

**CRAZY
HYBRID
FRUIT
AND VEG**

CANNABLISS

The pros and cons
of medical marijuana

TRUMP IN TOWN

US President has tea with the Queen

ROBBIE

Singing superstar back with a bang

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6 TRUMP IN THE UK
 8 WHAT OUR DREAMS MEAN
 11 FASHION
 13 BEAUTY
 16 HEALTH & FITNESS
 19 TRAVEL
 21 HOME & DIY
 26 ROBBIE WILLIAMS
 29 GARDENING
 33 LOCAL NEWS
 43 FOOD & DRINK
 44 PUZZLES
 45 SPORT
 47 MOTORING
 48 THE **VISION** LISTINGS
 50 WHAT'S ON

Editor's notes...



Brett Shohet, Editor

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

I hope you are all enjoying the glorious summer we are having?

I certainly am, as I know in a few weeks it will be a distant memory. I have not had

too many heatwaves during my lifetime so I am embracing every moment.

It has been great fun helping 'the team' distribute the magazine this summer, which allows me time to interact more with the readers and also pop in and grab a coffee with some of our advertisers.

VISIONLoughton has been fortunate enough to secure some key locations to have pick-up points for the magazine each month. Keep an eye out in the town and surrounding areas to pick up your latest copy.

In local news, Teen Unite's annual It's a Knockout event will be coming to town in September, students raise thousands of pounds for charity and Epping Forest Youth Council celebrates its 10 year anniversary.

We welcome your local news stories, so if you have a story to share, please send it to loughton@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the August 2018 edition of **VISION**Loughton.

Brett

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It's surprising Donald Trump didn't venture around the UK in an armoured tank given the amount of vitriol that laid in wait around every corner during the US President's visit in the middle of July.

Yet a quaff of thick hair and an even thicker skin accompanied the bolshie and intentionally controversial leader, whose three-day working visit to the UK followed a NATO summit in Brussels, and preceded equally spicy talks with Russia President Vladimir Putin in Finland. Love him or loathe him, the 72-year-old doesn't do things in short measures.

Whether linking hands with Prime Minister Theresa May or haplessly failing to follow royal convention with the Queen at Windsor Castle, Trump revelled in the pomp and the protests.

He is in fact the 13th US president that Her Majesty has met during her reign, and the exchange was said to be cordial... so cordial in fact that HRH – on behalf of the government – laid out an invitation for a full state visit in April of next year, immediately after the conclusion of the Brexit process (whether or not we have struck a deal with the EU). That visit will include a military guard of honour and carriage ride up the Mall to Buckingham Palace... and perhaps a few thousand expletive-ridden placards too.

Trump divides opinion like no one else before him. Recently, his policy of keeping migrant children in cages at the US border appears brutal, yet his praise for our Prime Minister, and stories of his mother Mary Anne's praise for Her Majesty and 'tell it like it is' approach appeal wholeheartedly to those tired of 'suit and shoes' politics.

While those who hosted him in July were welcoming, others refused to engage. There was no meeting at all with the American citizen who has joined our Royal Family, Meghan Markle (who isn't quiet in her dislike of the president); nor was there a visit by Mr Trump to the new US Embassy south of the river (after he criticised the move from Grosvenor Square).

In addition, he was not invited to address both Houses of Parliament – an honour that has been accorded to previous US presidents – because of opposition from John Bercow, the Commons speaker.

But progress was made at Chequers where bilateral talks with Theresa May went well, and it appears the personal relationship between the two may have gone up a degree or two in warmth, despite a very obvious frosty chill continuing to linger just below the surface.

Trump concluded proceedings in Scotland where he played a round of golf with Prince Andrew at Turnberry, the course he owns. Business and pleasure – par for the course.

Photo credit: REX/Shutterstock

Trump's TEMPESTUOUS TRIP

WHAT DO YOUR *dreams*



really mean?

An ancient proverb states: "An unexamined dream is like an unopened letter." Too often we either forget or dismiss our dream but this could be a mistake. Exploring what your dreams really mean can help you gain a deeper insight into every aspect of your life.

1. TEETH FALLING OUT

This is one of the most common dreams that people have but in truth has nothing to do with your dental health. It is connected to feelings of insecurity, life changes that have left you feeling out of control or perhaps a loss of someone important in your life.

2. RUNNING AWAY

From early childhood you can probably remember experiencing dreams where you are running away from the 'bogie monster' and as we get older these dreams can shift to not being able to run due to your

legs not working or feelings of being stuck.

These types of dreams are fairly easy to interpret and should leave you asking yourself 'what am I afraid of? What am I running away from in life?'

3. CHEATING SPOUSES

Most people in a relationship will be likely to have dreamt that their partner is cheating on them at some point. This does not mean that subconsciously you know your partner is being unfaithful. More likely you yourself are experiencing feelings of being cheated in life, maybe you feel you are being overlooked for a promotion or let down by a friend?

4. BEING NAKED IN PUBLIC

Whether it's giving an important presentation or a flashback to your school days, most people have had that dreaded naked dream. What it symbolises is a lack of certainty about yourself, or even feelings of being wrongly accused of something.



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Director and head tailor Dan Chumley has a wealth of experience, helping to create unique men's pieces.

He completed a seven-year apprenticeship on Savile Row working for the likes of chef Gordon Ramsay, comedian Alan Carr and football pundit Gary Lineker and has had his own business for around six years.

Dan said: "I treat every client as a walking advert for me. I don't let any garment leave without it being perfect.

"I treat everyone the same no matter how much they're spending."

Due to Dan's experience, he can offer the customer more options, helping their ideas to become reality.

He continued: "I offer a unique, personal, one-to-one service. If the customer can't get to me I will go to them.

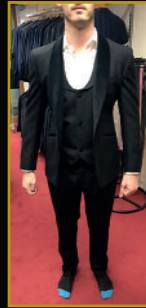
"When people are having things made they should be involved with a tailor who is actually making the garment.

"I can do all the pattern cutting myself. Many others send it away to be done."

Ross Carrington Bespoke Tailoring can help with anything from creating garments to a full fitting service and alterations.

Appealing to all budgets, grab a bargain in this year's summer sale. The company is currently offering a two-piece suit for just £599 and five bespoke shirts for the price of four.

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TROUSERS/JEANS

During pregnancy, most women find that their legs stay roughly the same while their hips and tummy grow. For this reason, the only thing that needs to be adjusted on your trousers or jeans is the waistband.

Quick fix: Take a hair elastic, wrap it around the button on your jeans three times before looping the other end through the corresponding hole. Wrap around the button one last time.

Easy stitch: Rip down the seam three to four inches on either side of the waistband. Fold one side in a couple of inches to create a triangle shape. Now pin a piece of thick elastic in the space and sew.

TOPS/T-SHIRTS

After the first few months, your belly is going to peek out of from underneath your top, so you will need to find a little more coverage.

Quick fix: The easiest solution is simply to create a belly band which you can wear underneath your regular tops. You can either buy one or make your own by cutting the top off of an old stretchy vest. This band can then cover the space between your shirt and your jeans.

Easy stitch: Take an oversized T-shirt and ruche the sides with elastic by turning the shirt inside out and using a stretch stitch to sew elastic up the side seam, from near the hem to just below the bustline.

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Now is the time to embrace your inner bohemian with floaty, oversized dresses.

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ARE THEY REALLY NECESSARY?

The world of beauty and skincare is awash with products for both women and men, all of which are apparently essential for beautiful, youthful looking skin. But are all these must-haves, latest scientific developments in skincare really needed or are they simply a way for beauty brands to make more money? Do you really need a separate eye cream to your normal face one? Here is some helpful information to help you make your mind up...

EYE CREAMS ARE SPECIFICALLY DESIGNED FOR MORE FRAGILE SKIN

The skin around your eyes is thinner and more fragile than the skin on the rest of your face. It is also more prone to showing signs of fatigue, therefore its needs are different to that of your facial skin tissue. Eye creams tend to be thicker than regular face moisturisers and contain more oil to combat dryness without irritating this delicate skin area.

AVOID THE DREADED CROW'S FEET

Fine lines and wrinkles can often start to appear around your eyes as you get older; a combination of sun damage, lifestyle choices and the fact that you produce less collagen as you age. A good quality eye cream will contain active ingredients such as vitamin C, peptides and retinol to boost collagen production.

EYE SERUMS?

A recent development in the skincare market, eye serums, like facial serums, are designed to penetrate deeper and contain more nutrients than a cream. Ideally, they should be used for treating dark circles and heavy eye bags rather than fine lines and wrinkles.

SQUINTING AND RUBBING CAN LEAD TO PUFFY EYES AND DARK CIRCLES

Men are prone to bags around the eyes and dark circles, often due to burning the candle at both ends. The best eye creams for this should contain caffeine and MSM which are known to reduce swelling.



BEAUTY



Pearly WHITES



How to get whiter teeth at home (and mostly using ingredients you already have in your cupboard).

If you've always dreamt of having a megawatt smile like Angelina Jolie or perfect gnashers like Tom Cruise but don't have the cash to splash out on an expensive whitening treatment at a private clinic, then you'll be happy to know that there are plenty of tricks and techniques you can try at home.

Let's start with the basics. You may not believe in the power of the humble toothbrush, but a good dental hygiene regime will go a long way towards keeping your teeth their best. Flossing is a great way to minimise the build-up of plaque (which is the white/yellow stuff in between your teeth) so do it every day and consider investing in an electric toothbrush – they are proven to be more effective.

Next up we want to focus on stain removal. Ever wondered why some toothpastes contain baking soda? It's because it creates an alkaline environment in your mouth, which over time will whiten your teeth. You don't need to buy a fancy toothpaste though, just mix a little baking powder with your regular one. Then, follow up with apple cider vinegar diluted in water to kill any remaining bacteria.

Finally, it's important to stop further staining from building up, so cut down on sugary treats, black coffee and red wine, or even drink them through a paper straw. Load up your diet in foods that are rich in calcium and include lots of crunchy veg like apples and carrots (which remove plaque as you chew). Another way to keep your mouth and breath fresh throughout the day is to try 'oil pulling'. Once a day swish a tablespoon of coconut oil around your mouth for 15-20 minutes. The oil pulls all bacteria out of your mouth, and some people swear it brightens their teeth too.

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Cannabliss

Some are calling for its legalisation in the UK, but just how effective is medical marijuana? And do the pros really outweigh the cons?

When Home Secretary Sajid Javid intervened to allow the cannabis oil treatment of a severely epileptic 12-year-old whose medication had been confiscated by Customs officers back in June, it put the argument of whether medical marijuana ought to be legalised back on the table.

Certainly Charlotte Caldwell, the mother of the boy in question, thinks it should be, and her voice is backed by sufferers (or their friends) of conditions that marijuana is known to treat - from helping to control epileptic seizures, slowing

Alzheimer's, easing the pain of multiple sclerosis cells from spreading. Even former Health Secretary Jeremy Hunt has called for cannabis oil to be made freely available on the NHS, but the topic remains contentious, with concerns that legalisation may just usher in a whole new health crisis as patients become addicted to the substance.

So what are the pros? Cannabis is currently classified as a Class B drug in the UK and carries a prison sentence of up to five years for possession. Advocates for legalisation argue that making it legally available would not only benefit the war on drugs, but it would also create a billion-pound industry that is fully taxable.

Also, with concerns that street weed is dangerous in being laced with other substances such as PCP (which can cause psychosis, extreme anxiety and seizures), it would surely be advantageous to know that a safer option was available.

Having said that, there is also the risk that people who have never before tried the drug could become hooked, while also sending out a message that substance experimentation is suddenly okay.

The big question is, will legalisation create a nation of healthy go-getters or an army of stoners?



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48 hours in COPENHAGEN

Only got time for a flying visit? No problem. Savour all the delights of the Danish capital in just 48 hours...

FRIDAY 4pm - Shop 'til you drop

Get stuck in to some Danish design on Strøget, one of Europe's longest pedestrian shopping streets. Illums Bolighus is a delectable design emporium, and Royal Copenhagen is the flagship of the Danish brand which has been making porcelain since 1775. Lego, Hay House and Georg Jensen also have flagships here.

3pm - Go for a ride

Spend an afternoon in Tivoli Gardens, the park that inspired Walt Disney, and one of the oldest amusement parks in the world. At night, thousands of coloured lights create a fairy-tale atmosphere that is completely unique. Have your dinner in one of the many restaurants in Tivoli.

7pm - Dine like a king

Noma on the Christianshavn flank of Inderhavnen, at Strandgade 93, has regularly been voted the world's best restaurant so make sure you reserve. Adhering to the New Nordic philosophy of seasonal eating, some of the produce is even grown in the back garden.

10pm - Get crafty

Carlsberg may still be the biggest factory in town, but microbreweries are the future. Olsnedkeren is a charming spot in the working-class neighbourhood of Norrebro; or for a swanky pint head to Mikkeller & Friends, which has 40 taps of revolving craft ales.

SATURDAY 10am - Museum hopping

For those who love the classics, head to the National Gallery or discover the history behind the world famous brewery Carlsberg at Visit Carlsberg. Or for something more cutting edge, head to the city's historical meatpacking district, Kodbyen, which has the industrial V1 Gallery.

SUNDAY 10am - Soak up the culture

Yes, you may be hungover, but let Hans Christian Andersen guide you through the old city centre, or jump on the classic live-guided canal tours through the waterways of Copenhagen to really blow away the cobwebs.

1pm - Street feast

For lunch try Papirøen (Paper Island) for the city's first and only genuine street food market.

12 noon - Eat like a Dane

Finish up with a traditional lunch at Nyhavn, the city's iconic heritage harbour with quaint townhouses and old schooners. Think open-faced sandwiches, cured fish and a local beer. Skål.

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Our homes are filled with so many different styles, fabrics and finishes when it comes to floors – a far cry from dull carpets and plain tiles just a generation ago. These days you can factor in wondrous wooden surfaces, laminate, slate, marble and even polished concrete. While variety is the spice of any living space, each finish comes with its own required maintenance, and it's worth paying attention to these in order to ensure your living space stays, well... alive.



CARPETS

The best and safest surface for children, comfortable underfoot, and with the widest variety of colours and designs, carpets are however a breathing ground for bacteria. Steaming is the only method that removes the bacteria lurking deep into the pile, while stains should be dabbed away (with a clean cloth or sponge), not wiped. Vacuum 'high-traffic' areas at least once a week, always ensuring your Hoover is at the right setting in order to prevent fibre damage. Once finished, empty your dust bag – a clogged bag can reduce efficiency by over 50 per cent.



WOODEN FLOORS

Arguably the best-looking finish, with a variety of wood shades and finishes, albeit hard underfoot and easy to scratch. Most wooden floors are prefinished, but not all, so check before treating and use only cleaners specific to your floor type. Now you're ready, use a dust mop or vacuum to remove surface debris, then simply mop to remove dirt using a trusted cleaning agent before allowing to dry naturally.



SLATE/TILES

Whether a chic or rustic finish, hard floors give a room solidity and style, though can be expensive and unforgiving for youngsters. A mild detergent in hot water and a rag or chamois will see you right, though you may want to toothbrush the grouted gaps with soap a few times a year.



VINYL

Cheap, wide-ranging in styles and with the ability to wipe away any sin, vinyl can show wear quickly if not maintained. A homemade apple vinegar and hot water solution will do everything a shop-bought cleaner achieves.



HOME & DIY

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Our desire for home interiors to be unique, bespoke and personal has made popular a number of crafts in recent years, with few as accessible and impressive as stencil art. In envisaging a pattern, creating a template and getting busy with some perfectly matched paint, you can transform weary old walls in no time.

Here is our easy step-by-step guide:

1. Select a design

The internet has given us inspirational access to the widest range of designs, so find a pattern that works for you and that matches your existing interiors. For instance, if your look is contemporary, look for something uncomplicated and clean; if you're more art nouveau, consider swirls and flower-based ideas.

2. Plan your wall

Know before you purchase materials the wall you're using, the positioning of the stencil (and a repeated pattern, if that's what you have in mind) and ensure you're keeping an eye on symmetry and centring.

3. Buy your supplies

Take a trip to your art shop, view their pre-made stencil designs, then conclude that yours will look better. Purchase either card or thick plastic sheets, along with required paints (fit-for-purpose stencil paint exists) and some decorating tape.

4. Copy and cut

Trace your design onto the sheet and care and carefully cut to create your main template.

5. Doing the dab

Now fix the stencil to the wall ensuring it is in position and straight (use a spirit level), then begin rolling paint through the sheet and onto the wall in a horizontal motion (this will help prevent drips).

6. Repeat and wait

Move across your wall replicating your pattern, then wait 24 hours for it to dry.

7. Sit back and savour

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Back to THE FUTURE

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Want some kitsch for your kitchen? Or a little 1950s flair for your front room? Well here's how to turn your home into a retro paradise.

Pick an old-school colour scheme
The retro colour palate ought to feel somewhat familiar thanks to the abundance of flashback photo filters on our smartphones. The tone is always slightly muted, and when choosing this style for your home you can never have too much of a good thing. So go big with minty greens, bubble gum pinks, muted red and buttercream yellows.

Get some retro gadgetry
If you believe modern technology works great but looks terrible, you will definitely appreciate modern gadgets that have a vintage exterior. Think digital radios which appear analogue, leather record players with a USB port for exporting your LPs and high-tech fridges concealed in a 1950s-style shell.

Scour the vintage shops
Having the odd piece of vintage furniture will

make the whole look feel authentic. So seek out Perspex lampshades, retro cocktail cabinets and an original dinette. Or, if you're feeling really flush, invest in an original Eames fibreglass chair.

Buy branded signs
One thing they got right in America's formative days of consumer marketing is branding. From the classic Coca Cola sign to the Cadillac motif and every diner logo ever, a small slice of Americana makes a big statement.

Add whimsical touches
No retro look is complete without a little dash of kitsch, though you may want to steer clear of anything too tacky (no home needs a 2ft high Betty Boop figurine). So think along more subtle lines... a diner-style napkin dispenser, for example, vintage glass perfume bottles or crocheted blankets.



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ROBBIE

IS BACK ON THE BALL

He's had his ups and downs over the years, but after a stirring performance at the World Cup opening ceremony and another typically charismatic display at the seventh Soccer Aid event – not to mention rumours of him landing one of the hottest jobs on British television – it looks like Robbie Williams is back for good.

When it was announced that Robbie Williams would be taking centre pitch at the 2018 World Cup opening ceremony in Moscow, there were few raised eyebrows. For while the ex-Take That star is unanimously adored in the UK, it's fair to say that cheeky chappy's antics might not be so well-received abroad – particularly when factoring in his 2016 *Party Like a Russian* single was said to offend many a Russian native who called it "crude stereotyping".

And yet, the charming 44-year-old rocked the stadium like it was 1998, belting out hits *Let Me Entertain You* and *Feel* before wowing a global audience of over a billion as he crooned hit song *Angels* with Russian operatic singer Aida Garifullina. And when Williams (rather unceremoniously) flipped his middle finger to millions of viewers during his encore of *Rock DJ*, it was swiftly written off as another of his naughty schoolboy pranks, with the general consensus being that it's great to have Robbie back.

Not that the Stoke-on-Trent lad has been out in the pop wilderness per se, more that he hasn't been quite so ubiquitous as he was at the height of his fame when Robbie mania seemed to grip the nation. And quite rightly too, for he was undoubtedly the star that defined a generation, selling millions of records, winning a total of 18 Brit Awards and even landing a spot in the Guinness Book of Records when, on announcing his World Tour for 2006, 1.6 million tickets were sold in one day.

Soon however, the cracks began to show, as the pressure of being so idolised drove him to alcoholism, substance abuse and bouts of depression. And when he moved to Los Angeles just over a decade ago for a fresh start, it looked like it might be the last we saw of our tormented troubadour. But in America, Williams would find not just mental rejuvenation, but also love, with US actress Ayda Field. The couple married in 2010 and share two children, Theodora Rose, five, and Charlton Valentine, three.

In Ayda, Williams appears to have found the perfect match. She seems to share his oddball sense of humour, while also offering enough stability and love to keep his demons at bay. In fact, the pair make such a terrific team that they will be joining *The X Factor* panel as judges when it returns to our screens later this year.

What we can expect from this new era of the larger-than-life superstar remains to be seen, but love him or loathe him, the British celeb circuit is a lot less entertaining without Robbie Williams.

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GARDENING

These days, a large garden with an abundance of trees, plants, a vegetable plot and perhaps even a small area for herbs is a luxury few of us have. Our outside spaces have become gradually smaller, with little room to cultivate, and if you've not put roots down metaphorically, it's unlikely you'll want to invest in physical ones either. Consider then, pots: versatile, inexpensive and able to add colour and charm to even the most barren of landscapes.

When choosing which type of containers you would like, first consider your space. If you just have a window box or modest balcony, smaller plastic or tin planters work best. Plastic pots may be cheap, but they can be painted assorted colours and hung from walls, stacked along sills or placed on benches. If you have an entirely concrete space, choose larger vases made of clay, either plain or painted. These will bring

life to the dank corners and transform a brutalist set of stairs into a picturesque path.

It can be tempting to assemble an assortment of different pots and containers, but this can start to look messy, so it's wise to choose a theme. Even a garden which already has an assortment of things growing can be enhanced and pulled together with some strategically-placed vessels.

Similarly, you don't want to throw any old seeds in and hope for the best. Consider which colours work best together and try to pick flowers of equal heights. Poppies and dahlias complement one another magnificently, as do tulips and peonies.

If you want an instant English country garden, you could simply buy pre-planted pots. This may be a more expensive option, but the joy of pots is that if you move to a new house, you can take your portable paradise with you.



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LOCAL NEWS

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LOCAL NEWS



Fun-filled event coming soon to Loughton

Following the success of Teen Unite's annual It's a Knockout event, the charity is bringing the fun-filled day to Loughton.

The event will be held at Loughton Cricket Club, High Road, on Sunday, September 16.

Teams will compete against each other on the inflatable assault course to be the first to overcome a series of challenges and obstacles along the way.

The concept is based on the hit 1960s TV comedy game show and is the perfect opportunity for companies, sports teams, friends and families to embrace their competitive side.

Seven teenagers are diagnosed with cancer every day in the UK and Teens Unite's It's a Knockout event will raise vital funds and awareness to support the charity's work in uniting young people and rebuilding their lives following a cancer diagnosis.

Teens Unite is the only charity in the UK to provide ongoing emotional, social and physical support throughout a young person's cancer journey.

By organising workshops and residential stays, young people can come together and meet others

their age in a similar situation, rebuild their confidence and self-esteem and learn new skills.

Entry to spectate at the event is free of charge.

Aside from the It's a Knockout competition, there is fun for all the family, with a BBQ and a selection of stalls and games to enjoy.

Debbie Pezzani, CEO and founder of Teens Unite, said: "We're incredibly excited to bring It's a Knockout to Loughton. As the charity continues to grow, we will be having more of a presence in Loughton and the surrounding areas and we look forward to introducing our work to new supporters."

"The day is a fantastic opportunity for companies, sports teams, community groups, friends and family to come together and make a difference to the lives of young people."

Taking part in Teens Unite's It's a Knockout competition costs £400 for a team of 10, £200 for a team of five and £40 for an individual place.

To book your place, visit www.teensunite.org/ events, email events@teensunite.org or call 01992 440091.



Summer bounce raises over £1,000

LOCAL NEWS



Photo credit: Everything Local News

Children at Thomas Willingale School and Nursery in Loughton helped raise £1,500 when the PTA held its annual 'summer bounce' event.

Inflatables and bouncy castles surrounded the school field for the event recently which also featured stalls with parents making candy floss.

PTA chairman Amy Rattee said: "Thomas Willingale School PTA would like to thank everyone who attended the summer bounce.

"It was enjoyed by children and adults and was a great success. Your support has helped us to raise more money for our school."

Woman taken to hospital after falling off bike

Essex Police are appealing for information after a woman was taken to hospital after falling off her bike in Loughton.

The 24-year-old fell while in Goldings Hill between the junctions of Lower Road and Millsmead Way at around 3pm on Sunday, July 15.

The woman was taken to hospital and later discharged.

Police are now trying to establish the circumstances leading up to the incident.

Anyone with information or dash cam footage is asked to contact PC Tina Quinlivan at Chigwell Roads Policing Unit on 101 quoting incident 756 of 15/07 or Crimestoppers anonymously on 0800 555 111.

Students raise thousands of pounds for cancer charity

Pupils and staff at Thomas Willingale School and Nursery in Loughton have raised over £1,400 so far for Cancer Research UK when they held their own Race for Life fundraising day.

The school raised £771 on the day and are currently still receiving online donations for sponsorship.

Headteacher Teresa Philips said: "Once again the sun is shining for us as we Race For Life, raising considerable amounts of money for Cancer Research UK.

"Our children dressed for the occasion in shades of pink and their faces were painted to support all the warriors out there who are affected by cancer."

"Our wonderful families joined us for a picnic lunch where we all came together in solidarity.

"It was great to hear comments such as 'I really love this day', 'this is such a wonderful event', 'thank you for being such a caring school' from parents as they left with smiles and a summer glow."

The charity is close to the hearts of staff and pupils at the school.

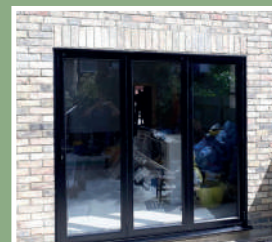
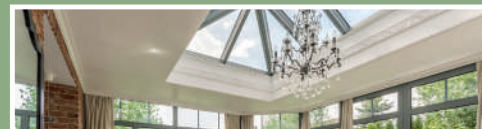
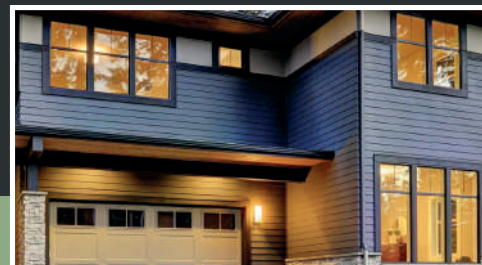
Teresa added: "This year our school community has been affected by cancer one too many times. We have lost both staff and parents.

"It is through fundraising events like these that treatments have been developed and because of the work of Cancer Research UK, some of us have been fortunate enough to be survivors."

To support the school's fundraising efforts and to make a donation go to fundraise.cancerresearchuk.org/page/thomas-willingale-1



Photo credit: Everything Local News



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Photo credit: Everything Local News

Pupils participate in pirate-themed performance

Year 6 pupils at Hereward Primary School in Loughton had an afternoon to treasure as they performed a pirate-themed play to mark the end of their time at primary school.

The children sang, danced and acted in *Pirates of the Curry Bean* to their parents and family members.

After the confident and enthusiastic performance, the pupils were given leavers' certificates by the

headteacher and deputy headteacher.

Former pupil Alfie Sayer presented trophies to recognise particularly impressive achievements.

Mr Woolard said: "We are so proud of our Year 6 pupils who have worked hard and shown such a wonderful aptitude for learning.

"They deserve to have more success when they start secondary school next year."

Students take part in science fair

Year 7 students at Roding Valley High School in Loughton took part in a science STEM fair at Queen Elizabeth Park in Stratford recently.

The day, hosted by Shell, saw students explore how the world could be cleaner and possible inventions that can be created such as using kites to generate electricity and designing an eco-marathon car.

Science teacher and STEM coordinator Shetal Patel said: "The annual event, entitled Make the Future Live, involved endless opportunities to make an eco-friendly world.

"Activities involved capturing carbon, designing an eco-marathon car and taking part in an energy quiz. It was a great and inspiring day."

Student Ruby Coyte said: "We experienced many amazing inventions and ideas which are being developed for a cleaner, brighter future for our world, decreasing carbon emissions.

"I really feel that people put so much time and effort to teach us how to make the world a better place, and I feel encouraged to do the best I can to help."

Student Bronya Overington said: "I learnt so much throughout the day and have been so inspired. The tasks were so interesting and I was occupied every minute due to the exciting facts and science-themed activities we were learning.

"Everything I learnt has really made me want to help us become a cleaner, eco-friendly planet."

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Students Springboard to Sixth Form



Photo credit: Debden Park High School

Debden Park High School in Loughton welcomed their class of 2020 as part of this year's Springboard to Sixth Form event.

Over two days more than 100 of the school's successful applicants from seven secondary schools got a taste of their future lives in the sixth form.

The springboard event primarily looks to showcase the full range of opportunities on offer to new students, as well as giving them a chance to sign up to one of the many enrichment activities available from September.

This included signing up to the summer charity trip to Swaziland with World Challenge, training as a Year 11 mentor, taking part in the Duke of Edinburgh Award programme or completing an Extended Project Qualification (EPQ).

Director of sixth form Joe Simm said: "We were keen to give our new cohort as full an overview of sixth form life as possible.

"At Debden Park we understand how important these years are in the shaping of our students' futures.

"While obviously a key part of school life, there's so much more to sixth form life than just the lessons. Students know they will be taught outstanding lessons."

Alongside beginning their A-level lessons, students had sessions in preparation for their personal statements and university applications.

Students compete at TKAT Games

Some 60 students from Debden Park High School in Loughton competed at the TKAT Games at

the Allianz Park Stadium in Mill Hill in North London.

Students took part in a variety of athletics events throughout the day, which also featured an opening and closing ceremony.

Gold medals were won by the Year 7 Girls, Year 10 Girls and Year 10 Boys relay teams, the Year 10 Boys shot put and in the Year 7 and Year 10 Girls 200m.

PE subject leader Leah Dixon said: "It was an extremely successful day with all our students doing both themselves and the school proud."

Youth council celebrate 10-year anniversary

Epping Forest Youth Council marked its 10th anniversary with an evening reception hosted by Dame Eleanor Laing MP.

The event was held on July 5 at the Houses of Parliament.

The evening celebrated 10 years of youth democracy in Epping Forest and more than 80 youth councillors past and present shared their experiences.

A film was presented highlighting their work and photographs from the years gone by were on show.

During the existence of the youth council, youth councillors have developed and delivered a range of project work covering themes such as personal safety awareness, drugs education and youth volunteering.

Dame Eleanor Liang MP delivered a speech on the evening praising the work of the youth council over the past 10 years.



Photo credit: Epping Forest District Council



LOCAL NEWS



Cash prize for local schools which love their clothes

School children across Essex, including a school in Loughton, have raised over £3,700 for their schools by donating over nine tonnes of old clothes to be recycled.

Staples Road Primary School was one of the schools that took part.

The competition, run by Bag2School in partnership with Recycle for Essex, saw 37 schools take part.

The winning school, Rickling C of E Primary School, won a free upcycling session (pictured).

Every household in Essex throws away the equivalent of 36 woolly jumpers each year.

Many districts and boroughs in Essex offer

collections, all recycling centres accept textiles, along with the many textile banks located all around the county. All clean clothing and textiles can be recycled, even items that are ripped or have holes in.

Councillor Simon Walsh, Essex County Council cabinet member for waste, offered his congratulations to schools taking part in the competition.

He said: "The schools recycling competition has been a fun new way to encourage pupils and parents to learn about the value of recycling their clothes.

"I would like to congratulate all the schools who took part, for encouraging young people in Essex to become a new generation of recyclers."

200 plus arrests made during driving campaign

A total of 205 people have been arrested during Essex Police's summer anti-drink and drug driving campaign.

The campaign ran between Thursday, June 14 and Sunday, July 15 and saw 2,050 drivers stopped and interacted with.

In total 109 people were arrested on suspicion of drink driving, 78 on suspicion of drug driving and 18 on suspicion of failing to provide a specimen.

Head of roads policing Adam Pipe said: "Alcohol and drugs can slow your reaction time and when you're behind the wheel that can be fatal.

"It continues to be a blight on our communities and those who are doing it are putting their lives, and those of other road users, at risk.

"Our summer campaign shows there are people

who still believe it is ok to get behind the wheel after taking drugs or having a few drinks. It's not ok, it's totally unacceptable.

"The campaign may have finished but our work to identify and arrest drink and drug drivers doesn't stop.

"My officers will continue to carry out proactive operations and act on information called in to us.

"Intelligence from the public has been essential during this campaign and I continue to urge you to contact us if you know of someone drink or drug driving.

"Please remember to drive safe, drive sober."

You can call Essex Police on 101 to report a drink or drug driver.

If you have information or intelligence on someone who has been or regularly drinks or drug drives, send it to www.saferessexroads.org/extrayeyes

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Fruit Cocktails

In a world of experimentation, cross-breeding of fruits and vegetables was inevitable and thankfully it has resulted in some weird and wonderful creations that will brighten up your meal times.

Blood Limes
If you like blood oranges, then blood limes are definitely for you. A hybrid of an Ellendale mandarin and a red finger lime, they are less bitter and more sweet than their standard counterparts. Best for making marmalades, preserves or sauces, blood limes also work well as a vivid garnish on an otherwise run of the mill salad.

Plumcots
Plumcots are the innovative creation of nursery owner Luther Burbank and combine the sweet apricot with the tart plum to create a perfectly balanced fruit. Originally 75 per cent plum and 25 per cent apricot, this fabulous hybrid was first produced over a century ago but proved too difficult to grow at the time. Today we enjoy a more advanced hybrid known as the pluot.

Cucamelons
Possibly our favourite hybrid; the cucamelon is similar in appearance to a tiny watermelon but tastes like a cucumber with a hint of sourness. Also known as the Mexican sour gherkin cucumber, we recommend pickling this fruit with dill and mint leaves or simply adding it to a salad cut in half as you would a tomato.

Kalettes
Brussels sprouts – you either love them or you hate them. That is why British agricultural experts have spent the last 15 years working on a tastier sprout by cross-breeding it with the ever-popular kale. Both these sprouting vegetables are part of the Brassica family, which makes them ideal for producing a hybrid. The end result is a nuttier, sweeter version of the sprout that also looks more appealing to eat.







PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

- 1. Writing fluids (4)
- 3. Approximate (8)
- 9. Capital of Georgia (US state) (7)
- 10. Factual evidence (5)
- 11. Sends through the mail (5)
- 12. At a greater distance (7)
- 13. Repulsive (6)
- 15. Husky (6)
- 17. Redecorate (7)
- 18. Loft (5)
- 20. With a forward motion (5)
- 21. Eg anger or love (7)
- 22. Commonplace (8)
- 23. ____ verca: cosmetics ingredient (4)

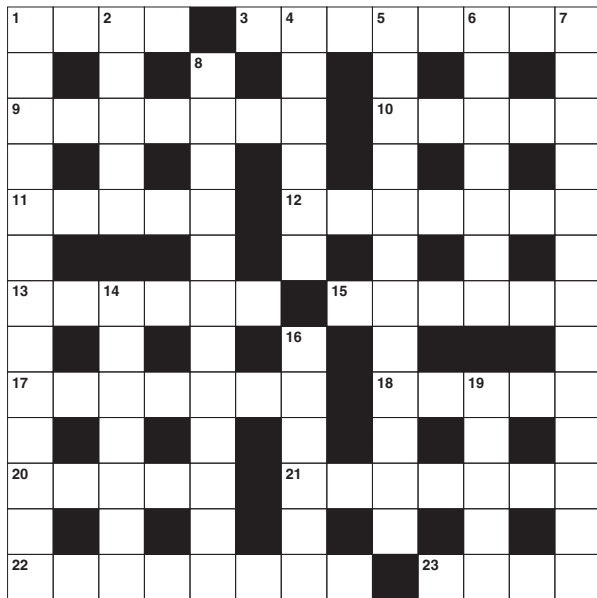
DOWN

- 1. Not proper (13)
- 2. Ovens (5)
- 4. Large sticks (6)
- 5. Imitator (12)
- 6. One more (7)
- 7. Fizz (13)
- 8. Modestly (12)

14. Get better (7)

19. Rotate (5)

16. Greek goddess (6)



DID YOU KNOW

- ▶ Tennis was originally played with bare hands. Players would hit a small ball over the net with their hand.
- ▶ Netball was included in the Commonwealth Games programme for the first time in 1998. England won the bronze medal.
- ▶ The Ryder Cup was played for the first time in 1921 between the men's professionals of Great Britain and the USA. It was won by Great Britain.
- ▶ Bowling was first played with nine pins in the USA but it was outlawed due to being associated with drinking and gambling. Somebody added a 10th pin to keep the sport going.
- ▶ The first basketball game took place in 1892 where the court was half the size of today's NBA court.

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SPORT

BEFORE THEY WERE FAMOUS

the women

The life of a professional sportsperson is full of glory and fan adulation – but for many of those who went on to make a name for themselves under bright stadium lights and in front of roaring crowds, there were far more menial jobs to be done along the way.

Kelly Holmes DBE

Double gold medal winner Kelly Holmes has become a national treasure with her amazing running prowess and strong work ethic. Brought up on a council estate in Kent by her mother, Kelly's life is truly a story of hard work and determination over adversity. Her road to success was not straightforward and she previously worked in a sweet shop and as a nursing assistant for the disabled before joining the army aged 18.

Jayne Torvill OBE

Instantly recognisable as one half of the famous duo Torvill and Dean, who revolutionised the sport of ice dancing with their gold medal win at the 1984 Winter Olympics, Jayne Torvill has continued to wow us as a judge on *Dancing on Ice*. But what most people don't know is that this passionate woman once worked as an insurance clerk at Norwich Union; she probably won't want to check our policies now.

Nicola Adams

Now an Olympic boxing gold medallist and recently named as the most influential LGBT person in Britain, you would never imagine that Nicola Adams once worked as an extra on several soap operas including *Coronation Street*, *Emmerdale* and *EastEnders* and prior to funding into women's boxing was made, she also had a stint as a builder; perfect training for building up those famous muscles.

Mary Peters DBE

Over her career Mary Peters set 25 British records, won gold in the 1972 Summer Olympics in the pentathlon and represented Northern Ireland at every Commonwealth Games from 1958-1974. She was and still is an inspiration to the people of Northern Ireland; bringing them together in a troubled time with strong leadership skills that she acquired as head girl of her school and later as a teacher.

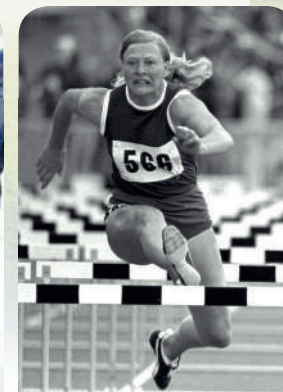
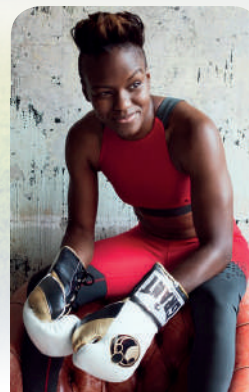


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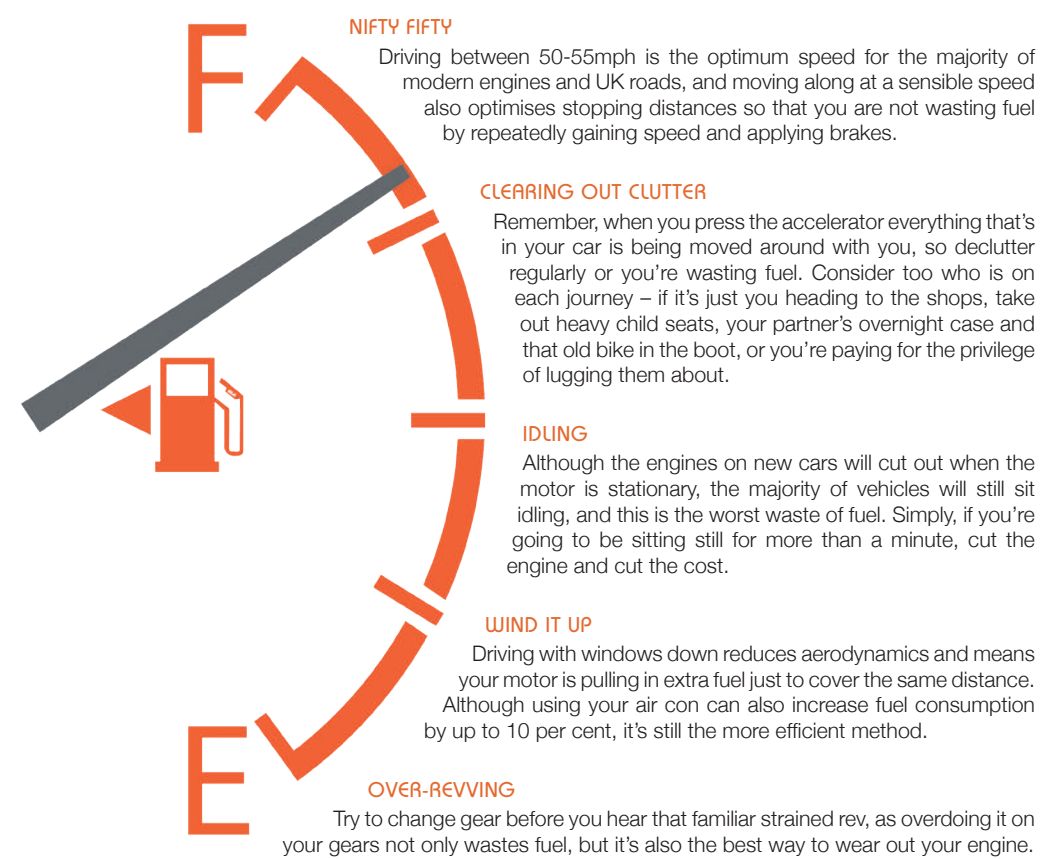


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Five steps to ensure you are driving at maximum efficiency

We've all found ourselves at the petrol pump wondering how it is the last tank of fuel evaporated quite so quickly. The truth is, it's not just distance that costs us dear when it comes to the cost of filling up, it's our driving habits too. Here are five steps towards achieving driving efficiency, and with it, a lowering of fuel costs:



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WHAT'S ON

WHAT'S ON

in your area

Suntrap Family Forest Survival
Suntrap Centre, Church Road, High Beech, Loughton, IG10 4AJ
August 7, 10am – 12.30pm



Bring your family to a variety of fun, outdoor activities during the summer holidays. Go on a mystical or Jurassic forest adventure or learn some survival skills.

Two and a half hours of forest-based activities from 10am until 12.30pm. You can stay in our grounds until 2pm for picnics.

This is aimed at families; all children must be accompanied by an adult. The cost is £12 per child or book five sessions per child for £50 (3yrs+).

Booking is essential by emailing suntrap.centre@walthamforest.gov.uk

Old Macdonald and the Three Pigs Plus Jazz Archive Room, 1st Floor, Loughton Library, Traps Hill, IG10 1HD
August 9, 2.30pm – 3.30pm

Presented by Booster Cushion Theatre, this comical show weaves the song *Old McDonald* with the story of the *Three Pigs*.

The pigs get fed up singing 'eieio' and move out of the barn to the other side of the farm. They build their own houses only to be visited by a hungry wolf, luckily, the pigs have planned ahead, but what will happen?

Children must be accompanied by an adult whose place must be booked.

We recommend no one under the age of four attends the show. This age range is set by the theatre company which creates the show.

Visit www.eppingforestdc.gov.uk/holiday-activities to book.

Loughton Farmers' Market
Centric Parade, High Road, Loughton, IG10 1DW
August 12, 9am – 3pm

This market was started in 2002 by the Loughton Residents' Association (LRA).

It is currently run by Essex Farmers' Markets who should be contacted for any enquiries regarding stalls.

They can be contacted on 07985 509 752.

Sunday Carvery
Woolston Manor Golf & Country Club, Abridge Road, Chigwell, IG7 6BX
August 19, noon – 6pm



The best Sunday roast carvery is now available to you at Woolston Manor Golf & Country Club.

Join us for a delicious unlimited three-meat carvery every Sunday from noon - 6pm in our newly refurbished lounge for just £12.95.

To avoid disappointment please call 0208 5002549 for information and reservations. We hear the wine is pretty good and so is the view.

How to draw... a portrait at Epping Library
Loughton Library, Traps Hill, Loughton, IG10 1HD

August 29, 10.30am – noon
This practical, artist-led workshop will teach you tips and techniques for drawing the human face. Work in a relaxed, friendly environment with expert tuition, where experimenting is encouraged and learning is fun.

Suitable for children eight – 14 years old.

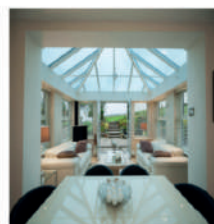
Parents are welcome and encouraged to attend but need to book and take part too.

Online booking is open. Visit www.eppingforestdc.gov.uk/holiday-activities



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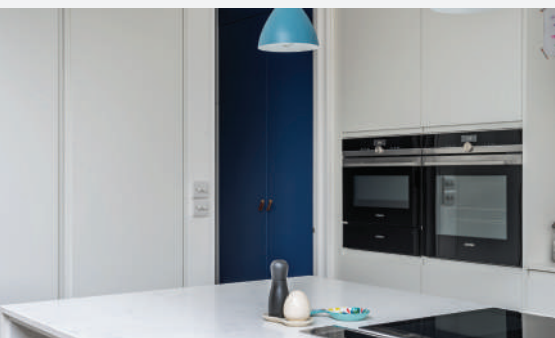


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