

**100
YEARS
OF THE
BBC**

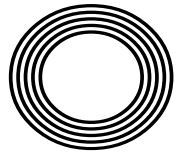
**PAYING
TRIBUTE**
to rock legend
Meat Loaf

THE SECRETS
to a successful stir fry

GET CLEANING
with our spring clean checklist

STEVEN BARTLETT

From university dropout to youngest ever Dragon



FREE

Photo credit: BBC/Andrew Farrington

YOUR LOCAL COMMUNITY PHARMACY

FOR YOU & YOUR FAMILY

NHS & PRIVATE PRESCRIPTIONS



At **Rosewood Pharmacy & Beauty** we offer a variety of premium skincare, haircare & fragrances.

We are keen to provide new and unique services to our customers and offer premium brands to your local pharmacy.

We thrive on the local support and hope that every Individual has a wonderful experience when shopping at **Rosewood Pharmacy & Beauty.**



10% off your first purchase when you show this brochure in store. **

- FREE COLLECTION & DELIVERY SERVICE
- FREE WEEKLY DOSSETTE BOX
- FREE HOLIDAY HEALTH ADVICE
- FREE BLOOD PRESSURE CHECK
- FREE NHS FLU VACCINATION*
- FREE NEW MEDICINE SERVICE
- EMERGENCY CONTRACEPTION
- VETERINARY PRESCRIPTIONS

* If criteria is met
**Excluding Chanel & Dior



HUGE VARIETIES OF HIGH END BEAUTY PRODUCTS AND FRAGRANCES

DIOR VICHY CAUDALÍE OLAPLEX.
LABORATOIRES

LA ROCHE-POSAY LANCÔME YVES SAINT LAURENT L'OCCITANE
LABORATOIRE DERMATOLOGIQUE PARIS SAINT LAURENT PARIS EN PROVENCE

ROSEWOOD PHARMACY HEALTH & BEAUTY
283-284 High Street,
Epping, Essex, CM16 4BX
T: 01992 572010 or 01992 577511





Editor's notes...

MARCH 2022



Brett Shohet, Editor

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

I've been making the effort to take part in more networking recently, and have come to realise how important it is in the business world to put yourself out there and make connections with other businesspeople. After all, you could have the best product in the world, but if no one knows about it, it might as well not exist.

But aside from self-promotion, networking gives the opportunity to build a network of support with other like-minded individuals - people you can turn to for advice, and who you can help in turn. Please don't hesitate to get in touch to find out more about local networking opportunities.

Networking is also helping me with my goal to become healthier this year, as I'm walking 14,000-16,000 steps a day when visiting local people and businesses. It's amazing what a difference exercise can make to your mindset.

As we move into spring and hopefully leave behind recent restrictions, I've certainly noticed a renewed sense of optimism in the air. Our high streets are much busier and everyone seems keen to make the most of the lighter evenings. Despite enduring difficulties over the last two years, many of us have emerged with a new resilience we didn't even know we had.

This is something we would all do well to hold on to in the future.

Brett Shohet

This is your town's hyperlocal 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 | epping@visionmag.co.uk | 01992 276101

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

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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

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

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





YEARS OF THE

A CENTURY TO CELEBRATE – THE BBC HITS 100

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in the theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



Photo credit: Shutterstock



WE GUARANTEE OUR CUSTOMERS
A FRIENDLY, RELIABLE AND
PROFESSIONAL SERVICE



Empire UPVC and Roofing Specialists independently trade throughout Hertfordshire and a 40 mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ Fibreglass Roofing
- ✓ Roofing Leadwork
- ✓ All Roof Windows
- ✓ All Roofing Repairs & Maintenance
- ✓ Moss Removal
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ UPVC & Hardie Plank Cladding

Office: 01992 276 028

office@empireupvcandroofing.co.uk
www.empireupvcandroofing.co.uk

Visit Our Showroom at:

Unit 50 Hillgrove Business Park
Nazeing New Road, EN9 2HB



Checkatrade.com

FULLY INSURED



BOBBY BLUNDERS

Kirby grips – or bobby pins as they are known in the USA – are a beauty essential for many families.

However, are you using them correctly? Or have you fallen victim to the five most common bobby blunders?

INSERTING GROOVE SIDE UP

If you have been putting your bobby pins in with the groove side up, then we are sorry to tell you that this is not right. These grooves are designed to help keep the grip in place, so facing them outwards is not effective.

USING THEM WHEN THE END HAS FALLEN OFF

You know the little plastic balls found on the end of the pin? These are there for a very good reason: to protect your hair from snagging and breaking. So, once a grip no longer has these, it is time to throw it in the bin.

PICKING THE WRONG COLOUR

Hair grips are there to do a job, not to be seen. Therefore, you need to pick a grip that matches your hair colour. If you are blonde, opt for a lighter shade, and if you have dark brown hair, pick either black or brown grips.

PLACING INTO WET HAIR

If you are in a rush, you may be tempted to pop a hair grip or two into wet hair. Don't. This will leave you with lots of little indents in your hair that will be hard to shift.

SPREADING THEM APART

As with most beauty items, hair grips become less effective over time. This is especially true if you spread them apart too much when fixing in your hair. If you find your grips are not doing their job anymore, it is probably time to throw them out.

ADIÓS ACNE SCARS

Adult acne affects 25 per cent of men and 50 per cent of women, with one-third of sufferers also experiencing acne on other areas of their body, such as their back and chest. Acne scars are the result of inflammation of acne blemishes and can be very distressing for those affected.

ALOE VERA can help to reduce inflammation and scar tissue size.

HOW TO APPLY:

- > Remove the dark green skin from the aloe vera leaf
- > Scoop out the light green gel
- > Apply directly to the scar using circular motions
- > Leave for 30 mins and rinse with cold water
- > Repeat twice a day.

COCONUT OIL can boost collagen production which can reduce scar-related redness and hyperpigmentation.

HOW TO APPLY:

- > Heat 2 tbsp of coconut oil
- > Massage the oil onto the scar for 10 minutes
- > Leave for at least one hour before washing
- > Repeat 2-3 times a day.

HONEY is known to have antibacterial and calming qualities, as well as being able to aid the body's healing process.

HOW TO APPLY:

- > Before bed, apply raw honey to your scar
- > Cover with a bandage and leave on all night
- > In the morning, remove the bandage and wash the skin with warm water
- > Repeat each evening.

LEMON JUICE can help to reduce the appearance and redness of acne scars. It is also antibacterial.

HOW TO APPLY:

- > Cut a wedge of fresh lemon
- > Gently rub the juicy side onto the scar
- > Leave for 10 minutes before rinsing
- > Repeat daily.

APPLE CIDER VINEGAR acts as a natural astringent and helps to stimulate blood flow, both of which aid the regeneration of skin cells.

HOW TO APPLY:

- > Mix 4 tbsp of distilled water with 2 tbsp of apple cider vinegar
- > Dip a cotton ball into the mixture and dab generously on your scar before bed
- > Leave to dry and do not wash off until morning
- > Repeat each night.



NAYA



ROBELL

MOS MOSH



PLUS MANY MORE INTERNATIONAL DESIGNER BRANDS

ROCK@Theydon
 18 Forest Drive, Theyon Bois
 Essex CM16 7EY
 01992 926 495



TRENDING Cardigan COATS

One of the top fashion trends for spring 2022, a cardigan coat is the perfect garment to help you transition into the warmer months in style and comfort.

What are cardigan coats?
 Cardigan coats are, as the name suggests, coats that are in fact cardigans. Also known as heavy-knit cardigans, these versatile jackets are ideal for when it's too warm for a coat but too cold for just a t-shirt.

What are the different styles of cardigan coats?
Long cardigan
 Providing a loose and casual look, long cardigans typically extend to your mid-thigh but can go all the way down to your ankles. Wear open for a trendier vibe or buttoned up to keep the chill at bay. Great with fitted jeans and a slim-fit scoop-neck shirt.

Shawl collar cardigan
 For days when the temperature dips, a shawl collar

cardigan is the perfect choice. Usually made with thicker materials and featuring a collar that drapes around the back of the neck, this well-structured cardie promises to polish up your look in an instant. Wear buttoned up with jeans or khakis.

Hooded cardigan
 If you want protection from the elements without having to wear a heavy coat, then a hooded cardigan is just what you need. Available in a variety of lengths and with either buttons or a zip, this style of cardigan is ideal for those who like a sporty look. Pair it with your favourite tracksuit or baggy jeans.

Button-up cardigan
 A classic button-up cardigan can make you look sexy and stylish, but only if you wear it right. Opt for a well-fitted shape with simple buttons and you are guaranteed to emanate sophistication. Great for the office or for adding a touch of elegance to your everyday wear.



Photo credit: riversland.com, asos.com, simons.com, debenthamis.com



ENAMEL ERODERS vs. *saviours*

Enamel is the thin outer covering of the teeth and is vital for protecting them from daily activities such as chewing, biting, crunching and grinding.
However, as your body cannot repair chipped or cracked enamel, you need to make sure you look after it.

ENAMEL ERODER: SLEEP
Although your body needs sleep to remain in optimal condition, while you are in the land of nod, your saliva production decreases, meaning your tooth enamel is more at risk.

ENAMEL SAVIOUR: BRUSH TWICE A DAY
Always brush your teeth twice a day and ensure that one of these times is just before you hit the sack. Plus, if you do wake up in the night, moisten your mouth with a sip of water.

ENAMEL ERODER: FRUIT JUICE
Regularly drinking citrus fruit juice or fruit smoothies is hugely detrimental to your teeth's enamel, as fruit juice contains a lot of acid.

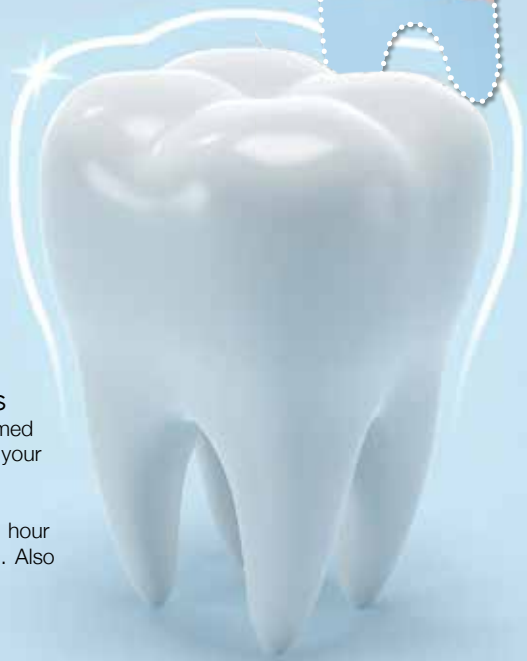
ENAMEL SAVIOUR: A STRAW
If you can't give up your favourite juices, minimise contact with your teeth by sipping them with a straw and swishing your mouth out with water immediately afterwards.

ENAMEL ERODER: SNACKING
Snacking on foods that are high in sugar and starches can increase your risk of tooth decay and damage your teeth's enamel.

ENAMEL SAVIOUR: CHEWING GUM
Chew sugar-free chewing gum between meals as this boosts your saliva production up to 10 times the normal flow and helps to strengthen your teeth.

ENAMEL ERODER: HARD-BRISTLE TOOTHBRUSHES
Brushing with hard-bristle toothbrushes that are often aimed at smokers and those with stained teeth can damage your tooth enamel.

ENAMEL SAVIOUR: SOFT-BRISTLE BRUSHES
Invest in a soft-bristle toothbrush and wait at least an hour after eating any acidic foods or drinks before brushing. Also use a fluoride toothpaste.



YOUR PERSONAL AESTHETICS PRACTITIONER

Nikki is a fully qualified and insured Aesthetics Practitioner. She offers a range of treatments including facial fillers, anti-wrinkle injections and B12 vitamin deficiency shots. She welcomes any questions you may have about any of her treatments.

Nikki has her own well-appointed treatment room in Epping, Essex or she can visit you in the comfort of your own home.

You can contact Nikki through her Instagram page or make an online booking via nhaesthetics.booksy.com where you can view the full range of treatments and prices.



Refresh yourself



NH Aesthetics can be found on Social Media Instagram, under [aesthetics_nh](https://www.instagram.com/aesthetics_nh)



or call Nichola on 01992 276023

GARY PELLICCI



HAIRDRESSING

01277 229835 / 01277 848687
Brentwood: 2a High Street,
Brentwood, Essex,
CM14 4AB

www.garypellicci.com



01277 364118 / 01277 365987
Ongar: 179 - 181 High Street,
Ongar, Essex,
CM5 9JG

garypellicci@icloud.com



L'ORÉAL

KÉRASTASE PARIS

GOLD CLASS

Beauty Works



20% off for all NHS staff See our website for our other promotions



HEALTH & FITNESS

HIIT VS TABATA



THE SHORT WORKOUTS THAT COULD HELP YOU GET FIT

When it comes to fitness, the shorter the better, right? Well, high-intensity interval training (HIIT) and Tabata are all about short, sharp workouts.

But make no mistake – these workouts are intense, designed to get your heart rate up and help you tone your muscles.

So what's the difference between HIIT and Tabata? And how can they help you get fit?

HIIT and Tabata workouts are very similar. They are based around high-intensity, short-interval training methods with minimal rest between sets. Typically lasting 20-30 minutes, they may be short, but they'll have you sweating.

Tabata is a type of HIIT workout based around eight 20-second bursts of intense exercise, with just 10 seconds of rest in between. There are generally four rounds of these eight exercises in a Tabata workout. It was developed by Dr Izumi Tabata based on these specific principles.

HIIT workouts will target muscle fibres that promote definition, boosting the testosterone production in both men and women that helps rebuild muscle fibres after exercise. Its other benefits include:
Weight loss | Increased cardiovascular endurance
Reduced body fat | Decreased blood pressure.

Tabata workouts provide a more intense HIIT workout, with benefits including:
Boosted metabolism | Increased fitness levels
Increased lean muscle mass | Raised heart rate in a short amount of time.

Creating HIIT and Tabata workouts

You can create your own HIIT or Tabata workout using just your bodyweight, or using weights and fitness machines to add variety. Some example routines include:

HIIT

- > Choose either four or five exercises that focus on one area of the body, or a full-body workout. Great examples include burpees, squat thrusts, jumping jacks and press-ups
- > Complete each exercise for 45 seconds
- > Rest for 60 seconds between each exercise
- > Repeat four or five times.

Tabata

- > Choose either eight exercises that focus on one area of the body, or a full-body workout. Examples of Tabata exercises include mountain climbers, squat jumps, crunches and reverse lunges
- > Complete each exercise for 20 seconds, allowing a 10-second rest between each exercise – this equals one round
- > Allow a one-minute rest between rounds and complete four rounds to complete your workout.

HIIT and Tabata workouts are intense, but they provide many benefits for your health and fitness. As short workouts, they're ideal for those who have a busy schedule, or those who hate spending hours at the gym.



"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

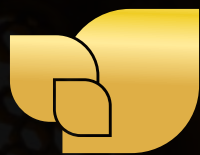


Rosewood Pharmacy & Beauty presents you with a wide range of premium beauty



CAUDALIE VICHY BIODERMA dermalogica CeraVe OLAPLEX. LA ROCHE-POSAY CLARINS

ROSEWOOD PHARMACY HEALTH & BEAUTY
283-284 High Street, Epping, Essex, CM16 4BX
T: 01992 572010 or 01992 577511



The Lane

Fine Indian Cuisine

New generation masterchefs distill the purest methods of preparing traditional, fine Indian cuisine and fuse with contemporary innovation.

Steeped with only the freshest spices, chilli peppers and subtlest of flavourings, favourite menus and classic dishes are redefined to mouth-watering, modern stylish tastes.

Stepping into a sensuous play of interior styling where cool elegant lines meet warm natural surfaces, The Lane offers an intriguing dining space, airy and light, yet also satisfyingly intimate.

EXCLUSIVE FOOD BANQUET NIGHT

(Tuesday's only)

5 course meal, any dish from the menu ONLY £14.95

Any starter | Any main course | Any side dish

Rice or Naan | Filtered coffee

(Some fish dishes extra £3.50, Duck & King Prawn extra £3.50, Lamb shank £3.50. (Excluding Shahin and Sayed)

EXCLUSIVE DINING IN VOUCHER £10 OFF

*Excludes drinks and desserts. Not to be used in conjunction with any other offer. Excluding special days and events. One voucher per table. Expires 30th November 2022.

EXCLUSIVE TAKEAWAY VOUCHER 10% OFF DELIVERIES 15% OFF COLLECTIONS

*Excludes drinks and desserts. Not to be used in conjunction with any other offer. Excluding special days and events. Expires 30th November 2022.

DUE TO AN OVERWHELMING RESPONSE TO OUR REOPENING, PLEASE KINDLY BOOK IN ADVANCE TO AVOID ANY DISAPPOINTMENT.



TEL: 020 8989 1500
www.thelaneinstead.co.uk
82 Nightingale Lane London E11 2EZ

SORRY FOR

celery

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

Celery and apple smoothie (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.



FOOD & DRINK



The secrets to a successful STIR FRY



Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat through. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.

FOREST KITCHEN NOW OPEN! AUTHENTIC MEDITERRANEAN CUISINE



FULLY LICENSED BAR

Delicious Cocktails Served all day!



BOOK YOUR TABLE NOW
WWW.FOREST-KITCHEN.CO.UK 01992 611 993
180 EPPING HIGH STREET - EPPING - CM16 4AQ

GKPerfection Beauty specialist



- Semi-permanent makeup - brows eyeliner & lips
- Eyelash extensions
- Microneedling facials
- Skincare advice
- Bridal make up artist



I have over 25 years experience in many areas within the beauty industry and great product knowledge

01992 276071 @GKPERFECTION
Email: Gina@gkperfection.com

CRAFT BEER ORGANIC & NATURAL WINE FINE CIDERS ARTISAN SPIRITS COCKTAILS PRIVATE TASTINGS VENUE HIRE



Use 'VISION2022' for 15% off your first online order or instore

NEW BREED

Visit the shop in Loughton or our website for nationwide delivery
newbreedbottleshop.com | @newbreedbottleshop

287 High Road, Loughton, IG10 1AH | 0208 502 1388

EDEN

Cocktail Bar & Lounge

Open until 11pm serving cocktails, beer, wine & nibbles
Private hire available Sundays

Live Entertainment

Grace Louise sings & Bottomless Prosecco Brunch with DJ & Saxophonist
Bottomless Prosecco or Aperol Spritz
Message us for dates & info

Find out more @edeneppping on Instagram & Facebook or call

01992 571 476
88 High Street, Epping



Meals on Wheels Service

Have you got an elderly neighbour, relative or friend that is struggling to cook nutritious meals for themselves?

Look no further! At Campling Foods we deliver hot, fresh, homemade meals to those in need each and every day of the year!

No contracts or minimum orders.

Free tasty dessert with every order.

Free delivery.

If you have any questions please contact us today on **07507 763078**
camplingfoods.co.uk
f **CamplingFoods**



TRAVEL



KEEP ON *cruising*

WHY EMBARKING ON A CRUISE IS THE ULTIMATE HOLIDAY

With people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

Value

There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

Variation

Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

Wastage

A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

Family environment

Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

Comfort and luxury

Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

Sociable

Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.



BEAUTIFUL KITCHENS designed around you

KEMPHAUS



FULL DESIGN, SUPPLY & INSTALLATION SERVICE, plus

- Full build project service
- Office & Media suites
- Interior Design
- Lighting
- Furniture
- Bedroom wardrobes
- Recommended trades & builders



CALL US TODAY FOR YOUR FREE DESIGN & QUOTATION ON 01279 758777

Email: info@kemp haus.co.uk □ www.kemp hauskitchens.co.uk
Unit H Suites &10, Peek Business Centre, Woodside,
Dunmow Road, Bishop's Stortford, Essex CM23 5RG

FREE PARKING

Quoker



How To Match COLOURS in YOUR HOME



HOME & DIY

There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose.

Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look.

Take a look at the following tips to get started.

CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch.

Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look.

If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look.

You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

USE TESTERS TO SEE WHAT WORKS BEST

Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.





IT'S THAT TIME... Spring cleaning

YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows



Green/Sedum Roofs • Modified Bitumen Roofing • Fiberglass Roofing
Single-ply Roofing • New roofs/Re-roofs • Roof Maintenance • Roof extensions/skylights

Flat Roofing Specialists

We are a family run company with an established reputation within the roofing and waterproofing industry. Operating with the highest values and dedication, we pride ourselves on:

- Our dynamic & highly skilled team
- Professionalism & quality of service
 - Efficiency & client focus
 - Professional accreditations

WE WILL DELIVER YOUR WORK ON BUDGET & ON TIME

01992 276082

www.horizonflatroofing.uk • info@horizonflatroofing.uk



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
homehubgroup.co.uk

01992 276 046



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



@HomeHubGroup



SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to

bounce back, it needs replacing.

4. LUMPS AND BUMPS

When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.





LOVE YOUR LEFTOVERS:

laminating flooring



If you have just had new laminate flooring installed, then chances are you have a fair amount left over.

Rather than let this versatile material go to waste, why not use it to create something beautiful for your home?

CREATE A RUSTIC MIRROR OR PHOTO FRAME

If you have a basic mirror or photo frame that is less of a stylish feature and more of an eyesore, this can easily be remedied with a few pieces of laminate flooring. All you need to do is cut them to size and then attach them to your mirror or photo frame using a strong, clear epoxy glue.



RESURFACE A TABLE TOP

Give a table top an instant facelift by covering it in your leftover laminate. If you want a rustic look, scuff the laminate using sandpaper or, for a more modern look, prime and then paint in your preferred colour. Add edging for a smoother finish.



BUILD A HEADBOARD

If your existing headboard is looking a little worn, why not create a new one using your leftover laminate? First, you will need a piece of plywood as backing, and then just glue spare pieces of laminate onto it before fixing to your bed. Alternatively, why not cover the whole space behind your bed and create a feature wall?



MAKE PLANTING BEDS

Laminating flooring planks are weather-resistant and do not deteriorate as quickly as solid wood planks. This means that they are ideal for using in the garden. Simply cut a few pieces to size and use as fence panels to divide sections of your garden for planting beds.



INSTALL IN YOUR GARAGE OR LOFT

Make use of any unused space in your home by installing your leftover laminate on your garage or loft floor. Laminating is moisture and temperature resistant, which makes it ideal for these spaces. If you want to use your loft as a living space, you will need to ensure you install a subfloor and underlay first.



Photo credit: Persia Lou via iStockphoto.com, Kristin Eldridge via iStockphoto.com, russwood.co.uk, homemetal.com



NOBODY DOES IT BETTER THAN BODYWASH



Visit our showroom which is open Monday to Friday 9am to 5:30pm and Saturday 9am to 5pm. We close on Sunday's.

01708 736700

www.bodywash.uk

sales@bodywash.uk

A12 Eastern Avenue, Romford, RM5 3AL



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



STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



Steven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."

M&N
CARPETS & FLOORING

FOR GREAT PRODUCT QUALITY
WITH OUTSTANDING DESIGN

GIVE YOUR FLOORS AN ELEGANT LOOK

■ LAMINATE ■ CARPET ■ UNDERLAY
■ BEADING ■ DOOR TRIM ■ LVT ■ VINYL
■ QUICKSTEP FLOORING &
BALTERIO FLOORING

■ MILLENNIUM WEAVERS, CORMAR & INVICTUS
■ STAIN AWAY COLLECTION ■ 100% WOOL

**CONTACT
US TODAY**

01708 534 698 jakz_e2@hotmail.com | www.mncarpets.uk
216 Hornchurch Road, Hornchurch, Essex RM11 1QJ



**Residential Extensions
Refurbishment &
Remodelling**



We are a well established
Epping based family contractor
providing design to completion
for both residential & commercial

Please do not hesitate to contact us:
Telephone: **01992 276 032**
Email: **info@scconstruction.co.uk**
www.scconstruction.co.uk

Accreditations  
Salmon Construction Ltd

LOCAL NEWS

from your neighbourhood

LOCAL NEWS EPPING



Town council against plans to build 20 new flats

Epping Town Council (ETC) has opposed plans to build 20 flats and a retail unit on the former Travis Perkins site between High Street and Hemnall Street.

The Planning and General Purposes Committee has stated that the proposals would represent an overdevelopment of the area.

An ETC spokesperson said: "The development would sit much further forward than the existing buildings, creating a tunnelling effect, and would have

an overbearing effect on the street scene.

"Hemnall Street has a mixture of dwelling types which are characteristic of Epping, and this particular development would be detrimental to the character of the surrounding area."

Concern has also been expressed over the amount of parking proposed, with councillors fearing more vehicles would put additional pressure on the surrounding roads.

Man arrested following tragic fatal collision

A man has been arrested after a woman died following a collision in Epping.

Officers were called at around 10.30pm on Saturday, February 19, to reports of a collision in Houblons Hill, Epping, involving a red Mini.

Paramedics and firefighters also attended the scene. Sadly, a woman in her 20s was found to have died.

Following the collision, the road was closed while police carried out investigation work and was reopened just after 6.30am on February 20.

A 32-year-old man has been arrested on suspicion of death by dangerous driving, failing to stop, failing to report, driving while unfit, possession of cannabis and perverting the course of justice. He was released on bail until March 20.

Officers would like to hear from anyone with any information about the collision. Email the Serious Collision Investigation Unit on CollisionAppeal@essex.pnn.police.uk or submit a report online at www.essex.police.uk and quote incident 1397 of February 19.



Device helps animals without electric fence



Photo credit: Nofence

Swaths of designated land in Epping Forest are home to many animals that are now equipped with GPS devices that look like cowbells and are used to generate virtual grazing spaces for the animals.

Norwegian scaleup, Nofence, has created the world's first virtual fencing for livestock, using GPS and cellular communication technology built into special collars to help

farmers graze animals on pasture without the need for traditional penning and electric fences.

The company's vision is to improve animal welfare and make it easier for farmers to rear animals, as well as to promote sustainable food production and help people to make better use of pasture resources throughout the world.

Nofence now has more than 1,500 customers and 16,000 collars worldwide. In the UK, Nofence currently has 25 customers, with 360 collars in market pilots in operation at sites including Epping Forest, Gloucester City Council and Natural England, and the British farmers will be the first in the world to use Nofence outside Norway. Commercial sale of Nofence in the UK commenced in 2021 alongside the company's continued expansion in its native Norway and other parts of Europe, as well as in the USA.

Controlled by a mobile app, Nofence enables farmers to set specific virtual boundaries and grazing zones, in addition to demarcating exclusion areas. Through the collar's use of GPS, GLONASS and Galileo to triangulate the positions of animals within a herd, farmers can also view live location-tracking information for every animal wearing one of its patented collars (currently available for cattle, goats and sheep).

Expert organiser donates items to charity

As part of the Recycle Your Electrics campaign, professional organiser Nicola Lewis visited an Epping-based charity to donate second-hand

electrical items.

Epping Forest ReUSE provides furniture and household appliances for people in need and also is open for everyone to buy and donate items.

The charity accepts working electrical goods, from washing machines to kettles. All are PAT tested and sold with a guarantee.

Nicola Lewis, of decluttering service This Girl Can Organise, said: "By donating or buying items at the Epping ReUSE centre, you'll be supporting a charity that helps so many people. It helps those in need to create a wonderful home filled with lovely items that are pre-loved. It prevents these items going to landfill, which in turn saves our environment."

Since opening in 2013, Epping Forest ReUSE has saved the equivalent of 24,388 two-seater settees from landfill.

Epping Forest ReUSE is situated on the Bower Hill Industrial Estate, Epping. To find out more, visit www.eppingreuse.org.uk or call 01992 578222.

Police appeal launched following robbery

Essex Police have launched an appeal after a robbery in Epping.

The appeal to trace Nicolai Stoica, 46 (pictured below), in connection with the incident, was launched last month, but the incident happened in Epping High Road in November last year.

Mr Stoica is described as 5ft 7in tall, of medium build, with short, wavy black hair.

He has links to Wolverhampton.

If you have any information about where he is, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote the crime reference number 42/263439/21.

You can also call on 101 or contact Crimestoppers anonymously on 0800 555 111.



Photo credit: Essex Police



Bringing the best to you

SPECIALISTS IN

- CARPETS
- LAMINATE
- VINYL
- LUXURY VINYL
- REAL WOOD



FLOORS-2U ARE A LOCAL FAMILY BUSINESS SPECIALISING IN FLOOR COVERINGS.

WE CAN SUPPLY IT

CONTACT US OR BOOK AN APPOINTMENT TO VISIT OUR SHOWROOM

1 MAWNEY ROAD, ROMFORD, RM7 7HH

01708 702494 • www.floors-2u.co.uk



LOCAL NEWS

from your neighbourhood



Golf club raises more than £5k for St Clare Hospice

Theydon Bois Golf Club has raised more than £5,000 for a local hospice.

St Clare Hospice provides specialist palliative care to improve the lives of people affected by a life-limiting illness in West Essex and East Hertfordshire. The hospice was chosen by the golf club as the ladies' charity of the year for 2021.

Jill James, last year's captain, presented Ellie Gale, St Clare community fundraiser, with a cheque for £5,345 last month.

The funds were raised through various activities, including a quiz night, raffles and the club's annual captains' charity day. Fines paid when a player's ball goes into the ditch, which runs across the 18th and 1st holes, were also added to the fundraising total.

Manager of Theydon Bois Golf Club, John Reeder, said: "The fundraising for charities has been particularly difficult over the last couple of years, so

any funds raised will be particularly valuable.

"As a club, our captains have a proud history of raising money for charity. Each year, the men's and ladies' captains elect a charity that they wish to fundraise for. It's nice to be able to support excellent causes like St Clare Hospice.

"We are blessed to be able to enjoy playing golf among friends in the beautiful environment of Epping Forest. We don't need many excuses to get together, but to do so to help others is an excellent one."

St Clare Hospice has limited NHS funding and needs to fundraise around 60 per cent of its costs each year to be able to provide its vital services. In 2019/20, the hospice's costs were £4.6million and this is forecast to rise to more than £5million in the next year. The hospice therefore relies on the local community to help raise money so its services can continue to help local families facing difficult circumstances.




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.spindoctoruk.co.uk

M&J Window Cleaning Services



MAKE A CLEAN DIFFERENCE

Windows • Fascias & Soffits
Gutters • Conservatory Roofs
25 Years Experience



WE OFFER FREE NO OBLIGATION QUOTES

CONTACT ANDY DIRECT 01992 276043



ARE YOU ARE LOOKING FOR AN ULTIMATE CUSTOM SOLUTION FOR YOUR FRONT OR GARAGE DOOR?

J.K SECURITY DOORS TEAM IS ALWAYS AT YOUR SERVICE




- Bespoke high security doors
- Victorian style security doors
- Insulated garage doors
- Roller Shutters • Internal Doors

We have extensive experience in the front and garage doors industry, and our experts are always glad to find the product that fits you the best.

P: 02033024011 M: 07440395260
E: info@jkdoors.co.uk W: www.jkdoors.co.uk

 @JKDoorsLondon  @jkdoors






Council and residents strive for improvements in area

Theydon Bois Parish Council (TBPC) worked to make improvements to the local area last month. TBPC recently paid for highways upgrades in the village, including pavement improvements in Graylands and Sidney Road and the filling of a large pothole in Morgan Crescent.

The council also announced a successful community litter pick, with local residents invited to participate. A TBPC spokesperson said: "A big thank you to all those who turned out to litter pick. Lots of litter was collected from around the village."

Primary school pupils reach competition finals

Six talented pupils from Theydon Bois Primary School took part in a gymnastics final last month. The pupils, all in Key Stage 2, competed in the under-11 finals at Chelmsford Gymnastics Club's competition. When the results were announced, there were "great celebrations" as the Theydon Bois Primary School girls finished with bronze medals and the trophy for the best under-11 girls in Essex. A spokesperson for the school said: "Despite the early start, they were full of enthusiasm and enjoyed the whole experience. Even though there were a few nerves, they competed confidently on the floor and the vault. "Well done to Lily, Phoebe, Isla, Daisy, Breesha and Alexa."



ASHLYNS GARDEN CENTRE

- SEASONAL BEDDING PLANTS
- SPRING BULBS
- HANGING BASKETS
- READY-MADE PLANTERS & MORE...

Come and visit us
Tel: 01992 276 034
www.ukwholesaleplants.co.uk
@Ashlyn's farm garden centre
Ashlyn's Farm, North Weald, CM16 6RZ

Your local plant specialists
BEDDING PLANTS
SHRUBS • TREES

Only £895 for a fully fitted electric door.
Gotta get a Garolla.

NOW ONLY £895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:
FREE EXPERT MEASURING & FITTING
TWO REMOTE CONTROLS
ACOUSTIC & THERMAL INSULATION
AVAILABLE IN 21 COLOURS
FREE DISPOSAL OF YOUR OLD DOOR

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA ROLLER SHUTTER DOORS
GOTTA GET A GAROLLA

CALL US TODAY ON
01992 830 024
MOBILE
07537 149 128
www.garolla.co.uk

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.



GARDENING BLOGGERS



The Middle-Sized Garden



Growing Family



Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

The Garden Ninja

The Garden Ninja is Lee Burkhill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.

FOR AQUARIUMS WITH THAT PERSONAL TOUCH





ND
AQUATICS
LTD

ND Aquatics Ltd are manufacturers of custom aquariums, focusing on the highest of quality and customer satisfaction.

If you are looking for a quality aquarium then we at ND Aquatics will take all the time necessary to listen to your needs, to answer your questions and to give advice and recommendations.

For more information & advice: 01992 535916 ☐ 01992 538266
info@ndaquatics.co.uk ☐ www.ndaquatics.co.uk 📱 @ndaquatics
2 Mimram Rd, Hertford, SG14 1NN

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



AEG Induction Hob
IK864301XB



- Induction Technology
 - Adjustable Timer
 - Power Boost Button (boils water in 90 seconds)
 - Dimensions: H4.6xW57.6xD51.6cm
- 2 Year Warranty

Only
£369.⁹⁹

AEG Built In Single Oven
BP555IE20M



- Fan Oven with 11 Programmes
 - Programmable Timer
 - Pyrolytic Cleaning Function
 - Dimensions: H59xW56xD55cm
- 2 Year Warranty
A+ Energy Rating

Now Only
£619.⁹⁹
Was £649.99

**£30
Save**



Broadway Music and Vision

8 The Broadway,
Woodford Green, IG8 0HL
0208 504 7500
broadwaymandv@aol.com



Broadway Music and Vision

8 The Broadway,
Woodford Green, IG8 0HL
0208 504 7500
broadwaymandv@aol.com



We are Ramsay

Getting you back in *motion*



Bone and joint treatments *at Rivers Hospital*



Hand & Wrist Surgery • MRI & CT Scanning • Hip & Knee Surgery
Foot & Ankle Surgery • Spinal Surgery • Shoulder & Elbow Surgery

If you are paying for yourself, just call our appointments line on **01279 602 675** to make an appointment. If you are using your Private Medical Insurance, please call your insurance company to receive your authorisation number.

Rivers Hospital, High Wych Road, Sawbridgeworth, Herts CM21 0HH

*For full terms and conditions visit [ramsayhealth.co.uk/termsandconditions](https://www.ramsayhealth.co.uk/termsandconditions)



ST P THE SHED



PETS

SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING

BRUSH THEIR COAT: Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

USE A SHEDDING TOOL: Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

FOCUS ON GOOD NUTRITION: Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

KEEP THEM HYDRATED: Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

BATHE THEM REGULARLY: Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

OTHER REASONS WHY YOUR DOG MAY EXPERIENCE HAIR LOSS:

- > Parasites like fleas, mites or lice
- > Bacterial infections
- > Fungal infections
- > Allergies
- > Kidney disease
- > Liver conditions
- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
- > Cancer
- > Immune disease
- > Sunburn
- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.



TACKLE THAT



Not many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

Step 1: Start with clean and conditioned hair

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

Step 2: Use a hair towel

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

Step 3: Loosen any knots

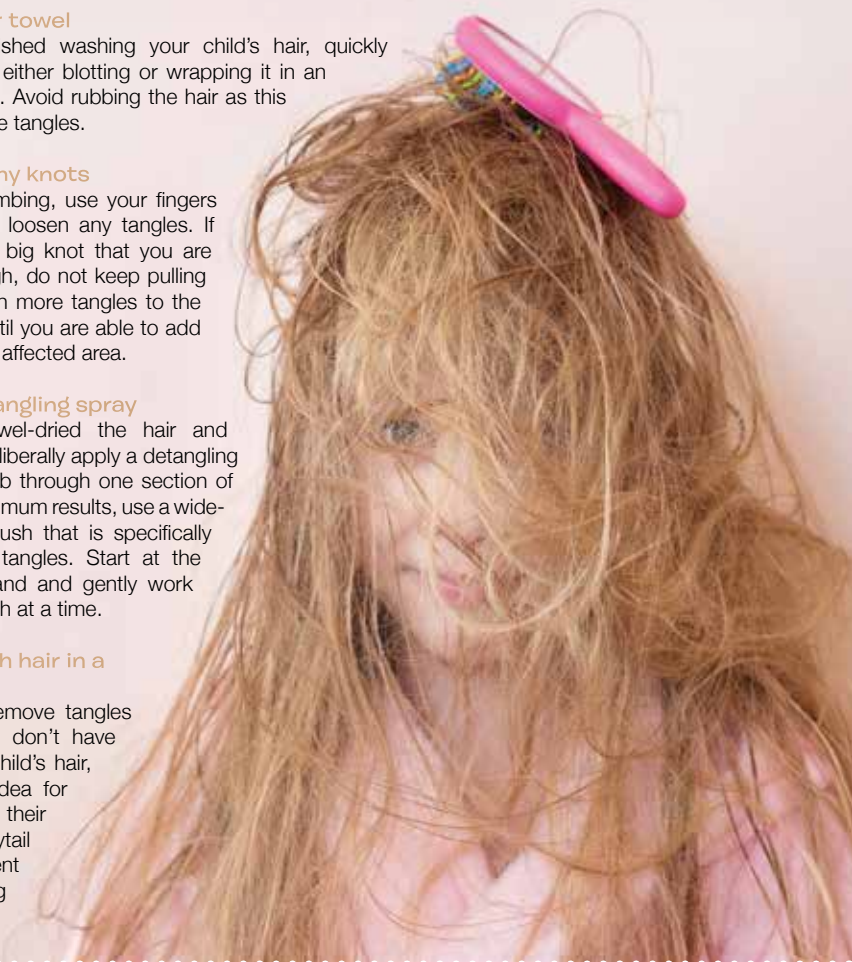
Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

Step 4: Try a detangling spray

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

Step 5: Sleep with hair in a ponytail

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.



PHOTOGRAPHY STUDIO 156 HIGH STREET EPPING

- Passports
- Pet Photography
- Headshots
- Character Shoots
- Family Shoots
- Product Photography
- Child Portraits
- Weddings / Events
- Cake Smash
- Training Courses
- Maternity
- Content Creation
- Newborn
- Gift Vouchers



MOTHERS DAY SHOTS & GIFT CARDS



☎ 01992 276135
 @ so_studios_essex
 🌐 www.so-studios.co.uk

156 High Street, Epping,
Essex CM16 4AQ



BRUCE KING

on the intricacies of time management

TIME MANAGEMENT



In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

"IT'S BEEN A TOUGH YEAR AND WE COULDN'T HAVE SURVIVED IT WITHOUT YOU"

Calvin Gomes, Bronze Age

WHAT ARE YOUR BUSINESS GOALS?

DO YOU HAVE THE PLANS IN PLACE TO ACHIEVE THEM?

WHAT COULD A PROFESSIONAL HELPING HAND DO FOR YOU?

When it comes to the day to day tasks like tax returns and book keeping, Argus Accounting can certainly help. However, those tasks are just the starting point of what we can do for you and your business.

LET US:

- Analyse your figures to show you gaps in the market, and growth opportunities.
- Tell you how to spend more efficiently.
- Show you a clear path toward the successful growth of your business.

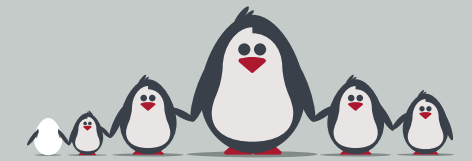


020 3026 1251 | 07791 260 443
sharon@argus-accounting.co.uk
f ArgusAccountingUK

FINANCIAL EXPERTS WHO ARE PASSIONATE ABOUT YOUR SUCCESS

Specialist family lawyers.

RAYDENSOLICITORS



There might be challenging times in your life when a family law solicitor can help:

- Have you decided your marriage or relationship is over, are you unsure about your family's future?
- Do you need to protect your children, or understand the options to resolve arrangements for your children?
- Do you need a pre nuptial or post nuptial agreement to protect assets?
- Are you moving in with your partner and need a cohabitation agreement?

Choosing the right family lawyer for your circumstances is crucial. Rayden Solicitors are family law specialists with many years' experience; we provide tailored and practical solutions in all areas of family law - divorce, relationship breakdown, child arrangements and financial settlements.

Bespoke advice from Rayden Solicitors in Loughton.

Contact us, enquiries@raydensolicitors.co.uk

Loughton
127 High Road
Loughton
IG10 4LT
Tel: 0203 773 3919

RAYDENSOLICITORS
www.raydensolicitors.co.uk

We are available on



Your local specialists in

Lettings & Sales

montaguesproperty.com

Talk to us on **01992 571175**, or for further information email info@montaguesproperty.com

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



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and apartments in city centres, these are typically

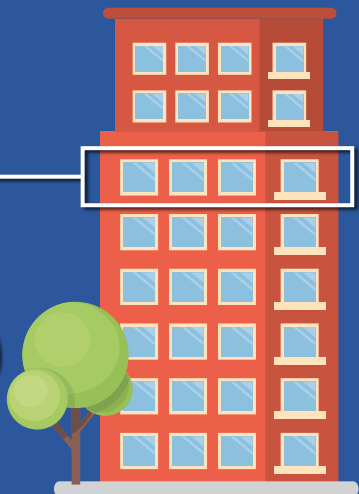
leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

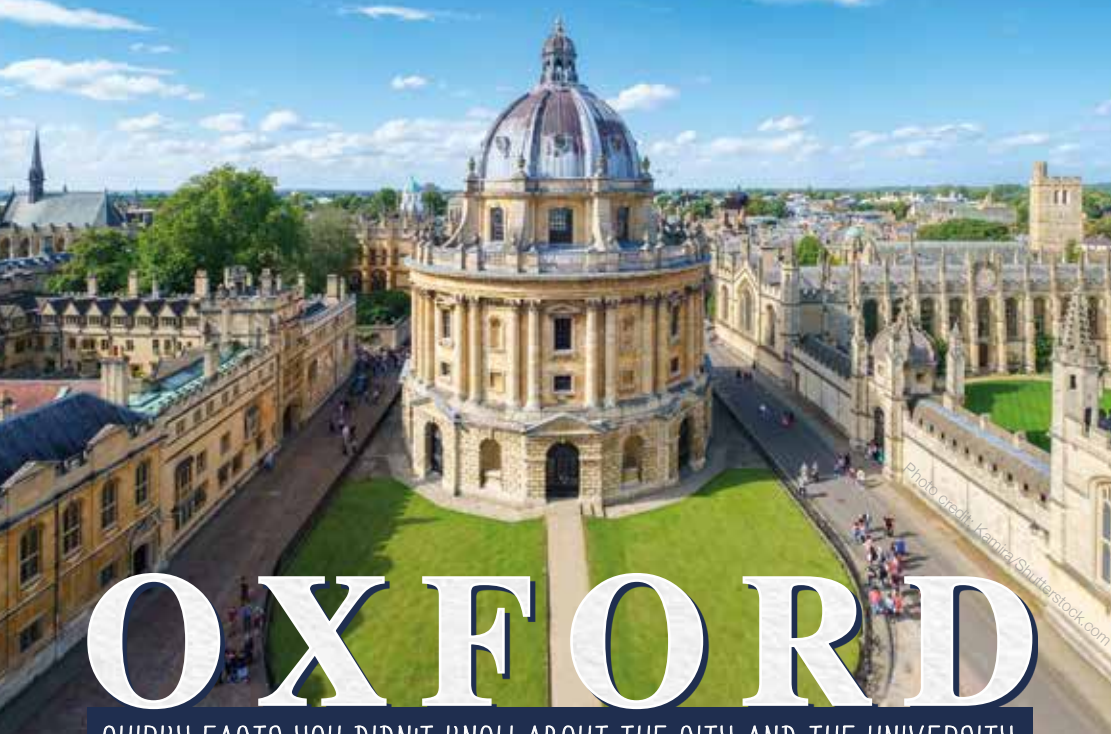
With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

LEASEHOLD

What does it mean when buying your home?





OXFORD

QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

Oxford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

OXFORD UNIVERSITY WAS FOUNDED IN 1096: This makes it around 925 years old, and one of the oldest universities in the world.

IT'S A HUB FOR WRITERS: With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

THE LECTURERS WERE BANNED FROM MARRIAGE: Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878: Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

FAMOUS STUDENTS: Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

WORLD'S LARGEST BOOKSHOP: Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

OXFORD ESCAPED THE BLITZ: No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?

FACES CORPORATE & PRIVATE HIRE

Our famous, iconic, legendary venue is available for private hire, brunch events and corporate bookings

Events can include food, drinks and a reserved area with state-of-the-art visual screens and lighting. Our stylish Essex venue is within walking distance of Gants Hill Central Line station.

Our experienced team will help to create the perfect event exceeding your expectations.

- Brunch Events
- Cocktail Parties
- PR Launches
- Corporate Events
- Client/Team Building
- Product Launches
- Networking Parties
- Celebratory Lunches
- Special Occasions
- Birthday Party



For more information and bookings, please get in touch

LEEONEIL@FACESLEISURE.CO.UK

0203 827 7839

458 - 462 Cranbrook Road, Gants Hill, Essex IG2 6LE

FACESLEISURE.CO.UK



LEASE A CAR FOR LESS WITH PLAN CAR LEASING



- ✓ Trading in Epping Since 1998
- ✓ Excellent Customer Service
- ✓ Brand new vehicles
- ✓ Genuine Impartial Advice
- ✓ Finance Options For Buyers

Contact us Monday-Friday: 8:30am-6.00pm

Epping High Street

01992 276 134

- ✓ Low Monthly Payments
- ✓ Fixed Monthly Cost
- ✓ Manufacturers Warranty
- ✓ No Depreciation

www.plancarleasing.co.uk



Excellent



Map that!



MOTORING

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

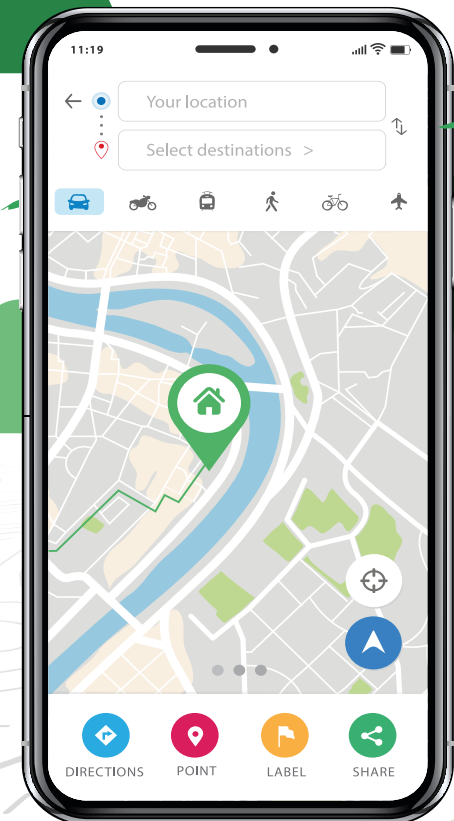
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.



ESSEX LARGEST SHOWROOM



Motability offers you the ability to enjoy worry-free mobility

Available through weekly lease payments

A new product every **3** years

To find out how Motability can help you, talk to our Specialist today



HARLOW 01279 420600
67-68 HARVEY CENTRE, CM20 1XP

BASILDON 01268 520233
45/49 MARKET SQUARE, SS14 1DE

WELWYN GARDEN CITY 01707 247200
3 MUNDELLS COURT, AL7 1EN

SOUTHEND-ON-SEA 01702 417088
THE VICTORIA SHOPPING CENTRE, SS2 5SP



BRITAIN'S GREATEST SPORTING

MOMENTS...

REDGRAVE'S OLYMPICS RINGS

Each month, we look at one of the most significant events in British sporting history. This month, it's rower Sir Steve Redgrave CBE's incredible gold medal haul.

It's 20 years since Steve Redgrave emerged from Buckingham Palace with the word Sir bolted onto the front of his name and the letters CBE trailing after it. In fact, the idea of trailing anything for the Olympic rower was an alien concept, even then at the age of 39.

Just nine months previously, Redgrave had done what many thought impossible and grabbed a fifth gold medal in rowing, this time in Sydney.

Dating back to the Los Angeles Olympic Games in 1984, the Marlow-born powerhouse's grip on the podium proved every bit as strong as the one he applied to his oars, with rival competitors relieved when the Brit finally announced his retirement in the year 2000.

He had previously suggested his time with a sport that embodies incredible strength, endurance and true battling spirit was done, most notably in 1996 when, after landing a fourth gold, he famously said: "If anyone sees me go near a boat, you've got my permission to shoot me."

Yet Redgrave was lured back by an invitation to row in the coxless fours for one final shot at glory at the 2000 Olympics. Adding to his gold medals in LA 1984 (coxed four), Seoul 1988 (coxless pair), Barcelona 1992 (coxless pair) and Atlanta 1996 (coxless pair), he wrote himself into the record books as, at the time, the most successful British Olympian ever.

In more recent years, Sir Chris Hoy and Jason Kenny have surpassed him in terms of gold medal hauls, but in 2001, this was Redgrave's day.

In retirement, the rower has stayed in incredible shape, and now works as an expert summariser for the BBC's Olympic and World Championship coverage.

Photo credit: Andrew Cowie/Shutterstock



SPORT

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

BUILDING

ADDSpace LONDON LTD

We provide a high quality Building service. Extensions, lofts and internal renovations. Members of Federation Master Builders. Call 01992 276035

BOOK VIA EPPING@VISIONMAG.CO.UK

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

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

CLEANING SERVICES

GLOWWHITE CLEANING

Serving Hertford and surrounding areas. We specialise in end of tenancy cleaning for tenants, landlords and property managers. Fully insured. Contact: 07561 138855

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

JOIN THE LISTINGS... for just £180 +VAT per yr

ELECTRICAL & WHOLESALERS

CH ELECTRICAL WHOLESALERS

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

FURNITURE RESTORATION

ABBEY 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 laundrette available. 01708 447710

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

TRADITIONAL DECORATIONS

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

PLASTERERS

TF PLASTERING LTD

Professional quality workmanship, over 25 years' experience. Public liability insured. Skimming, coving, dry lining, rendering. Free quotes 07738 278036 | 01279 416311

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**.

To advertise call VISION on 01992 276101

WORDPLADDER: PUSH, BUSH, BASH, BASE, BAKE, BIKE



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

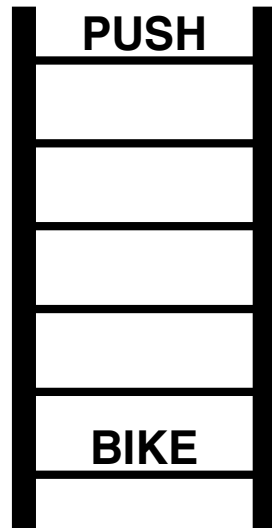
- ▶ BATON
- ▶ DECATHLON
- ▶ DISCUS
- ▶ FIELD
- ▶ HAMMER
- ▶ HEPTATHLON
- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP



DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

The Blue Boar
ABRIDGE

Mother's Day

Sunday 27th March

ROAST DINNERS
£39.95 - 3 courses
Kids £14.95
Book by phone only (£10pp deposit)

The Blue Boar
MARKET PLACE, ABRIDGE, ESSEX, RM4 1UA
01992 812 110 | WWW.THEBLUEBOARABRIDGE.CO.UK

BRICKS.
ESTATE AGENTS

Would You
like to Know
How Much
**YOUR
PROPERTY
IS WORTH?**



CALL US TODAY:



0203 634 9998

LET | SALE | LAND



0.50% SALE FEE (£2500 Minimum Fee)

7% FULL MANAGEMENT LETTINGS FEE

rightmove 

ZOOPLA

OnTheMarket 



0203 634 9998



hello@bricksestateagents.co.uk
bricksestateagents.co.uk



Bricks Estate Agents
Create 29
Oakwood Hill Industrial
Loughton Essex, IG103TZ

