

A portrait of Susanna Reid, a woman with long brown hair, smiling and wearing a red lace dress. She is positioned on the left side of the page. The background is a mix of white and light blue.

**MEET THE
WORLD'S
LARGEST
DINOSAUR**

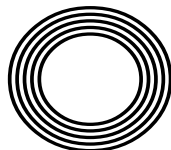
SPRING REFRESH
Tips for the season

Celebrating the life of
JOHN MOTSON OBE

COBALT BLUE
How to wear the on-trend colour

SUSANNA REID

Breakfast TV presenter celebrates 20 years on screen



FREE

Photo credit: ITV/Nicky Johnston/
Shutterstock

FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

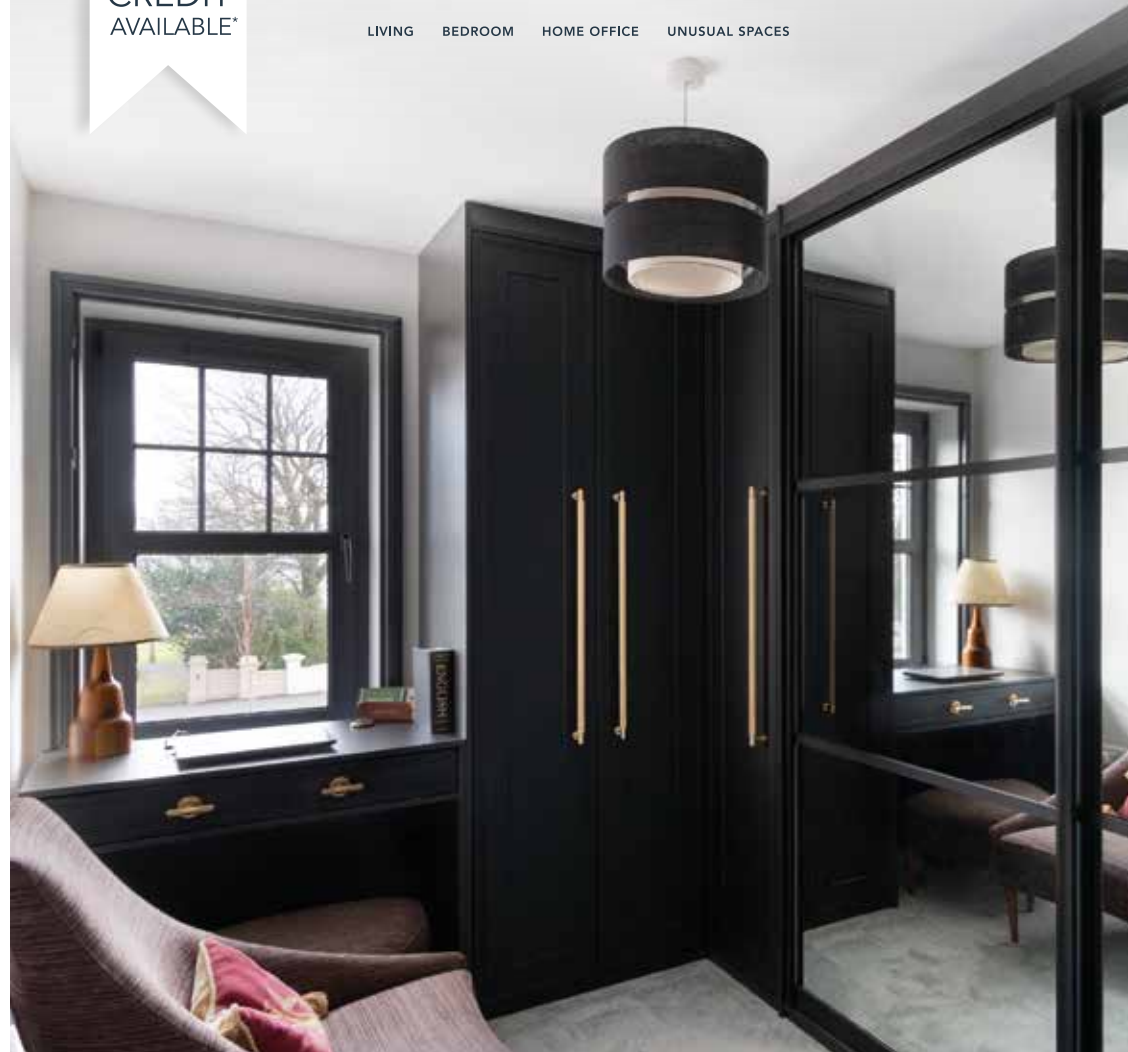
5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

0%
INTEREST FREE
CREDIT
AVAILABLE*

IT HAS TO BE
SLIDEROBES®

LIVING BEDROOM HOME OFFICE UNUSUAL SPACES



Experts in bespoke fitted furniture.

Book a free, no obligation design appointment at sliderobes.co.uk
or call our free phone number 0800 454 465

*All finance offers are subject to eligibility criteria. Applicants for finance must be 18 years or over. Credit is subject to status and affordability. Terms and conditions apply. Reddington Jordan Ltd T/A Sliderobes, Unit 3C Deacon Trading Estate, Forstal Road, Aylesford, Maidstone, Kent, ME20 7SP, Register No. 728723 is a credit broker not a lender and is authorised and regulated by the Financial Conduct Authority. Credit provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC, authorised and regulated by the Financial Conduct Authority (Register no. FRN 704348).



Editor's notes...

APRIL 2023



Brett Shohet, Editor

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

It amazes me how small the world is and how we are all connected, especially when I am out and about. For example, I have known one of my contacts for ages and he has a famous comedian in his family, along with another contact who used to be a drummer for The Clash.

We just all seem to be more connected, especially with the six degrees of separation with social media and platforms like **VISION**.

I am consistently looking for ways to invest in our communities and support local businesses. To aid in our mission to do so, I recently

purchased an established business exhibition. The event will be held in Hertfordshire in

October and is sponsored by London Stansted Airport. It will feature more than 60 stands and offers local businesses the chance to showcase their services. If you would like to know more, please contact me on the details below.

Finally, May 6 will see the coronation of King Charles III. There are many events being held to mark this historic occasion, and I'd encourage everyone to get involved with the celebrations.

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:



epping@visionmag.co.uk | 01992 276101

www.visionmagessex.com | www.visionmagherts.com

Twitter @visionmagessex | @visionherts Instagram @visionmagessex | @visionmageastherts

Facebook Vision Magazine Essex | Vision Magazine East Herts

All pages are recyclable

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Bryn Holmes

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

Facebook Instagram @HomeHubGroup



EXPERIENCE GOLFING EXCELLENCE
ALL YEAR ROUND



5 DAY MEMBERSHIP

2 MONTHS FREE & NO JOINING FEE
JOIN NOW

01708 688396

WWW.ABRIDGEGOLF.COM



SUPERB COURSE - LOVELY PEOPLE - A PROPER GOLF CLUB



THE VOICE OF FOOTBALL

JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.

MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

Life as the Biggest Dinosaur is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit www.nhm.ac.uk



**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 | ✓ All Roofing Repairs & Maintenance |
| ✓ Liquid Rubber Roofing | ✓ Moss Removal |
| ✓ Fibreglass Roofing | ✓ Gutter Cleaning & Unblocking |
| ✓ Roofing Leadwork | ✓ UPVC Fascias, Soffits & Guttering |
| ✓ All Roof Windows | ✓ 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





ONGAR TOWN FESTIVAL
Let's Dance
SUNDAY 30TH APRIL

A GREAT FAMILY FUN DAY
in ONGAR TOWN

ACTIVITIES THROUGHOUT ONGAR FROM 9.30AM

Be sure to visit Ongar Sports Club, The Library Car Park, Budworth Hall, The High Street, Local Churches, Epping Ongar Railway & Ongar Fire Station.

Live Entertainment • Dog Show • Car Show • Refreshments
 Fitness/Sporting Activities • Circus Workshop • Wellness Hub
 Arts & Crafts • Fairground Rides • High Street Treasure Hunt
 Ongar's Got Talent School's Competition • Grand Tombola

ANNUAL GRAND PETANQUE COMPETITION

ongartownfestival.co.uk
 f t i @ongarfestival




GUIDE TO
false eyelashes

Would you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.

INDIVIDUAL lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.

CLUSTERS, which are sometimes referred to as flares or accents, are ideal for those who do not want to apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.

STRIPS are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.

MAGNETIC lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

EXTENSIONS are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.

Photo credit: lolalashes.co.uk

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.



Luxury care in the heart of Harlow

Now open to viewings

We are delighted to announce the grand opening of The Jubilee Suite - our new luxury care suite situated within Abbot Care Home in Harlow, Essex.

Our new Jubilee Suite has been expertly designed with kindness, and dignity at its heart, providing person-centred nursing, residential and dementia care. With a variety of excellent facilities and spaces to enjoy, we welcome the people who live here to play an active part in everyday life – as we ensure activities, events and mealtimes are carefully tailored to the personal preferences of each individual.

Abbot Care Home is situated amongst peaceful open parkland and features beautiful, landscaped gardens. The people who live here enjoy a comfortable environment and benefit from the home-from-home atmosphere.

It is important to our team that we work as part of your family, as we plan in partnership whilst providing the same caring support that we would wish for our own loved ones to receive, whilst enjoying a life well-lived, each and every day.

Excelcare
Belong with us



We welcome you to visit us to meet with our friendly team who will be happy to work around your schedule.

To find out more about Abbot Care Home and book in to view our newly opened Jubilee Suite, please get in touch

01279 594 610

info@excelcareholdings.com

Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?



LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.



TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.



AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.



IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.



BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.



HEALTH & FITNESS

WHY Spring Cleaning IS GOOD FOR YOU

It sounds like a line to make us splash out on new dusters and mops, or perhaps a government message to promote hygienic homes. But according to psychologists, cleaning our homes in spring really can boost our mental health.

First of all, most of us feel our energy levels increase as the days become brighter and longer. We want to pack away our winter clothes, get outdoors, and clean and reorganise our homes.

Many people find that cleaning their home makes them feel good and gives them a sense of mastery over the world around them. While many of us profess to hate housework, regularly cleaning your home is known to have positive effects.

"A lot of people do find cleaning to be very satisfying, but also to be a very good way of managing stress or anxiety," explains Dr Dawn Potter, a

clinical psychologist from Cleveland, USA.

When people are facing problems they can't solve or feel overwhelmed, she continues, cleaning can help restore a sense of control and calm.

Whether vacuuming your carpet wiping or your kitchen counter, household chores are also easy-to-achieve acts of mindfulness. While you're doing them, you naturally concentrate on the task and your worries take a back seat, at least for a while.

There are also more obvious benefits to keeping your home clean and tidy. Who doesn't want to wake up somewhere clean and bright – and return home to it at the end of the day? If you work from home, this is even more important.

On the flip side, if your home environment is a mess, it can make you lose confidence and feel unorganised.

So now you have no excuses. Roll up your sleeves, grab your Marigolds and get stuck in this spring.







FILIKA

Filika restaurant is a smart, comfortable and cosy restaurant with a relaxing Mediterranean atmosphere.

Welcoming and friendly, we serve modern and the best traditional Turkish cuisine.

We offer a good choice of freshly prepared seasonal food – mezzes, a generous selection of marinated steaks, chicken, vegetarian dishes and lots of fish & seafood dishes.

Opening hours
Monday-Saturday: 12pm - 10pm
Sunday: 12pm - 9pm



FILIKA RESTAURANT THEYDON BOIS
13 Forest Drive, Theydon Bois, CM16 7EX
www.filikarestaurant.co.uk
theydonbois@filikarestaurant.co.uk
Tel: 01992 812000

FILIKA RESTAURANT WANSTEAD
62 High Street Wanstead, E11 2RJ
www.filikarestaurant.co.uk
info@filikarestaurant.co.uk
Tel: 020 8530 1333

YOU'RE NOT ALONE



OVER 207,500 OTHER PEOPLE IN ESSEX
READ **VISION** MAGAZINE'S MONTHLY

Your
Monthly
Lifestyle
Magazine

VISION

CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS

See all our magazines at www.visionmagessex.com

BillericayShenfieldBishop'sStortfordBrentwoodOngarChelmsfordBeaulieuEppingTheydonHalsteadBaintree
HertfordHornchurchLeighThorpeBayLoughtonMaldonBurnhamRayleighWickfordSouthWoodfordTendring

Funky Monk™

RESTAURANT

HOTEL

BAR

LOUNGE

NEW LUNCH MENU & HEATED OUTSIDE SEATING



9 LUXURY HOTEL ROOMS AVAILABLE

GET IN TOUCH FOR MORE
INFORMATION & TO BOOK

01992 276063

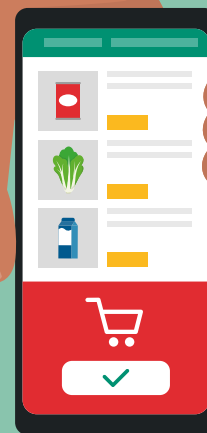
www.funkymonkhotel.com

📱 funkymonkhotel

236 High Street, Epping, CM16 4AP



SCAN ME



WASTE NOT Want not!

THE BEST APPS TO CUT DOWN ON FOOD WASTE



The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around.

Check out these top four apps that promise to help you cut down on food waste and save money in the process.

TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.

OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.

KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.

NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.





A SLICE OF HISTORY

Simnel Cake

There are some stories you wish were true – and the myth behind Simnel cake, the marzipan-covered fruitcake popular at Easter, is one of these.

Back in the mists of time, a certain Simon and Nelly apparently fell out while making a fruitcake. One said it should be boiled; the other wanted to bake it. After a squabble, they settled on using both cooking methods. The resulting cake was named after both of them.

Simnel cake dates back to the 17th century when live-in staff returned to their families around Lent, often bringing food with them. By the 19th century, Simnel cakes looked like the cakes we know today, complete with 11 balls of marzipan to represent Jesus' apostles – minus Judas, the traitor.



INGREDIENTS:

FOR THE CAKE: 175g light brown soft sugar | 175g soft butter (plus extra for greasing) | 175g self-raising flour | 3 large eggs | 50g ground almonds | 3 tbsp milk | 200g mixed dried fruit | 100g glacé cherries, quartered | 2 tsp mixed spice powder

FOR THE TOPPING: 450g golden marzipan | 3 tbsp apricot jam | 1 egg, beaten

HOW TO MAKE:

- > Preheat the oven to 160°C/Fan 140°C/Gas 3.
- > Grease a deep 20cm/8in cake tin and line it with baking paper.
- > Put all the cake ingredients into a large bowl and beat well.
- > Spoon half the mixture into the tin. Roll one-third of the marzipan into a 20cm/8in circle. Place it on top, then add the rest of the cake mixture.
- > Bake for 1.5-2 hours till golden brown.
- > Remove from the tin and cool.
- > Warm the apricot jam over a gentle heat on the hob before using to brush the top of the cake.
- > Roll half of the remaining marzipan into a circle, just bigger than the cake. Place it on top and crimp around the edges.
- > Make 11 balls from the remaining marzipan and place them around the edge of the cake.
- > Lightly brush the marzipan with the egg and grill carefully for about five minutes.

ALL ASPECTS OF ROOFING WORK



NEW ROOFS ■ ROOF REPAIRS ■ TILES & SLATES ■ LEAD WORKS & WELDING
VELUX WINDOWS & SKY LIGHTS ■ CHIMNEY REPAIRS & REMOVALS
GUTTERING ■ FASCIAS & SOFFITS

10 YEAR WARRANTY ■ FULLY INSURED ■ PRICE MATCH GUARANTEED



01992 276071

WWW.NIGHTINGALEROOFING.CO.UK

INFO@NIGHTINGALEROOFING.CO.UK



ENDLESS POSSIBILITIES



01992 276058 info@infiniteglass.co.uk

Infinite Glass

**BUILDING TRUST
WITH QUALITY
WORK**



Shake your POMPOM

Forget weird little pompom creatures with googly eyes.; these fuzzy balls of fun have just got a whole lot cooler.

Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

How to make:

Traditionally, pompoms are made using two cardboard circles.

- For a 6cm diameter pompom, draw and cut out two cardboard circles, each 5.5cm diameter.
 - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
 - Place the two circles together.
 - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
 - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
 - Tie a length of yarn very tightly around the middle then remove the circles.
 - To finish, just give your pompom a neat haircut.
- To speed things up, get hold of some pompom makers from your local craft shop or online; they only cost a few pounds.

Pompom ideas:

- Use your pompoms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pompom or three smaller ones onto the corners of a plain cushion
- Attach them around the top of a plain basket
- For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pompoms on each.

Photo credit: thehomesihavenmade.com



**BE BOLD.
BE DIFFERENT.
BE YOU.**

**WE'LL CREATE A BEAUTIFUL
NEW KITCHEN THAT'S AS
INDIVIDUAL AS YOU**

To find out more contact Mark for a chat.
Call on 020 8088 9192 or email
info@kitchensandmakeovers.com

SHOWROOM & DESIGN STUDIO
36A church hill, loughton IG10 1LA
kitchensandmakeovers.com

**KITCHEN
& MAKEOVER**
COMPANY

A SPRING REBOOT for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

ADD A SPLASH OF COLOUR: The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

LIGHT UP YOUR LIFE: You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

GET MOVING: Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

BRING IN THE GREEN: Not the colour this time, but foliage. Think fresh flowers, potted plants and terrariums. If you want to be super-thrifty, a bunch of

Above all, have fun!

There's no place like
Home Hub



01992 948 980
essex@homehubgroup.co.uk
137-139 Epping High Street

f @HomeHubGroup

With no pressure sales, transparent pricing and exceptional service levels you'll feel right at home with Home Hub. Come and see us at our beautiful lifestyle showroom in Epping – call 01992 948989 to book an appointment.

homehubgroup.co.uk

Windows • Sliding Doors • Bifold Doors • Roof Lights



LOFT CONVERSION AND REMODELLING SPECIALISTS

PROVIDING BESPOKE CONVERSION SOLUTIONS

DORMER • HIP TO GABLE • MANSARD • ROOF LIGHT
HOME REMODELLING AND INTERIOR DESIGN

LET US DELIVER YOUR DREAM

VISIT OUR WEBSITE: WWW.LOFTCARE.CO.UK
or call 01992 276 052 • 0800 002 9411



SCAN ME



BOILR offers comprehensive service plans to homes throughout Essex, Hertfordshire & London.



£7.50 / MONTH

Annual boiler service ✓
Landlord safety record ✓
Heating/Gas/Plumbing ✓
Electrical Faults & Emergencies ✗



£15.50 / MONTH

Annual boiler service ✓
Landlord safety record ✓
Heating/Gas ✓
Electrical Faults & Emergencies ✗



£19.50 / MONTH

Annual boiler service ✓
Landlord safety record ✓
Heating/Gas/Plumbing ✓
Electrical Faults & Emergencies ✗



£23.50 / MONTH

Annual boiler service ✓
Landlord safety record ✓
Heating/Gas/Plumbing ✓
Electrical Faults & Emergencies ✓

Servicing | Installation | Plans

CALL OUR TEAM TODAY FOR MORE INFORMATION

☎ 01992 236063

✉ hello@boilrltd.co.uk  boilrltd.co.uk



T&C's Apply



Morning.

nune

and night



HOME & DIY



Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions

and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.

The nune style is an easy one to recreate in your own home and can be budget-friendly.



Photo credit: nunenune.com



ALTERNATIVE USES FOR

CAT LITTER

If you have a feline friend, then chances are you always have a bag or two of cat litter in your cupboard. But did you know that this pet essential also has many other uses in the home?

TO ABSORB ODOURS FROM SHOES

If you or anyone in your household suffers with smelly feet, then you may be interested to know that cat litter is highly effective at absorbing unpleasant odours. Simply sprinkle a small amount in the offending footwear, leave for 30 minutes and then pour out.

TO MOISTURISE PLANTS

Cat litter is great at retaining moisture, which means it is perfect for use in the garden. When planting shrubs, trees or new flowers, add cat litter to the hole in the ground and then fill with soil. You can also use cat litter to keep houseplants hydrated.

TO PREVENT SLIPPING ON ICE

Icy pathways and steps are incredibly hazardous, but can easily be remedied with just a sprinkling of cat litter. It is very similar to the grit that is used on roads; pour anywhere where you see ice to help prevent accidents.

TO DRY FLOWERS

If you have some cut flowers that you would like to preserve, then all you need to do is place them in a tray of clean cat litter and then wait for all the moisture to be absorbed. Take note, this can take several days.

TO SALVAGE A MOBILE PHONE

If you have dropped your phone in the bath – or worse, the toilet – then cat litter is even more effective than rice at stopping the liquid from getting into the device. Simply slide your phone into an old sock, fill with cat litter and leave for one or two days.



BRINGING THE HOME OF THE FUTURE TO YOUR HOME NOW



GLADE ENERGY SERVICES LTD

020 3906 2863 ● GLADEENERGYSERVICES.COM



ASSISTED LIVING



ELECTRICS



HOME SECURITY

- Your local Electrician ● Highly recommended by many local residents & businesses
- All types of electrical work ● CCTV & Alarm systems ● Heating controls
- WiFi & Home Internet networks ● Smart lighting & Home automation
- Specialists in LED lighting



Enjoy Brighter, Fresher, Dry Carpets & Upholstery

zero dry time
Dry Carpet, Upholstery & Hard Floor Cleaners

No soggy carpets or wet dog smell

Dry carpet cleaning
Upholstery cleaning
Leather restoration
Hard floor cleaning

SPECIAL OFFER 3 FOR 2 3 COMPLETED AREAS FOR THE PRICE OF 2

We also clean hard floors including: tiles, amtico, karndean, vinyl, wood & stone

zerodrytime.com

Get your free quote

07756 942859

sean.drury@zerodrytime.com

LOUGHTON TILING LTD

SUPERIOR... EXPERT... AFFORDABLE...



...ALWAYS HERE TO GIVE ADVICE



- ◆ Family run business ◆ Tiles from £11.50
- ◆ Grouts from £7.00 ◆ Chrome trims cheapest in the area
- ◆ Adhesives from £10.00 ◆ Tools ◆ Cleaners
- ◆ We also know plenty of skilled fitters

JUST POP IN, CALL OR EMAIL FROM OUR WEBSITE WITH THE MEASUREMENTS & TILES YOU REQUIRE, & WE'LL GET A QUOTE BACK TO YOU AS QUICK AS POSSIBLE.

020 8502 1811 ◆ Showroom: 70 The Broadway, Loughton, IG10 3ST



SCAN ME



**Sovereign
Guards UK**

From home to business security, here at Sovereign we offer a variety of Security Services from CCTV and Intruder Alarms

CONTACT US FOR MORE DETAILS:

Call: 01992 276081

Email: info@sovereignguards.co.uk

www.sovereignguards.co.uk



SCAN ME

PROVIDING YOU WITH 24 HOUR SECURITY



Select from a package that suits your needs: budget, location and what level of protection you are after



Specialising in fogging systems for high risk asset protection



With remote connectivity this allows you to monitor your home from your phone.



A guide to GARDEN OBELISKS

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy | Morning glory | Climbing roses

HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.



GARDENING

Photo credit: sarahaven.com



Happy HEDGEHOG

Hedgehog numbers are in decline in the UK, so it has never been more important for us to take care of our prickly pals. Here's how you can look after the hedgehogs in your garden and keep them happy throughout the year.

WHAT DO HEDGEHOGS EAT?

If you want to encourage hedgehogs to visit your garden, then you can supplement their natural diet of worms, beetles, earwigs and caterpillars by leaving out food and fresh water. Some foods that hedgehogs enjoy are:

- > Tinned cat or dog food
- > Crushed dog or cat biscuits
- > Meat-based hedgehog food

If you notice very young hedgehogs in your garden (roughly apple-sized), then you need to soak any biscuits in water before leaving them out.

WHAT SHOULD YOU NEVER FEED HEDGEHOGS?

You should never leave out milk or bread for hedgehogs as the former can cause diarrhoea and the latter is not very nutritious for these small mammals. Mealworms can also cause health problems when consumed in large quantities.

WHEN TO FEED HEDGEHOGS IN YOUR GARDEN

It is a good idea to put food and water out for hedgehogs all year round. In spring, this will give

them a boost after hibernation, while in summer and autumn, it will help them to build up fat reserves to survive the winter. During periods of hot and dry weather when natural resources are scarce, fresh water and food is even more important.

HOW TO FEED HEDGEHOGS SAFELY

- > Place food in a shallow dish and place this in a sheltered area of your garden
- > Remove any uneaten food each day and refill with fresh water and food
- > Clean the dishes daily using hot, soapy water and then rinse well to reduce the risk of spreading diseases between different hedgehogs.



Specialist GARDEN COMPANY

MAINTENANCE • TREES
LANDSCAPING

- Garden Maintenance
- Paving • Turfing
- Pressure Washing • Driveways
- Weed Control • Irrigation
- Decking & Fencing
- Ponds & Water features
- Tree & Hedge Care
- Garden Clearing
- Large Area Mowing

01992 276039

enquiries@specialistgarden.co.uk

SpecialistGardenCompany
www.specialistgarden.co.uk



WE REPAIR ALL APPLIANCES

Fridge Freezers ■ Washing Machine
Tumble Dryer ■ Dishwasher
Cooker & Range Cookers
All Freestanding & Built-in Appliances

CALL OUT £64.99
for Labour & Diagnostics

Family business with over 20 years experience
Fully trained Bosch & Hotpoint engineers

Service Partners with
John Lewis & British Gas



07488 265527



WE CARRY OUT ALL HOME RENOVATIONS

Garage Conversions | Bathrooms | Kitchens | Full Decorating
New Flooring | Plumbing & Heating | Electrical | Glazing
Roofing | Tiling | Handyman & Locksmith Services
Cleaning | Extensions & Loft Conversions | Clearances
Plus much more...

DOMESTIC & COMMERCIAL | NO JOB IS TOO BIG OR TOO SMALL

CHECK OUT OUR GOOGLE REVIEWS

t: 01992 276023 | m: 0794 939 4403

e: info@lillywhitepropertygroup.com

www.lillywhitehomerenovations.com

LillywhitePropertyGroup LillywhitePropertyGroup @LWMaintenance



**WE OFFER
FREE ESTIMATES**

**WE NOW OFFER FINANCE
ON ALL REFURBISHMENT
PROJECTS**

GOOD MORNING

from Susanna Reid

LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”



FROM YOUR AREA

Support group's future secured thanks to donations

at www.essex.police.uk or calling the non-emergency number 101, quoting incident 1277 of 12 March.



An Epping-based support group for survivors of domestic abuse can continue its vital work thanks to recent donations.

Thrive, which meets weekly, is a safe space offering peer support and professional facilitators.

Established almost a year ago, the group is a partnership between the Epping Team Ministry, Epping Forest Health and Wellbeing Board, Changing Pathways and Epping Forest Community Safety Partnership, and is a vital resource for women who have left abusive relationships.

Now, the group has received a grant of £6,000 from Essex Community Foundation – including £1,500 from the High Sheriffs' Fund – together with the proceeds of St John's Church Tree Festival in Epping and a significant private donation, securing the group's existence for the foreseeable future.

To find out more about the group, please email thrivegroupepping@gmail.com

Community heroes recognised at awards

Members of the Epping community were honoured at a prestigious awards ceremony last month.

The community came together on Friday, March 17, for the Epping Forest District Council (EFDC) Civic Awards, which recognise those who work tirelessly to support their communities.

The Team of the Year Award went to the Epping Playground Association, collected by Siobhán Garrett (pictured second from left, top row) who raised £176,000 for a new playground at Lower Swaines Recreation Ground.

Epping St John's School pupil Falak Hussain (pictured second from right, top row) took home the Youth Council Cup for her role as a youth councillor, volunteering for events such as the Dementia Fayre and Ride London. Falak is also the Youth Council Representative for Safer Epping.

Also recognised was 15-year-old Rebecca Gardiner, who received the Epping Forest District Council Sports Award. She had previously been selected to be part of British Cycling's National School of Racing programme 2022-23.

Councillor Mary Sartin, chairman of EFDC (pictured bottom row, fourth from left), said: "What a wonderful awards ceremony. Thank you to all our presenters for doing such a sterling job, and congratulations again to the winners and runners-up."



Man arrested following fatal collision

Police are appealing for information after a man died following a collision in Theydon Bois.

Officers were called to Poplar Row just after 10.15pm on Sunday, March 12, following reports of a collision involving a Smart car and a pedestrian.

The pedestrian, a man in his 80s, died at the scene. The driver, a 20-year-old man, was arrested on suspicion of causing death by dangerous driving.

If you have any information, CCTV, dashcam or other footage in relation to this incident, please get in contact with the police by submitting a report online

DID YOU KNOW
100,000
PEOPLE DIE EACH YEAR
IN THE UK FROM
SUDDEN CARDIAC ARREST?

YOU CAN LEARN KEY LIFE-SAVING
SKILLS FROM JUST £99

JOIN OUR 1-DAY EMERGENCY FIRST AID COURSE
OR 3-DAY FIRST AID AT WORK COURSE

CONTACT US FOR COURSE DATES &
MORE INFORMATION ON 07508 204656
enquiries@bbirisksolutions.com

BBI Risk Solutions
www.bbirisksolutions.com

BEALES ELECTRICAL
NEED AN ELECTRICIAN?
NO JOB IS TOO BIG OR TOO SMALL
We provide the following electrical services & more across Epping, Theydon Bois & surrounding areas.

- CALL OUTS • CONSUMER UNIT UPGRADES
- EV CHARGER INSTALLATION • FAULT FINDING
- FULL & PARTIAL REWIRES • LANDLORD CERTIFICATES
- LIGHTING INSTALLATIONS

WHY CHOOSE US? • LOCAL & RELIABLE
• GREAT CUSTOMER SERVICE • QUALITY WORKMANSHIP

CALL NOW FOR OUR FRIENDLY EXPERT
ADVICE, A FREE SURVEY OR QUOTE

01992 276047
www.beales-electrical.co.uk
hello@beales-electrical.co.uk



NAPIT Proud members of
Checkatrade.com
Where reputation matters

Google
★★★★★

ASGARD
Home Improvements Ltd

EFFECTIVE SOLUTIONS
FOR YOUR HOME

- SPECIALISTS IN INTERNAL & EXTERNAL REPAIRS & REFURBISHMENT
- REDECORATION • KITCHEN INSTALLATION
- RENTAL PROPERTY REFRESHMENT
- BUILDING EXTENSIONS
- 20+ YEARS EXPERIENCE • FULLY INSURED



CONTACT US FOR MORE INFORMATION
01992 276011 • asgard.hi@hotmail.com
www.asgardhomeimprovements.co.uk

ELECTRICIAN

www.FullCircuitSolutions.co.uk

Serving Epping, Theydon Bois and the surrounding areas



- Fuseboard Upgrades
- Fault Finding
- Call Outs
- New Lights
- EV charger points
- Full and Partial rewires

Call Mitch now on
01992 276 106



PLATINUM
DECORATING



**FOR DECORATION AS
UNIQUE AS YOU ARE**

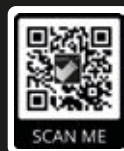
- PAINTING & DECORATING
- KITCHEN SPRAYING
- WALLPAPERING
- FREE QUOTATIONS

01992 276057

info@platinumdecorating.co.uk

platinumdecorating

platinum.decorating



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



PLEASE CALL FOR A FREE QUOTATION
01279 432444 * www.ovenbright.co.uk

DAME ELEANOR LAING MP

Epping Forest



LOCAL NEWS

Photo credit: Brian Minkoff/Shutterstock.com



Parliament is full of fascinating people. It is what makes it such a unique place. We were sad to hear the recent news that Baroness Betty Boothroyd (pictured above left) had died. At the age of 93, she had had a wonderful life. Most notably, she was the only woman ever to have been Speaker of the House of Commons. As a pioneering politician, overflowing with wisdom, kindness and personality, she was also an inspiration.

She presided over the House with natural authority. What a wonderful voice she had. When Betty issued an order, you obeyed.

My abiding memory is not of Betty in the Chamber, but of Betty entertaining in Speaker's House at one of her soirées. She announced that we would finish the evening with a chorus of *Knees up Mother Brown*. We were clearly under orders to come forward and dance. I was 30 years younger than Betty, but even then she

could kick much higher than I could.

I was sitting next to the chair when Betty made her valedictory speech in 2000. I remember holding back the tears. She held the House enthralled, her dignity, pride and affection emanating in equal measure from her words. As the genuine sadness at her imminent departure resounded around the benches, Betty paused, raised her head and said: "Be happy for me." My tears turned to a smile and I thought: "What a lady. What a performance. What a way to go".

When Betty moved to the House of Lords, as Baroness, I still saw her frequently, and she gave me valuable advice when I became Deputy Speaker.

Betty was not only articulate, clever and determined, she was also elegant, amusing and feminine. My generation of female politicians will always be grateful for her pioneering spirit and for the shattered glass ceilings she left behind.

WWW.ELEANORLAING.COM

YOUR LOCAL EVENTS

HOMELESSNESS: THE LIVED EXPERIENCE

Epping Forest District Museum, 39 Sun Street, Waltham Abbey, EN9 1EL
Until Saturday, April 29



Highlighting what it is like to experience homelessness, this exhibition tells the lived experiences of individuals in the Epping Forest district as well as a historical display of what homelessness might have looked like in the past. The exhibition will include photographs and recorded accounts as well as a community art installation.

THE WILD ESCAPE – BUTTERFLY MAKING WORKSHOP

Epping Forest District Museum, 39 Sun Street, Waltham Abbey, EN9 1EL
Saturday, April 22, 10.30am – 3.30pm

To celebrate World Earth Day on Saturday, April 22, join the team at Epping Forest District Museum to take part in a free butterfly making activity. Learn how to use a die-cutting machine and work with pen and ink to create beautiful butterflies. This workshop is part of The Wild Escape, a national art initiative. No need to book. Just drop in and allow around 30 minutes to do the activity.

FITZWILLIAM STRING QUARTET

Copped Hall, Crown Hill, Epping, CM16 5HR
Sunday, April 23, doors open at 3pm, 4pm start
The Fitzwilliam String Quartet was founded in 1968 by four Cambridge undergraduates and is now one of the longest established string quartets in the world. The concert will feature music by Johann Strauss II, Mozart and Tchaikovsky.

Tickets cost £20 per person. Doors open at 3pm for

a 4pm start. There is no late entry to the concert.

To buy tickets, head to www.coppedhalltrust.org.uk/index.php/services/14-music-and-theatre/144-music-fitzwilliam-string-quartet

INTERIORS OF COPPED HALL

Copped Hall, Crown Hill, Epping, CM16 5HR
Saturday, April 29, 6pm

Discover the grand interiors of Copped Hall through the ages at a special evening event. Emile de Bruijn, assistant national curator of decorative arts at the National Trust, will explore the importance of Chinese landscape wallpapers, putting the Copped Hall wallpaper, which was part of the fabric of the 18th-century mansion, into a wider context.

The talk will discuss the Chinese landscape painting tradition from which it sprang, how Chinese panoramic wallpaper emerged out of the commercial interaction of European and Chinese merchants, and how it featured in British interiors.

Tickets cost £15 and can be purchased from www.ticketsource.co.uk/coppedhallevents

CORONATION AFTERNOON TEA AT WALTHAM ABBEY TOWN HALL

Cornmill Suite, Waltham Abbey Town Hall, Waltham Abbey, EN9 1DE
Saturday, May 6, 11am – 3pm

Waltham Abbey Town Council will be hosting a live screening of King Charles III's coronation from 11am in the Cornmill Suite, located inside Waltham Abbey Town Hall, followed by servings of tea, cake and sandwiches until 3pm.

Tickets cost £15 per person from the Tourist Information Centre, 6 Highbridge Street, EN9 1DG. For more information, call 01992 660336.



Photo credit: Google Maps

The fastest way to book local tradespeople in Epping

Register to receive £20**
off your first order



JustFix
www.justfix.app

Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA
ROLLER SHUTTER DOORS

01992 830 024

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

FREE FITTING
PAYMENT ON
INSTALLATION

PRICED
EXAMPLE £895
COMPACT • UP TO 2.4M

GAROLLA ★ PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED
EXAMPLE £1,990
PREMIUM • 3.4M • ANTHRACITE



**Complete
Carpet
Care**

**PROFESSIONAL
CARPET &
UPHOLSTERY
CLEANERS**



ASSOCIATE MEMBER

CLEANING THE CORNERS NOT CUTTING THEM

**We work for both residential
and commercial customers**



Before & After cleaning by
Complete Carpet Care

PROUDLY SUPPORTING

A donation is made from every job



☎ **01992 276 091**

✉ **info@the3c.co.uk**

🌐 **www.the3c.co.uk**



An ancient forest with sinister secrets

Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more

than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



Photo credit: Lucasranger/Shutterstock.com



Alf Onnie Curtains, blinds and plantation shutters

- ✓ Bespoke made to measure curtains
 - ✓ Sheers & Voiles
- ✓ Window blinds – manually operated or motorised
 - ✓ Plantation shutters
- ✓ Pole and track fitting service
- No obligation quote
- Friendly & enthusiastic family business Est 1920
- Experienced consultation & installation team
- Commercial projects also undertaken

📍 Showroom based in Essex/London
☎ 020 8472 4658 📞 07956 818477
🌐 AlfOnnie.co.uk 🐦 @AlfOnnie1920
📦 Alf Onnie Curtains and Blinds

On enquiry
mention
Vision
for a special
offer



LOCAL FEATURES

AEG

Single Oven
BPK748380B



- 77 Litre Fan, 17 Programmes
 - TFT Display, Pyrolytic Cleaning
 - 2 Shelves, Quadruple Glazed Glass
 - Dimensions: H59.4xW59.5xD56.7cm
- 2 Year Warranty
A++ Energy Rating

Only
£989.⁰⁰

FISHER & PAYKEL

American Style Fridge
Freezer
RF605QDVX1



- Fridge 375 Litres, Freezer 230 Litres Capacity
 - Frost Free
 - Stainless Steel
 - Dimensions: H179xW90.5xD68.8cm
- 5 Year Warranty
F Energy Rating

Only
£3,300.⁰⁰



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





*Mini Shooters
Football Fun
in the Community*



SATURDAY SESSIONS

**FOR AGES
3-5, 5-7
& 7-11**

Ages 7-11:
10.00m-11.00am
Ages 3-5 & 5-7:
11.00am-12.00pm



Having a Party?

**WHY NOT HIRE OUR
FUNCTION ROOM**

**FOR WEDDINGS
CHRISTENINGS
ENGAGEMENTS
WAKES & MORE**

Buffets & Decorations can
be arranged by request

TO BOOK OR FOR MORE INFORMATION CONTACT

**MINI-SHOOTERS FOOTBALL
FUN IN THE COMMUNITY**

07469 717386 • info@mini-shooters.club

www.shooters5aside.co.uk Shooters • Rayley Lane, North Weald, Epping CM16 6AR

*Want to hire
a Pitch?*

**WE OFFER 3G PITCHES
CHANGING ROOMS
BAR FACILITIES
4 VIEWING SCREENS**

Available Weekdays: Mon-Thurs
Weekend Offers: Fri, Sat & Sun
1-2-1 Sessions • Pay as you Play

**BLOCK BOOKING OFFERS AVAILABLE
FOR 3G 5 A SIDE PITCHES**

*Does your kid
love football?*

**BOOK OUR
CHAMPIONSHIP &
PREMIERSHIP
BIRTHDAY PARTIES**

1.00-1.30 hour Football Games
Party Invites • Team Photograph
Certificates, medals & trophies to be won
Birthday card • Unlimited soft drinks
(Minimum of 10 children)

SHOOTERS FOOTBALL

01992 524393

shooters5aside@gmail.com

PASS ON PARACETAMOL

KIDS

Do you reach for your trusty bottle of Calpol whenever your child shows the first signs of illness? If yes, you should know that there are alternatives to this popular painkiller.

CHAMOMILE TEA
If your child is suffering with a headache, then a cup of chamomile tea can help to relieve pain and soothe them to sleep. Encourage them to take small sips and add a natural sweetener such as honey if they don't like the taste.

COOL LAVENDER COMPRESS
For children with a temperature, a cool lavender compress can work wonders. Simply dip a cloth in cool (not cold) water with a few drops of lavender oil and then place on their head, chest or legs.

WITCH HAZEL COMPRESS
Another effective natural remedy for headaches, a cold compress with a bit of witch hazel can be placed directly on the forehead for instant relief.

TEA TREE OIL SPRAY
Tea tree oil has been proven to help the body fight off infections as it contains active bacteria-fighting chemicals known as terpenes. Fill a spray bottle with water, add a few drops of tea tree oil and spray around the room or directly onto their body to soothe any inflammation and reduce a high temperature.

PLENTY OF REST
When your child is unwell, the most important thing to do is ensure that they have sufficient rest. Don't be afraid to let routine go out the window and allow your child to nap as and when they want to. If they have a headache, a dark and quiet room is a must.

WHEN TO CALL YOUR GP:

- ✓ If your child is under three months old and has a temperature of 38°C or higher
- ✓ If your child is between three and six months old and has a temperature of 39°C or higher
- ✓ If your child has other signs of illness, such as a rash
- ✓ If your child has a high temperature that has lasted for more than five days
- ✓ If your child is dehydrated.

DOGGY skincare

DOES YOUR DOG HAVE A SKINCARE ROUTINE? HERE'S WHY SKINCARE IS SO IMPORTANT FOR YOUR DOG'S OVERALL HEALTH AND WELLBEING

WHAT ARE THE MOST COMMON CAUSES OF SKINCARE ISSUES IN DOGS?

Dogs are susceptible to many of the same skin problems as humans, and these are typically caused by the following: Poor nutrition | External allergies or bites | Parasite infections | Skin conditions such as seborrhoea | Food allergies | Bacterial infections

HOW TO BUILD A SKINCARE ROUTINE FOR YOUR DOG

Wash them regularly

On average, you should wash your dog once a week to preserve their skin and coat. However, this can vary depending on breed, with very active dogs requiring more frequent bathing. Always use two applications of shampoo: one to cleanse the coat and skin of dirt and old skin cells, and one that should be left on for 10-15 minutes, to penetrate the skin.

Protect them from pests

Flea control is a must if you want to keep your dog's skin in optimal condition. Use flea prevention treatments all year round and visit your vet regularly for check-ups.

Focus on good nutrition

The foundation of healthy skin is nutrition, so you need to make sure that your dog is getting a complete and well-balanced diet. You don't need to buy the most expensive dog food on the market; you only need to ensure that their diet fits their needs.

Apply sun cream

Dogs can suffer with sunburn in the same way you can, especially those with short hair or light skin. Therefore, it is vital that you apply sun cream that is specially formulated for dogs during the warmer months of the year. You can also buy animal clothing that offers UV protection.



Let's Start with Forever

Say "I do" at the perfect venue with your perfect partner.

The Manor of Groves is licenced for both indoor and outdoor civil ceremonies making it the ideal wedding backdrop, set on 150 acres of stunning countryside the Manor of Groves can help create those special moments.

For more information, speak to a member of our team today:

01279 939 096

events@manorofgroves.co.uk

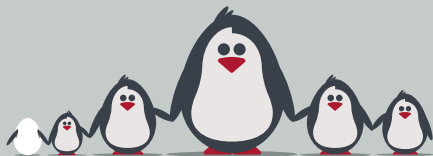


Credits:
Photography – Ezagoras Photography
Décor – Wedding Lounge

Manor of Groves Hotel, Golf & Health Club
High Wych, Sawbridgeworth, Hertfordshire, CM21 0JU
www.manorofgroves.com

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 Epping.

Contact us, enquiries@raydensolicitors.co.uk

Epping
323 High Street
Epping
CM16 4BZ
Tel: 0203 773 3919

RAYDENSOLICITORS
www.raydensolicitors.co.uk

We are available on



A silver lining
with every dark cloud.
RAYDENSOLICITORS



BEEWISE High end solutions for
less than you think

At Beewise we use our massive purchasing power
and market expertise to get you the best deals
on all of your retail merchant services.

Try risk free for **1 month**
50% off the cost of the terminal*
£100 Amazon voucher for
the first 200 new customers

Scan the code or call us and we will
save you time and money on your
business utilities and services

01992 276075

*Offer expires 30th April 2023



Be a part of it

BSMB – The Next Chapter

VISION editor Brett Shohet has taken over the reins of a prestigious business exhibition in Bishop's Stortford.

Brett, owner of the B7 Media Group, is the new organiser of the Bishop's Stortford Means Business (BSMB) exhibition, which attracts more than 350 participants every year and has the slogan 'Be a part of it'.

Sponsored by London Stansted Airport, BSMB dates back to 2001 and was founded to provide an opportunity for businesses large and small to present their goods and services to the community.

Speaking about why he decided to take over the exhibition, Brett said he will be continuing the ethos of the exhibition, bringing creative ideas to support both new and loyal exhibitors and encourage even more visitors to attend.



He said: "I am consistently looking for ways to invest in our communities and promote local businesses.

"This exhibition is the next step in expanding and growing the Vision brand and we are hoping to roll out

the exhibition to more areas in the future.

"In turn, this will help give local businesses the chance to promote and showcase their products and services."

Brett also wanted to express his gratitude to former organiser Robert Lee, who has been championing businesses across the community for more than 20 years.

**Book Your Stand
Today!**



@BSMeansBusiness
BSMeansBusiness
Means_Business_Exhibitions

Media Partners



Generously sponsored by



To find out more about the exhibition as
a visitor or an exhibitor, contact us on:
exhibition@bsmb.co.uk • 01279 939134
www.bsmb.co.uk



www.bsmb.co.uk

Date
18th October 2023
Doors open from 10am

Venue
South Mill Arts
Bishops Stortford

Come Along
FREE TO ATTEND

- **OVER 60 LOCAL BUSINESSES**
- **A ONE DAY EVENT**
- **FREE SEMINARS**
- **SPEED NETWORKING**



Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market town of Hexham came in fourth on the list.
5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



Montagues
ESTATE AGENTS

Your local specialists in

Lettings & Sales

montaguesproperty.com

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

YO _ R ADVERT HE _ E...

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO START ADVERTISING

Your
Monthly
Lifestyle
Magazine



t: 01992 276101 m: 07967 079101
e: epping@visionmag.co.uk
w: www.visionmagessex.com

DISCOVER WHAT SERVICE TRULY MEANS



HERE FOR ALL YOUR PROPERTY NEEDS

- Property • Finance
- Family run estate agency
- Local people helping local people move
- Knowledgeable & experienced team
- Expert independent financial advice

**VISIT OUR NEW OFFICE IN THEYDON BOIS
OR OUR MAIN OFFICE: 10 ELECTRIC PARADE,
GEORGE LANE, SOUTH WOODFORD, E18 2LY**

www.nkres.co.uk

☎ 01992 814054 ☎ 0208 220 9000
📍 19 Forest Drive, Theydon Bois, CM16 7EX
✉ Sales email: sales@nkres.co.uk
✉ Lettings email: lettings@nkres.co.uk
🌐 www.nkres.co.uk 📷 [neilkingresidential](https://www.instagram.com/neilkingresidential)

St Clare Hospice

Executive partners with
St Clare Hospice

ARE YOU LOOKING FOR SPACE FOR YOUR SMALL BUSINESS?

**(250 & 500 SQ FT) UNITS AVAILABLE FOR SMALL
OFFICES WITH STORAGE & LIGHT INDUSTRIAL USE
LOCATED WITHIN EASY REACH OF M11/M25.**

- Licence Agreement (only two months' notice) ■ On-site parking
- Broadband ■ Reception with call-handling facilities
- Deliveries taken in on your behalf
- Mailbox facility ■ Telephone answering service.

**WE ARE A FRIENDLY PLACE & HERE TO
HELP YOU SO COME AND JOIN US
SAVE ON TRAVELLING AND TAKE YOUR
BUSINESS AWAY FROM HOME.**

POP IN FOR A CHAT/VIEWING

Monday-Friday 9.00am-5.00pm
Hurricane Way, North Weald, Epping, CM16 6AA
Phone: 01992 524111
Email: bbu@bassettbusinessunits.co.uk
www.bassettbusinessunits.co.uk

**BASSETT
BUSINESS UNITS**



Picasso

V
HISTORY

...BEST ARTIST EVER?



Pablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.



DID YOU KNOW?

- Picasso's iconic striped t-shirt was designed by Coco Chanel
- His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- He produced 47,800 works of art in his 78-year career
- His father was an art professor
- In 2005, his painting *Le Rêve* sold for \$155million.

Photo credit: iStockphoto.com

AIRPOR^{Pro}

They say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important.

Here's our list of departure lounge dos and don'ts.

DO relax

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

DON'T stress about time

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

DO refresh

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

DON'T be excessive

Many people celebrate going on holiday by having a tipple or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens,

you run the risk of being turned away at the gate.

DO organise hand luggage

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can carry up to two litres of liquids and large electrical items in cabin luggage as they go through security. London City Airport has already put this new technology in place, thereby reducing hassle for passengers.

DON'T overdo the shopping

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.

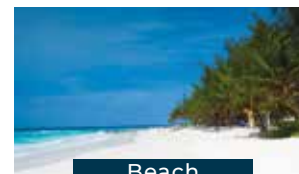


YOUR *Perfect* TRAVEL

Look No Further For All Your Holiday Needs!



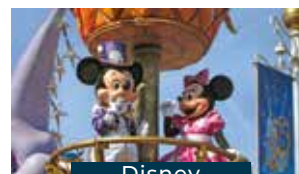
Safari



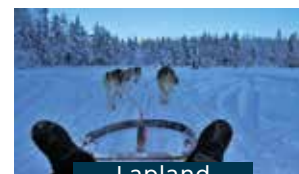
Beach



Cruise



Disney



Lapland



Tailor Made

Contact us now to speak with our friendly travel experts
01279 797189 • www.yourperfecttravel.co.uk



Luxury Lodges, great fun and a great return on investment!

Visit our four fantastic locations today....

TallingtonLakes

TANNER FARM PARK

Thorney GC



www.goodlifelodge.com • info@goodlifelodge.com • 0800 564 2266

DONNA PHELPS
SCHOOL OF DANCING

Dance Classes

Our ballet classes are available for children from a walking age to adults

- ★ Classes from a walking age to adults
- ★ Exciting shows
- ★ IDTA exam sessions
- ★ Dance parties
- ★ Barre fitness classes (adults)

For more information and to book
www.dpsd.co.uk
 dpschoolofdancing @Dpschoolofdancing

Classes available in Loughton, Theydon Bois, Ongar, Abridge, Chigwell, Harlow, Highams Park & Brentwood

TYRO PLATES

Designer Number Plates

CALL US TODAY FOR YOUR BESPOKE PLATE
01992 276102

- 2D Printed, 3D Gel, 4D Acrylic Plates
- All Sizes! Shaped, Short, Hex, oversized Plates
- Tinted, Chameleon, Coloured Show Plates
- Exclusive - Vintage Style Number Plates
- Keychains & Accessories
- 1 of the UK's Largest Wholesale & Trade Supplier
- Custom Cut Fit Plates
- Local Same Day & Free Fitting Service
- Nationwide next day shipping
- Over 500 Different Designs to choose from

SCAN ME

Car KEYS SOLUTIONS

THE UK'S MOST TRUSTED AND REVIEWED AUTO LOCKSMITH & EMERGENCY RESPONSE

HOW SAFE IS YOUR CAR?

Car & Van Security Specialists

VAN SECURITY LOCKS | ALARM SYSTEMS
 VEHICLE TRACKING | THEFT PROTECTION
 IMMOBILISERS | CAR KEYS

from ONLY £450

GHOST CAR IMMOBILISER
A SMART WAY TO PROTECT YOUR CAR

Secure your peace of mind and your vehicle with the next generation of vehicle security

www.carkeyssolutions.co.uk
Call us on 01992 276093
Email: contact@carkeyssolutions.co.uk

We cover Greater London & surrounding M25 areas
Open 7 days a week from 8am to 10pm

THE CAR'S THE STAR

SIX ICONIC CLASSIC CARS THAT WON'T COST YOU THE EARTH

LAND ROVER DEFENDER

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened. Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

FORD CAPRI

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

PORSCHE 924

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

SAAB 900 TURBO

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000. Sleek, solid and Swedish – it's a classic motor from a classic era.





Coffee, Cake & Care



Host your own
tea party or coffee
morning and raise vital
funds for your Hospice

Get your **FREE**
fundraising
pack today!



01279 773750

stclarehospice.org.uk/coffee-cake-care

f stclarehospice

@hospicestclare

stclarehospice

stclarehospice.org.uk
Registered Charity No. 1063631

DON'T JUST TAKE OUR WORD FOR IT...

Dear Brett,

VISION magazine has been brilliant for us.

They've helped us increase brand awareness across the whole region and gained us a good few happy customers in the short time we've been with them.

Putting together some brilliant artwork for us, Brett has helped us continue the professional image we're looking for and established us as something of a force locally.

Fulfilling our mission to bring competitively priced home improvements to the local area, realising people's ideal home and helping them achieve their dreams, has been much easier with **VISION** magazine. I foresee our partnership continuing for long into the future.

Many thanks,

Tom & Chris
New Level Loft Conversions
0208 088 2805



Your
Monthly
Lifestyle
Magazine



To advertise call now on

01992 276101

or email us at epping@visionmag.co.uk



RIVALRY

on the River

Every year, on the last Sunday in March or the first Sunday in April, two of Britain's most prestigious universities battle it out in a gruelling 4.2-mile Boat Race along the Thames.

On March 26 this year, the eight Cambridge men plus a coxswain were first across the finishing line and now have 85 victories compared with Oxford's 81. Only once has there been a dead heat – back in 1877.

WHY ALL THE FUSS? The Boat Race is a symbol of fierce academic and sporting rivalry between the two universities. It's also a tough test of strength, endurance and strategy. Rowers spend months ensuring they're at peak mental and physical fitness on race day.

The Boat Race is also steeped in history and tradition. The first event was held in 1829 and has been held almost every year since, except during the First and Second World Wars and the COVID-19 pandemic in 2020.

Watching the race live makes an exciting and low-cost day out, and every year thousands of people line the riverbank and stand on the bridges to watch the event.

WHAT'S THE ROUTE? The race starts at Putney Bridge and the teams navigate several bridges, including Hammersmith Bridge and Barnes Bridge, before reaching the finish line at Chiswick Bridge.

One of the most challenging parts of the course is the stretch of the river known as the Tideway, near the Houses of Parliament and the London Eye. This part of the river is subject to strong currents and tidal changes, making rowing difficult.

IS IT JUST FOR MEN? Not anymore. The first women's race was held in 1964, and since 2015 the women's course has been identical to the men's. That said, the men's race is still the one that makes the headlines. This year saw the Cambridge women win the Boat Race, marking their sixth straight win.

Photo credit: Nordin Catic via Cambridge University Twitter, The Boat Race Twitter



GOLF CLUB

**Celebrate at
Woolston Manor Clubhouse**
**The Special Venue for all your
Weddings & Parties**

You can celebrate in style in one of our stunning event spaces. The Clubhouse, set in 200 acres of beautiful grounds and lakes, boast a sweeping driveway, high ceilings and elegance.

**Enjoy the benefits of
Woolston Manor Golf Club**
**With our Individual, Joint &
Corporate Membership options**

Woolston Manor Golf Club membership provides you with access to the superb championship golf course, modern clubhouse, fixtures, competitions, social calendar and top class catering.



Woolston Manor Golf Club, Abridge Road, Chigwell, IG7 6BX

☎ 0208 500 2549 📧 info@woolstonmanor.co.uk 🌐 woolstonmanor.co.uk

THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

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

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

BOOK VIA EPPING@VISIONMAG.CO.UK

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

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

EDUCATION

TUTOR DOCTOR

All primary secondary subjects, 1:1 lessons, online or F2F in-home. Best tutor matched to every child's unique personality, weekly reports. 0203 856 4466

ELECTRICAL & WHOLESALE

CH ELECTRICAL WHOLESALE

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

ELECTRICIAN

CAPITAL ELECTRICAL SERVICES LTD

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

TACK ELECTRICAL

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

GLADE ENERGY SERVICES LTD

We cover all types of electrical work in your home. LED lighting, Fusebox upgrades, CCTV and Home automation. Please call 020 3906 2863

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

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

HEALTH & WELLBEING

REIKI VITALITY

Qualified Practitioner, promoting Emotional/Physical Well-Being for Adults/Children. Relieving, Stress, Anxiety, Depression, pain. 0203 7247385 | 07935 129241 | reikivitality@yahoo.com

LOCKSMITHS

KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 01992 666 121 | Quote: 15076

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

PLUMBING & HEATING

BOILER

BOILER offer servicing, installations, repairs and plans. Local Gas Safe engineers for all your needs. 6000 Homes EVERY MONTH. Call 01992 236063

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

PROPERTY MAINTENANCE

LILLYWHITE PROPERTY GROUP

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

PHOENIX ROAD CREATIVE

25+ years Web Design & Marketing to reach your audience. Let's get digital! hello@phoenixroadcreative.com | www.phoenixroadcreative.com | 07462 528494

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**.



PUZZLES & TRIVIA

PUZZLES

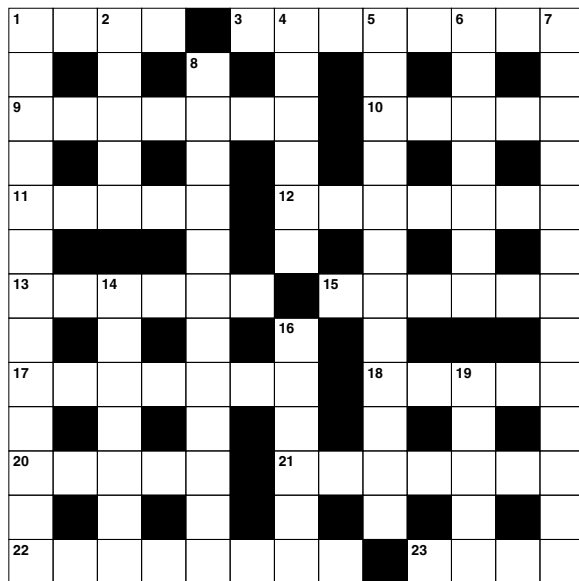
Answers: see end of The VISION Listings

ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

DOWN

1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



DID YOU KNOW?

- ▶ One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- ▶ The sunset on Mars appears blue.
- ▶ Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- ▶ There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- ▶ Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- ▶ One day on Venus is longer than one year on Earth.

SUDOKU

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

OVER 30 YEARS OF EXCELLENCE



Life is Beautiful

At City Bathrooms we believe everyone deserves a beautiful bathroom, that's why our passion for luxury products, first-class customer service and expert bathroom advice is at the heart of everything we do.

citybathrooms.com



City Bathrooms

11 Raven Road, South Woodford E18 1HB

Telephone: 020 8504 5152

Email: sales@citybathrooms.com



SELL YOUR HOME THIS YEAR FOR JUST

£2023+VAT!



W J Meade are a long-established and market-leading estate agency, first opening our doors all the way back in 1953! Since then we have continued to grow and are now delighted to announce our expansion into Epping and the surrounding areas. Our experienced and knowledgeable local team are on hand to deal with any questions you may have alongside our network of award-winning branches in Enfield and Highams Park.

So, to take advantage of our unbeatable fees and get started on your property journey; Give us a call to arrange your **free** valuation today!



01992 568964



Epping@wjmeade.net



152a High St, Epping, CM16 4AQ



SALES•LETTINGS•VALUATIONS