

**TIPS
FOR
CURLY
HAIR**

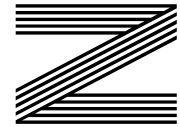
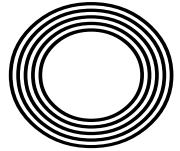
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TAKING A DEEP DIVE
into Tom Daley's success

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Editor's notes...

APRIL 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** EppingTheydon. Have you noticed anything different about this month's magazine? Here at **VISION**, we've taken one step further in our commitment to the environment by changing our printing process so that our magazines are now 100 per cent recyclable. This is the result of hard work over several months, but it's worth it to know we are doing our bit for the environment.

We know many of our readers like to keep their **VISION** magazines - we even know of some who have a collection going back to the first edition - but if you do decide to throw it away, you can now put the whole magazine in the recycling bin without having to remove the cover first.

On the cover of this month's magazine is Phillip Schofield, who celebrated his 60th birthday at the beginning of April and also marks an impressive 40 years in the spotlight this year. From his first turn on Children's BBC's *The Broom Cupboard* to starring on the ever-popular *This Morning*, he's endeared his way into the nation's hearts and homes.

It would be remiss of me not to mention the current situation in Ukraine. Many of us, horrified by what we are witnessing, are keen to help. Whether it's offering your time, money or donations, I encourage you all to help those in need in whatever way you can.

Brett Shohet

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

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

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SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



STORM CHAOS

STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email nameourstorms@metoffice.gov.uk with your own cute (or totally terrifying) choice.

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BEAUTY

TAME THE CURLS

Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy?

As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair.

Find out how to manage your mane below.

Layer up products

If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.

Avoid hair-styling tools

Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

Deep condition frequently

When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

Try the pineapple trick

If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.



GETTING *Shirty!*

THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: “It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away.”

In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



Photo credit: ASOS.com



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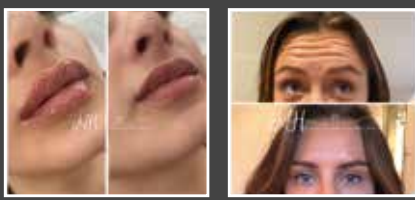
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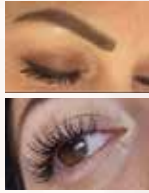


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HEALTH & FITNESS



TRADITIONAL DEADLIFTS

When it comes to strength exercises, the deadlift is one of the most versatile and effective. Deadlifts require core strength and stability, help to improve your range of motion, and target multiple muscle groups.

There are different types of deadlift, but two of the most popular are the traditional deadlift and the Romanian deadlift. But what's the difference, and which exercise is better?

The key difference between a traditional deadlift and a Romanian deadlift (also known as an RDL), is the starting position. The traditional deadlift starts from the bottom position to target the quads and mid-back area, while an RDL starts from a standing position to target the glutes and hamstrings. A traditional deadlift typically allows for a heavier lift than an RDL, which can also be performed using dumbbells.

THE TRADITIONAL DEADLIFT

1. Place your feet shoulder-width apart, with your barbell placed at your feet.
2. Hinge at your hips and keep your chest wide to allow you to bend and take the barbell.
3. Grip the floor with your feet while dropping your hips back.
4. Move your hips forward so that you arrive at a standing position.
5. Bring the bar to just below your hips, with your

knees, legs and back all remaining straight.

6. Push your hips back and bend your knees to squat down and return the bar to the floor.

Complete 1-6 reps and repeat for 5 sets.

THE ROMANIAN DEADLIFT

1. Use an overhand grip to hold the bar at hip level. You can also use dumbbells in each hand instead of a bar.
 2. Keeping your back straight, draw your shoulders back.
 3. Send your hips back while lowering the bar towards your feet.
 4. Complete the move by pressing your hips forward until you are back to standing.
- Complete 5-10 reps and repeat for 3-5 sets.

WHICH IS BETTER?

One type of deadlift isn't superior to the other; they both target different muscle groups and can form an effective part of your exercise routine. They can boost your strength, help to tone your muscles, and improve your posture.

It's important that any kind of deadlift is performed correctly to avoid injury, and you may want to ask someone to watch your form.

...VS

ROMANIAN DEADLIFTS





Natural MENOPAUSE MANAGEMENT



A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



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FOOD & DRINK



Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

PUB IN THE PARK

All over the UK, May 12-September 18

Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at pubintheparkuk.com

BIGFOOT

Buckinghamshire, June 17-19

A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at bigfootfestival.co.uk

THE BIG FESTIVAL

The Cotswolds, August 26-28

Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at thebigfestival.com

MEATOPIA

Tobacco Dock, London, September 2-4

One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at meatopia.co.uk



HOW TO COOK PERFECT ROAST



Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil

HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
- > Baste the joint halfway through and add water to the veg as necessary.
- > When cooked, place your joint on a chopping board to rest for 15 minutes.
- > Use the juices and vegetables to make gravy.




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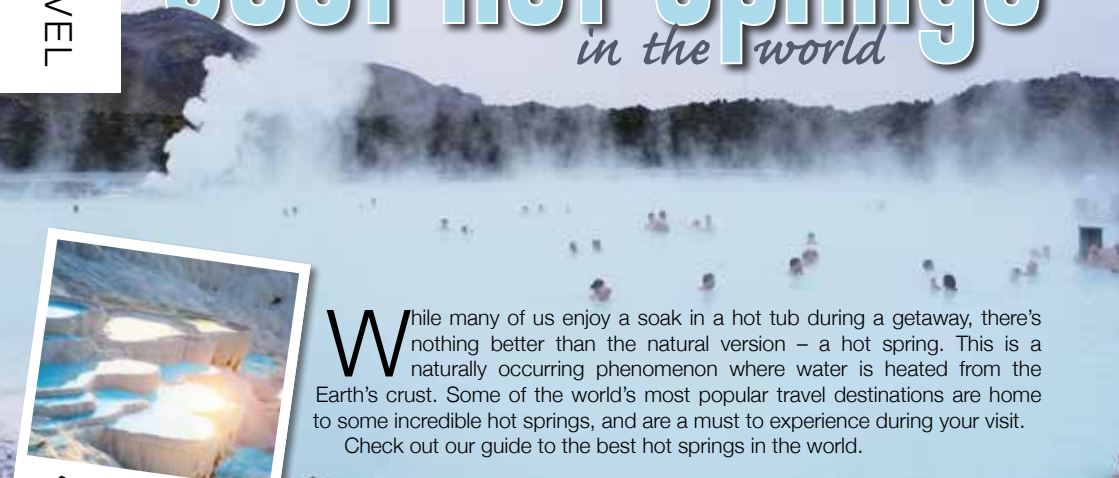
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TRAVEL

Guide to the best hot springs in the world



Pamukkale Thermal Pools



Banjar Hot Springs



Kerosene Creek



Cascade del Mulino

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

blue Lagoon Geothermal spa, iceland: One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

pamukkale thermal pools, turkey: Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

banjar hot springs, bali: The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

kerosene creek, new zealand: New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

cascade del mulino, italy: One of Tuscany's most popular spots, the Cascade del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?

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HOME & DIY

3 REMOVAL REMEDIES FOR BLACK MOULD

Black mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

BAKING SODA: If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:

Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

VINEGAR: Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

HOW TO APPLY VINEGAR:

Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

BLEACH: Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

HOW TO MAKE AND APPLY A BLEACH SOLUTION:

Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

OUR TOP TIPS FOR PREVENTING BLACK MOULD: Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.





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Cheap and versatile, soda crystals can be used for so much more than just softening water or cleaning your washing machine. A powerhouse of a product, soda crystals will fast become your go-to cleaner for many common household tasks.

1. TO UNBLOCK THE SINK – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

2. TO CLEAN YOUR EXTRACTOR FILTER FAN – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

3. TO REMOVE ALGAE FROM PATIO OR DECKING – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

4. TO RESTORE CARPETS AND RUGS – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

5. TO SOFTEN TOWELS – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.





BERBER BASICS



Are you looking to install some new carpet in your home? While some consider it to be outdated, Berber carpet is experiencing something of a revival owing to its durability and the development of new patterns and designs. Traditionally, Berber carpet is lightly coloured and features dark flecks that are either brown or grey. Essentially, Berber is a looped-style carpet that is designed for use in high-traffic areas of the home, such as the hallway and stairs.

REASONS TO CHOOSE BERBER CARPET

- > **Durability:** Berber carpet is one of the most durable types of carpet on the market and should not become torn, even when exposed to heavy footfall. In fact, if installed properly, a Berber carpet should easily last you a decade.
- > **Resistant to spills:** One of the main reasons why people choose not to lay carpet in their homes is because this type of flooring is known for absorbing water. However, Berber carpet is considered to be spill-resistant, making it a good option for those with young families.
- > **Affordable:** Another big plus point, Berber carpet comes in a variety of different types, with options to suit all budgets. If you don't have much to spend, opt for olefin or polyester Berber carpets, or, for those who don't mind splashing the cash, wool offers a touch of luxury.

REASONS TO AVOID BERBER CARPET

- > **Prone to snagging:** Although designed to last, Berber carpets are prone to snagging owing to their looped nature. Even if only one loop becomes snagged, you need to repair this immediately or risk the whole carpet coming apart.
- > **Not good for pets:** As Berber carpets are easily snagged, pets can cause havoc with this style of carpet. Cats, in particular, are attracted to the roughness of this carpet and may use it as their new scratching post.



Photo credits: Carpetright.co.uk, buycarpet.co.uk, dolphincarpet.com



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Photo credit: Ken McKay/ITV/Shutterstock

OUT OF THE BROOM CUPBOARD... *and onto centre stage*

CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning*'s steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dyeing his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS EPPING



Funding put towards playground refurbishment

Epping Town Council has announced that the playground at Lower Swaines Recreation Ground will be refurbished in the coming months.

Epping Playground Association (EPA) is a registered charity consisting of residents who have spent the last three years fundraising tirelessly for the refurbishment.

The Association has raised £84,000 for the project, with the support of Epping Town Council.

EPA created a wish list for the refurbishment in 2019 and this was formalised into an accessible and inclusive playground design, approved by Epping Town Council, which will continue to manage and maintain the playground moving forward.

The total cost of the project is £120,000, with a further £14,000 needed for an accessible path/

entrance to the playground.

The £50,000 shortfall in funding has been made up by Qualis Commercial, which is currently developing five sites in Epping town, including the former school site at St John's Road.

Qualis' contribution has been vital to the final delivery of the project and will mean that nothing has to be omitted from the wish list.

EPA has also been supported by local residents, businesses, Epping Forest District Council and county councillors.

Epping Town Council would like to thank EPA for its hard work in fundraising for the playground, as well as the local residents, businesses and councillors who have supported the charity's work.



Tributes paid to woman who died in crash



Photo credit: Essex Police

The family of a young woman who died following a collision in Epping has paid tribute to her.

As reported in last month's edition of **VISION**EppingTheydon, officers were called at around 10.30pm on Saturday, February 19, to reports of a single-vehicle collision in Houlblons Hill, Epping, involving a red Mini.

Sadly, a woman died the following day.

Police are now able to identify her as 20-year-old Jess Waterman of Bishop's Stortford (pictured above).

Jess's family paid tribute to their "beautiful daughter" and "treasured older sister", saying that they "cannot describe the pain of losing her".

They said: "Jess was beautiful inside and out. Her desire to help and support those around her was the crux of who she was.

"For someone so young, she had amazingly strong morals and values with a striving passion towards making the world a fairer and safer place to be.

"We love you, Jess. You will remain forever in our hearts."

A 32-year-old man remains on bail after he was 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.

Officers would like to renew their appeal to hear from anyone who witnessed the collision or who saw the vehicle prior to the collision, or who has dashcam footage of the incident. Contact the Serious Collision Investigation Unit on CollisionAppeal@essex.pnn.police.uk quoting incident 1397 of 19 February.

Council car parks win prestigious award

Epping Forest District Council (EFDC) is pleased to announce that many local car parks have received the prestigious Park Mark award.

The Safer Parking Scheme award recognises car

parks with measures in place that actively deter crime and the fear of crime, with Park Marks awarded to facilities that pass a rigorous risk assessment.

The assessments include management and maintenance of the facility, and ensuring that there are appropriate levels of surveillance, lighting, signage and cleanliness. These criteria are known to reduce the opportunities for crime and create a safer environment for motorists and their vehicles.

The car parks in Epping which received the award are those at the Civic Offices, Cottis Lane and Bakers Lane.

Councillor Sam Kane, portfolio holder for customer and partnerships at EFDC, said: "EFDC is proud to support the Safer Parking Scheme for safer and cleaner car parks. Ensuring safety of people and their vehicles in our car parks is our priority and we are pleased to provide a safe and welcoming environment."

Emergency service crews enjoy a royal visit

Essex County Fire & Rescue Service crews from Epping and Billericay were among those to enjoy a visit from members of the Royal Family last month.

Their Royal Highnesses The Earl and Countess of Wessex (pictured left) recently visited Essex & Herts Air Ambulance's (EHAAT) airbase at North Weald.

EHAAT is a life-saving charity working alongside the emergency services and other organisations to deliver pre-hospital emergency medical services. The visit was an opportunity to bring everyone together at EHAAT's new airbase at North Weald, enabling The Earl and Countess to say thank you to the staff for their outstanding hard work during the pandemic.

On their arrival at North Weald, the Lord-Lieutenant of Hertfordshire, Robert Voss CBE, and Vice Lord-Lieutenant of Essex, Vincent Thompson, greeted The Earl and Countess and introduced them to Jane Gurney, CEO of EHAAT.

Their Royal Highnesses then toured the new airbase.

Deputy Police, Fire and Crime Commissioner for Essex, Jane Gardner, said: "This special VIP visit was great for the team to be recognised for their hard work and dedication throughout the pandemic."



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Celebrations planned for Queen's Platinum Jubilee

A schedule of events is being drawn up to celebrate The Queen's Platinum Jubilee in Theydon Bois this June.

The country is preparing for a four-day bank holiday from June 2 to June 5, with a number of events planned in the village to mark the special occasion.

This year, Her Majesty The Queen will become the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom and the Commonwealth.

To kick off the celebrations, Theydon Bois Parish Council (TBPC) will join more than 1,500 locations across the UK by lighting a beacon on the village green at 9.45pm on Thursday, June 2.

In line with the nationwide programme, TBPC's event will include a piper, bugler and local choir performing a song that has been specially commissioned for the event.

TBPC sees this event as a "fantastic opportunity" to

bring the village together.

Planning is at an early stage, but some of the ideas that are currently being considered for the event include performances of music from each of the seven decades of Queen Elizabeth II's reign, a picnic area with seating and open-sided marquees, food and drink provided by local businesses, and a vintage bus following a route around the village which residents can use to travel to and from the event.

At this stage, TBPC is keen to gauge levels of interest among residents and to receive ideas of how to celebrate the occasion.

TBPC also wants to ensure that this event is as inclusive as possible by making sure that every resident who wishes to attend is given any help that they might need to get to and from the event.

To get in touch, email parishclerk@theydonbois-pc.gov.uk or call 01992 813442. Alternatively, drop a note into the TBPC office at Theydon Bois Village Hall.



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Election of district councillors approaching

Residents of Theydon Bois will have the chance to elect a district councillor on Thursday, May 5.

A total of 19 out of 58 Epping Forest district councillors are due for election next month, including in Theydon Bois.

Applications, amendments or cancellations of postal votes must reach the Electoral Registration Officer at Civic Offices, High Street, Epping, CM16 4BZ, by 5pm on Tuesday, April 19.

Applications to vote by proxy at this election must reach the same address by 5pm on Tuesday, April 26.

Applications to vote by emergency proxy at this

election on the grounds of physical incapacity or for work/service reasons must reach the same address by 5pm on Thursday, May 5.

The physical incapacity must have occurred after 5pm on Tuesday, April 26.

You need to be on the electoral register to vote in these elections. Registering to vote will let you have your say in local elections, general elections and referendums. You only need to register once – not for every election. You'll need to register again if you change your name, address or nationality.

To register to vote, visit www.gov.uk/register-to-vote

Councillors confirm council tax will increase

Residents of Theydon Bois will continue to pay the lowest amount of council tax in Essex after Epping Forest District Council (EFDC) agreed a balanced budget for 2022/23.

Following the approval of the district council budget, councillors moved on to approval of the overall council tax. Residents' council tax payments to Epping Forest District Council will rise by £5 a year to £157.46 for a Band D home.

Councillor John Philip, finance portfolio holder for EFDC (pictured right), reminded fellow councillors that although the district council collects council tax, it has no control over the level of county council, police, fire, town and parish council precepts.

Cllr Philip said: "We are looking to keep these numbers as a ceiling. We are looking to drive numbers down, not up."



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Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space.

Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends.

Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends.

Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

MEASURE YOUR SPACE: You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

FIND THE RIGHT APPLIANCES: Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

GET YOUR CONNECTIONS IN PLACE: You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

BUILD A SHELTER TO COVER ALL WEATHER: A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

MAKE SURE YOU'VE GOT ENOUGH STORAGE: Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



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Grave Remains

SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York. It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

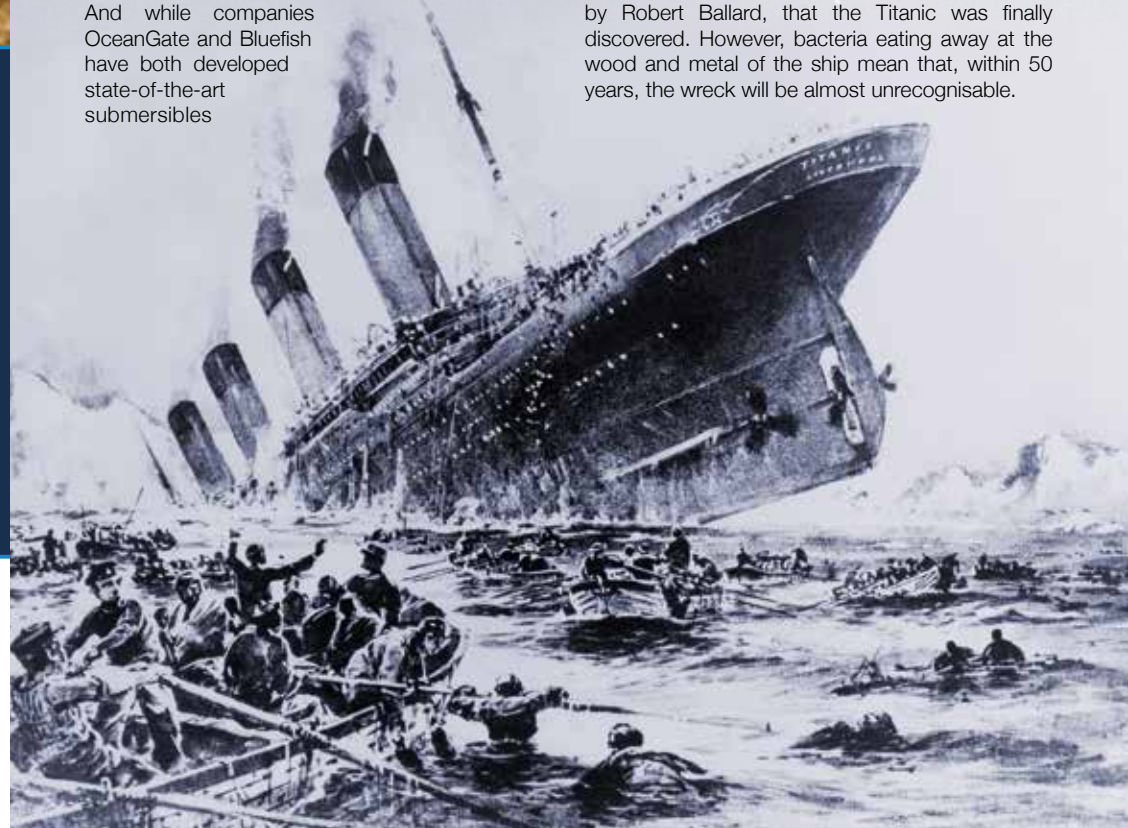
The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists.

And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.



HISTORY



STRUGGLING TO UTTER THAT TWO-LETTER WORD TO YOUR BELOVED YOUNGSTER? HERE'S HOW TO MASTER IT AND WHY YOU NEED TO TAKE BACK CONTROL

Constructive, confident and considered parenting means not always bending to your child's wants and desires. Sometimes the simple action of saying 'no' can seem obstructive and unkind, but when coaching our kids, the logic and reasoning behind our decision is vital.

Turning down some of our youngsters' requests is a key part of their development, but only if done in the right way.

ONE: WHAT'S IN A WORD?

An obstructive 'no' is rarely going to garner a positive response. As well as being blunt, it leaves a child with little explanation as to the decision reached. Instead, parents are reminded of the benefits of using positive and negative wording. So instead of saying "Stop hitting", say "Keep your hands to yourself". Or replace "No, you can't have that" for "Why don't we look at these?"

TWO: THE EXPLAIN GAME

No, if accompanied by an explanation that uses

emotion, empathy, consequences and alternatives will steer your child into a place where they not only go along with the response, but also agree with the sentiments behind it.

THREE: WHAT WE HEAR

Furthermore, as humans listening to a sentence, we listen to some of the first part, all of the last part and very little of the middle. Consider this when outlining something to your child that they perhaps don't want to hear.

FOUR: ACTION STATIONS

Accompanying rejection with a hug, or holding a hand, will soften the action and reduce the sense of loss a child may feel.

FIVE: BALANCE

Finally, perhaps the true art of saying 'no' is to ensure you practise saying 'yes' as well. Children will be more understanding of the things they don't have if they know there are many other things that they have received, or will over time.



How to choose an ESTATE AGENT

If you are looking to sell your home, the right estate agent is worth their weight in gold. However, how do you weed out the weak from the wonderful?

COMPILE A SHORTLIST

Don't just decide upon the first estate agent that you see or the one that puts the most leaflets through your door. Instead, compile a shortlist using recommendations from family and friends, online reviews and testimonials. You should also look for an estate agent that has experience selling properties similar to yours.

CHECK THEIR PERFORMANCE

Once you have your shortlist, invite each estate agent round to your home to discuss their offerings and to conduct a valuation. This is the perfect opportunity to find out more about how they operate. You may want to ask:
➤ How quickly do they sell homes?
➤ Are they a member of an accredited independent ombudsman service?

- What would they do if your property was not selling as quickly as you would like or at the price you expected?
- Do they carry out viewings at weekends?

FIND OUT THE FEE

You need to know what percentage of the sale price each estate agent would take upon completion. Currently, the average estate agent fee in the UK is 1.18 per cent for a sole agency agreement. Going with a sole agency usually means a lower fee, but this does mean that you only have one agency marketing your property. Remember these fees are negotiable.

HIGH STREET VS ONLINE-ONLY AGENT

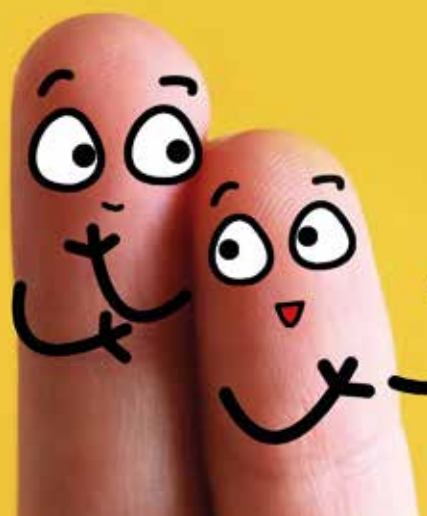
Online-only estate agents such as Purplebricks make up only five per cent of the overall property market, yet they are increasing in popularity. These typically have a fixed fee that needs to be paid up front, rather than the 'no sale no fee' commission charged by high-street companies.

Photo credit: Neill Lang/Shutterstock.com



BRUCEKING

on why people buy



What shall we buy?

In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

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

PHOTOGRAPHY STUDIO IN THE HEART OF EPPING HIGH STREET

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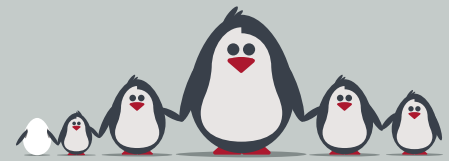
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OUR Queen

This year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

THE QUEEN HAS TWO BIRTHDAYS

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

THE QUEEN SUPPORTS ARSENAL

Whoever knew Her Majesty is a Gunner?

THE QUEEN DOESN'T NEED A PASSPORT...

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

...OR A DRIVING LICENCE

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

THE QUEEN LIVES AT WINDSOR CASTLE

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

THE QUEEN OWNS STRANGE PETS

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

THE QUEEN'S NICKNAME IS 'LILIBET'

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.

Photo credit: Alesia Pliedonemio/Shutterstock.com

Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS... AND THOSE THAT DON'T

The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past – after all, these creatures date right the way back to when dinosaurs were roaming the planet.

An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.

Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.

Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.

Box turtles

Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids – despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.

Chameleons

We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most.

Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.



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MAGNIFICENT MOTORS

THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

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BRITAIN'S GREATEST SPORTING MOMENTS...

THE GREAT Dame

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold



SPORT



It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form

going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

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PUZZLES & TRIVIA

PUZZLES

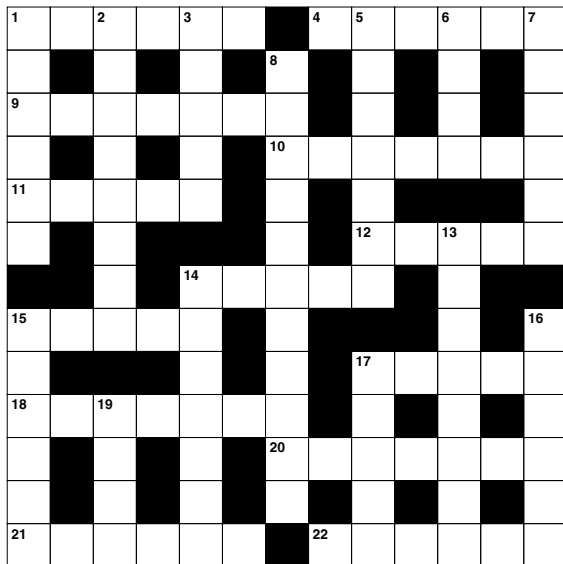
Answers: see end of The VISION Listings

ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)

DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)



- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

SUDOKU

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

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