



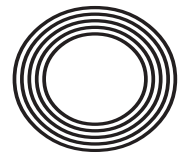
**TOP
FOOD &
DRINK
FESTIVALS**

BEAUTY TAKEOVER
Kylie Jenner shaping the
beauty industry

LONG HOT SUMMER
The truth behind the soaring temperatures

Nadiya
HUSSAIN

Baking sensation takes over the small screen



FREE

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Editor's notes...



Brett Shohet, Editor

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

The days are becoming shorter and we are looking for that last bit of sun.

What a hot month it has been, not only in the temperature but also

with the way **VISION** is being recognised in Essex. This month's edition is its biggest ever. Thank you.

The **VISION** titles are going from strength to strength with our Billericay edition now reaching Shenfield, the Brentwood title now distributing to Ongar and the Hornchurch title delivering to even more homes in Gidea Park and the surrounding area. Even our very own Loughton and Buckhurst Hill edition has been increased in pages. That's over 28,000 homes every month.

In this month's edition, we cover Nadiya Hussain's journey from *The Great British Bake Off* winner to household cooking favourite.

In local news, a three-storey building breaks out in flames, residents raise awareness for a national charity and students celebrate an excellent set of A-level and GCSE results.

We welcome any of your stories for our local news pages, 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 September edition of **VISION**Loughton.

Brett

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DOWN 1. DROWSY, 2. CALENDAR, 3. ERNIE, 5. CALUMNY, 6. OGRE, 7. SPOUTS, 8. CONNECTICUT, 13. ACADEMIA, 14. TROUNCE, 15. HABITS, 16. DREDGE, 17. WEARS, 19. VISA

When rain started to fall in the first week of August, an audible sigh of relief emanated from commuters, the elderly, stay-at-home mums and dads, and even the odd child. As summers go, this one has hit some dizzying heights, as have the temperatures, so with things starting to cool off a little, we're left wondering if the crazy climatic shift that has singed us as well as most of Europe was a one-off, or a prelude to future summers.

Firstly, let's all relax – something it's easier to do now without breaking into sweat every time we reach for the remote control – because although this summer has been one of the stickiest ever, the concept of a heatwave isn't anything new. What has made the past few months remarkable have been the lack of a break in play and the relief of some light rain.

The sweltering conditions were caused by temperatures in the North Atlantic, which have affected the strength and direction of the jet stream, thus keeping us truly ensconced in this barrage of heat.

The result has been the hottest and driest summer on record, with a temperature of 32C or more recorded for 15 consecutive days. And, of course, we're not alone – the rest of the northern hemisphere has felt the effects too, with Portugal and Spain topping 48C and Ouargla in Algeria recording a pulverising 51.3C.

Of course, any heatwave has its victims. As well as people unaccustomed to the heat and suffering the sometimes terrifying effects of heatstroke, the effect on nature sees wildfires commonplace, and this summer Greece and Sweden bore the brunt of some terrifying blazes, while Saddleworth Moor in Lancashire saw heathland alight for three weeks.

We won't know if this year's extreme temperatures were a one-off for about another 10 months when next summer rolls around, but average temperature across the whole of the year has been on the rise for the last couple of decades. In fact, by 2022, global increases are expected to break through the threshold put in place following the Paris climate change summit in 2015, which says we must not progress to more than 1.5C above pre-Industrial Revolution average temperatures.

And yes, climate change is now being taken very seriously as a contributing factor to this summer of extreme sun, but agreement differs still over where the line is drawn between natural planet temperature increases and those caused by human activity. Wherever the truth sits, the moves to combat global warming will continue... after all, the consequences (droughts, destruction of eco systems, rising of sea levels and increased spread of diseases) are too terrifying to consider. We are constantly reminded to reduce, reuse and recycle, to consider fuel usage (from the petrol and diesel we put in our cars to saving electricity and cutting back on air conditioning), to eat green, use local suppliers and even plant trees.

These are all small steps that, when combined, can produce tremendous, positive effects for our environment. They'll also ensure you can begin to enjoy the positive side-effects of the heat without the guilt... now how is that tan lasting?

The Heat Vision



OPENING NEW DOORS

We all know that buying a new kitchen can be a trying experience. You can spend hours online or looking through magazines and brochures, followed by walking for miles around showrooms and stores encountering the full gamut of the UK retail experience, from the helpful and efficient to high-pressure wheeler dealers.

And once you have made your decisions, there can be a long wait for the units, appliances and others materials to be delivered – hopefully on time and all together – and you then face the stress of having to evacuate for one of the most used spaces in the house, with the kitchen's contents cluttering up the other rooms. Then you know there's going to be several days of early starts with plumbers, fitters, tilers and decorators causing dust and disruption. And if you don't have family or friends willing to feed you for a week, takeaways and meals out will only add to the overall cost.

Luckily, customers in Loughton and Hornchurch can avoid this fate. Instead of the major cost and disruption of installing a brand new kitchen, Dream Doors can use your current unit carcasses – which can typically last for decades – and instead replace your outdated doors and surrounding trims. A welcome benefit to refacing is that it can cost half the price of the average new kitchen, be delivered within a few months and fitted in as little as a day.



The Dream Doors showroom in Redbridge Lane East has a large range of kitchen door styles, finishes and worktops on display to help you achieve a quality kitchen makeover that will save you time and money. The company can also supply and install new appliances and kitchens, and all work is carried out by approved skilled local kitchen fitters.

The business, owned by Esther and Viny, is a part of the Dream Doors national franchised network that has showrooms all the way up to Scotland.

“Major home improvement projects always seem daunting” says Viny. “But there's far less upheaval with our kitchen makeovers. For a simple door swap we're in and out in a day, and for a facelift with worktops and a new sink, we'll need an extra day. By leaving the existing units in place and simply changing what can be seen, our customers get a kitchen that looks brand new, but without the outlay or the stress of a complete refurbishment”

He adds “All our doors are made-to-measure here in the UK and none are off-the-shelf. This means that when the order is taken, the doors are made specifically for that customer.

Dream Doors offers a comprehensive guarantee on the quality of its doors and labour. The deposit required from customers on orders is only 50 per cent.

“We're part of a huge brand, the UK's biggest name in kitchen facelifts” says Esther. “But unlike other national companies, our customers deal with a tightly knit team – including the business owner – and we believe this leads to truly great customer service.”



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Find your perfect style for every occasion

A new boutique is opening in Buckhurst Hill providing women's clothing, shoes and accessories.

Having been in the fashion industry for over 30 years, owner of Ferals Boutique, Fiona Miller has a wealth of experience that she can pass on to customers.

Fiona worked in high end retail stores for several years and as a result can offer fashion advice, excellent customer service and expert knowledge.

Helping to choose the perfect outfit for you, Ferals is able to recommend clothes and accessories for your body shape, style and occasion.

Unlike many shops on the high street, Ferals Boutique has a small amount of stock, so you won't turn up at a party wearing the same outfit as someone else.

Going above and beyond to help you look and feel great, Ferals Boutique is the place to visit for all your fashion needs.

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FASHION Bloggers



STYLE BUBBLE
[@susiebubble](#)
Founded by Susie Lau back in 2006, this is the fashion editor's blog of choice, and one of the original fashion blogs to make it big. London-based Susie's idiosyncratic style has placed her on the

A-list in fashion circles, but within her blog she maintains a focus on spotlighting young and unknown talent. Definitely one for the cool kids.



SONG OF STYLE
[@songofstyle](#)
LA-based interior designer Aimee Song began her blog, Song of Style, in 2008. Initially focusing on fashion and Aimee's enviable laidback California flair, the multitasking

internet star has since added more lifestyle content, including interior inspiration, travel and beauty.



A FASHION FORTE
[@rosiefortescue](#)
If the name Rosie Fortescue rings a bell, it's probably because you've seen the blonde beauty pouting and sashaying her way through the streets of south-

west London in *Made in Chelsea*. But far more than just a reality TV star, the 28-year-old also runs her own fabulous fashion blog (with an emphasis on street style) and an accompanying jewellery line.



HELENA BORDON
[@helenabordon](#)
If you're looking out the window and despairing at the grey vista, a look at Brazilian blogger Helena Bordon's Instagram feed will brighten up your day in an instant. Classically gorgeous, charming and inherently stylish – her mother is the style director of Brazilian *Vogue* – Helena is a front row favourite and always in the know when it comes to the hottest trends.



GRACE VICTORY
[@gracevictory](#)
They call her the "internet's big sister", and that's why blogger, presenter and self-care advocate Grace Victory is such a huge and valuable cog in the online blogosphere. Determined to promote body image positivity, Grace proves you can be stylish at any size and always feel beautiful in your own skin. A genuine fashion hero.



Photo credit: Everett Collection/Shutterstock.com, Twooms/Shutterstock.com & DKStyle/Shutterstock.com



FASHION

UNLEASH YOUR

Wild Side



Photo credit: forever21.com



Photo credit: wallis.co.uk

The bold and somewhat terrifying animal print trend is set to be massive for autumn/winter 2018, with designers such as Victoria Beckham, Michael Kors and Diane Von Furstenberg embracing their animalist instincts on the runway earlier this year. And the good news is this trend can work for men and women alike.

1. For those who prefer a subtler approach, invest in a leopard print accessory

If you feel overwhelmed by the 'look at me' tone of this autumn trend, a leopard print clutch bag or sleek wallet is the way to go.

2. For fashion aficionados who like to push boundaries, mix and match your animal prints

This may have been a fashion no-no a few seasons ago but now due to the neutral tones found in each, you can happily combine two different prints without fear of clashing. We love the zebra/leopard combo.

3. Let your feet do the talking with leopard print shoes

Feeling bored with your office suit day in and day out? A pair of leopard print flats will brighten up even the dullest of outfits. Or for a laid back weekend look, men should invest in a pair of leopard print Vans.

4. Become an instant girl or boy about town with a leopard print coat

If you want to invest in only one animal print this season, you can't go wrong with a stylish leopard print coat. Pair with denim and a slogan T-shirt for a cool 90s vibe.

5. Stand out from the crowd by rocking this trend with other prints

Do not be afraid to mix animal prints with other prints such as stripes, spots and plaids. The key is to treat your animal print items like any other plain colour you wear.

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BEAUTY

THE KYLIE EFFECT



On track to becoming one of the youngest billionaires ever, Kylie Jenner is literally shaping the beauty industry.

Kylie Jenner is an unlikely candidate for the cover of *Forbes*. In fact, five years ago many would have scoffed at the idea given her role as the youngest of the Jenner-Kardashian clan, a reality television dynasty which would have probably lost its allure by now were it not for the sheer relentlessness of its members, particularly savvy 'Momager' and matriarch of the brood, Kris Jenner.

But thanks to her Kylie Cosmetics Makeup Company, the 21-year-old mum – Kylie gave birth to daughter Stormi in February – is estimated to be worth around \$900million, with predictions that she could eventually usurp Facebook founder Mark Zuckerberg as the world's youngest self-made billionaire (aged 23).

Launched two years ago with a \$29 'lip kit' consisting of a matching set of lipstick and lip liner, the brand has gone from strength to strength, selling more than \$630million worth of makeup, and in the process making it one of the hottest cosmetic brands around.

Naturally, much of its success is down to Kylie, face of, founder and 100 per cent owner of her empire, as fans flocked to buy the very first line of lip kits (selling out within the first minute of their launch) in a bid to mimic the star's infamous full lips. And though the company now also offers other products, the lip kits remain the cornerstone of the brand.

Naturally, such enormous success draws its fair share of critique, particularly as *Forbes* labelled the fledgling entrepreneur as a 'self-made' businesswoman, with no nod to her famous family. But the real question is, does Kylie have real influence within the beauty industry? Well, having recently announced that she had removed all her lip fillers, we can only wait and see if the more natural pout will become du jour. Chances are that where the youngest Jenner leads, beauty devotees are sure to follow.



Photo credit: kyliecosmetics.com



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HEALTH & FITNESS



The Early Bird CATCHES THE WORM

Most people fall into one of two categories; either you are an early riser who jumps out of bed as soon as your alarm goes off or you are a night owl who comes alive once the sun sets.

If you fall into the latter group, it may be time to try to change your sleeping habits and reap the rewards of becoming a morning person.

You have enough time for a nutritious and filling breakfast

Late risers who constantly snooze their alarm rarely have the time or inclination to prepare themselves or their family a decent breakfast. Instead they are more likely to reach for a quick sugary convenience snack or even skip breakfast altogether.

Early birds are more likely to exercise daily than night owls

The morning is the most likely time that people will schedule a workout

and follow through with it; late risers will often sleep through this optimal time and therefore exercise less than their early counterparts.

Getting up early leads to more proactiveness

Waking up before your spouse or family can result in a window of opportunity for being proactive and having time to get tasks completed without interruption ahead of a busy day. In fact, a 2009 study showed that early risers were more likely to agree with the statement "I feel in charge of making things happen."

A chance to meditate and reflect on the day ahead

Waking early before the hustle and bustle of the day begins can enable you to have peace of mind and feel calm and centred for the day. Late risers who jump out of bed and rush around are much more likely to feel flustered and unprepared.





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FIND YOUR PEACE OF MIND ONLINE

Are you looking for a way to relax and unwind? **Dynamyk Yoga** could be the perfect solution.

The company was set up earlier this year by Michelle who has been practising yoga for 20 years.

She said: "Yoga really helped me to balance my emotions and stay grounded. I wanted to share the benefits of yoga with the world."

Dynamyk Yoga is a website which has videos and articles, helping to make yoga fun and simple for everyone.

Michelle continued: "I designed the website for people with little time or who are homebound.

"A lot of online yoga videos are just that, but the videos on Dynamyk Yoga's website are very instructional and you're told and shown what to do. They're very visual."

The videos last between five and 15 minutes and are a great place for beginners to dip their toe into the world of yoga.

The website is just the start of Dynamyk Yoga's adventure. Michelle has lots of exciting things planned for the future.

She explained: "We are planning workshops, overseas retreats to Tuscany and Saint Lucia and day retreats to give people a break away from the office."



For more information, contact Dynamyk Yoga on 07817 701413, email breath@dynamykyoga.com or visit www.dynamykyoga.com

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TRAVEL

Eat, drink, repeat

CONSIDER YOURSELF TO BE A FOODIE? THEN YOU WILL LOVE THESE TOP DESTINATIONS WHERE THE CUISINE IS THE TOP TOURIST ATTRACTION.

Somerset, UK

Those who consider themselves to be taste titillators will probably be familiar with Bath and its wealth of fine dining experiences, including Menu Gordon Jones and The Olive Tree, plus the 'sea-foodie' must-visit, The Scallop Shell. But venture out of the city and you find even more unique delights such as the Michelin-starred restaurant-cum-pub The Pony and Trap in Chew Magna, and The Willow Tree in Taunton.

And September could be a great time to plan a road trip through the county, as Weston-super-Mare hosts the eat:Weston festival (Sept 22), showcasing some of the best local producers.

San Sebastian, Spain

Boasting the second highest concentration of Michelin stars per square mile in the world after Kyoto, this Spanish Basque city is a unique culinary gem. But beyond the critically acclaimed Alameda, Elkano, Kokotxa and Zuberoa, there is also an array of fine tapas available in the old quarter of the city.

Melton Mowbray, UK

Chocoholics would be crazy not to head to this quintessential English market town on the weekend of November 17/18, when Chocfest descends in all its melty, sugary glory. Known as the 'Rural Capital of Food', Melton Mowbray has become the centre of excellence for local food producers, famed traditionally for its pork pies and Stilton cheese.

Rome, Italy

It may seem obvious to list Rome as a famous foodie location, but when you consider the global influence Italian food has across the world – pasta, pizza, bolognese, fish and so much more besides – it would be remiss not to mention these taste technicians. And that doesn't mean you can't still venture off the beaten track – working-class Roman cuisine (much more heavily featuring pancetta, onions, ox tail and artichokes) shows our understanding of carb-heavy meals perhaps needs refining... with help from a lingering drop of Chianti from the hills of Tuscany.

UK FOOD & DRINK FESTIVAL DATES FOR YOUR DIARY

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Powderham Food Festival
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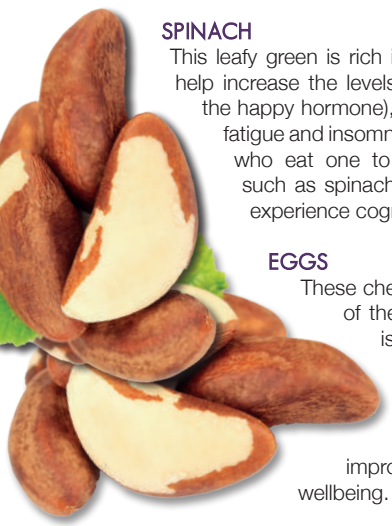
Dartmouth Food Festival
19 - 21 October





Foods To Improve YOUR MOOD

We all know that the food we put into our bodies has a direct effect on our physical wellbeing, but did you know that it can also have an impact on your mental health? By making a few simple changes to your daily diet you can significantly improve your mood, feel more energetic, think more clearly and reduce your risk of mental health problems such as depression, ADHD and Alzheimer's disease.



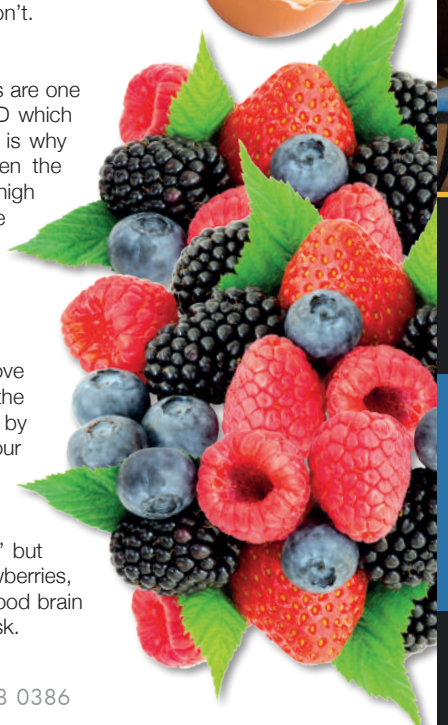
SPINACH

This leafy green is rich in folic acid and tryptophan which help increase the levels of serotonin in the brain (this is the happy hormone), reducing your risk of depression, fatigue and insomnia. Studies have also shown people who eat one to two portions of green vegetables such as spinach or kale are considerably less likely to experience cognitive decline than those who don't.



EGGS

These cheap and cheerful kitchen staples are one of the few food sources of vitamin D which is known to lift your mood; this is why most people feel happier when the sun is shining. Eggs are also high in protein and a great source of omega 3s which help improve your overall health and wellbeing.



BRAZIL NUTS

The Brazil nut is the most important nut variety for helping improve your mental health as it contains selenium which is crucial for the prevention of depression and anxiety. And the great news is that by eating only one Brazil nut a day you are getting 125 per cent of your daily requirement of selenium.

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A few years ago, blueberries were hailed as the new 'superfood' but in fact all berries offer amazing health benefits; raspberries, strawberries, blackberries and blueberries. This versatile fruit family supports good brain health including preventing memory loss and lowering dementia risk.



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GROUND WORK

If you think you've suffered from the heat of the past couple of months, think how that sun-baked lawn has fared without even so much as a dash of sun lotion.

Of course, any knowledgeable gardener will tell you it's better to take action to protect your flora while the sun is out, but if the damage done has only just become evident, there are at least a few techniques that will begin the restoration process for your beloved garden.

WATER WATER WATER
 It's the fuel that keeps your plants alive, so if the autumn proves to be as stingy on precipitation as the summer was – and, of course, providing there are no hosepipe bans in place – tend to your land with plenty of nature's lubricant in order to stimulate stems, fire up flowers and galvanise grass.

NOTHING BUT A DIRTY GRASS
 Just as you'd exfoliate your own skin to remove dead matter, do exactly the same with your garden. Remove debris and dust to make the land as ready for replenishment as possible.

CUT BACK TO MOVE FORWARD
 The more you mow, trim and prune, the quicker your greenery will spring back to life, so this is a great way to get your plant matter back in fully efficient mode.

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 It does exactly what it says on the tin, and the best way to boost growth where your living matter is concerned is with an approved, high-quality fertiliser. Remember though not to apply until growth is already well on its way, or you'll simply end up scorching the earth.

STARTING AFRESH
 And of course, the best way to get your garden humming again is to invest in it. Consider plants, flowers and garden additions that will suit the rustic autumn season to come, and with a few new purchases you'll be inviting the neighbours round again before you know it.



Nadiya... Born to Bake

FROM THE COOKER TO THE CAMERA, A LIFE IN THE LENS FOR ONE OF OUR FINEST BAKERS.

When Nadiya Hussain sent in her application for *The Great British Bake Off* she made a deal with her husband Abdal that were she to do well, they would move from Leeds to London in order to make her baking career dream a reality. In the end of course, she would not only win the contest, but the hearts of the British public as well, allowing the affable star to embark on a glittering new career (though as a compromise the family moved to Milton Keynes over the capital).

Surpassing everyone's expectations – not least her own – the second-generation British Bangladeshi reveals it was always her lack of confidence, not talent, that held her back. "My whole life I have suffered from severe anxiety, but even though there were moments where I felt it creep up on me during the filming of the show, I have definitely learnt how to control it more than I used to. And sometimes, it's by pushing myself to do things that truly terrify me, that I can overcome them," says the 33-year-old.

Certainly, the enormous support she has received from fans nationwide must have buoyed her on what was a gripping journey that gathered pace so rapidly - the baker soon found herself being referred to as a modern cooking inspirational, particularly within the British Muslim community. Gracefully shrugging off questions such as why she decided to start wearing a hijab (to hide a bad haircut as a teenager) or why she settled on an arranged marriage... "I had no time to date," she quickly moved the focus back to the food.

And, as a result, life since *Bake Off* has been a whirlwind of television shows (*The Chronicles of Nadiya*, *Nadiya's British Food Adventure*, *Big Family Cooking Showdown*), cookbooks (*Nadiya's Kitchen*, *Nadiya's British Food Adventure* and *Nadiya's Family Favourites*) and numerous writing opportunities, including a regular column for *The Times Magazine*.

However, her most prestigious moment arguably came in 2016 when Nadiya had the enormous honour of baking the Queen's 90th birthday cake. Expressing a desire to do something "a bit different", she created a stunning three-tiered orange drizzle cake with orange curd and butter cream, resulting in a sponge that was decadent, beautiful and "very citrusy". On meeting Her Majesty, the baker recalled: "I suddenly found myself so nervous and tongue-tied, but she is so nice... I think it went well."

Determined to inspire the next generation of bakers, the mother-of-three has created her third children's book, *Nadiya's Bake Me a Celebration Story*, which combines charming stories inspired by annual celebrations from different cultures, with accessible recipes.

For someone who cherishes her role as a mother as much as she does her position as a baking icon, such forays into children's fiction are not surprising. And when asked how her life has altered since that stunning baking victory, she replies, somewhat bemused: "I definitely feel very lucky for how it has all turned out, but if it all came crashing down I would be fine too, because I have a wonderful family. And though I get to experience both worlds, I know which one is most important to me."



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LOCAL NEWS

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LOCAL NEWS



Three-storey building breaks out in flames

Firefighters battled a huge blaze at a three-storey building on a construction site recently.

Crews were called to the incident on Burton Road on August 17 at around 11.20am.

The fire had spread to a large amount of the building, meaning firefighters requested the support of an aerial ladder platform to help them tackle the blaze.

Several roads near the building were closed while the fire was still burning and people nearby were told to keep windows and doors closed to avoid being affected by the smoke.

The fire was put out at around 1.15pm and following an investigation, was believed to have been caused

accidentally during construction work.

Crew manager Ryan Fernandes said: "Work was being carried out by builders on the roof of the site and this is where the fire started.

"Initially we did not know if anyone was trapped, but soon confirmed that everyone had evacuated and began fighting the fire both from above and below.

"Crews worked incredibly hard to stop the fire spreading and quickly brought it under control.

"It was thanks to the great work of the crews that the damage caused by the fire is limited to the roof.

"Thanks to London Fire Brigade for their assistance, as well as Essex Police and Epping Forest District Council for their support."



MP praises young people after visiting care home

Dame Eleanor Laing MP for Epping Forest has praised the work of the National Citizen Service (NCS) scheme after visiting young people at Loughton Hall care home in Rectory Lane.

The youngsters were delivering their social action project at the residential home for the elderly and were using skills learned during phase one and two of the NCS to design and deliver a volunteering project that makes an impact in their local community.

They had chosen and planned the project as a team.

Dame Eleanor said: "I am really impressed by the work of the National Citizen Service. The young people I met at Loughton Hall care home are doing a really worthwhile project.

"The residents were clearly enjoying meeting them and there was genuine enthusiasm for what they are doing.

"I would like to thank everybody involved for all their efforts and congratulate them on their great achievements."

Resident raises awareness for charity

Every week in the UK, 12 young people aged 35 and under die from undiagnosed cardiac conditions.

Mark Fage, a local architect based in Loughton, was personally touched by this condition when a friend's son suddenly died.

To support a fundraising event for CRY (Cardiac Risk in the Young), he walked across all of London's bridges.

CRY is funded purely by donations (normally from bereaved families) and major grants.

The nationwide screening programme is overseen by leading sports cardiologist, Professor Sanjay Sharma. The screenings are FREE.

Potential symptoms of a cardiac threat include chest pain, palpitations, breathlessness and dizziness. However, 80 per cent of these deaths will occur with no prior symptoms.

The best way to identify people at risk is through cardiac testing using an ECG.

Appointments can be booked via the website www.testmyheart.org



Photo credit: Cardiac Risk in the Young (CRY)



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Local school receives best ever set of GCSE results



Photo credit: Everything Local News

LOCAL NEWS

Students in Loughton were celebrating a successful set of GCSE results recently.

Davenant Foundation School received its best ever results. Some 32 per cent of all grades were A/A* (7/9), a fantastic academic achievement by staff and students.

Headteacher Adam Thorne said: "Davenant teachers and students have outdone themselves achieving the best set of results ever, surpassing the outstanding achievements of last year.

"We are very proud of our students, they have all done so well. They deserve their excellent results because they worked hard.

"I would like to thank the staff for all their hard work and perseverance in helping and inspiring the students to realise their potential."

Debden Park High School has again produced outstanding GCSE results with 71 per cent of students achieving a grade 4 or above in English and maths, and 48 per cent of students achieving a grade 5 or above in English and maths.

More than half of all grades in all subjects were awarded a grade 5.

Some 49 grade 9s were achieved across the school

putting students into the top two per cent of the country.

Executive headteacher Christian Cavanagh said: "Yet again Debden Park High School has proved its place as a centre of excellence.

"We would like to thank all of our students, staff, governors and parents for their hard work and continued support as we build on our incredible successes this year."

Roding Valley High School was also pleased with the improved percentage of students receiving a good pass rate in both English and maths.

Head of school Sharon Jenner said: "Progress remains strong in the core subjects and is testament to the hard work and dedication of both students and teachers.

"We are also really pleased that the number of good passes in science continues to improve with continued exceptional results in triple science."

Entertainment for all the family at fun day

A community-focused Love Loughton family fun day was praised by Dame Eleanor Laing MP for Epping Forest.

The event was held at St Mary's Church in High Road, Loughton on July 7.

The event consisted of children's activities, inflatables and food. Local groups and charities also attended.

Dame Eleanor said: "It was great fun at Love Loughton day. It is so good to see such a wide range of charities and community organisations coming together to celebrate the best of our great town.

"I was glad to have the opportunity of behalf of the whole community to thank everyone at St Mary's for all that they do for the people of Loughton."



Students celebrate A-level results



Photo credit: Everything Local News

Students in Loughton were celebrating A-level results success recently.

Debden Park High School students in the Epping Forest District Sixth Form Consortium further improved on the successes of last year.

There were a record number of A and A* grades, with the progress students made being well above the national average.

Head of school Helen Gascoyne said: "We are incredibly proud of our Year 13 students and their A-level results."

"We have proved that our new sixth form challenges all students to achieve their potential and beyond and to make their dreams for their futures a reality."

At Davenant Foundation School, 24 per cent of all entries were graded at A* or A with 53 per cent of all entries graded at A*-B.

Headteacher Adam Thorne said: "We are very proud of the students and their exceptional results. They have worked hard and deserve their success."

"We are blessed to have very experienced A-level teachers who work well with our students and I wish to thank them for all their hard work and dedication."

Shop worker robbed at knife point

A shop worker has been left shaken after he was robbed at knifepoint at a shop in Loughton.

Essex Police are appealing for witnesses of the incident which happened on August 16.

A staff member at Martin's Newsagents in Pyrlas Lane was threatened with a knife during the incident, which police were called to at around 12.45pm.

The suspect was described as white, of slight to average build and was wearing a balaclava and a blue raincoat, with the hood pulled up. He had on black gloves, black trousers and black trainers which had a white trim. He spoke with what was described

as an East London accent.

The man left the shop with a three-figure sum of cash. At the time of going to print, no arrests had been made.

Detective Constable Stephen Baker from Loughton CID said: "The staff member who was threatened with the knife was not physically hurt during the incident although understandably it left him very distressed."

Call Loughton CID on 101 or Crimestoppers anonymously on 0800 555 111.

Accountants take on 100km challenge for hospice

A team of Loughton accountants will be running for charity in preparation for the 100km Thames Path Challenge.

The colleagues from Haslers Chartered Accountants are known as the Taxmaniacs.

Meg Abery, Charlotte Keel and Joelle Ewen will be tightening their running shoes this month as they take part in the event alongside the Thames, which heads upstream from Putney Bridge past Hampton Court and on to Henley.

The team are running the event in aid of St Clare Hospice which improves the lives of people with terminal illnesses. They hope to raise more than £2,000.

Meg, one of the original members of Haslers all-female running team, said: "We are all really excited to be taking part in this year's challenge and have high hopes of hitting our target for the charity."

"St Clare is a cause that is close to everyone's heart at Haslers, as many of us know of friends and relatives who have benefited from the fantastic care that the hospice offers."

Jon O'Shea, chairman at Haslers, added: "I am really glad to see that the Taxmaniacs are back at it again and I would like to wish them the very best of luck as they take on this tough race."

If you would like to make a donation to the Taxmaniacs 100km challenge, please visit www.justgiving.com/fundraising/taxmaniacs

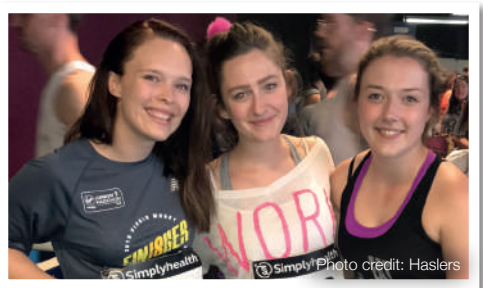


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LOCAL NEWS



Photo Credit: Luke Dyson



All RiZE as first festival deemed a success

A new and exciting festival came to Chelmsford's Hylands Park last month for two days – and didn't disappoint.

The inaugural RiZE Festival, held on the site of the popular V Festival, exceeded expectations and had everything – top musical acts, a plethora of eateries, face-painted crowds and a wide variety of stalls.

Some of the big names taking place on August 17 and 18 included headliners Liam Gallagher and Stereophonics, popular names Manic Street Preachers, Bastille, Craig David, Rita Ora, Years and Years and Example, and up-and-coming gems Jacob Banks, Raye and Nina Nesbitt.

VISIONLoughton caught up with Nesbitt as she explained her love for festivals, the story behind her songs and what's coming up in her jam-packed schedule.

She said: "The festival was great. It's the first year of RiZE so I didn't really know what to expect but it was great. I've done loads of festivals but I haven't done any for two years so this year is my first year back.

"I'm just writing, getting the music right but the new music went very well today.

"I love playing at festivals because no one has bought

a ticket to see you. They're just here for the day seeing lots of artists and it gives people the chance to non-commit but also come and see you and try you out. It's a good way to get seen by new people."

Nesbitt says that writing with other artists is inspirational and she gets a lot out of it.

She added: "I think collaborating with people is really inspiring and everyone kind of has their own way of doing things and you can learn from other people and they can learn from you. It gives me an idea of what I'm good at and what I am not good at."

So, what does the future hold for the up-and-coming star?

She said: "I just got back from America and I'm going back there in a month so I'm touring with an artist called Max and then me and Lewis Capaldi are going round Europe together until Christmas. The album will come out early next year."

Musical talent and entertainment were in abundance across a wide stretch of greenery, with crowds filling up every space available.

The weather behaved itself, the hardcore fans roared their idols on and everyone left the festival with smiles on their faces.



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ON TREND COLOUR

Clashes

HOME & DIY

Like peanut butter and jam, these colour combos ought to clash, but somehow they work like an interior designer's dream.

Rose and almost every blue

From electric to sky and royal to navy, there isn't a shade of blue that doesn't work beautifully with a delightfully dusky pink. Of course, which you choose depends on the effect you want to create. Pastel shades are more romantic and work particularly well when choosing bed linen and cushions; bolder blues make more of a statement; while a navy palette with hints of blush screams luxury.

Teal and raspberry

The antique green of teal with a bright splash of raspberry is a disarming combination, and one for the intrepid interior designer. It is better to use the former as the overall base for the room, and then utilise the red to accentuate with a lamp or velvet sofa, creating a mysterious and somewhat oriental atmosphere.

Grey and lemon

Grey is a gorgeous palette for interiors, but on its own it can feel dreary like an endlessly cloudy day. So, what's the cure for clouds? Sunshine, or in this case, bright, zesty lemon. And it really ought to be a daring hue to cut through, so seek out the most lip-puckering colour you can and add generous splashes of it.

Green and purple

This is a bit of a 'love it or loathe it' combo. Done right, it can make a room feel regal and luxurious, but mess it up and your interiors can appear stuffy or strange. The solution is to choose lighter shades for a more bohemian feel, or bolder colours that evoke nature over acidic lime and bright purple.

White and gold

Though it has flashy connotations, there is something about the buttery glow of gold against a clean white background that is wonderfully modern. So start out with the whitest of whites and heavily embellish with bling (photo frames, lamps, wall art...) to make your home a masterpiece.



HOME & DIY

ROCK A BYE *Baby*

It's where your little one will first take in the sights, sounds, smells and textures of life, so why not make their nursery enchanting and engaging, as well as practical?

Size it up

A size chart fixed on the wall is a brilliant long-term reminder of just how quickly your little one has grown up – either buy a themed chart for just a few pounds or make your own.

All change

You'll spend the first couple of years constantly changing your little one's nappies and pull-ups, and it's backbreaking work when hunched over a bed. Instead, by adding side strips to the top of a chest of drawers, and with a cushioned change mat fitted on top, you can create your own bespoke change table.

Get creative

A chalk board is the perfect solution for giving a youngster a designated doodling space, and may well prevent your walls being targeted instead. You can even reserve a space in the corner for a shopping tick list... Sudocrem please.

Light of my life

A safe light is essential for young ones puzzled by or fearsome of the dark, but better still is a dimmer so that different shades can reflect different moods, from story time to sleep time.

Sign your name

Spelling out your child's name on a feature wall is a great idea, but better still, turn it into a fun task by purchasing canvases and paints to create a brilliant display of your own that you can both create.

Baskets are best

Wicker baskets and boxes often stand out best in a room. They'll store inside draws and wardrobes neatly, yet if space is at a premium, they'll still look smart tucked under a bed or even arranged by a wall.



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AFTER SCHOOL snack Hack

KIDS

Every parent knows that the moment your kids get in from school they will declare themselves starving and start raiding the snack drawer for as many high sugar and high fat foods as they can carry.

Avoid this by having a delicious but healthy snack to hand that will instantly curb their hunger pains.

Frozen Banana Bites
Perfect for those with a sweet tooth, these simple snacks are made by dipping slices of banana in melted chocolate and desiccated coconut and then freezing. Bananas are rich in potassium, vitamin B and high in fibre.

Hummus with a selection of veggies
Made from blended chickpeas, olive oil and lemon juice, hummus is extremely budget-friendly and a very filling snack for your little ones' hungry tummies. Offer a selection of sliced peppers, carrots, avocado and pitta bread for dipping.

Fruit Kebabs
Super quick to make in advance, simply add your child's favourite fruits to a skewer and keep in the fridge until snack-time. You could serve these with a plain yogurt dip or some melted chocolate if you feel like offering a treat.

Mini Tortilla roll-ups
We recommend using wholemeal tortillas as this will provide your child with more fibre than the plain white variety. Fillings we love include cucumber and tuna, chicken Caesar salad and cream cheese with celery.

Smoothies
Homemade smoothies are an easy and cost efficient way of getting your children to eat their five a day. Try to use seasonal fruit and vegetables as these will be cheaper. Avoid high sugar fruit juices and instead blend your chosen fruit and vegetables with either milk or yogurt. We recommend a blend of mango, blueberries, milk and Greek yogurt. Delicious.





PUZZLES & TRIVIA

PUZZLES

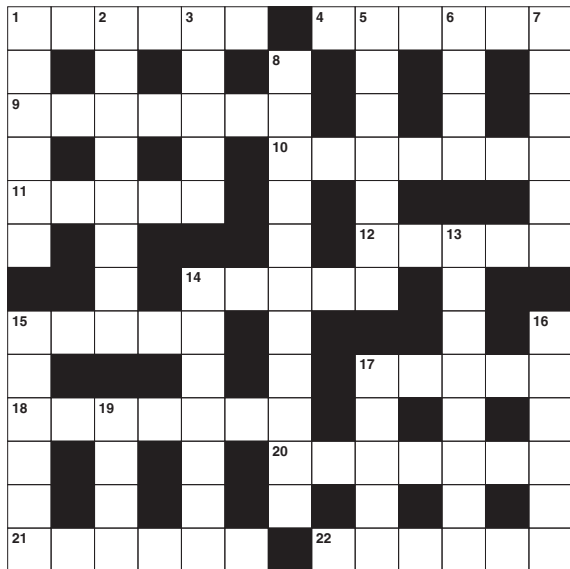
Answers can be found on the Contents Page 4

ACROSS

- 1. Decide with authority (6)
- 4. Exclusive stories (6)
- 9. ___ Bloom: English actor (7)
- 10. Modern; up to date (7)
- 11. From that time (5)
- 12. Approaches (5)
- 14. Sticky (5)
- 15. Employer (5)
- 17. Long-legged bird (5)
- 18. Temporary camp (7)
- 20. Not carrying weapons (7)
- 21. Averts something bad (6)
- 22. Large property with land (6)

DOWN

- 1. Lethargic; sleepy (6)
- 2. Eg Gregorian or Julian (8)
- 3. ___ Els: golfer (5)
- 5. Slander (7)
- 6. Man-eating giant (4)
- 7. Sounds off at length (6)
- 8. US state (11)
- 13. The scholastic world (8)
- 14. Beat easily (7)



- 15. Garments worn by nuns (6)
- 16. Remove silt from a river (6)
- 17. Erodes (5)
- 19. Document allowing entry to a country (4)

DID YOU KNOW

- ▶ The first animated film to be nominated for an Oscar for best picture was Disney's *Beauty and the Beast* in 1991.
- ▶ Hollywood produces around half the number of movies a year compared to Bollywood.
- ▶ All of the clocks in *Pulp Fiction* are set at 4:20.
- ▶ Victoria Beckham, Johnny Depp and Will Ferrell all voiced characters in *Spongebob Squarepants*.
- ▶ Charlie Chaplin received a 12-minute standing ovation at the 44th Annual Academy Awards – the longest in Oscars history.
- ▶ Daniel Radcliffe's stunt double for the first six *Harry Potter* movies was paralysed from an accident on set in the seventh movie.

SUDOKU

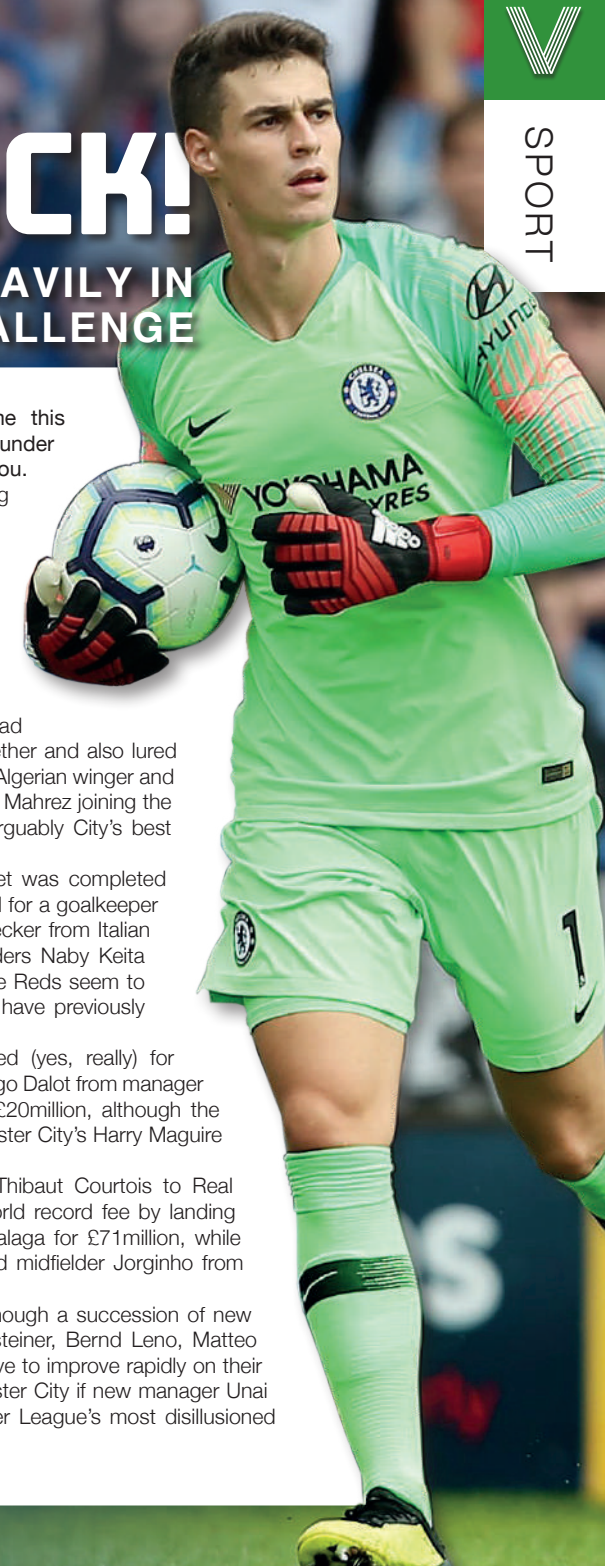
					4	6	
	8		9		2	1	
		7	8				2
					8		
	6	3	5		4	7	1
			6				
9					5	8	
		6	1		9		3
	1	8					



SPORT

IT'S BACK!

CLUBS INVEST HEAVILY IN PREMIERSHIP CHALLENGE



Football may not have come home this summer, but with the new season under way, it's available at a ground near you.

As we all fall back into a reassuring football routine, the big questions beg to be answered. Can Manchester City retain the title they won in such audacious style back in May? Will Liverpool clinch their first league crown since 1990? Or will we see another surprise package emulate Leicester City's fairy-tale triumph in 2015/16?

Well, the Abu Dhabi-run boys of the Etihad have kept the nucleus of their squad together and also lured one of the Foxes' star players across with Algerian winger and former African Footballer of the Year Riyad Mahrez joining the Citizens for a fee of £50million. That's arguably City's best summer signing.w

Liverpool's business in the player market was completed early. Jurgen Klopp broke the world record for a goalkeeper by bringing in Brazilian stopper Alisson Becker from Italian Serie A outfit Roma. Add to that midfielders Naby Keita of Leipzig and Fabinho of Monaco and the Reds seem to have strengthened in positions they may have previously felt lacking.

Manchester United added Brazilian Fred (yes, really) for £53million, plus 19-year-old right-back Diogo Dalot from manager Jose Mourinho's former club, Porto, for £20million, although the Red Devils failed in their bids to land Leicester City's Harry Maguire or Atletico Madrid's Diego Godin.

Chelsea lost their Belgian goalkeeper Thibaut Courtois to Real Madrid, then promptly broke Becker's world record fee by landing Athletic Bilbao number one Kepa Arrizabalaga for £71million, while new manager Maurizio Sarri also recruited midfielder Jorginho from former club Naples.

Arsenal were one of the busier sides, though a succession of new signings – Lucas Torreira, Stephan Lichtsteiner, Bernd Leno, Matteo Guendouzi and Sokratis included – will have to improve rapidly on their opening-day 2-0 home defeat to Manchester City if new manager Unai Emery is to win over arguably the Premier League's most disillusioned supporters.

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WHEN 2+2 EQUALS 4x4

After months of anticipation, the new luxury Audi Q8 coupe-SUV is finally here, and what a rival it is to the Mercedes GLE and BMW's X6. So how does it stack up?

The Audi Q8 coupe-SUV has arrived. More bubbly, more bullying and perhaps with smoother lines than we might expect, it is the trademark, iconic grill that again keeps the German brand that step above.

As sister to the Q7, the Audi Q8 comes with a similar £65,000 price tag. It may be shorter in length than the Q7, but it is longer than both the main competitors as well as being slightly wider than its stablemate.

The car has a large 605-litre boot, plus more internal space than both the BMW and Mercedes challengers, and is available in 12 colours. Although just one choice of engine at present - a 282bhp, 3.0-litre diesel V6 50 TDI, this still achieves 6.3-second 0-62mph acceleration and 144mph maximum speed. And there is a monster 335bhp petrol 55 TFSI arriving next year, with a V6 45 TDI 228bhp version later in 2019.

The car's 48V mild-hybrid technology allows an extended stop-start and coasting function. Add in Quattro 4WD as standard, titanium styling, an ear-bashing Bang & Olufsen sound system and Park Plus Assist, and what once felt futuristic in car technology is quickly becoming the norm.

What's also interesting about the premium market is that the longevity and durability of these iconic brands - with engines now able to push up to and beyond 150,000 miles without any major qualms - is allowing in used-car purchasers, with the entry point for models seven years older now starting as low as £5,000.

That means the days of matching cars to the stereotypical travelling salesman or Chelsea Tractor WAG are rapidly disappearing.

Next up, expect a big response from Jaguar, Lexus and Land Rover, as the manufacturer muscle gets flexed even further.



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WHAT'S ON

WHAT'S ON

in your area

LifeWorks Hub Exhibition and Art Fair
Lifeworks at Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB
September 4 – September 28

September Hub will feature artwork by Elmeo Contemporary Artist (alongside other artists) for the public to enjoy during certain open times throughout the week.

Sit down, relax, enjoy a hot drink and be inspired by artwork or take the opportunity to create your own.

Twenty per cent of each item sold will help to support the work of LifeWorks, Loughton Methodist Church (registered charity number 1126831).

Please come support all local artists and support LifeWorks at the same time.

Coffee with Cops
St Mary's Church, 201 High Road, Loughton, IG10 1BB
September 12, 9am – 11am

Your chance to get to know your local community policing team over a coffee.

Ask questions, voice concerns and let us know how we can help you.

It's A Knockout Loughton
Loughton Cricket Club, Loughton, IG10 1NQ
September 16, 11am



Photo credit: Ray Lowe Photography

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

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.

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.

Wedding Viewing Evening
Kings Oak, Paul's Nursery Road, High Beach, IG10 4AE
September 19, 4pm – 8pm



Venue dressed in full wedding splendour. Free entry.

Call 0208 508 5000 to register or visit www.kingsoakhotel.com for more information.

Quiz Night
Loughton Library, Traps Hill, Loughton, IG10 1HD
September 28, 7pm – 10pm

Join us for our annual quiz night in September.

Test your general knowledge and raise funds for the YES Partnership.

The cost is £10 a ticket, which includes refreshments and a raffle ticket.

Visit www.yespartnership.org/events/quiz-night for more information.



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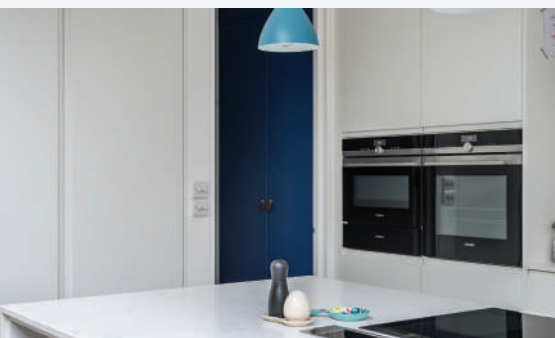
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