

We supply and  
install windows  
and doors.

**01992 276 046**  
[essex@homehubgroup.co.uk](mailto:essex@homehubgroup.co.uk)

[homehubgroup.co.uk](http://homehubgroup.co.uk)  
[f](https://www.facebook.com/AtHomeHubGroup) [@HomeHubGroup](https://www.instagram.com/AtHomeHubGroup)



## VICTORIA JEWELLERS

Epping



### Family Jewellers & Pawnbrokers

- ◆ Vast selection of Diamond, Gem-Set, Gold and Silver Jewellery
- ◆ Engagement and Wedding Ring Specialists
- ◆ Large selection of Pre-Owned Jewellery including Rolex & Cartier Wristwatches
- ◆ Pawnbroking – Instant Cash Loans against your Jewellery or Prestige Watch
- ◆ Old Gold, Diamond and Silver Jewellery purchased for Cash – even broken items!
- ◆ Jewellery repairs carried out on the premises by our expert Jeweller
- ◆ Watch Repairs & Battery replacement
- ◆ Valuations for Insurance



Tel: 01992 560 209

231, High Street, Epping, Essex. CM16 4BP (next to M&S)



◆ Victoria Jewellers is a trading name of Claybrook Group Limited who are authorised and regulated by the Financial Conduct Authority. Reference Number: 687567



# Stacey Solomon SPOTLESS IN THE SPOTLIGHT

**FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE**

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*. While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

“Throughout my TV career I’ve always just tried to be myself,” she says. “It’s strange when you receive criticism for that – perhaps I don’t round my consonants as well as I should, perhaps I act a bit loud at times, but that’s just me. I think the era of the manufactured presenter is over and we’re all allowed to be a bit more ourselves, and that’s something I love.”

.....  
‘I think the era of the manufactured presenter is over and we’re all allowed to be a bit more ourselves, and that’s something I love’  
.....

The 31-year-old Dagenham-born star’s TV career has ultimately been the ‘x factor’ that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

“We connect on such a perfect level,” says Stacey, “and we’re always making each other laugh.”

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

“I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect.”

The Essex-based couple have recently moved into their new home – aptly named Pickle Cottage. Stacey admitted it would need some work, but what’s certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It’s a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I’m a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe’s work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in ‘the jungle’, which is where the likeable pair first met.

“TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something,” Stacey says.

“The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

“That said, I want to get back to normality – it’s what we all need, and I’ve got a wedding to plan, after all!”



# Jasmine Harrison WATER BABE



Photo credit: Talisker Whisky Challenge

## HOW JASMINE HARRISON BRAVED ISOLATION AND SLEEP DEPRIVATION TO BECOME A WORLD RECORD HOLDER

From rowing across the Atlantic Ocean with only the sound of waves crashing against the sides of a flimsy 21ft boat, to answering a Zoom call from the Duchess of Cambridge, Kate Middleton, on International Women's Day, Jasmine Harrison's journey from desperate isolation to taking centre stage as an example of true human endeavour and resilience has been magnificent.

The 21-year-old world record breaker was inspired to start rowing when she saw the event two years ago while teaching in the Caribbean. Yet despite having not set foot inside a boat until 12 months ago, she powered her way into the record books in February by becoming the youngest woman to row solo across the Atlantic Ocean as part of the Talisker Whisky Challenge.

Going up against a field of experienced entrants, the Yorkshire-based sailor drew on every last sinew of courage and conviction, to the delight of her friends, family and support crew who tracked

her every move across 3,000 miles of water.

The journey, from La Gomera in the Canary Islands to Antigua, took Jasmine 70 days. Despite extreme exhaustion – the longest duration of uninterrupted sleep she could have was two hours – searing heat, dehydration and no small quantity of challenges along the way – including capsizing her vessel just two days before finally making it to the finish line – the intrepid sailor says the experience was the most profound of her life.

"I will take away from this experience so many memories – some bad, but most of them good."

Asked what she was looking forward to most when back on dry land, she laughed: "That's easy – food... lots of food."

As for what comes next, the part-time bartender is almost certainly going to find herself in demand where other marine challenges are concerned.

"I'm going to take some time off then look around and decide what comes next. This isn't a one-off for me and I want to achieve more."

Checkatrade.com



City & Guilds  
Qualified

## EMPIRE UPVC & ROOFING SPECIALISTS LTD

We guarantee our customers a friendly, reliable & professional service



## The UPVC and Roofing Experts in Hertfordshire



Empire UPVC and Roofing Specialists are an independent business trading throughout Hertfordshire and a surrounding 40-mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ ALL Roofing Repairs
- ✓ Roofing Maintenance
- ✓ Roofing Leadwork
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ Roof Moss Removal
- ✓ 15 - 20 Year Guarantee
- ✓ Highest Quality Materials Used

COME AND VISIT OUR SHOWROOM AT HILLGROVE BUSINESS PARK



CALL OUR FRIENDLY TEAM TODAY FOR YOUR FREE QUOTATION

Office: 01992 276028

FULLY INSURED

Email: [chris@empireupvcandroofing.co.uk](mailto:chris@empireupvcandroofing.co.uk) • Web: [www.empireupvcandroofing.co.uk](http://www.empireupvcandroofing.co.uk)





# SKN··ESTI *By Parveen*

Parveen has over 11 years experience as a medical aesthetician and working in high-end medical clinics. During her years of practice, Parveen has developed her expertise in helping clients to improve their skin health, including ex-cancer patients and clients who suffer from conditions such as pigmentation and Polycystic Ovary Syndrome.

The skin is the largest organ of the human body. Our skin is constantly exposed daily to many free radicals that can damage our skins overall health. So, it is imperative we take care of skin concerns such as: Acne, Pigmentation, Ageing, Post cancer care, psoriasis, excema, or general skin health

Getting a specialised, tailor made skin management programme will ensure that what you are using to gain your goals are right for you.

The range of medical grade skincare at Peauperfect Skin and Laser Clinic is the highest and most effective in the aesthetics industry.



**BOOK IN FOR A VIRTUAL SKIN CONSULTATION WITH SKN ESTI BY PARVEEN AT PEAU PERFECT SKIN AND LASER CLINIC AND GET STARTED ON YOUR SKIN CARE JOURNEY.**

peauperfect\_clinic www.peauperfect.co.uk Contact: 01992 276034



## Stuart Poulton Ltd



*"We're there because we care"*

**FOURTH GENERATION FAMILY FUNERAL DIRECTORS**

**Stuart Poulton House**

High Rd, North Weald Bassett Epping CM16 6BU

stuart@poultonfunerals.com ■ www.poultonfunerals.com

**01992 522607 ■ 01922 572607**

**24 HOUR SERVICE DAY OR NIGHT**



**FUNERALS ■ MEMORIALS ■ PRE-PAID FUNERAL PLANS**



BEAUTY

**Do you choose a conditioner based on your individual hair type?** If not, you could be doing your hair more harm than good. Discover the right conditioner to transform your locks from limp to luscious.

### Oily hair

If your hair is naturally oily, you may find that conditioners make your mane look and feel even worse. That being said, rather than skip conditioner altogether, look for a treatment that actively helps to reduce oil.

**Choose conditioners that are:**

Light • Volumising • Balancing

**Avoid products that claim to be:**

Hydrating • Smoothing • Moisturising

### Dry or damaged hair

When hair is dry, damaged or brittle, you need a conditioner that will help prevent future breakages and protect against heat damage.

**Choose conditioners that:**

Moisturise • Hydrate • Offer frizz control • Promote repair

**Avoid products that claim to be:**

Fortifying • Volumising • Strengthening

If your hair is severely damaged, you may also want to use a coconut oil treatment or deep-conditioning cream once a week for intense damage repair.

### Fine or flat hair

Straight hair that does not suffer with frizz, but can appear flat, suits conditioners that add some much-needed texture.

**Choose conditioners that are:**

Volumising • Lightweight

**Avoid products that claim to be:**

Heavy • Moisturising • Smoothing

### Coloured hair

Coloured hair has very specific needs, especially if you want to retain your colour for as long as possible. In terms of a conditioner, you need one that will seal hair cuticles.

**Choose conditioners that are:**

Colour-safe • Colour-depositing • Hydrating

**Avoid:**

Any conditioner that is not for coloured hair

### Afro hair

Afro hair tends to be described as kinky owing to the intensity of its curl. However, with the right conditioner, it can look both healthy and shiny.

**Choose conditioners that are:**

Deeply hydrating • Oil-based • Protein-based

**Avoid products that claim to be:**

Volumising • Lightweight







# ALL CHANGE: HEDI SLIMANE

We look at the creative directors who have transformed some of the world's most famous fashion houses. In this issue, it's Hedi Slimane.

Looking at Hedi Slimane, we see someone who appears to represent the very essence of French style. A creative director of exemplary reputation and influence, he has revived the fortunes of ailing fashion houses at problematic times in their history, allowing them to emerge on the other side with a renewed take on flair, panache and relevance.

And yet the 52-year-old has genetics that originate some distance from his native Paris. Born to a Tunisian father and an Italian mother, Slimane's cultural influences are well mixed. Sure enough, he discovered photography at the age of 11, and by the age of 16 was designing and making clothes.

Perhaps it is the exuberance of Italy and fabric-adorning reputation of north Africa that combined in inspiring Slimane to creative brilliance. If it was, then Yves Saint Laurent was the grateful beneficiary. After serving his apprenticeship at Louis Vuitton, Slimane moved to YSL in 1996, and by the year 2000 was on the move again, installed as creative director at Dior Homme (the menswear line of Christian Dior).

He switched back to YSL for two years from 2016, and is now creative, artistic and image director at Celine, a move that coincided with him topping *Vanity Fair's* list of the 50 most influential French people in the world.

Slimane's edge has always been in combining art, photography, fashion and music. For someone who has operated at the very top table of some of the world's leading fashion houses, he still manages to work in influences of punk, pop, tabloid chat and broadsheet formality.

His collections are never afraid to move brands forward into brave new quarters, and that has only ever reinforced his reputation as a game changer in the fast world of fashion.

Photo credit: Michel Euler/AP/Shutterstock

## GARY PELLICCI



HAIRDRESSING



**PHONE LINES WILL BE OPEN FROM  
10.00 AM ON APRIL 5TH TO TAKE BOOKINGS..**  
Many thanks for your patience

L'ORÉAL

KÉRASTASE  
PARIS

GOLD  
CLASS

Beauty  
Works.

01277 229835 / 01277 848586

Brentwood: 2a High Street, Brentwood, Essex, CM14 4AB

01277 364118 / 01277 365987

Ongar: 179 - 181 High Street, Ongar, Essex, CM5 9JG

[www.garypellicci.com](http://www.garypellicci.com) / [garypellicci@icloud.com](mailto:garypellicci@icloud.com)



## 20% off for all NHS staff

See our website for our other promotions



# Beat the BURNOUT

Do you have chronic fatigue?

The mechanics that make all of us individuals mean no two people will endure the same medical condition in the same manner, but where chronic fatigue syndrome (also known as CFS or ME) is concerned, the overriding sense of physical and emotional emptiness is one that hits all sufferers.

The health condition, which shouldn't be confused with sleepiness and general lethargy resulting from working too hard or resting for too short a period of time, can be caused by a number of factors – from stress and anxiety to depression, eating disorders and the gradual debilitating impact of life events on the mind.

There can also be medical problems at play, such as thyroid problems, diabetes, vitamin deficiencies, irritable bowel syndrome, high blood pressure and even kidney disease.

A proper diagnosis is essential and should be sought as soon as you feel you are slipping into a

phase where you simply don't have the ability to perform very basic daily functions, such as rising out of bed, conversing with people or leaving the house.

A doctor will use various tests and techniques in attempting to reach a diagnosis; only when this is done will a medical professional set you on a path of therapy to get you back on track.

While medication is a recognised route to this, it could be that making positive changes to diet, routine and physical health will make a profound difference. There might also be moves to improve surroundings, practise mindfulness and build mental positivity in putting you on the road to feeling revived and restored.

Mental health services are of prime focus to the NHS in light of the COVID-19 pandemic, so don't delay in contacting your doctor if you need help – there will be brighter days ahead.

## LUXURY LIVING WITH THE *highest quality care*



Exceptional Luxury Care Home

### Bespoke Residential, Nursing, Memory and Respite Care

Offering the highest quality, personalised care, with luxury living facilities and the freedom to explore and enjoy a range of hobbies, Lambwood Heights will give residents the independence and support to continue living life to the fullest together.

*Love, Love and Be Loved*



**NOW OPEN - BOOK YOUR VISIT TODAY**

**Call:** 0300 303 5445 | **Email:** [clientrelations.lh@oaklandcare.com](mailto:clientrelations.lh@oaklandcare.com)  
[www.oaklandcare.com/our-homes/lambwood-heights-chigwell](http://www.oaklandcare.com/our-homes/lambwood-heights-chigwell)  
 Lambwood Heights | 244 Lambourne Road | Chigwell IG7 6HX





# HONE & TONE

*cleaning your home*



Become a lean, mean cleaning machine with the below common household tasks that are guaranteed to help you burn calories and shift those unwanted pounds.

**GENERAL CLEANING:** Picking clothes off the floor, wiping surfaces and dusting can all help you to work different muscle groups, making general cleaning one of the most effective household chores for burning calories.

**Total calories burnt = 3,976** (based on 280 minutes per week)



**VACUUMING:** This daily chore that is hated by many has the ability to provide a full body workout. Forcing you to use your entire core muscle groups, the simple act of pushing your Hoover back and forth will target your abs and put both your back and legs to work.

**Total calories burnt = 1,248** (based on 132 minutes per week)



**IRONING:** Another household task that few relish, but you may be surprised to learn that ironing burns a lot of calories. Not only does this task require you to stand up for long periods of time, but it also works your core as you move the appliance about.

**Total calories burnt = 1,360** (based on 144 minutes per week)



**DOING LAUNDRY:** If you have a big family, you may find yourself doing laundry multiple times a day. Although not the most engaging task, you will be pleased to hear it can help you lose weight. The act of washing, folding and lifting all helps to contribute to a full cardio workout.

**Total calories burnt = 1,588** (based on 168 minutes per week)

**OTHER CALORIE-BURNING CHORES:** Cooking = **2,856** (based on 301.7 minutes per week) | Mopping = **2,724** (based on 138 minutes per week) | Making beds = **1,316** (based on 144.2 minutes per week) | Sweeping floors = **1,304** (based on 138 minutes per week)

**NB:** Calories burnt is based on one month's worth of each activity and is based on the average weight of a person being 156 pounds.

**OPEN  
EVERYDAY**

**2.30pm to  
11.00pm**

**DELIVERY  
WITHIN 7 MILE  
RADIUS £2**

**All major credit  
cards accepted**

**IMPORTANT INFORMATION**  
Allergen statement: Please enquire  
before ordering as many of our  
products contain known allergens.



**15%  
DISCOUNT**  
FOR COLLECTION ORDER

**Cake &  
Ice Cream**

**01992 874 134**

**www.cakeicecream.co.uk**

**ICE CREAM & CAKE, High Road, Epping, MC16 5HW**



## IL BACIO THEYDON BOIS



### The Finest Authentic Sardinian & Italian cuisine

Our unique menu offers innovative & contemporary fresh  
homemade food prepared using the very finest ingredients

**CONTACT US** 01992 276063 † [www.ilbaciotheydonbois.co.uk](http://www.ilbaciotheydonbois.co.uk)  
info@ilbaciotheydonbois.co.uk † 19b Forest Drive, Theydon Bois, CM16 7EX

**OPENING HOURS** Mon-Fri: 5.00pm-10.30pm † Sat-Sun 12.00pm-10.30pm



SMALL-BATCH  
**LAVA SPIRITS Co**  
HANDCRAFTED

Inspired by a love of smooth Italian espressos, we have combined a sultry, rich, indulgent South American coffee with the most quintessential of English spirits to create these award-winning unique and versatile coffee gins.

*Tantalise your palate & enrapture your mood...*



*Savour a moment...*



[www.lavaspirits.co.uk](http://www.lavaspirits.co.uk) | T: 07368 625334 | E: [info@lavaspirits.co.uk](mailto:info@lavaspirits.co.uk)

# Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

## WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

## WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

## WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

## HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

## HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

## HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.



FOOD & DRINK



# A load of hot air

AIR FRYERS CLAIM TO REINVENT DEEP FRYING, BUT ARE THEY WORTH IT?

When the doyenne of baking, Mary Berry, said that no British home "should own a deep fat fryer", it caused quite a stir. After all, among the staples of British cuisine are fish and chips, battered scampi and, in Scotland, the infamous deep-fried Mars bar.

However, as much as we love bubbly batter slick with oil, there is no denying that deep frying at home is a messy, greasy and unhealthy endeavour, which is why air fryers are gaining popularity in our kitchens. Using a heating mechanism and a fan, the food is held in a basket while hot air briskly encircles it, giving the speed and crunchy texture of a fat fryer, with far less oil.

Sitting neatly on your worktop, these relatively new inventions really are an excellent way to cook food quickly and efficiently. Chips can be sprayed with oil to create a crunch and flavour that is truly authentic, and because the air fryer works in much the same way as a convection cooker, you can cook almost anything you would in your normal oven, without having to wait for it to heat up (which makes it cheaper, too).

Unfortunately, you can't cook anything that has a wet batter – unless you want a dreadful mess – and while the process is quick, you do need to manually move the food halfway through for even cooking. They also aren't generally that large, so catering for a big family becomes tricky.

The bottom line is that while the design isn't perfect, this is one gadget that is unlikely to gather dust. From cooking chicken nuggets for the kids' dinner to baking frozen croissants or crisping up chips, the air fryer enables you to have your (fish)cake, and eat it.



## Gin & Cocktail Bar

Open until 11pm serving  
cocktails, beer, wine & sharing platters

*Private hire available Sunday*

**Bottomless Prosecco Brunches**  
DJ & Saxophonist – Sharing platter  
Bottomless Prosecco or Aperol Spritz  
**£40pp**

Contact us for dates

Find out more @edeneppping  
on Instagram & Facebook  
or call

**01992 571476**  
88 High Street, Epping

## QUALITY & EXCELLENCE LTD

### AWARD-WINNING FAMILY BUTCHERS & PIE MAKERS

### COOKING AT HOME WITH SHAUN

Restaurant quality meals created by a qualified professional chef for you to cook at home

## ORDER YOUR MEAL BOX NOW!

Bringing Restaurant Quality Food to your Home

Free Local Delivery service booked through our website

Grass Fed Beef ■ Free Range Pork ■ Locally Sourced Lamb

Award-Winning Pies & Sausages ■ Fresh Fruit & Seasonal Vegetables

Allergen Free & Gluten Free Products Available ■ Gift Vouchers Available



Call us today for a full list of our range **01992 276049**



WITH  
BOTTLES OF  
ENGLISH WINE  
IF YOU WISH



# BREAKING NEWS: PEAS OUT!

According to Harvard University scientists, peas are not as healthy as we have been led to believe and may not even count towards one of your five a day.

Find out more about this shocking revelation below. Plus, great alternatives to peas that pack a punch when it comes to improving your health.

## WHAT DOES THE SCIENCE SAY?

Harvard University believes that it has found the key to leading a longer life, and it lies with consuming the right combination of fruit and vegetables. Its research shows that by eating two portions of fruit a day and three servings of vegetables, you are much less likely to die from conditions such as heart disease, cancer and/or respiratory diseases. However, not all vegetables offer the same longevity-boosting properties, with a higher intake of peas having no link to lower mortality rates.

## WHY YOU SHOULDN'T CONSIDER PEAS AS ONE OF YOUR FIVE A DAY

Strictly speaking, green peas are not vegetables, as they are part of the legume family which consists of plants that produce pods with seeds inside.

Furthermore, peas have a high glycaemic index which can cause a spike in your blood sugar levels, and they contain phytates that prevent key nutrients from being absorbed by the body.

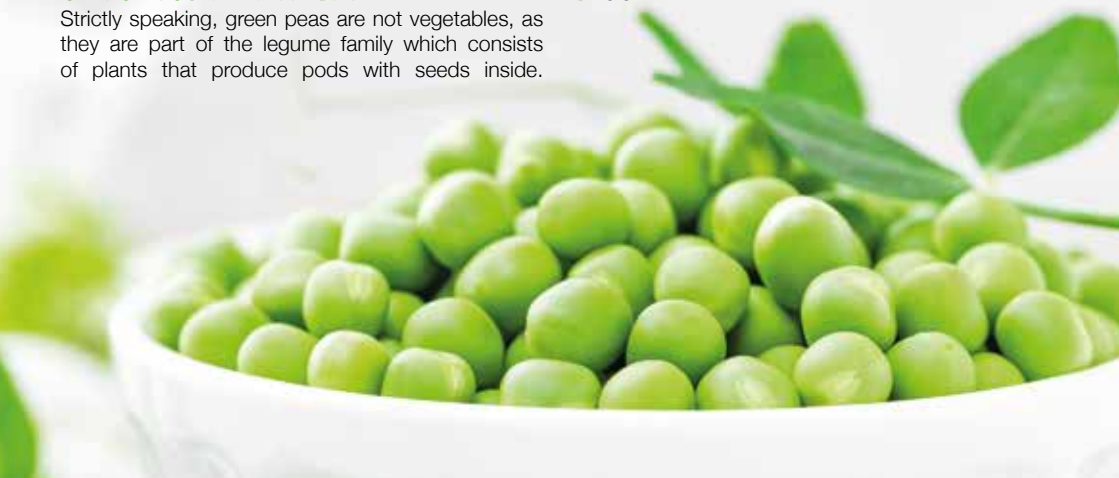
## WHAT OTHER FRUIT AND VEGETABLES DO NOT AID LONGEVITY?

During the extensive study, the scientists at Harvard also found no link between a higher intake of starchy vegetables, such as corn and potatoes, and enhanced longevity, as well as drinking fruit or vegetable juices.

## WHAT CAN YOU EAT INSTEAD OF PEAS?

If you like to add a bit of greenery to your own and your family's meals, there are still lots of alternatives to peas that most definitely do count towards your five a day:

- Broccoli
- Asparagus
- Spinach
- Kale
- Courgette
- Cooked greens
- Lettuce



# Shish Meze

ABRIDGE

Beauty blossoms from humble beginnings...  
Welcome to the home of rich Turkish cuisine,  
unbelievable dishes and unforgettable moments

Shish Meze Abridge is blessed with the finest artisanal chefs in the kitchen preparing delicious, fresh food available for dining in and delivery. From mouthwatering, premium meats to delicious homemade desserts – this is a real, unique eating experience.



BOOKINGS & TAKEAWAY: 01992 946 704

18, MARKET PLACE, ABRIDGE, RM4 1UA

[www.shishmezeabridge.com](http://www.shishmezeabridge.com) [info@shishmezeabridge.com](mailto:info@shishmezeabridge.com) @shishmezeabridge

MONDAY TO SUNDAY 12PM TO 12AM



# HARRY'S PIE AND MASH

Traditional Homemade  
Pie & Mash

Stewed & Jellied Eels

Hot Salt Beef Bagels

Ice Cream Floats

Vegetarian Pies



01992 560 356

180 HIGH STREET, EPPING, CM16 4AQ

(Opposite WH Smith)



## PHONE JUNCTION

MOBILE SALES | REPAIRS  
UNLOCKING | ACCESSORIES

LCD Screen Replacement | iPhones | iPads | MacBooks  
Computers | Laptops | Gadget Repair Experts | Screen Repairs  
Charging Problems | Liquid Damage

FAST FRIENDLY RELIABLE SERVICE | ALL WORK GUARANTEED | OPEN 7 DAYS

**WE BUY & SELL PHONES/IPADS FOR CASH**

122 HIGH STREET, EPPING CM16 4AJ

**T: 01992 568 422**

**07960 290 204 | 07931 102 896**

**COME IN STORE FOR OUR  
SPECIAL OPENING OFFERS**

## handy apps



### USEFUL APPS AND ADD-ONS THAT WILL TAKE YOUR DEVICE TO NEW HEIGHTS

**GBoard:** This keyboard, made by Google, integrates seamlessly into your phone or tablet, across text messages, WhatsApp and email functions. The app runs in the background and you'll notice little difference, except perhaps for a choice of keyboard colours, gradients and backgrounds. But coolest of all, you can 'swipe' words to type – in other words, no need to lift your finger as you enter each letter... simply let it glide to each new letter and the app works out the word you're writing. Useful and infinitely satisfying.

**Pen to Print:** Why do we still carry around scraps of paper when the idea was that our phones could do the job of storing shopping lists, addresses, reminders and more? Perhaps it's because the yearn to scribble remains strong in all of us – and with Pen to Print, you can still do that, with a screen that will convert your rugged scrawl into digital text. That means you can even send notes to someone without them ever getting wind of your lazy handwriting style!

**AppDetox:** We've all got a fair quantity of apps on our devices that we would group as 'a bit of fun', while knowing that their very presence is making us less efficient, less engaged and most definitely less sociable.

As the saying goes, admitting you have a problem is the first stage towards solving it; the second stage being to download AppDetox, which enables you to block your own access to functions and downloads on your phone, thus keeping temptation at arm's length... or is that finger's length?

**CamScanner:** We've all tried signing and scanning documents using our phone or tablet cameras.

CamScanner solves the problem, with editable uploaded or photographed documents that can be signed and scanned through the app. Removing the need for printouts or shadows on documents, the resulting PDF or JPEG can then be sent direct to your contact, as well as being stored in your phone.



TECHNOLOGY

# Remembering the BRIXTON RIOTS

APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The Brixton riots were a terrifying, culturally defining 48 hours in which the black population of south London rose up to confront what they determined to be an unfair and illegal era of police brutality and wider social exclusion.

In a foretaste of some of the issues raised by the recent Black Lives Matter movement – albeit in referencing situations Stateside rather than events and actions in our own country – the 1981 Brixton riots, or ‘Brixton uprising’, were seen as a major turning point in the UK.

The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him.

By the following day, rumours had spread that Bailey had been unlawfully killed by police, kicking off a spate of riots, looting and arson attacks on shops, cars and property.

Inadequately protected police struggled to stem trouble, with 299 being injured in scuffles. A further 65 members of the public were injured.

Tensions were brought under control in the early hours of April 12, by which time more than 2,500 officers from the home counties had been deployed.

So-called ‘copycat’ riots broke out in a number of UK towns and cities, and in the aftermath, the Scarman Report concluded that “complex political, social and economic factors [created a] disposition towards violent protest”, while also blaming overzealous ‘stop and search’ tactics.

Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



Photo credit: Bob Dear/AP/Shutterstock

## Plan your finances with precision

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Inheritance Tax Planning
- Intergenerational Planning
- Mortgage Planning

Your home may be repossessed if you do not keep up repayments on your mortgage.

For further details please contact:

**DB** | DAVID BEAN  
WEALTH MANAGEMENT

Tel: 01992 276394

Email: [david.bean@sjpp.co.uk](mailto:david.bean@sjpp.co.uk)

[www.davidbeanwealth.co.uk](http://www.davidbeanwealth.co.uk)





# STYLISH SPIKES

**A**cactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spikey houseplant offers many other benefits.

**CACTI ARE SELF-SUSTAINING PLANTS**  
If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

**CACTI IMPROVE THE AIR QUALITY IN YOUR HOME**  
Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.



**CACTI CAN MAKE YOU MORE PRODUCTIVE**  
If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

**CACTI OFFER SUBTLE BEAUTY**  
For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

**BEST CACTUS VARIETIES TO GROW INDOORS:**  
Angel wings cactus | Rat tail cactus | Old lady cactus | Christmas cactus



## YOUR VISION IS OUR VISION

NOW OPEN ON EPPING HIGH STREET



Home Hub Group is now open on Epping High Street.  
We supply and install windows, doors, bifold doors, sliding doors and rooflights.

137-139 High St  
Epping CM16 4BD  
[essex@homehubgroup.co.uk](mailto:essex@homehubgroup.co.uk)  
[homehubgroup.co.uk](http://homehubgroup.co.uk)

**01992 276 046**



CALL US TO BOOK AN APPOINTMENT AT OUR STUNNING NEW LIFESTYLE SHOWROOM.



@HomeHubGroup



# FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



Photo credit: Tim Young via idealhome.co.uk, greenandmural.com, Mark Scott and Courtney via goodhousekeeping.com, Francesco Lazzaro via elleda.com

**Essex** Roofing

ROOFING SPECIALISTS  
VELUX INSTALLERS  
FLAT ROOFING  
PITCHED ROOFING  
LEAD WORK  
UPVC WORK



## NEED MORE LIGHT IN YOUR LIFE?

WE SPECIALISE IN VELUX WINDOWS • BALCONIES • LANTERNS  
• BLINDS • SERVICING, REPAIRS & REPLACEMENTS

Certified  
Installer



CONTACT US TODAY

01992 276045 Mobile: 07557 952390

www.essexroofing.co.uk info@essexroofing.co.uk



## J Rose Carpentry Ltd

Bespoke Carpentry – we design and build especially for you

All 1st & 2nd fix Carpentry • Kitchen Design & Fitting • Home Refurbishment

Bespoke Wardrobes • Media walls • Loft Conversions



01992 276 023 jrosecarpentry@gmail.com





# JET PROPELLED

## SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE

**Y**ou're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

### ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

### TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

### THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

### FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

### FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

### SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

### SEVEN: "I need proof (waterproofs)"

Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.



From contemporary designs  
to traditional styles...  
woodburning to gas and electric...

[www.ashandembers.com](http://www.ashandembers.com)

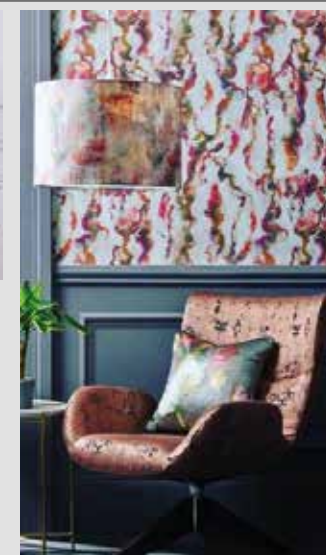
**Ash & Embers**  
STYLE IN FIREPLACES



For current opening times see  
[www.ashandembers.com](http://www.ashandembers.com)

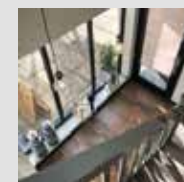
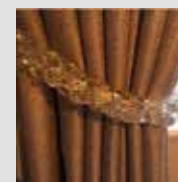
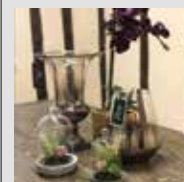
**CALL US ON 01992 815972 / 0207 118 3030**

**VISIT US AT THE COACH HOUSE, MARKET PLACE, ABRIDGE RM4 1UA**



*Gilly B Interiors*

*Bespoke, handmade curtains, blinds & soft furnishings.  
Interior design*



No. 2 Duckling Lane, Sawbridgeworth, CM21 9QA

01992 276082 / 07710 146941 [www.interiorsbygillyb.com](http://www.interiorsbygillyb.com) enquiries@interiorsbygillyb.com  
Tuesday-Friday 10am – 5pm Monday & Saturday client appointment by request





Eden Kitchens  
60 Station Way  
Buckhurst hill  
IG9 6LL

Call - 0208 088 0903  
Whatsapp - 02033320042



...I was absolutely overjoyed to find the exact wooden unit that I wanted, and couldn't find anywhere else. My design had started, I also managed to source the perfect and unusual granite to compliment my look, at the same time. We decided there and then to go with Eden Kitchens...

Google Review by  
Kitchen Owner; C. Tedeschi

more  
than a  
kitchen +

Transforming your projects with our designs

PICTURE OF A RECENT INSTALLATION

We pride ourselves on being able to offer a completely bespoke service when required for our clients.

With the above project, the client Caterina, for example, she wanted the wood grains on this kitchen vertically placed as opposed to the usual horizontal grains in production. She was also very specific about wanting a **very big** integrated fridge; we found her the Siemens CI30RP02 (75cm wide) with access to control your fridge, no matter where you are - with the easy-to-use Home Connect App.

This kitchen was designed as a two-tone kitchen Windsor (a brushed oak veneer) and Matt Sandbeige lacquered units under the island to match the already existing beige sideboard. The worktop chosen was a White Macaubas Quartzite with the encaptivating veins book-matched on the island waterfall to

showcase continued lines from the top to the bottom.

Open display units are a good way of displaying pictures, ornaments and in this case vases, transforming the kitchen space into more than just a kitchen.

All appliances are by Siemens and include a StudioLine iQ700 90 cm flex Induction hob, iQ700 Single Oven Voice activated door opening option via Alexa, Multifunction, fullSteam oven, Quooker PRO3 Flex stainless steel boiling water tap with our special discounts and cashback on appliances she was able to make a total of £3,571.00 in cash backs and savings combined.

The kitchen and utility room of this spectacular home took approximately two weeks to complete. The before and after pictures show this amazing transformation in detail.

Eden Kitchens  
60 Station Way  
Buckhurst hill  
IG9 6LL

WWW.EDENKITCHENS.COM

Call - 0208 088 0903  
Whatsapp - 02033320042





# JUDI DENCH

## THE LIFE OF THE BUSY DAME

**Why Dame Judi Dench is perhaps the most unique acting talent of them all**

.....

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



Photo credit: FACUNDO ARRIZABALAGA/EPA-EFE/Shutterstock





**Specialists in High Quality  
& Cost Effective  
Flat Roofing Installations**



**SINGLE PLY MEMBRANES • TORCH ON FELT • LIQUID APPLIED WATERPROOFING • ASPHALT  
BESPOKE METAL CAPPINGS • SLATING • TILING • LEAD WORK • PITCHED ROOF REPAIRS**

- WIDE VARIETY OF ROOFING PRODUCTS AVAILABLE
- HIGHLY SKILLED & PROFESSIONALLY TRAINED ROOFERS
- 10 YEAR INSURANCE GUARANTEE ON ALL FLAT ROOF SYSTEMS



**Contact us at 01992 276 035 • 07850 009 518**

**www.cardinalflatroofing.co.uk • info@cardinalflatroofing.co.uk**



**OPEN AT LAST  
AS OF APRIL 12 2021**

*Alexander Morgan Gallery*

**We would like to welcome our  
lovely customers back to browse  
in real life not virtually, can't wait  
to see you all again !!!**

*Love Dee & family*

106 HIGH STREET, EPPING, ESSEX CM16 4AF  
01992 571639 | DEEDEE106@GOOGLEMAIL.COM  
WWW.ARTALEXANDERMORGAN.CO.UK  
@ALEXANDER.MORGAN.GALLERY



# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS EPPING



## Online petition launched to support Kenny the greengrocer

An online petition has been launched in support of a fruit and vegetable seller who wants to continue trading in the Duke of Wellington car park.

Kenny the greengrocer had his stall temporarily closed down earlier this year following a complaint from Epping Town Council (ETC) and is still waiting for official permission to trade.

Councillor Holly Whitbread, of Epping Forest District Council (EFDC), described ETC's decision as "an unfair attack on a small business".

She has launched an online petition calling on ETC to withdraw its objection to Kenny's licensing application.

Kenny was initially given permission by EFDC's licensing committee to temporarily trade without a licence.

However, when Kenny submitted an application for permanent residency in the car park, ETC objected.

Cllr Whitbread and a group of Conservative district councillors have made representations to the licensing department at EFDC. Kenny's application will now go before EFDC's licensing committee on April 6.

ETC said that Kenny's stall represented unfair competition to the Monday market, even though he has agreed not to open on Mondays.

Cllr Whitbread has urged ETC to withdraw its objection and is encouraging residents to show their support for Kenny.

She said: "The town council's [ETC] objection is nonsensical. Kenny is providing essential products and is just trying to make an honest living at this difficult time. The stall is very popular and a welcome addition to the town."

To sign the petition, visit: [www.change.org/p/epping-town-council-support-the-duke-of-wellington-fruit-veg-stall-epping](http://www.change.org/p/epping-town-council-support-the-duke-of-wellington-fruit-veg-stall-epping)



Photo credit: Chris Bishop



# RockAcad founder receives Points of Light award

A music teacher has been thanked by Prime Minister Boris Johnson after receiving a Points of Light award for teaching music to students for free during lockdown.

David Green, aka Greenie, from Epping, is a former session musician and prize-winning drummer.

He launched RockAcad during lockdown so that students, including key workers and their children, could keep up their musical education.

His free online music teaching service proved so successful that he received a Points of Light award, which recognises outstanding volunteers.

Mr Johnson MP wrote to Mr Green from Number 10 Downing Street to thank him for "making music lessons free and available to those who are working so hard to keep our nation going".

The Prime Minister also wrote: "Among the many challenges we have faced in this battle against coronavirus, few compare with the enormity of rapidly reinventing education online."

Mr Green said: "We're very happy we have been recognised in helping a cause that continues to highlight the great efforts of key workers. They are the real award winners."

# BBC husband and wife launch podcast series

A newlywed couple from Epping launched their own podcast series, *Work Wife Balance*, last month.

On the weekly podcast, Leigh Milner and Chris Berrow, who both work for the BBC, discuss how they juggle being newlyweds in lockdown at home while working together in the studio.

They also answer listeners' questions and discuss topics such as: is it okay to secretly throw away your husband's clothes, and is buying omnibus editions of comics a step too far?

Leigh said: "It's liberating to be able to talk about whatever I like and let people eavesdrop on the things we chat about at home. For example, the time I cut Chris's hair with the same shaver that I once used on our rabbit's backside. He had no idea."

Chris added: "I think three lockdowns and a global pandemic is quite a lot to take on for your first year of marriage. What else can the world really throw at us now?"

New 20-minute episodes are available each Monday on all platforms including iTunes, Spotify, Stitcher and iHeartRadio.



**ESSEX AUCTION HOUSE**  
FINE ART AUCTIONEERS

House Clearances  
Free Valuations  
Collection Service  
Probate Specialists

Call for more information  
01992 815 528  
info@essexauCTIONHOUSE.com

**Ample Free Parking**  
Open 7 days  
Mon - Fri 9.00 - 17.30  
Sat 10.00 - 13.00

Forest Lodge  
Commercial Complex Epping  
Road CM16 5HW

## Steamed Up Double Glazing?

### Are Your Windows Steamed Up, Misted or Broken?

### Why Replace The Frames?

**We can carry out the repairs to any Timber, Aluminium or uPVC Window, Door or Conservatory**

**Handles • Hinges • Locks • Cylinders • Rubber Seals  
Silicone • Letter Boxes • Cat Flaps • Dropped Doors  
Conservatory Roofs • Soffits, Fascias & Guttering**

**We also supply & fit new energy rated windows & doors**

### Elite uPVC Repairs

**0800 0830 428 or 07412 766665**

Find us on [f](#) Elite-UPVC-Repairs

**HOUSE OF ELLA**  
INTERIORS

### Luxury residential interior design

London | Essex

www.houseofellainteriors.com | 01992 276 064 | info@houseofellainteriors.com



### APPLIANCE REPAIRS AND SALES

*We repair all makes and models*

Washing Machines • Tumble Dryers  
Dishwashers • Ovens • Hobs • Cookers  
Fridge/Freezers • Extractor Hoods

New appliances in stock for  
same day delivery & installation

Prices listed on our website

**Call 01279 310793**

**Or Book Online**

**www.spindoctorkuk.co.uk**

## Electrician

electrician-in-theydon-bois.co.uk

**Do you find it difficult to get  
someone to come & do a small job?**

Extra Lights ♦ Additional Sockets ♦ Rewires  
Fuse Boards Upgrades ♦ New Installations  
Landlord & Homebuyer Inspections  
**Fault Finding & Repairs**

Qualified Electrician ♦ Fully Insured  
Reliable Service ♦ Tidy Work ♦ Free Quote  
Flexible Hours ♦ Reasonably Priced  
**Satisfaction Guaranteed**

Reliable, affordable, fully qualified and insured.  
We guarantee we'll deliver unrivalled service  
and workmanship every time

**Call 01992 276128**

**No job too small**



## Tributes paid to former MP for Epping and Harlow



Photo credit: Labour Party

Tributes have been paid to a 91-year-old former Epping and Harlow MP, who passed away on March 2.

Stan Newens was Labour MP for Epping for six years between 1964 and 1970 and Harlow MP from 1974 to 1983. He then became an MEP representing London Central from 1984 to 1999.

Former Labour leader Jeremy Corbyn said: "Stan brought much knowledge of so many different parts of the world from his mini-travels, and via his meetings of people living in exile hoping for better times in their home countries.

"It was my honour to host a 90th birthday party for Stan in the leader of the opposition's office in February 2020.

"I am so sad at his passing. He was a man who gave his life to social justice, the Labour movement, and the people who elected him to parliament and the European parliament."

Harlow Labour Party said: "His lifelong commitment to community activism won him admirers across the political divides and across generations and across all levels of the Labour Party.

"We share our deepest condolences with his family and friends at this time."

Loughton Independent councillor Stephen Murray described Stan as "a lovely person and a gentle giant of a man".

## Town announces Civic Award winner

Renovation work carried out at Lindsay House has been recognised with a council award.

Every year, Epping Town Council presents a Civic Award to a building, either public or private,

which demonstrates high standards of maintenance or reflects excellence in new design.

Lindsay House, on Lindsey Street, was nominated for new additions made to the renovated building, which the council considered were "sensitively blended into the old frontage".

Town mayor councillor Grahame Scruton announced the award at the virtual annual town meeting on March 25.

He said: "Epping Town Council appreciated the respect shown to the character of the building and road and chose Lindsay House."

## Weekend festival planned for the summer

A two-day music festival has been planned for June 26 and 27 near Epping.

The weekend event, called Summer Solstice, will take place at a field next to The Merry Fiddlers pub in Hamlet.

The Summer Solstice weekender promises "the best in disco, soulful and groove house with a range of top DJs and entertainment".

The festival has already proved to be a hit, with tickets for the Saturday completely sold out on the website and limited Sunday tickets remaining.

Organisers Upper Vibe said on social media: "Hands down the craziest response we've received on a party to date. Thank you to every single one of you. This weekend is going to be very special."

The organisers applied to Epping Forest District Council's licensing sub-committee for a temporary event notice. The papers state the event would have a limit of 450 people with pre-purchased tickets only. The event will take place from 1pm until 10.30pm on the Saturday and from 1pm to 10pm on the Sunday.

For more information visit [uppervibe.co.uk](http://uppervibe.co.uk)



Photo credit: uppervibe.co.uk

## PUT THE SPARKLE BACK INTO YOUR KITCHEN



### Domestic Oven Cleaning Specialists

Est. since 2007

#### Prices

Single oven incl. shelves & grill pan.....	£43.00
Double oven incl. shelves & grill pan.....	£54.00
Range incl. shelves & grill pan.....	From £54.00
AGAs.....	From £90.00
Hobs.....	From £14.00
Extractors.....	From £15.00
Microwaves.....	From £20.00

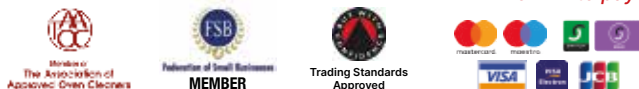
**No VAT to pay**



**BEFORE**



**AFTER**



**PLEASE CALL FOR A FREE QUOTATION**

**01279 432444 \* [www.ovenbright.co.uk](http://www.ovenbright.co.uk)**





# Upgrade for playground at recreational ground



The playground at Lower Swaines Recreation Ground is getting a major upgrade, with new equipment for all ages set to be installed in the park.

Habibah Wise, trustee for Epping Playground Association (EPA), said: "The playground will be getting an entire overhaul.

The gated playground as it is now will be removed and replaced with all new equipment."

The EPA is working on the project with Epping Town Council, who recently awarded a £1,500 grant for the refurbishment.

Habibah added: "In total, Epping Town Council has given us £3,000 for the refurbishment. They gave us £1,500 to begin with and we are delighted to have been awarded another grant towards the project.

"Any opportunity that comes up, locally or nationally, we are making the most of, such as the National Lottery Community Fund. We are applying for all the funding we can."

Grange Farm Centre Trust has also contributed £4,000 to the playground refurbishment.

The new equipment is being designed by Kompan UK, who previously upgraded Harlow Town Park with new state-of-the-art equipment.

The EPA group continues to work with the council and community to raise money for the new equipment, which it hopes to have installed by the start of next year.

# Town council highlights work on allotments

The green-fingered efforts of two allotment holders have been recognised by Epping Town Council.

The annual award for the Meadow Road allotments has been presented to Christine Hassall-Kingham for the second year in a row. Christine has been praised for her "consistent hard work".

The Lower Bury Lane award was given to Laura Ecclestone, who has managed her plot since October 2019. Judges congratulated Laura for her "clean, nice and tidy plot".

Winners Christine and Laura will both receive a cheque for £20 and a certificate.

The council maintains two allotment sites in Lower Bury Lane and Meadow Road. At both there is a selection of single and double plots to suit all gardening abilities. The Epping Horticultural Society also runs a trading hut at the Meadow Road site every Sunday morning, selling garden items including composts and fertilisers.

All plots are currently allocated, but gardeners looking for an allotment can join a short waiting list by contacting the council.

# School's charity challenge raises nearly £3,000

Pupils at a school in Woodford Green did not let lockdown stop them from marching ahead with their termly fundraiser.

Children at Avon House Preparatory School decided to take on the epic challenge of walking the 874-mile journey from Land's End to John O'Groats, all done virtually, to raise money for the Motor Neurone Disease Association (MNDA).

The fundraiser was started by Year 6 pupil Scarlett and took place over the half-term period. Children, parents and staff sent over their daily distance, which was updated on their very own Google map.

In total, the Avon House family covered more than 1,000 miles.

Amanda Bourne, community fundraiser at the MNDA, said: "The funds they raise will help us to continue our vital work in providing support for people living with MND, campaigning to raise awareness of the disease and funding research to find treatments and, ultimately, a cure."

At the time of writing the total sum stands at £2,964.

To donate, visit [www.justgiving.com/fundraising/avon-house](http://www.justgiving.com/fundraising/avon-house)



**Amazon**  
ROOFING & SCAFFOLDING

TRUSTWORTHY & RELIABLE FAMILY RUN BUSINESS

**We can help whatever your scaffolding & roofing needs:**

- Temporary Roofs • Loft Conversions
- Maintenance Work • Painting & Decorating
- New Roofs • Repairs • Guttering
- Fascia • Soffits & More

**Call for a no obligation quote:**  
**01992 276058**

[amazonscaffconstruction@gmail.com](mailto:amazonscaffconstruction@gmail.com) • [www.amazonroofingandscaffolding.co.uk](http://www.amazonroofingandscaffolding.co.uk)

**FREE ESTIMATES**  
**DISCOUNT PACKAGES AVAILABLE**

*Natural style*  
Flower Design & Gifts

**Fantastic Service ✿ Beautiful Flowers ✿ Cute Gifts**

[@constansflowers05](https://www.facebook.com/constansflowers05) ✿ 0208 088 3475 ✿ [constansflowers@gmail.com](mailto:constansflowers@gmail.com)



# LOCAL NEWS

*from your neighbourhood*

## Council helps residents to stay aware of scammers



Photo credit: Google Maps

Epping Forest District Council leader, councillor Chris Whitbread, said: "DevelopMe is just one of many ways that we are supporting local people post-pandemic to get back to work and promote local business. Together we will bounce back."

Councillor Tony Durcan, portfolio holder for growth and prosperity at Harlow Council, said: "The hub aims to help residents get back into work, support them on a new career path or develop further in their current job."

To register visit [www.eppingforestdc.gov.uk/community/developme](http://www.eppingforestdc.gov.uk/community/developme)

Epping Forest District Council Community, Culture and Wellbeing Team and the Community Resilience Team have come together with other partners to create a free information bag to help residents "Stay Safe, Stay Aware and Take Care".

Councillor Holly Whitbread (pictured inset), cabinet member for housing and communities, said: "Scammers are taking advantage of the current situation, so we decided to put together our Stay Safe bag of information."

Essex Police, Essex County Fire Service, East of England Ambulance, Age UK, Citizens Advice and Voluntary Action Epping Forest are among the many organisations involved in the project.

The free bag of information contains *The Little Book of Big Scams* and advice and information on a multitude of other topics, including fire safety.

Almost all 1,000 bags have been distributed in the community, and cllr Whitbread was keen to thank all of the community members involved in the project.

One local resident said: "I sat down and read through the book and it was really interesting. The very next day I got a phone call and knew straight away that it was a scam and put down the phone, all because I read the book."

## Job site launched to help bounce back

Theydon residents can now benefit from a new job site set up to help people looking for employment.

The DevelopMe hub has been launched to help residents looking for a new job or training opportunities, or for those who want to develop their skills further.

Epping Forest District Council has worked in collaboration with Harlow and Uttlesford councils to launch the site.

DevelopMe is personal to each user and can help with tasks including writing a CV, looking at career options, e-learning and applying for jobs.

## Virtual quiz raises £1,000 for local charity

Two supporters of local charity Voluntary Action Epping Forest (VAEF) raised almost £1,000 by organising a virtual quiz last month.

Sally and Richard Crone, from Theydon Mount, organised an all-inclusive Zoom quiz with 15 rounds of questions for all abilities. Forty-two teams made a donation and took part in the two-hour event to raise vital funds for VAEF.

Jacqui Foile, from VAEF, said: "Sally is one of the trustees. She organised a Zoom quiz to raise some much-needed funds. The evening was a huge success, lots of people joined and everyone had fun. It was the first time we had done something like this online and it all went really well."

VAEF has been supporting not-for-profit organisations in Epping Forest for more than 25 years. It offers services to help improve residents' quality of life and well-being and to help local charities and community groups achieve their full potential.

The charity has been a lifeline for many residents during the COVID-19 pandemic. Thousands of people have used the COVID response service which was set up to help with shopping, prescriptions, befriending and trips to the vaccination centre.

To find out more about the charity visit [vaef.org.uk](http://vaef.org.uk)



# Planning permission turned down for charity storage

A food charity that was set up during lockdown is in dispute with Epping Forest District Council (EFDC) over permission for two food storage containers to stay on land near Theydon Bois station.

3food4U, which helps feed and clothe 1,000 people per week from its four hubs across the district, is currently using a vacant car park adjoining Station Hill to park two former sea containers, with the landowner's permission.

The charity's application for planning permission to occupy the land permanently was turned down by EFDC and will now go to appeal in mid-April.

The sea containers were given to the charity, which uses them as secure storage for non-perishable food and clothing to distribute to people in need.

Pesh Kapasiawala (pictured left), chair of trustees of 3food4u, said: "There is so much surplus food in the county that goes to landfill or gets destroyed by supermarkets. We pick it up and don't ask [recipients] for an assessment or referral [from social services]."

"It would be a great shame if our services were jeopardised over a planning decision."

A spokesman for EFDC said that the council already supports another food bank and that its planning department cannot make an exception.

He said: "Matters of planning control in no way reflect on the marvellous work of so many people in support of our communities."

"To make an exception for one case would make us vulnerable to breaches of planning control elsewhere."





# Drive Appeal

We were contacted by the homeowner at the beginning of 2020 as they were concerned about the large cracks that were appearing in the walls, the lack of security provided by those walls and the constant weeds growing on the drive. The remit to us was to create a modern low maintenance area with minimal planting.

On inspection we found the retaining walls were failing and the land mass starting to move which was of concern as the property is on a steep hill.

Our design involved rebuilding all the retaining walls and raising them up to include a decorative black railing with electric sliding gate. These were complimented with a stepped flower bed and sandstone staircase with matching handrail. To finish the design, we proposed a porous resin bound surface in Champagne pink.

The project began in earnest in the spring and was completed within 12 weeks. During that time we had weekly meetings to review progress and ensure we were creating the clients vision.

The customer is very happy with the result, they now have a beautiful front garden and drive that is secure and easy to maintain.



Our designs solutions transformed this home



If you are interested in a quote or some friendly advice regarding any of the features, feel free to contact IBBco today!

**IBBco**  
**RESIN**

01992 276190

office@ibbco.co.uk • www.ibbco.co.uk

**IBBco**  
**RESIN**



01992 276190

office@ibbco.co.uk

www.ibbco.co.uk



## Resin Bound Natural Aggregate

Based just outside Epping, IBBco have been providing surfacing solutions to Essex and Hertfordshire for the past 24 years. Resin Bound natural aggregate allows us to create beautiful designs for your drive, patio, paths or even swimming pool surrounds! Please call us to discuss all the options or to request a free survey.

- 46 Bespoke Colours
- Fully Permeable
- No Drainage Required
- Total Flexibility of Design
- Long Lasting Results
- Easy to Maintain
- Tested to BS EN 13892
- UV Colour Stable

Unit 11, Esgors Business Centre, High Road, Thornwood Common, Epping, CM16 6LY





# Big fish, small pond

If you have just added a pond to your garden, you may be thinking about what types of fish you want to buy. However, before you dash to your nearest pond supplier and simply pick the prettiest specimens on offer, you need to find out what fish are suitable for the pond you have picked.

## How big is your pond?

Most fish need at least 50cm in depth to thrive, although some varieties such as koi and large carp need at least double that amount. As a general rule, for a new water feature, the total length of the fish you add should not be more than around 25cm for every square metre of surface area.

## What types of fish can your pond accommodate?

**GOLDFISH:** One of the most popular choices for garden ponds. If you want your chosen goldfish to go the distance, you are best off picking either comets or Shubunkins, both of which are attractive and hardy fish.

**KOI AND CARP:** Although beautiful fish, both koi and carp can grow to more than 75cm in length and are therefore only suited to larger, well-filtered ponds. You can find forms of koi that cost thousands of pounds, so if you choose a more expensive variety you also need to consider the security of your pond.

**ORFE & RUDD:** Orfe love the surface of the water, which makes them a favoured choice for many pond owners who love to spot their fish. That being said, this means they need to be protected from cats and any passing herons. Orfe prefer to swim in shoals so you need to purchase at least six, and as they grow to 30cm or more, you need a large pond to successfully host them. Rudd are similar in their routine to orfe but only grow to half the size, making them ideal for smaller ponds.



# EVERYTHING AQUATIC & REPTILE

*All your pets catered for*

Local • Family run • Independent • Experts in Marine Life & Reptiles



We stock: Live Food • Reptiles •

Corals • Koi • Tropical & Marine Fish

Aquariums • Pumps • Filtration

• Heating • Lighting • Dog & Cat Food

**Contact us for expert advice**

**01992 946 444**

**178 High Street, Epping, Essex CM16 4AQ**

**info@eppingreefandreptiles.com**

**www.eppingreefandreptiles.com**







**Safe Distance**

**Childcare Choices**  
WE NOW OFFER  
**TAX - FREE**  
**CHILDCARE!**

**Helping children believe they can do anything**

Singing, dancing and acting classes for 4 - 16 year-olds

**We're back in person from the 17th April**

**Enrol Online today!**

*Places strictly limited.*

**Venue:** Debden Park High School, IG10 2BQ

**W** stagecoach.co.uk/loughton  
**@** loughton@stagecoach.co.uk  
**☎** 07582 222 472

**STAGE COACH**

Creative Courage For Life

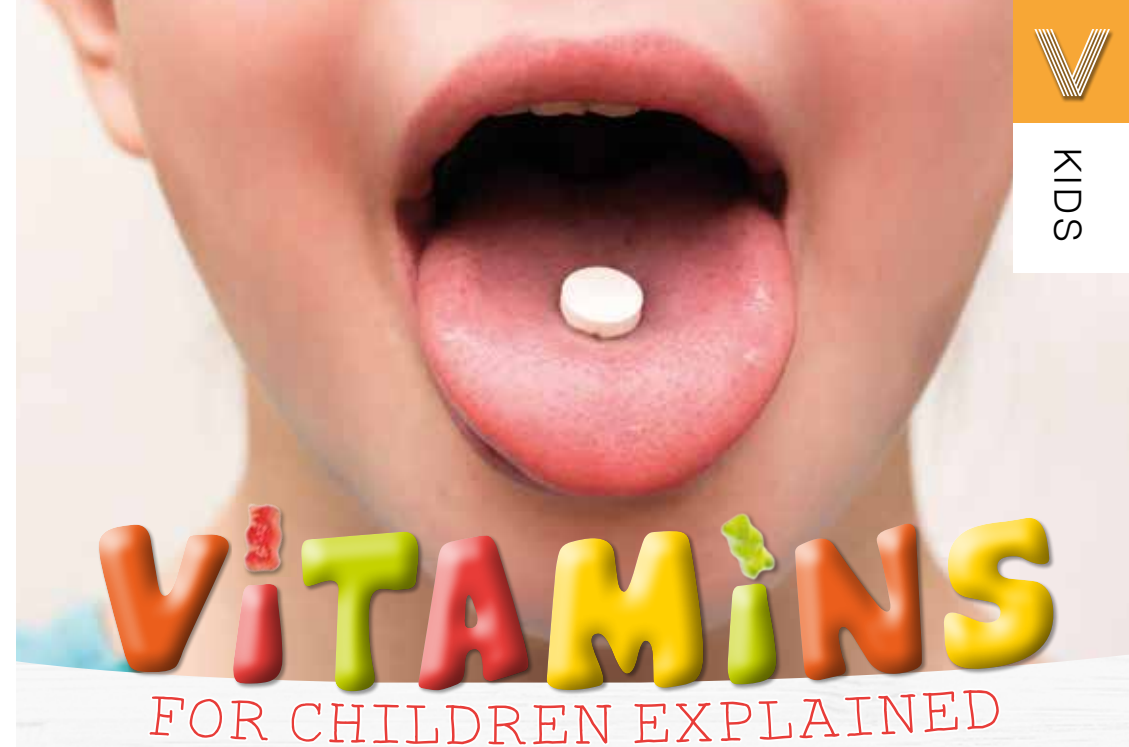
Stagecoach Performing Arts is the trading name of Stagecoach Theatre Arts Limited. Stagecoach Theatre Arts Limited are a limited liability company and are incorporated in England. Stagecoach Theatre Arts Limited is a registered company of Stagecoach Theatre Arts Limited.

**THE B7 MEDIA GROUP**

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION  
SIGNAGE • MENUS & BROCHURES • EXHIBITION BOARDS & BANNERS  
RETAIL PACKAGING • WINDOW VINYLs • LOGO DESIGN  
BRAND ALIGNMENT • VEHICLE WRAPPING • CARBON PADS  
WORKWEAR • WEBSITES • SOCIAL MEDIA • I.T. SOLUTIONS

**ENQUIRIES@B7MEDIAGROUP.COM** **01992 276101**

**f** **t** **i**



**VITAMINS**

**FOR CHILDREN EXPLAINED**

**D**o you currently give your children daily vitamins but are not sure if they are worth the expense? Or are you thinking about buying vitamins for your kids but don't know which ones they need?

#### WHAT VITAMINS DO CHILDREN NEED?

The Department of Health recommends that all children aged six months to five years are given daily vitamin supplements that contain vitamins A, C and D. They also advise breastfed babies to be given a daily vitamin D supplement from birth. Some experts recommend that the following groups of children should take a daily multivitamin:

- > Those who do not have access to regular, nutritionally balanced meals
- > Picky eaters who are not getting sufficient vitamins and minerals
- > Children who eat a lot of processed or fast food
- > Vegetarians or vegans, who may need an iron and/or calcium supplement

#### ARE GUMMY VITAMINS A GOOD CHOICE?

Becoming increasingly popular in recent years, gummy vitamins seem to be the perfect solution for kids who lack certain nutrients. However, these are usually higher in sugar than other vitamins, plus they look and taste like sweets, meaning your child

may be tempted to take more than they need, which could be harmful to their health.

#### WHAT DOES A HEALTHY DIET INCLUDE?

If you are not sure whether your child is already getting all the vitamins and minerals they need from their diet, this guide should help you. A well-balanced diet should include:

- > Milk and dairy products or vegan alternatives
- > Plenty of fruit and vegetables
- > Protein
- > Whole grains

#### ADVICE FOR GIVING YOUR CHILD VITAMINS:

- > Keep them out of reach so that children do not have more than one a day
- > Do not treat them like sweets
- > Try a chewable vitamin if your child won't take a pill or liquid supplement
- > Consult your doctor first if your child is taking any other medication



KIDS



## GARDEN OF LIFE

# THE BIRDS *and the bees*

In the third of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



**MONKEY  
PUZZLE  
LOUGHTON**



**CHILDRENS DAY-CARE  
AND PRE-SCHOOL**

**COMING SPRING 2021**

- Open 7.30am - 6.00pm
- Exceptional childcare for children aged 3 months - 5 years
- Open 51 weeks of the year
- All Inclusive Service
- Experienced and Qualified Team
- Ofsted Registered Provider

**CALL 020 8712 5268**

Email [info@monkeypuzzledaynurseries.com](mailto:info@monkeypuzzledaynurseries.com)

Register your interest and subscribe to receive regular updates as well as fun activities to do with your children!

[www.monkeypuzzledoughton.co.uk](http://www.monkeypuzzledoughton.co.uk)

## SUPPORT LOCAL BUSINESSES



Please let your local businesses know that you saw them first in... **VISION**

**AVON HOUSE  
PREPARATORY  
SCHOOL**

**Now Accepting 3+ Nursery  
Applications for September 2021**

**For more information and to apply please email  
[registrar@ahsprep.co.uk](mailto:registrar@ahsprep.co.uk)**

**490-492 High Road, Woodford Green, Essex, IG8 OPN  
[www.avonhouseschool.co.uk](http://www.avonhouseschool.co.uk) | 020 8504 1749 | [office@ahsprep.co.uk](mailto:office@ahsprep.co.uk)**





APRIL BIRTH FLOWER OF THE MONTH:

# Daisy

If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

## *What does the daisy represent?*

A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

## *What does this birth flower say about your personality?*

If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

## *Why grow daisies in your garden?*

Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

## *How can I ensure my daisies thrive?*

Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

## *Best types of daisies for a vibrant show:*

English daisy | African daisy | Gloriosa daisy | Blue Marguerite daisy | Shasta daisy | Cape daisy



## How focused is your agent on helping you sell or let your property?

**Kingsmarq Real Estate** has launched in the Essex area to provide a fresh approach to property sales, lettings and management. Offering boutique levels of service throughout the process, Kingsmarq focusses on helping a small portfolio of clients achieve the best outcome quickly, efficiently and with personal, relevant guidance.

With excellent customer service at the heart of Kingsmarq Real Estate's ethos, you can be assured of a warm welcome from the very first call to discuss your property needs.

**KINGSMARQ**  
REAL ESTATE

kingsmarq.co.uk | 01992 276074 | info@kingsmarq.co.uk

 Powered by KELLER WILLIAMS

rightmove 

Zoopla

 PrimeLocation.com

 OnTheMarket



# Hammond & Smith

ESTATE AGENTS

Covering Epping and surrounding areas, we are your new independent estate agents offering a modern, fresh approach to sales & lettings.

Call us today for a free valuation or to start your new property journey!

01992 919 007

[enquiries@hammondandsmith.co.uk](mailto:enquiries@hammondandsmith.co.uk)

[www.hammondandsmith.co.uk](http://www.hammondandsmith.co.uk)

Follow us on Facebook@hammondandsmith  
Instagram hammondandsmith and Twitter @and\_hammond



Jonjo Hammond  
Director

Alison Smith  
Director

Joe Leeves  
Sales & Lettings  
Consultant

Teddy Little Legs  
Office Dog



We love our local area and our wonderful community that make it! For every home sold in May we will donate £250 to the Epping Playground Association. This is on top of our pledge, to donate a % of every fee to planting new trees.

Sales recently agreed in CM16



B Walker

I have used Jonjo and Alison for my sale and purchase and found them to be very helpful and professional. My house was sold within a week after having been on the market for several months with other agents. Highly recommend them.



# Hammond & Smith





**W**hatever industry you work in, taking the time to understand and empathise with your employees is vital if you want to provide exceptional leadership. Discover how to become a more compassionate leader below. Plus, find out why compassion is crucial in the workplace.

#### HOW TO BECOME A COMPASSIONATE LEADER IN FIVE SIMPLE STEPS:

**Listen:** Think about how often you really listen to your team. Successful leaders seek to understand the perspectives, motivations and challenges of their employees. Make sure you actively listen without judgement for optimal effect.

**Empathise:** If you don't think that your team members feel able to open up to you, then empathy can help resolve this. Take the time to sit down with your employees and talk to them about non-work-related topics.

**Share:** If you aren't authentic with your staff, how can you expect them to be with you? Don't be afraid to show your weaknesses; as a leader

you do not have to be better than everyone else.

**Respond:** Employees need feedback from their leaders, in terms of both their successes and areas in which they still have room to grow. Ensure you explain to your team that you are there to help them improve, and offer any resources they might need.

**Change:** Compassion is all about commitment, and even simple changes to the way you lead can work wonders for improving employee morale. Challenge yourself to make at least one change a month and build up from there.

#### WHY COMPASSION IS SO IMPORTANT:

- ♥ Creates enhanced employee engagement
- ♥ Decreases employee turnover
- ♥ Inspires collaboration
- ♥ Increases employee commitment
- ♥ Raises levels of trust
- ♥ Empowers you as a leader

**TAKEAWAY TIP:** Compassionate leadership is not about giving people what they want; it is about giving people what they need.

**London Contract Distribution**

**100% GUARANTEED LEAFLET DISTRIBUTION**

- ▶ Portfolio of Prestigious Clients
- ▶ GPS Tracked Distribution
- ▶ Reprint & Redistribution Guarantee

**CONTACT US: 020 7183 5206**  
[www.leafletsdistribution.london](http://www.leafletsdistribution.london)  
[robertdelegacz@yahoo.co.uk](mailto:robertdelegacz@yahoo.co.uk)  
19 Biggerstaff Road, Stratford, E15 2JR

f londondisto

**WANT TO ENHANCE YOUR VEHICLE?**

- ★ Window tinting
- ★ Vehicle wrapping/styling
- ★ Wheel refurbishment /colour change
- ★ Calliper respray
- ★ Detailing/valeting mobile

**Please contact 0784 2158854**  
[info@tommytintsltd.co.uk](mailto:info@tommytintsltd.co.uk)  
to book or for a quote

TOMMY\_TINTS

**We.Recruit**

**We.Outsource**

**We.Consult**

**KINGSWOOD GROUP**  
HR SOLUTIONS  
RECRUIT • OUTSOURCE • CONSULT

[www.kingswoodgroup.org](http://www.kingswoodgroup.org)

Providing expert, fully tailored HR Solutions to businesses across Essex

For a confidential discussion, please email us at: [enquiries@kingswoodgroup.org](mailto:enquiries@kingswoodgroup.org), alternatively call us on:

**Epping 01992 276089 | London 0203 984 6677**





# DRIVER DANGER

## THE PENALTIES AND REPERCUSSIONS FOR OUT-OF-DATE MOTS, INSURANCE AND TAX

**T**he responsibility of making sure a car is being driven legally, and that all the proper checks are up to date, is one not just to ourselves and our passengers but also to everyone else both on and off the road. From motorists to cyclists and even pedestrians, it's vital our cars are roadworthy – in fact, it's so important that the government will impose strict sanctions on anyone not toeing the line.

### **MOT**

A huge number of people drive on our roads unaware that their MOT has expired; and yet with the DVLA's reminder system, setting up a simple text message alert would prevent this happening.

The only time you're allowed to travel on the road with an expired MOT certificate is if you're en route to the test centre to get the service done, otherwise you could be looking at a fine of £1,000.

In 2020, during the COVID-19 outbreak and

subsequent lockdown, MOT dates were extended, though this is not the case in 2021.

### **TAX**

Road tax is a necessity for any car, and you can expect a hefty fine in the post (of up to £1,000), if you're driving around in an untaxed vehicle. That may be a better scenario for some than the alternative – your car is clamped, and if the fine isn't paid quickly it is impounded, incurring a daily fee of £21.

### **INSURANCE**

The big one – driving without insurance is the biggest threat to yourself, your passengers and other road users. It is looked upon dimly, and if you are stopped by the police, your keys will be confiscated immediately. A £300 fine and six points on your licence is the minimum, but greater penalties, including disqualification, are possible.

**FULLY FITTED  
ROLLER  
GARAGE  
DOORS**

FROM **£895** \* WAS **£1,354**  
INC VAT

\* Offer Valid For Openings Up To 3.4m Wide & Incl.  
2 Remote Controls, Silver White Slats,  
Internal Manual Override

**WHATS INCLUDED:**

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

**GAROLLA**  
ROLLER SHUTTER DOORS  
[www.garolla.co.uk](http://www.garolla.co.uk)

Made To Measure...  
**ROLLER GARAGE DOORS**

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of head-room! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

**CALL US TODAY**  
Phone: **01992 830 084**  
Mobile: **07537 149 128**

CE Approved

**IMPERIALS**  
ESSEX  
Celebrating over 35 years in prestige car retail  
[www.imperials.co.uk](http://www.imperials.co.uk)

# WE WANT TO BUY YOUR CARS

**WE ARE CURRENTLY LOOKING FOR STOCK TO BUY OR S.O.R.**  
**ROLLS ROYCE | BENTLEY | MCLAREN, AMG | M, ETC...**

**IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US**

For more information contact  
email: [mason@imperials.co.uk](mailto:mason@imperials.co.uk) | Tel/WhatsApp: 0208 548 7830



# Making plans for NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

"It's such a big taboo to be gay in my line of work," he says. "I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was 'different' from my late teens, but I was just living a lie."

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

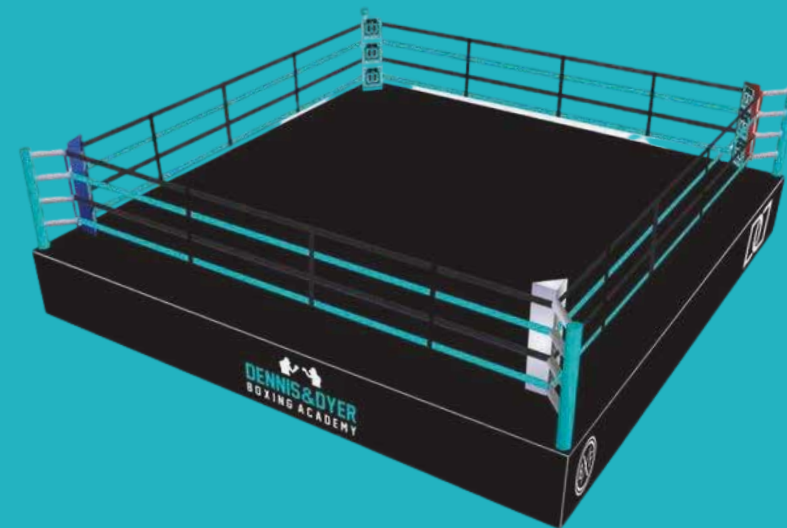


Photo credit: Chris Fairweather/Huw Evans/Shutterstock



THE NUMBER ONE BOXING ACADEMY FOR ALL ABILITIES

- 👊 BOXING ACADEMY
- 👊 1-ON-1 SESSIONS
- 👊 KIDS LESSONS
- 👊 LADIES GROUP SESSIONS



## Dennis & Dyer Boxing Academy

The Landmark, 30 Barrington Green, Loughton, Essex, IG10 2BA

[www.dennisanddyerboxingacademy.co.uk](http://www.dennisanddyerboxingacademy.co.uk) | 0208 088 3491

[info@dennisanddyerboxingacademy.co.uk](mailto:info@dennisanddyerboxingacademy.co.uk)

Follow us on Instagram @dennisanddyerba to stay up to date!





# GIANT

AT GIANT LOUGHTON  
WE'RE JUST LIKE YOU -  
WE'RE RIDERS. WE LOVE  
CYCLING AND WE WANT  
YOU TO ENJOY IT JUST  
AS MUCH AS WE DO.

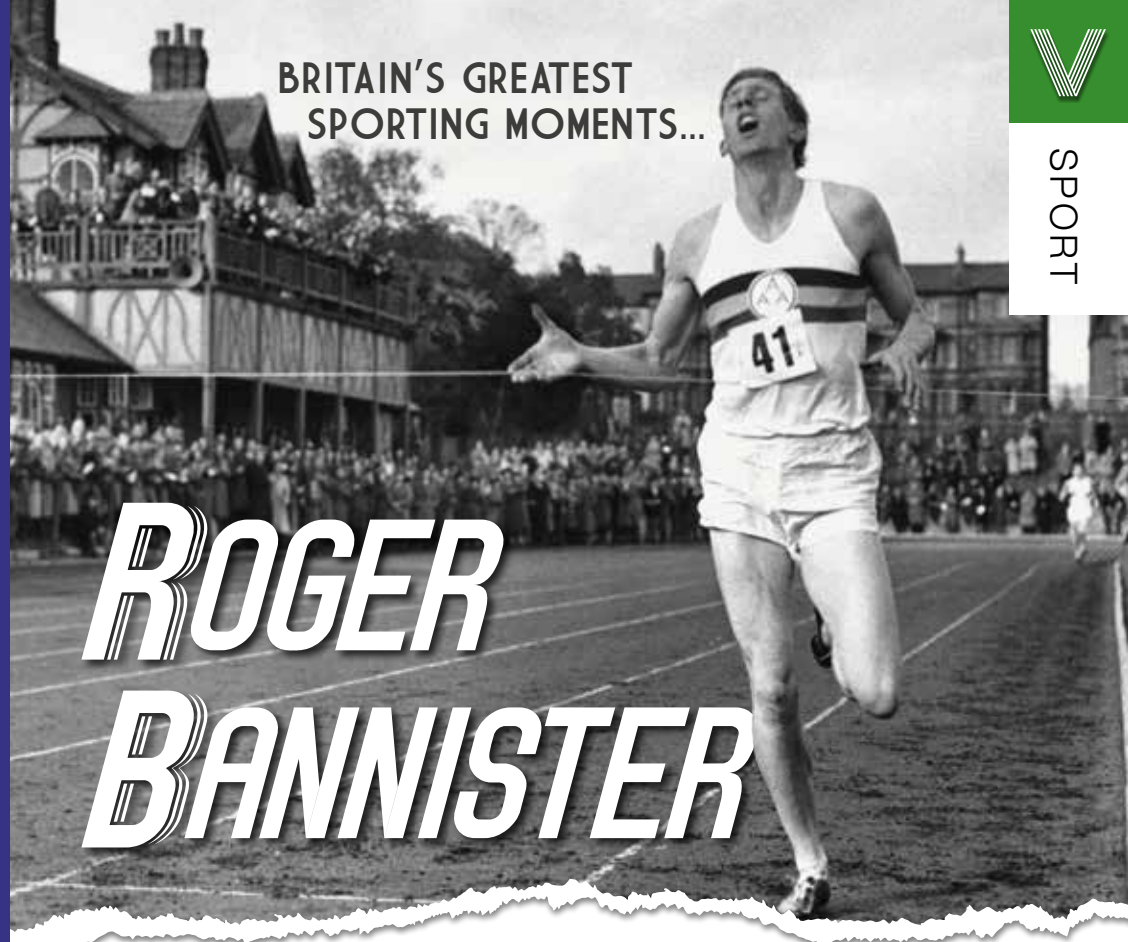
- 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2021 (EXCLUDING MY21 RANGE)
- FREE PUNCTURE REPAIRS FOR LIFE RANGE (Ts&Cs APPLY ORIGINAL OWNER ONLY)
- FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES
- PRICE MATCH PROMISE - FIND IT CHEAPER ANYWHERE ELSE
- WE WILL MATCH THE PRICE
- FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

NEW  
STOCK  
ARRIVING  
WEEKLY

GIANT LOUGHTON, 235 High Road, IG10 1AD

T: 0208 508 1384 W: [giant-loughton.co.uk](http://giant-loughton.co.uk) E: [info@giant-loughton.co.uk](mailto:info@giant-loughton.co.uk)

BRITAIN'S GREATEST  
SPORTING MOMENTS...



## ROGER BANNISTER

Each month we look at one of the most significant events in British sporting history. This month, it's Roger Bannister's sub-four-minute mile in 1954.

It was the sporting feat that the experts said the human body was simply not capable of – running a mile in less than four minutes.

Yet on May 6, 1954, at the Iffley Road track in Oxford, Bannister, who passed away in 2018, arrived to meet a collective of pacemakers keen to do their bit in making history.

Travelling alone, he caught the train from Paddington, immediately preparing to abandon the attempt because of excessively high winds. Yet these had died down by the afternoon, and by 6pm Bannister was ready to go.

Staying at the front of the pack, he clocked the half-mile in 1min 58secs, and coming around for the final lap had 59 seconds to run the final 400m.

He finished, and a crowd of more than 3,000 spectators awaited the verdict, offered by future *Guinness Book of Records* aficionado Norris McWhirter. Purposely drawing out the tension, the

announcer said: "Ladies and gentlemen, here is the result of event nine, the one mile: first, number 41, R G Bannister, Amateur Athletic Association and formerly of Exeter and Merton Colleges, Oxford, with a time which is a new meeting and track record, and which – subject to ratification – will be a new English Native, British National, All-Comers, European, British Empire and World Record. The time was three..."

The roar of the crowd drowned out the rest of the announcement. Bannister's time was three minutes 59.4 seconds.

Of course, in the years to come, several athletes would push the limits of speed and take huge chunks of time out of Bannister's. In the 1980s, Seb Coe, Steve Ovett and Steve Cram each set a new world record, although the most recent PB belongs to Morocco's Hicham El Guerrouj in 1999, as the event appears to have gone out of fashion.



# THE VISION LISTINGS

## ACCOUNTANT & TAX ADVISORS

### ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation.

## ACUPUNCTURE

### HONG WEI CHINESE MEDICAL

Fully qualified & experienced, specialising in women's health & Fertility. Help with pain relief, emotional disorders, male/female conditions. 01708 454888 | hongweichinesemedicine.co.uk

## ARTS, DANCE & FITNESS

### STUDIO 1 UK

"Creative space simplified" - Performing arts | Dance | Fitness | Wellbeing | Hire | Adults and kids classes based in loughton Essex 07914 667909

## AUDIO & VISUAL

### ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

## BEAUTY & NAILS

### BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babcac insured and approved. 07961 462672

### SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

### THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

### WICKED WAXING LTD

Male and female specialist waxing using hot and strip wax. 20 years' experience. Based in Epping with free parking. epping@wickedwaxing.com. 07368 684377

## CARPET & UPHOLSTERY

### ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

BOOK VIA [EPPING@VISIONMAG.CO.UK](mailto:EPPING@VISIONMAG.CO.UK)

## CAR & VAN HIRE

### SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service 01708 753461

## CLEARANCE & WASTE

### THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience 0207 101 3387

## COMPUTER REPAIR & I.T.

### MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

## ELECTRICAL & WHOLESALE

### CH ELECTRICAL WHOLESALE

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

## ELECTRICIAN

### CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916

### TACK ELECTRICAL

Reliable, affordable, fully qualified and insured. We guarantee we'll deliver unrivalled service and workmanship every time. No job too small. 01992 276128

## FRENCH POLISHING

### DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

## FUNERAL CELEBRANT

### SUE SOWERBY - 'TO HONOUR A LIFE'

In your moments of grief, I organise a funeral service, write a befitting tribute and deliver with sincerity & dignity. 07787 989794 | www.funeralcelebrantsue.co.uk

## FURNITURE ASSEMBLY

### FLAT PAC KING

Assembly of all flat pack items. London and Essex areas covered. Collection/delivery service available. 0208 088 2976

# THE VISION LISTINGS

## FURNITURE RESTORATION

### ABBEE GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

### KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

## GARDEN SERVICES

### JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

### THE ORIGINAL TREE SURGEONS LTD

Taking care of all your tree care needs and providing a personal first-class service to both domestic and commercial clients. 01708 715440

## LAUNDRY & DRY CLEANING

### THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

## LOFT CONVERSIONS

### HIGH END LOFTS LTD

Beautiful Lofts, Expertly Built. Our "Hand-Holding" service takes you from ideas, through Plans & Building Control, to make your [home alteration] vision a reality 0208 088 2805

## MASTICS AND SEALANTS

### QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information call 01245 520981

## MOTORING

### BMS CAR PARTS

For all your motoring requirements inc. Car parts, number plates, key cutting, engine oil, tools, car accessories & servicing. 01708 474187

## PAINTING & DECORATING

### PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

### TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

## PLUMBING & HEATING

### CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

### KINGS PLUMBING & HEATING

All work undertaken: All bathrooms, boiler servicing & gas safe. 07956 343275 | www.kingsplumbingandheating.co.uk

## PROPERTY MAINTENANCE

### LILLYWHITE PROPERTY SERVICES

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

### STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

## ROOFING

### JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

## WEB DESIGN & PRINTING

### SWIVEL CREATIONS

25+ years experience, specialists in Web, Print, Clothing & Embroidery. Professional, affordable, reliable. 01992 570383 | 07736 879233 | www.swivuk.co.uk | info@swivuk.co.uk

DISCLAIMER: **VISION** does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01992 276101** TODAY

ACROSS: 1. DECEITFULLY, 9. CHIMP, 10. ROE, 11. TRITE, 12. NECKS, 13. STAMPEDE, 16. GLAUCOMA, 18. OXFLIP, 21. ENNU, 22. HEN, 23. IBIZA, 24. CRIMINOLOGY  
DOWN: 2. ETHICAL, 3. EXCEPT, 4. TWINED, 5. UNPIN, 6. LYRIC, 7. CATASTROPHE, 8. PERSONALITY, 14. CUREALL, 15. JOINING, 17. LOTION, 19. LUNAR, 20. PRISM





# PUZZLES & TRIVIA

PUZZLES

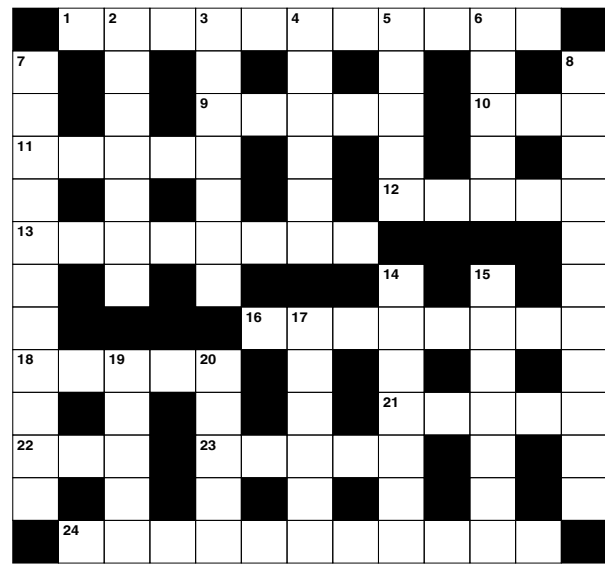
Answers: see end of The VISION Listings

## ACROSS

1. Dishonestly (11)
9. Ape (abbrev.) (5)
10. Fish eggs (3)
11. Hackneyed (5)
12. Giraffes have long ones (5)
13. Mad rush (8)
16. Eye condition (8)
18. Spring flower (5)
21. Boredom (5)
22. Female chicken (3)
23. Island in the Mediterranean Sea (5)
24. Study of lawbreaking (11)

## DOWN

2. Morally right (7)
3. Extract (7)
4. Wound together (6)
5. Unfasten a garment (5)
6. Expressing emotions (of poetry) (5)
7. Calamity or great loss (11)
8. Celebrity (11)
14. Panacea (4-3)



15. Linking (7)
17. Cosmetic cream (6)
19. Of the moon (5)
20. Device that splits light (5)

## DID YOU KNOW?

- Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- In the Falkland Islands, sheep outnumber people
- Napoleon ordered the construction of the Arc de Triomphe in Paris
- It's thought that in the future, the Maldives may become completely covered by water
- In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- The Great Wall of China is 21,196km long
- Reykjavik is the most northern capital city
- Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

## SUDOKU

			7			3		1
4	3					2		
		5		4				8
5	6							
			3	7	6			
							7	6
7				5		8		
		6					2	9
1		8			4			



01992 276093



tutum  home  
secure smarter living

DON'T MISS OUT  
ON OUR OFFERS



## Smarter living at a smart price

Our premium, award-winning smart-home security technology is unrivalled!

Not only do we keep your home safe, we also provide smart-home solutions to simplify your life with real-time automation and scheduling features.

Turn off your lights, check who's at the door, control your heating, and much more, directly from your smartphone! We want to keep the **Epping** and **Theydon Bois** community safe by providing the best **local** security solutions for your home, to protect you and your loved ones.

Tutum Home – smart living at its' finest.

Visit us at [www.tutumhome.shop](http://www.tutumhome.shop) to find out more





# Loft Conversion Specialists

**Beautiful Lofts, Expertly Built**

**Extensions ■ Home Improvements ■ Kitchens ■ Bathrooms**



- Over 15 years experience ■ Team of highly qualified experts
- Project handling from ideas to completion
- Fully compliant with Building Controls

**[www.newlevelloftconversions.co.uk](http://www.newlevelloftconversions.co.uk)**



Call us on:  
**01992 276032**  
Chingford London E4

