



TYSON VS
WILDER
THE
PREVIEW

CENTENARY OF
THE END OF WWI
We will remember them

CHOOSING
*The perfect
Christmas tree*

**DITCH THE
RAZOR**
More people than
ever take part in
November



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Hally
WILLOUGHBY

Presenter prepares to head down under



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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. So, how many times have we heard the dreaded C word? It's coming and the Christmas adverts will soon be on the TV. As usual I will be leaving it all till the last minute, but I will be spending my £ local. I hope our readers do the same.

You may have noticed our lovely stands being placed around the town so feel free to take one if you are not on our distribution area. This was a way that we could maximise getting local news to our readers.

In this month's **VISION**, we cover Holly Willoughby speaking about how the presenter is joining a well-known celebrity TV show, her new clothing line with M&S, and presenting *This Morning* with best friend Phillip Schofield as the show turns 30.

We also look at the timeline of the battle of Britain and how the trend of Movember came around.

In local news, a laundry vending machine is due to be installed, a man is fined over £1,500 for dumped waste and children celebrate harvest.

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 November edition of **VISION**Loughton.

Brett



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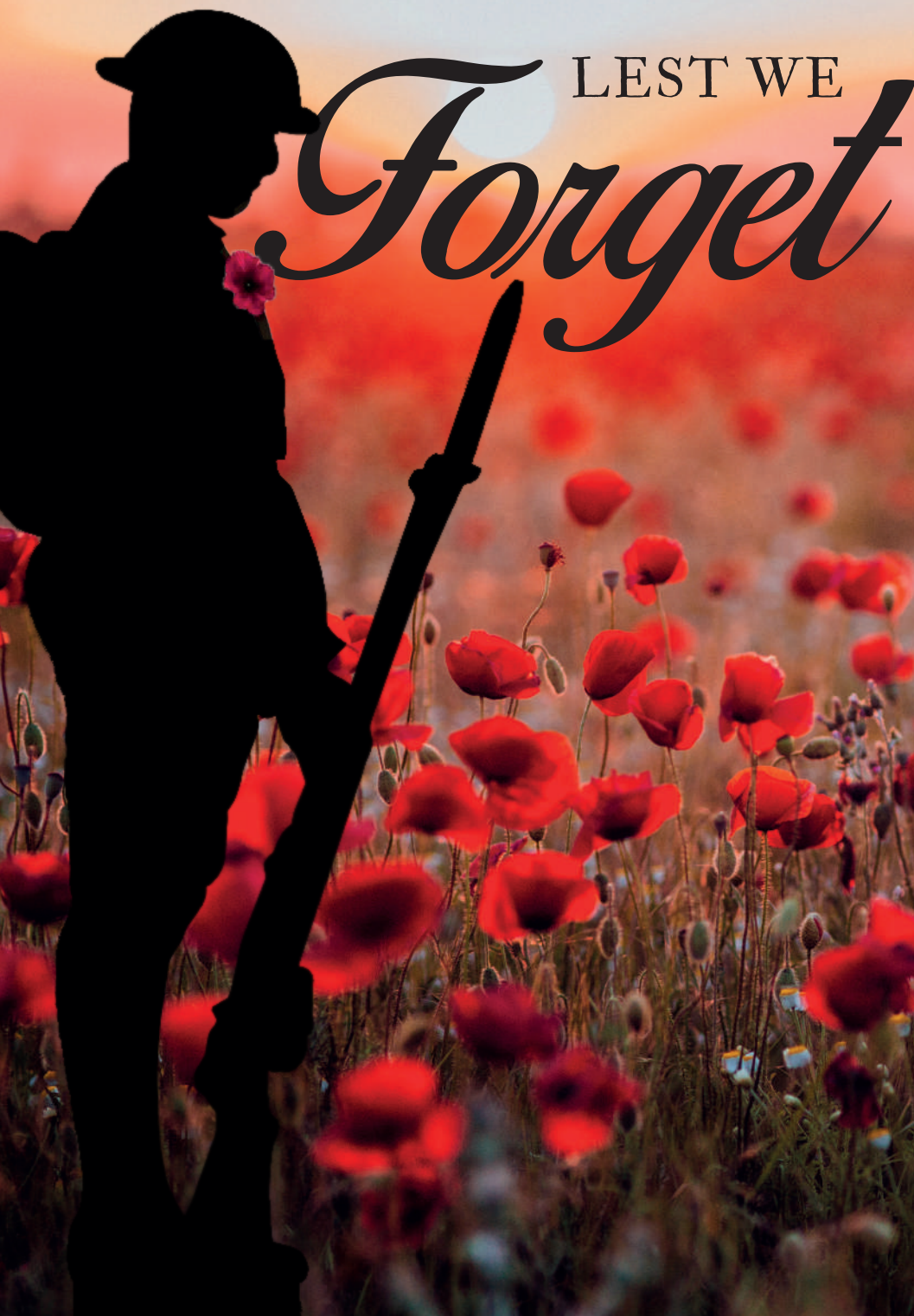


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DOWN: 1. LAMINA, 2. KISSES, 3. GREAT, 4. TRAILED, 5. AFFLUENT, 6. REPAIR, 12. ANGELICA, 14. BOBBING, 16. UNIONS, 18. OSPREY, 19. KELVIN, 20. ISAAC



LEST WE *Forget*

*I*t was 100 years ago when the First World War drove a stake through the heart of global relations and set in motion events that would escalate even further just over two decades later (with the Second World War) in producing the bloodiest modern-day battle the planet has ever seen.

While the last living person to have fought in the First World War is now no longer with us, the efforts of Claude Choules – who passed away in May 2011 at the age of 110 – and millions of others who put up their lives to preserve our sovereignty and dignity will never be forgotten.

So as November 11 approaches – and with it, at 11am, the 100-year anniversary of the signing of the Armistice, in the French town of Redonthe, which brought an end to the war – it's important to remember the key events that contributed to the third bloodiest battle of all time. From that, we might hope, however naïve our optimism, that at some point, we all might learn from the mistakes of the past.

KEY EVENTS (PRE-WAR)

- While it's true to say the assassination of Franz Ferdinand and his wife by Bosnian revolutionary Gavrilo Princip was the catalyst for the start of the First World War, it wasn't its cause.
- Before then, Britain, Germany, France, Serbia, Russia and Austria-Hungary had been at each other's throats for a good period of time, and after war was narrowly avoided on several occasions, finally tensions spilled over.
- One of the main contributing factors was the huge move towards imperialism - Britain and France had stolen a march on Germany who were desperate to catch up.
- Meanwhile, nationalistic tendencies were high and military power at an all-time peak.
- Plus, a whole host of alliances were made between countries looking to protect, though in simple terms Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

KEY EVENTS (DURING THE WAR)

- On July 28, Austria-Hungary declared war on Serbia and the tenuous peace between Europe's powers crumbled.
- In August 1914, Germany advanced through Belgium into France.
- In September 1914, Britain and France confronted German forces at the First Battle of the Marne, meanwhile Eastern Front battles saw Russia attempt to gain territory in Germany. Their inability led to revolt in Russia and the start of the Russian Revolution.
- With several battles in between ending in stalemate, and often with considerable losses, the Central Powers gradually faded, and in 1917, after German U-boats continued to sink US passenger liners in British waters, the Americans entered battle on the side of the allies. This heralded the start of the end.

FIRST WORLD WAR IN NUMBERS

- With new military technologies and the longevity of battle – over four years – unprecedented levels of carnage and destruction were caused and over **16 MILLION** lives were lost, **NINE MILLION** of them soldiers. The war also, inadvertently, led to the spread of Spanish flu which killed an estimated **30 MILLION** people.
- Liberal Prime Minister David Lloyd George took us out of war in **1918**.
- At the Battle of the Somme, **OVER A MILLION** lives were lost for a gain of just **25 MILES**. German officer Friedrich Steinbrecher said: "Somme: the whole history of the world cannot contain a ghastlier word."

MOVEMBER

It's time to ditch the razor

It has caused some hairy moments and has led to some serious lip service from the ladies.

But Movember is back again, which gives the guys the perfect excuse to ditch those razors and raise a huge amount of cash for good causes.

The charity campaign asks blokes to grow a moustache for November and rope friends and family into sponsoring them. The funds raised by the Mo Bros – as they are known – go directly to men's health, including mental health, aiming to increase early cancer detection, diagnosis and treatment for prostate and testicular cancer.

But it is no hair-brained scheme. Last year the Mo Bros and Mo Sistas raised a staggering £8million in the United Kingdom alone and 69.7 per cent of funds raised were allocated to men's health projects.

Not bad for an idea which grew over a meeting in an Australian bar in Melbourne, by two mates Travis Garone and Luke Slattery.

The moustache had all but disappeared

from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

Through the years the charity, like the moustaches, has just grown and grown. By 2009, the UK and US joined in.

Of course, no charity campaign would do much without celebrity backers but Movember brings out a Triple A list of celebs.

In the past Johnny Depp, Brad Pitt, Orlando Bloom, Zac Efron, Idris Elba, David Beckham, Theo Walcott, 007 Daniel Craig, John Travolta, Justin Bieber and Stephen Fry have all taken part.

But ladies can join in too and wear false moustaches. Lady Gaga, Carol Vorderman, Kate Upton and Laura Whitmore have also joined in as part of the Mo Sistas.

This year, the cash is expected to roll in again as fast as those 'taches grow. Organisers are hoping that last year's total will certainly be beaten by a lot more than a whisker.



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JACKET

TRENDS FOR MEN THIS WINTER

The jacket is one of the most versatile, reliable and classic items that you can have in your wardrobe. A good jacket will take a nondescript pair of jeans and white T-shirt combo and make it a statement look.

David Beckham, Marlon Brando and David Gandy to name but a few of the male celebrities who know how to work a jacket to their advantage.

BIKER JACKET

Synonymous with motorcyclists, this edgy style is often cropped, black and studded. Ideal for those wanting to appear youthful, sexy and a little bit mean.

Best worn with slim fitted or skinny jeans and a statement T-shirt.

BOMBER JACKET

A flashback to the 90s, the bomber jacket has seen a massive surge in popularity in recent years. We recommend looking for one made from soft leather to add a touch of elegance to this manly look favoured on screen by Wolverine.

AVIATOR JACKET

Originated in the air force, this *Top Gun*-inspired style of jacket has barely changed since it was first produced. A bulky jacket with a sheepskin collar, it is mostly found in shades of brown with a contrasting coloured lining. Definitely one for the winter months, keep cool underneath with a lightweight jumper or long-sleeved T-shirt.

WESTERN JACKET

A fairly new development in the world of men's leather jackets, the western is slowly becoming a popular piece due to its stylish and modern appearance. Perfect for those wanting to relive the nostalgic feel of the 70s. Also, readily available in suede and denim.

VARSITY JACKET

Similar in shape to the bomber jacket, the varsity was inspired by school and university sportsmen in the 50s. Most appropriate for a casual day date or Sunday afternoon at the local.



FASHION

SEASONAL

Beauty Trends

REVEALED

Get gorgeous for autumn/winter with these beautifying trends, including even some for the man in your life.

Luscious hair

Show off your shiny, luxurious hair this autumn as blow-dries make a comeback. Think big, think voluminous, think like you just stepped out of a salon.

Boardroom beauty

Sophisticated, clean beauty is back in as matte skin, muted lips and perfectly groomed brows combine to create the perfect power look. Fellas, don't be afraid to run a comb through those unruly brows for your own take on boardroom beauty.

Statement lip

For the last few years lips have been decidedly understated, either delicately glossed or hushed in fleshy tones. But the statement lip is back, so grab your lip liner and scarlet lipstick and prepare to pout til spring.

Longest lashes

It's easy to look sallow and tired in winter, which is

why it's a great idea to open up those peepers with a little lash accentuation. Now we're not talking about stick-on lashes that weigh down your eyelids, but more a combination of perfectly-applied mascara and individual fake lashes applied just at the corners in order to create that gorgeous Sixties-inspired look.

Pore-free skin

Flaky winter flesh with dark shadows under eyes isn't a good look for guys or gals, which is why you need to prime. This requires decent exfoliation, plenty of moisturiser and, naturally, a decent primer. Add concealer for where it matters and flourish in pore-free perfection.

Grunge goddess

This autumn/winter isn't all about high-gloss glamour, as grungy makeup makes a triumphant return. So sharpen that kohl eyeliner and revel in the rebel look which requires minimal skill whilst offering maximum impact. Team with a muted lip, flawless skin and dishevelled hair, don your surliest of scowls and hit the town.

IRON LADIES

Don't fear those dumbbells, ladies, lifting weights can be a huge benefit to your body as you age. The word 'weightlifting' may evoke visions of sweaty, ripped, slightly insecure men in dingy gyms, Arnold Schwarzenegger in spandex, and every bloke ever at the World's Strongest Man competition.

But don't let these preconceptions stop you from partaking in an exercise which could transform your life. After all, it's a well-known fact that past the age of 35, women begin losing muscle mass, a process which accelerates drastically post-menopause.

What is less known is how you can replace and maintain muscle. Surprisingly, cardio alone isn't ever going to restore what you've lost – it will simply keep you slim and tone muscle you already have. It is only by lifting weights – also known as strength and resistance training – that you build new mass.

If you're still not convinced, know that the benefits of weightlifting go beyond just altering your appearance. Pumping iron not only keeps your muscles strong, but increases bone density as well, reducing the risk of fractures, particularly as you get older. You will also

find that other activities like gardening and walking become far easier; it can also build confidence and help you lose weight as the increase in muscle mass boosts your metabolism.

Naturally, you don't want to end up looking like you've been overdoing it on the steroids, so rest assured that women do not have the testosterone levels required to build massive muscles. Instead, look at weights as an investment into your future health... one that could offer freedom, vitality and bingo wing-free arms.

TOP TIPS TO GET STARTED:

- ↔ Always warm up first
- ↔ Spend time with a trainer to perfect your form
- ↔ Keep it fun with a group class
- ↔ Don't do too much too soon
- ↔ Train different areas on different days to keep your body balanced and allow for recuperation





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Beat the BELLY



HEALTH & FITNESS

With summer excesses now out the way, it's time to move into a shapelier frame of mind. And while eating has never been a route to losing weight, if you begin substituting sugary and fatty foods for some of the options below – whilst exercising regularly and drinking plenty of water – your autumn awesomeness may be just a few weeks away.

PROTEIN IS YOUR FRIEND

Get protein-heavy foods such as cheese, milk, yoghurt, eggs, beans, seafood and even white meat in your diet and you'll quickly see a big improvement. Not only in good quantities will it boost your metabolism into converting an extra 100 calories a day, it is also known to suppress hunger to the tune of up to 400 calories per day – so you're processing more and eating less. That's the ultimate health win-win. It also helps you avoid regaining weight if you ever decide to abandon your weight-loss efforts.

HIGH-FIVING FIBRE

Eating plant foods such as vegetables and fruit, as well as getting plenty of rustic cereals (like whole oats) is a smart move. Types of fibres bind with water to form a gel that sits in the gut. Nutrients therefore take longer to digest and absorb, meaning you stay fuller for longer.

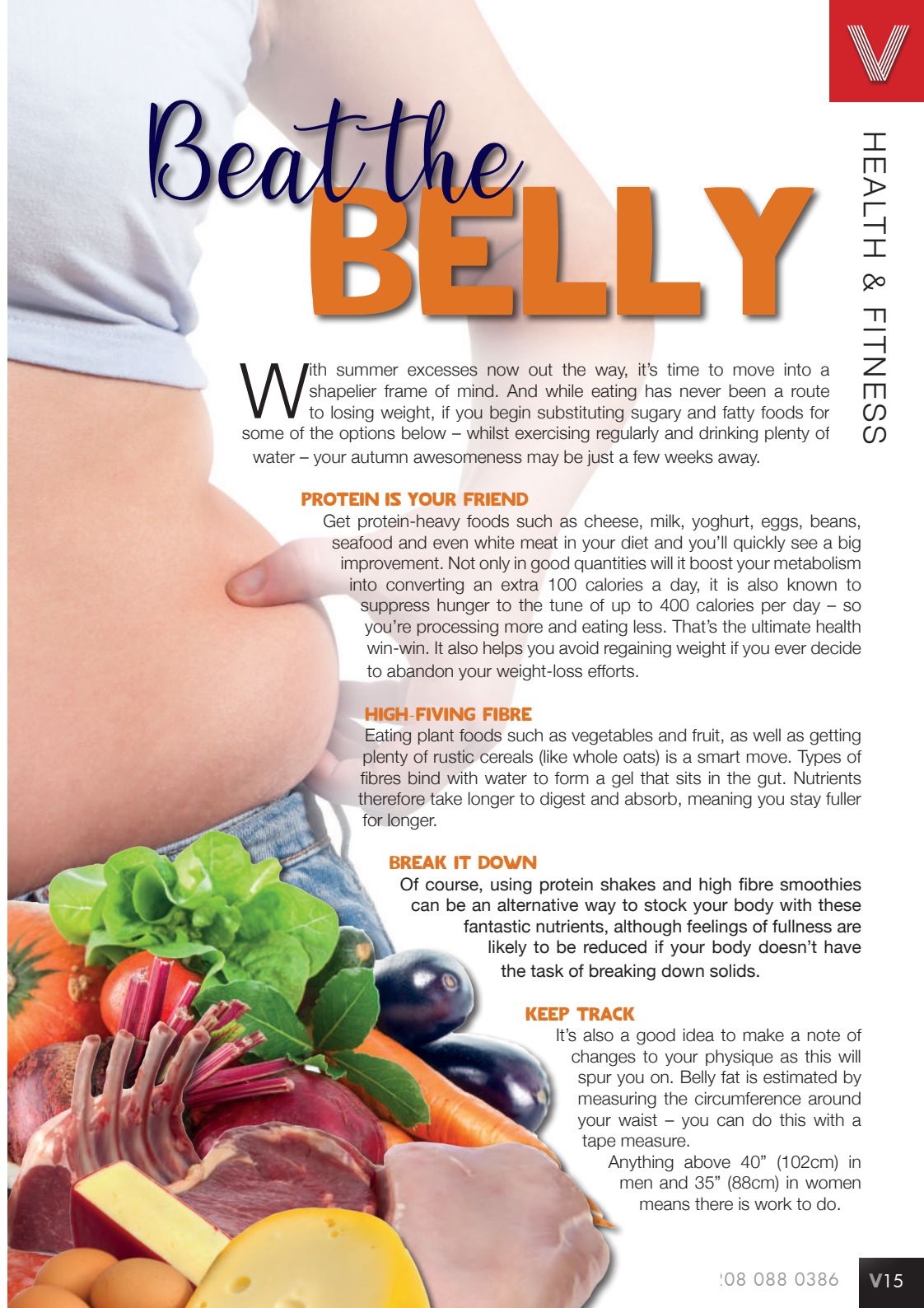
BREAK IT DOWN

Of course, using protein shakes and high fibre smoothies can be an alternative way to stock your body with these fantastic nutrients, although feelings of fullness are likely to be reduced if your body doesn't have the task of breaking down solids.

KEEP TRACK

It's also a good idea to make a note of changes to your physique as this will spur you on. Belly fat is estimated by measuring the circumference around your waist – you can do this with a tape measure.

Anything above 40" (102cm) in men and 35" (88cm) in women means there is work to do.



YOGA FOR SLEEP DEPRIVATION AND INSOMNIA

Sufferers of sleep deprivation and insomnia have five main contributing lifestyle factors:

- physical activity
- emotional issues
- busy social life
- poor sleep environment
- an over active mind.

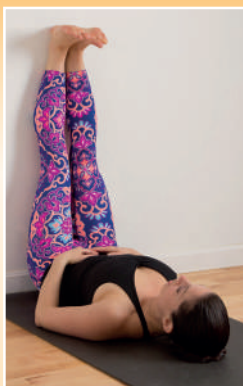
Using our simple deep breathing and posture exercises before bed can really help slow you down and get your body ready for sleep.

FOCUS ON THE BREATH

We all breath, but only use 10% of our full lung capacity, which means we are not breathing as fully as we should. Practise long, slow deep inhales and exhales. This will slow the heart rate and calm the mind, helping to transition to relaxation mode.

POSTURES BEFORE SLEEP

1. Legs up the wall: relaxes the shoulders and neck
2. Relaxation Pose: helps the body and mind slow down
3. Child's Pose: excellent for easing all over tension and stress
4. Knees to Chest: curling your knees up to your chest is a really soothing posture.



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PETS



NOT JUST

for Christmas
The Pet Owner's Checklist

A new pet can bring unfathomable quantities of joy, laughter and affection into our lives, but before you make the leap, there are a few pointers always worth bearing in mind.

✓ FIND THE RIGHT PET FOR YOU

If you find yourself dreaming of a leaping Labrador when you live in a studio apartment, it's worth being honest with yourself about whether this is appropriate. Big dogs need space, exercise and lots of love, so if your home is cramped and you work all day, a cat may be a more sensible option.

✓ BUY THE ESSENTIALS

Before bringing your beloved furball home, make sure you've got the basics: somewhere to sleep, something to eat, something to play with and everything required to keep it safe.

✓ PREPARE TO PROTECT

From checking for holes in your garden fence to stocking up on flea and worming treatment, protecting your pet is an ongoing process. You may

also need to buy an engraved collar or tag with contact details, and by UK law all dogs must be microchipped.

✓ KEEP IT REAL

One glimpse into any animal shelter tells you why it's so important to think carefully before getting an animal. Sometimes circumstances may change unexpectedly, but for the most part the scourge of abandoned pets can be avoided by making sure your choices are well thought out and informed.

Firstly, be honest about how much time you have to devote to your new family member as they will need lots of love and attention.

Secondly, be realistic about the financial demands. While day-to-day costs are reasonably low, there can be unexpected extras like insurance, treatments and grooming.

Lastly, be honest about why you want the animal. Is it a fad, or do you really crave the responsibility and joy that comes with looking after a life? After all, as soon as you buy a pet you become their world, and it's only fair that their first home is their forever home.



TRAVEL

WINTER Weekenders

GET IN THE CHRISTMAS SPIRIT WITH A SHORT BREAK IN ONE OF THESE FESTIVE CITIES.

Bath, Somerset, UK

Majestic and grand, the historical city of Bath makes a glorious pre-Christmas destination. Whether you want to shop, sightsee or simply relax, Bath has it covered, boasting a wealth of high-end boutiques and branded stores, incredible historical sights – in particular the perfectly preserved Roman Baths – and the considerably more modern Thermae Bath Spa – Britain's only natural thermal spa. Plus, from November 22 for three weeks, the city hosts its nationally renowned Christmas market, helping you maximise your festive fun.

Prague, Czech Republic

They call it 'the city of a hundred spires', and with its beautiful Baroque buildings and assortment of Gothic churches, Prague has a certain magic which becomes all the more potent when winter blows in (snow in December is not uncommon). Famed too for its Christmas markets, the oldest and most

well-known of which are in the Old Town Square and the appropriately named Wenceslas Square (December 1), visitors can amble among the many stalls drinking potent mulled wine and perusing an abundance of hand-crafted trinkets and gifts. So if you're after the quintessential Christmas experience, this is it.

Geneva, Switzerland

For those looking for a proper winter wonderland, look no further than Montreux, a resort town on Lake Geneva. Surrounded by the majesty of the snow-capped Alps, the shores of the lake come to life with scores of rustic chalets bedecked with twinkling lights as part of Genève Marché International de Noël, the annual Christmas market (from November 24). The Swiss take Christmas very seriously and remain true to their roots with wreath making, biscuit decoration and the singing of traditional festive hymns.



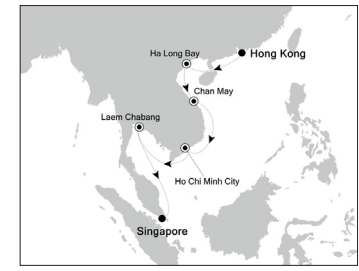
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Hong Kong to Singapore

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7 Ha Long Bay, Vietnam	8:00 AM	2:00 PM
8 Chan May, Vietnam	8:00 AM	7:00 PM
9 Day at sea		
10 Ho Chi Minh City, Vietnam	8:00 AM	
11 Ho Chi Minh City, Vietnam		
12 Ho Chi Minh City, Vietnam		2:00 PM
13 Day at sea		
14 Laem Chabang (Bangkok), Thailand	8:00 AM	
15 Laem Chabang (Bangkok), Thailand		6:00 PM
16 Day at sea		
17 Singapore, Singapore	6:30 PM	
18 Singapore, Singapore		

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BOARD GAMES

Board games are having a massive revival with gaming aficionados and families alike wanting to re-live their childhoods with classic, simple games that bring hours of joy with no internet connection needed.

OPERATION

A testament to its brilliance, this game has barely changed since it was first created in 1965. A game of physical skill that tests the players' fine motor skills and hand-to-eye coordination, we hope this game remains a firm favourite with families for many years to come.

CLUEDO

What's not to love? Mystery, murder and logic all in one suspenseful game. Originally named Agatha Christie - The Game, then changed to Murder before finally settling on Cluedo as a pun on Ludo. This game has been revamped over the years, but we still love the original cast of Colonel Mustard and Professor Plum.

BATTLESHIPS

Originally a pencil and paper game which dates to the First World War, it was made into a plastic board game by Milton Bradley in 1967. So popular was this game that it has been re-invented to electronic versions, video games and even a film. We still love the original HIT! MISS! version though.

SNAKES & LADDERS

This iconic game is a much-loved classic from most people's childhoods. A great introduction to the competitiveness of real life; a game where emotions run high... and low.

SCRABBLE

No board game wish list would be complete without the legendary Scrabble; one of the biggest selling board games of all time and loved by all ages. Created over 70 years ago, this simple word game is as educational as it is fun.

Did you know every hour at least 30,000 Scrabble games are started across the world?



KIDS



FOOD & DRINK

RAW

deal

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Sugar awareness week 12th - 18th November

Pecan Pie Energy Balls

The ideal post-gym snack, this easy recipe makes 12 yummy balls. Place 1 cup of pitted dates, 1 cup of pecans, 1/2tsp of sea salt and 1/2tsp of pure vanilla extract into a food processor, and blitz until it forms a dough. Roll into 12 balls and pop them into the fridge until gym o'clock.

No-bake Brownies

Think unbaked brownies can't be tasty? Think again. Place 2½ cups of pitted dates, 1½ cups of walnuts, 6tsp of cacao, 1tsp of vanilla extract and 2tsp of water in a food processor and blitz until smooth. Press mixture firmly into a baking pan. Now in a bowl, mix ¼ of a cup of cacao, ½tsp of vanilla extract, 2tsp of coconut oil and a ¼ of maple syrup, before layering on top of brownies. Refrigerate for at least two hours before cutting into squares.

Banana Ice Cream

Got a bunch of too-ripe bananas? No problem. Just peel them and pop in a freezer bag, then, when you want some sweet, creamy soft-serve style ice cream, take them out and pop them in the blender.

Tahini Flavour Fudge

Sweet, fudgy with a nutty kick, and preservative free, all you need is a mixing bowl and a freezer. Place 1 cup of tahini, 4tsp each of cacao, coconut oil and raw honey, 1tsp of vanilla extract and a little coarse sea salt in your bowl. Mix, press into a baking pan and freeze.

Chia Pudding

High in protein and omega-3, chia seeds are a super-duper food. Place 6tsp of chia seeds, 2 cups of coconut, almond or cashew milk, ½ tsp of vanilla extract and 1tsp of maple syrup in Mason jar. Shake to combine and place in the fridge for at least two hours before eating topped with berries.



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FAIL TO PREPARE, AND PREPARE TO FAIL

Make sure you have sufficient stock to deal with the increase in demand. Not being able to provide what you have promised will result in frustrated and unhappy customers who will not do business with you again.

BE TECH READY

Your IT systems may be able to cope with the day to day demands of your business but are they up to the task of a massive traffic surge? Be sure to test your systems prior to the big day; no one wants their website to crash on Cyber Monday.

MAXIMISE SOCIAL MEDIA

Keep your customers informed of your Black Friday plans ahead of the day itself on your social media platforms. Run a competition or a giveaway to encourage users to share your posts and increase views.

REWARD YOUR LOYAL CUSTOMERS

Email marketing is key to raising awareness of an event or big sale. Since the arrival of GDPR earlier this year, sending out mass emails to everybody and anybody is a big no-no, instead focus on targeting your loyal customers with personalised emails that contain exclusive discounts, offers or rewards.

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Ensure that all your employees are informed about your plans for both events. Any specific offers, special delivery promises or extended opening hours. The last thing you need is overwhelmed and unknowledgeable staff.

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GARDENING

Spruce up CHRISTMAS

Why festive fun at Christmas should begin with your choice of tree

As a centrepiece for the most special of seasons, you can't really lodge a statement any stronger than a Christmas tree. A beacon of festive fanfare, the tree we choose acts as a meeting place for family, friends and loved ones, so why not, ahem, 'branch out' this year on something special:

Norway Spruce: Our most traditional and best recognised Christmas tree that, to the surprise of some, grows happily in the UK (despite its name). It offers flailing green arms and an aromatic scent that lends itself to awkward hugs with Auntie Beryl.

A cost-effective, attention-grabbing tree, but one that sheds its needles quickly, so get your Hoover at the ready.

Nordmann Fir: The increase in popularity of this tree is largely down to the fact it doesn't shed its needles like a number of others. A symmetrical shape, it's glossy, soft and a winner with the kids.

Slightly more expensive than the spruce, this tree is also fragrance-free.

Blue Spruce: This one does what it says on the tin – a prickly, cactus-like spruce that comes with a sumptuous blue/grey tinge.

Typically a medium-sized little number, it's not overly kid-friendly, but adorned with lights probably ranks as the best looking of the lot.

Serbian Spruce: With better needle retention than the Norway Spruce, this attractive tree looks as though it's been dipped in a pot of wood polish, such is the sheen that comes up from its branches. If you don't have a lot by way of decorations or lights, this tree will do the hard work for you.

In terms of maintenance, follow these quick rules to keep your tree looking tip-top:

- 🌲 Keep outside or in a cool place for as long as possible before use
- 🌲 If keeping it in water chop a couple of centimetres off the stump first
- 🌲 Water it every day



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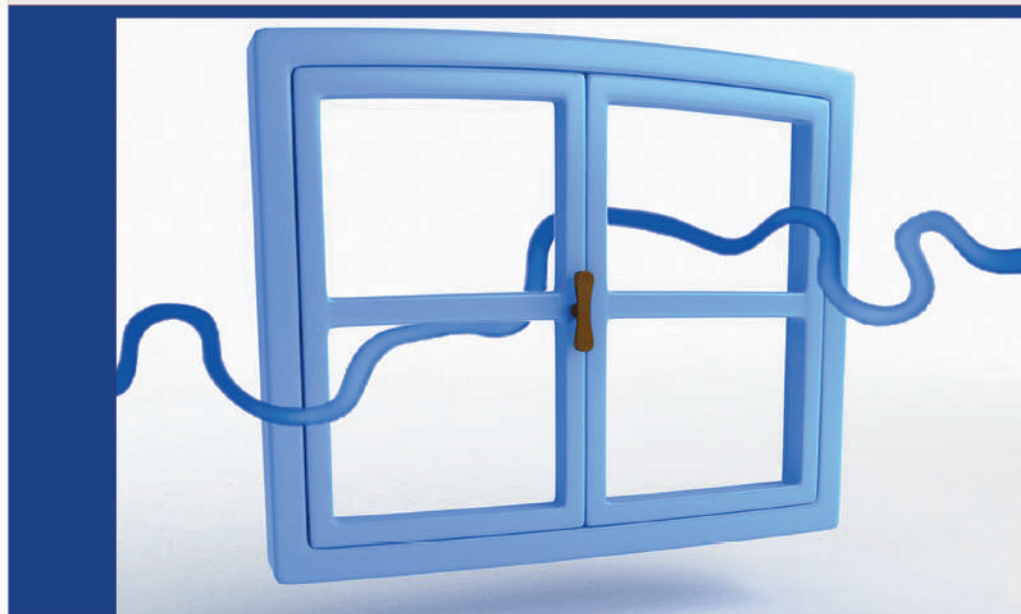
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WHERE THERE'S A *Willoughby,* there's a way

She's gone from teen model to national treasure, but for Holly Willoughby the biggest challenge is yet to come as she gets ready to enter the jungle.

Willoughby's ascent to full-blown daytime doyenne has been nothing short of remarkable. The classic 'girl next door', she has enchanted viewers across the widest of demographics, although with a sense of comfort – be that when discussing women's lifestyle, parenting, health or the home.

Yet now she's setting out on a whole new path, and to the Australian Outback, no less, to join Declan Donnelly in filling in for the Geordie's beloved but troubled sidekick Ant McPartlin on the new series of *I'm a Celeb... Get Me Out of Here!*, which begins in November.

While the challenges of a frenetic work schedule down under are a world away from the well-trodden mechanics of the *This Morning* TV studio, at least the 37-year-old won't be forced to canoodle with cockroaches or munch on maggots (all part of what lays in store for the real 'celebs' as part of the show's legendary Bush Tucker Trials).

Yet the likeable Sussex-born presenter is approaching things with an open mind.

She said: "I couldn't be more excited to have been asked to stand alongside Dec for the next jungle adventure. I love Ant and want to send him my best wishes and support for a continued recovery, and these are big shoes, not to fill, but just to keep warm for a little bit; but I'm going to give it my best shot."

Willoughby is arguably better equipped than most – she knows her way around a TV studio like few others in light entertainment, even if this one is littered with critters, koala bears and acacia trees.

"Of course I've been out of my comfort zone so many times in the past and it's probably where I thrive best," she says. "Right back to the early days of modelling for Pretty Polly, it was all a new experience, and the best decisions in life often come about as the result of trying different things."

Producers hope Willoughby will hit it off with buddy Donnelly in the same way that she did with her self-proclaimed "best friend in the world" Phillip Schofield, who she has co-presented *This Morning* with since 2009, their natural charisma evident for all to see. "You couldn't do that many hours of TV together, with all the different subjects, without there being some sort of relationship that's utterly real," said Willoughby at a recent BAFTA event to celebrate 30 years of the popular breakfast show.

"Dec and I know each other very well too and I'm sure there will be a lot of banter and laughter firing between us – I can't wait to get started."

Willoughby is taking all the family to Australia for what promises to be a memorable busman's holiday, and yet there's no let-up upon her return, with the self-confessed fashionista having recently become an ambassador for Marks and Spencer. Holly's Edit is part of the brand's Autumn Must-Haves campaign, with a focus on affordability (prices range from £19.50 to £99). "Keeping busy whilst exploring new angles is everything to me as I never want to stop... not even for a jungle meal."



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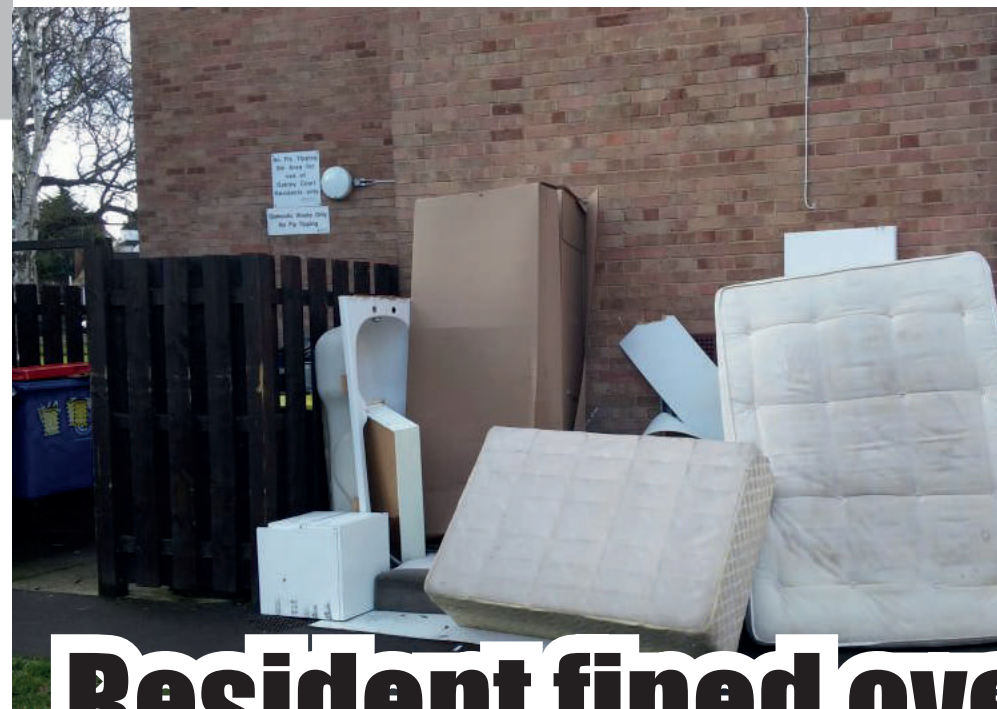
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS

Photograph: Epping Forest DC



Resident fined over £1,500 for dumped waste

A Loughton resident has been fined more than £1,500 for not checking he was giving his waste to a reputable company.

Mr Vadims Tjoluskins pleaded guilty at Chelmsford Magistrates' Court to failing in his household waste duty of care, by giving his waste to somebody else to dispose of without carrying out the necessary checks to ensure that they were authorised to carry such waste.

Mr Tjoluskins admitted he handed over some large cardboard boxes which were later found fly-tipped among a larger pile of waste in Oakley Court, Loughton, at a bin store provided for local residents.

Magistrates fined Mr Tjoluskins £600 and ordered him to pay the council's prosecution costs of £900, together with a victim surcharge £60, and said that had he not pleaded guilty the fine would have been £900.

Councillor Nigel Avey, portfolio holder for environment, said: "We take fly-tipping, and residents' responsibility to ensure they are disposing of their waste legitimately and responsibly very seriously.

"Our message is simple. Before handing your waste to somebody else, always check, consider and record in order to protect yourself, and reduce fly-tipping by rogue traders. It is a crime not to care."



Laundry vending machine coming to a station near you

Loughton has been named as one of the locations set to have a 24-hour eco laundry vending machine.

VDrops, the UK's first entirely 100 per cent green-cleaning vending machines for clothes, have hit the UK, with the first one installed at Epping station.

The machines, powered by VClean Life, aim to clean up the UK's dry cleaning sector by bringing it into the 21st century.

The drop-and-go style vending machines act as a gateway to the new green-cleaning revolution, enabling Brits to simply drop-off their dirties at VDrop machines and collect them 24 hours later.

Following its successful launch at Epping station,

Transport for London (TfL) has plans to install them at several London Underground stations, including Loughton.

Nick Harris, managing director and founder of VClean Life, commented: "We are transforming the dirty dry cleaning sector, by making green cleaning accessible with VDrops now hitting the high street.

"There is nothing else like this on the market.

"In just 24 hours customers will receive a premium service at ridiculously cheap prices, with 200 machines being rolled out across London in coming months, before going national.

"We are thrilled that TfL will be the first to roll them out to commuters across the capital."

High school marks European Language Day

Debden Park High School celebrated European Language Day by putting pictures of multi-lingual teachers up around the school highlighting the languages they can speak.

Staff also wore something different from their usual attire.

Modern foreign languages subject leader Federica Di Paolo wore a long black dress with a rose in her hair while another member of staff donned a French outfit.

Ms Di Paolo said: "Students were inspired to release their linguistic inhibitions. In facts, so many of them were greeting us in French or Spanish in the corridor."

The school held a Lingo Bingo at lunchtime with

students having to learn how to say hello in 12 different languages.

Ms Di Paolo added: "It was impressive to see the collaboration in the playground and in the canteen offered by bilingual students in order to provide their own bit of knowledge and teach each other new vocabulary.

"The same collaboration and enthusiasm were spread among bilingual staff who taught sections of their lessons in their mother tongue.

"The bilingual students have received a badge that identifies them as polyglots in the school community, which has been a great way to recognise and praise their sometimes hidden ability."



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Photo credit: Everything Local News



LOCAL NEWS

Children take part in harvest celebrations

A school in Loughton celebrated the harvest by holding three assemblies and organising a collection.

Thomas Willingale School and Nursery children from Year 1 and Year 2 told the story of harvest around the world.

This was followed by an opening performance of the Gospel Train by Year 3 and Year 4 children which culminated in solo performances and poems by Year 5 and Year 6 children.

The school also showed their generosity by donating

much-needed items for the homeless, including food, hygiene products and warm socks.

The items will be taken by members of the school council to St Saviour's Priory in East London where they will be distributed to the homeless.

Headteacher Teresa Phillips said: "Parents, children and staff all thoroughly enjoyed the celebrations that successfully raised awareness and much needed support for the homeless."

"Our children are grateful for what they have and are keen to help others who are less unfortunate."

Who is your Young Citizen of the Year?

Residents in Loughton are being asked to send in their nominations for the Young Citizen of the Year Award.

Nominations are now open, so if you know of a young person that deserves recognition, nominate them before November 30.

The award, presented annually, recognises young people's exceptional contributions to the Epping Forest District. This can be in terms of outstanding courage, service to the community or showing extraordinary commitment, energy and effort in a particular cause or achieving a particular goal.

Eleven to 18-year-olds living in Epping Forest district are eligible for nomination.

The finalists will be invited to the district council's Civic Awards in March 2019 where the winner will be

announced and will receive £300 and a certificate of achievement.

Chairman of the council, councillor Richard Bassett, said: "The Young Citizen of the Year Award highlights the positive contributions that young people make throughout our district in so many different ways."

"Many of these young people are unsung heroes and we want to recognise the tremendous contributions they make to their communities. So, if someone springs to mind, now is the time to nominate them for this prestigious award."

To nominate a young person for the Young Citizen of the Year Award, pick up a nomination form at EFDC buildings, local libraries and secondary schools or complete the online nomination form at www.eppingforestdc.gov.uk/youngcitizen

Gang of car thieves jailed

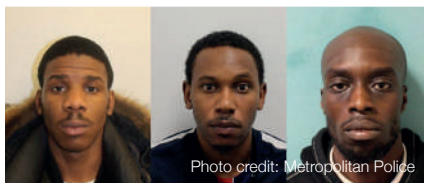


Photo credit: Metropolitan Police

Three men who sprayed a driver in the face with ammonia in Loughton have been jailed.

Anselm Legemah, Simon Luck and Paul Samuels were sentenced at Snaresbrook Crown Court recently.

The men carried out two attacks, including on former boxer Michael Watson MBE, who had the substance sprayed in his face and was dragged along the ground in the Ridgeway, E4.

The first incident occurred shortly after 12.30am on February 4, 2017.

A white Audi, driven by a 19-year-old man with a 16-year-old girl in the passenger seat, stopped on the forecourt of a petrol station in Church Hill Loughton, Essex.

The vehicle was quickly blocked in by a white Mercedes, later discovered to be stolen and on cloned plates.

Inside the Mercedes were at least three men including Luck who was the driver, Samuels and Legemah.

Two of the men got out of the car and made their way over to the Audi. One of the men, believed to be Samuels, then sprayed the driver in the face with noxious liquid. He suffered permanent damage to his eyes. The liquid also splashed onto the girl's legs, causing burns.

The distressed victims fled and the suspects made off in the Audi, which was followed by the rest of the group in the Mercedes.

Mr Watson was the victim of the second attack at 4.50pm on Thursday, February 16.

Charity Christmas cards feature familiar scenery

St Clare Hospice has launched a festive selection of Christmas cards featuring 16 original designs to celebrate the Yuletide season.

Within the collection are three seasonal artistic impressions of familiar landscapes within the West Essex and East Herts community, including Lopping Hall, Loughton.

The area is where St Clare Hospice offers its free,

compassionate care to local people facing a life-limiting illness.

The festive designs are painted by a group of East Anglian-based artists, Mike Sherard and Reg Siger.

A pack of 10 cards costs £3.95 – enough to pay for one hour of the charity's 24-hour advice line.

It costs St Clare Hospice £44 to pay for Christmas dinner for a whole family whose loved one is staying on their Inpatient Unit. That means that just 10 packs of Christmas cards need to be bought to bring a little joy to a family this Christmas.

The Christmas greeting cards are available to purchase from any of St Clare's nine charity shops, or at the hospice centre itself.

Alternatively, they can also be purchased on St Clare's Facebook shop page at facebook.com/stclarehospice/shop or on their eBay shop at www.stores.ebay.co.uk/St-Clare-Hospice

New school opens its doors



Photo credit: Everything Local News

The new Brook Building at Roding Valley High School, Loughton, has been officially opened by Dame Eleanor Laing, MP for Epping Forest.

The state-of-the-art building houses the school library, sixth form study centre and five classrooms, four of which have moveable walls to provide larger space for special project work and visiting speakers.

Mrs Laing MP, who cut a ribbon to mark the official opening, said: "I am really impressed by the new Brook Building. It has taken a lot of work over very many years and I would to thank and congratulate everyone who has worked so hard and shown such determination to bring this brilliant project to fruition, in particular Paul Banks, all the governors and county councillors without whose vision and energy it could never have happened.

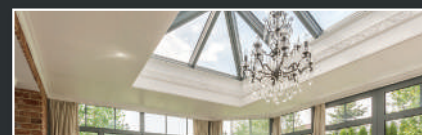
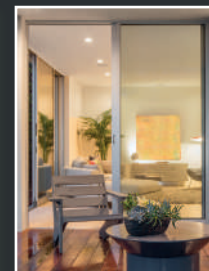
"It was a great pleasure to meet the students, particularly the sixth form students. I can see that they are benefiting from the terrific resources in the new building and the whole school has a sense of renewed energy."



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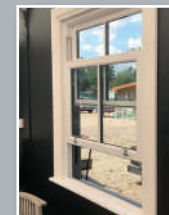
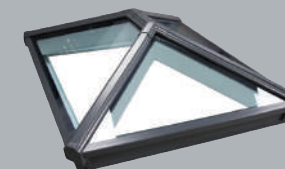
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LOCAL NEWS



The Buddy Bag Foundation is a wonderful charity that helps children in crisis. Buddy Bag Foundation was created in response to the rising number of children who enter emergency care after fleeing violent situations at home. Restoring a sense of safety and security into a child's life during a traumatic time is one of the first steps to recovery. By providing these children with a few essential items, they can help make the transition into emergency care a little easier. LBC Rotary were delighted to present her with a cheque for £200.

October 12 was a very busy day for us. We hosted our free monthly Memory Cafe in Loughton for people with memory issues and their cares. It's an activity session with singing, a quiz, bingo and games with free refreshments.

We host it every second Friday of the month from 10am to noon at The Loughton Club, 8 Station Road, Loughton IG10 4NX. The next free session is on November 9.

Past president Pesh Kapasiawala attended the fifth birthday celebrations of Epping Forest Re-USE. They are vital resource for the local community and LBC Rotary are proud to support them. In the evening we held a fun quiz in aid of Chigwell Riding Trust and raised over £1,000 for the amazing local charity.

Extra £2bn for council housing announced

The government has announced an extra £2billion for council housing funding recently and Epping Forest District Council is hoping to get its hands on some of the funds.

They council is already building new homes with more than 1,500 people waiting for housing on the District's Housing Register.

Twenty-eight new homes have been completed so far in Waltham Abbey (pictured), North Weald and Epping, with more in the pipeline.

Fifty-one new houses and flats are nearing completion in Burton Road, Loughton.

Part of the site set on fire recently, however, damage to the block involved was relatively light and largely

confined to the roof.

The building stood up to the fire extremely well which put back the completion schedule by only a few weeks. The first new tenants should be moving into Burton Road before Christmas.

Councillor Chris Whitbread, leader of Epping Forest District Council, is proud of the work done so far and very keen to draw some of the extra money announced by the government into the district.

He said: "We provide very high-quality council housing, but it is more than just bricks and mortar. We take pride when our tenants tell us how much they appreciate the good level of service we provide throughout from lettings to management and maintenance."

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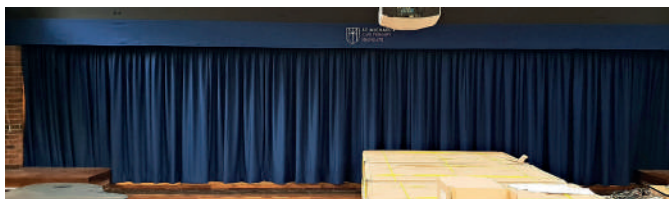
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A DESIGN for life



Need a little home inspiration? These interior design bloggers will help you reinvent your home while adding a splash of 'cool'.

Mad About The House

madaboutthehouse.com

For over two decades Kate Watson-Smyth has been writing about interior design for some of our top broadsheets, offering a smart look at bringing the perfect touches to any inside space.

DEAR DESIGNER

deardesigner.co.uk

Often adventuring to the more voluptuous side of chic, Carole King's blog provides almost a decade's worth of top tips.

Alice in Scandiland

aliceinscandiland.com

As you would expect, a passion for Scandinavian design is what flows through in Alice Collyer's engaging and inspiring blog.

FROM EVIJA WITH LOVE

fromevijawithlove.com

This design blog takes the idea of DIY, upcycling and reuse of materials as a blank canvas for creating interiors that are original, affordable and personal.

Emma Jane Palin

emmajane Palin.com

Another self-titled blog, but one that allows design maxims to come to the fore in this inspiring archive.

FRESH DESIGN BLOG

freshdesignblog.com

Cost is a key buzzword for Rachel Newcombe in her modern and contemporary interior design blog which, since 2009, has been offering affordable touches for ambitious homeowners.

The Design Sheppard

thedesignsheppard.com

With a view towards redesigning what you already have, Stacey Sheppard's blog has recently enjoyed a huge upsurge in popularity.

CATE ST HILL

catesthill.com

Cate's self-titled blog is based on simplicity of style, and presents everyday objects in stunning ways as a route to achieving design stories that invigorate and excite.

Girl About House

girlabouthouse.com

Sarah Mailer's obsession with gold touches comes through in this aesthetically rewarding blog that leans on aspiration and luxury.



Tiling can seem like quite a daunting prospect but if you are simply updating a small space, doing the work yourself is a feasible option.

The most important thing is to ensure you are working on an even surface.

Next, set out your tiles carefully. Start by making a gauge from a length of timber. Lay some of your tiles on the floor with spacers in between and put the timber next to them. Mark each joint on the timber.

Then measure and mark a point halfway up the wall above the highest floor or skirting board level as a starting point. With the measuring gauge positioned against this mark, mark downwards to show where each course of tiles will fall. If the space left at the bottom is less than half a tile high, adjust the starting point.

Next, create a horizontal gauge. Measure and mark a horizontal line across the wall at the level of the bottom of the lowest row of whole tiles. Lightly fix the batten to the wall.

Measure and mark the centre point of the horizontal batten and use the measuring gauge horizontally to mark the position of the last whole tile close to the end of the wall. Mark this point on the batten.

The aim is to start tiling in the middle and end at each side with a part tile.

Use a spirit level to mark a vertical line up from the position of the last tile. Fix another straight batten vertically along this line.

Apply small sections of adhesive at a time using a special adhesive spreader. Place the tile in position and press firmly. Use tile spacers.

Once your adhesive is completely dry, start grouting. Use a grouting float to force grout into the spaces between the tiles then use the float to remove excess grout.

When dry, polish the tiles to get rid of any fine cloudy residue.

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A MODERN WORLD

THE ROOTS OF MODERNISM AND HOW THIS BRAVE MOVEMENT HAS LASTED SO WELL

The advent of modernism in home furnishings – and beyond – was something that really took off towards the end of the 19th century. In essence, it was a rebellious response to the years of floral, ornate, elaborate, elegant and largely curved, flowery styles that had patterned so much of people's lives.

For countless decades before, the idea of Victorian, Gothic and Renaissance designs – and with them, interiors that screamed detail, eloquence and opulence – had dominated homes and was the norm. After all, we'd all like to recline on a chaise longue while admiring arches and arcs, patterns and textures, right?

Wrong. In modernism the 'mo' became straight lines, clean shapes and hard edges. Within this, overuse of colour was discouraged, while the invitation was laid out to embrace textures and textiles not previously considered homely – consider steel, concrete, large expanses of glass and other materials once thought of as cold and unwelcoming.

Where colour did prevail, this was to be bold and statement-giving, so perhaps blocks and slabs of shades adjacent to blacks, greys and whites.

Where did this all come from? Well, the Industrial Revolution had a lot to do with a more measured and practical approach to living. Modernists liked the idea of exploring norms and modes that were suited to this new world industry was providing, and it was perhaps to be expected that the influences of work became the influences of home.

Sure enough, these modernist statements didn't start and end in our homes, there was literature, art, music and more – countless areas where people were expressing a desire to rebel.

Although no end date for modernism has ever been noted, it's perceived that post-modernism came into being in the late 1970s, and from there society has largely embraced a mass of contrasting and conflicting styles in elegant harmony. Yet without those early-century modernists, the world we see in 2018 would surely look very different.

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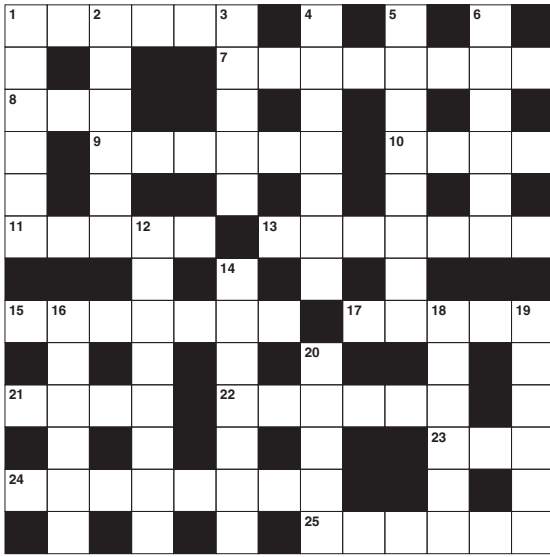
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ACROSS

- Feeling of fondness (6)
- Containing less oxygen than usual (of air) (8)
- Title of a married woman (3)
- Sightseeing trip in Africa (6)
- Deceiver (4)
- Test or examine a metal or ore (5)
- Coatings (7)
- Get too big for something (7)
- Long-legged wading bird (5)
- Bowed stringed instrument (4)
- Chess piece (6)
- Increase the running speed of an engine (3)
- Large snake (8)
- Deep gorge (6)

DOWN

- Thin layer of sedimentary rock (6)
- Locks lips with (6)
- The ___ Gatsby: F. Scott Fitzgerald novel (5)
- Followed behind (7)
- Wealthy (8)
- Fix (6)
- Aromatic plant used in cooking (8)



- Up-and-down movement on water (7)
- Workers' groups (6)
- Fish hawk (6)
- SI unit of thermodynamic temperature (6)
- ___ Hayes: US soul and funk singer (5)

DID YOU KNOW

- ▶ A bolt of lightning lasts on average for about one 10,000th of a second but could light a 100-Watt light bulb for three months
- ▶ The monsoon climate results in high annual rainfall totals exceeding 1.5 metres (5ft) in many places
- ▶ Rainbows are caused when rays of light from the sun hit water which reflect some of the light back
- ▶ Lightning travels through the air at around 270,000mph
- ▶ Clouds will either be composed of ice or water droplets depending on the height of the cloud and the temperature of the atmosphere
- ▶ Lightning reaches temperatures of around 30,000C

SUDOKU

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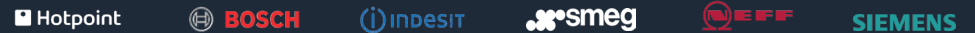
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FAST AND FURY-OUS

As festive fight night – December 1 – edges ever-closer, Tyson Fury prepares to let his fists do the talking.

It's the most talked about fight of the year - British bad-boy Tyson Fury going toe-to-toe with Alabama-born Deontay Wilder for heavyweight bragging rights and to move into pole position for an almighty goliath showdown against Anthony Joshua in April of next year.

Although Joshua admits he has to fight Wilder to be considered the ultimate heavyweight champion of the world, boxing fans on this side of the Atlantic are drooling over the prospect of a match-up against Fury, and with it the pairing of two boxers who couldn't be further apart in terms of their appeal.

Joshua is the gentleman of the ring, tough but with a temperament everyone admires. Fury is the fiery gypsy king who polarises opinion – and yet arguably has the most to prove as he recovers from a career-threatening drugs ban and numerous personal problems.

Fury's next step to reaffirming the mental and physical strength he believes will lead him to knocking out AJ is to see off the challenge of American challenger Wilder, and some challenge it is.

First, he has to battle a partisan LA crowd at the Staples Center, then rally against his opponent's perfect boxing record: 40 fights, 40 wins, 39 by knock-out.

Fury, 30, who stands at a colossal 6ft 8", has been typically bullish in the lead-up to the fight.

He said: "For me, Deontay is just another obstacle to be knocked over on my journey."

With that customary devilish grin, he adds: "I'm a time traveller – I've seen the future and I know what happens.

"That's why I don't fear anyone; because I already know how this turns out.

"But listen, I'm going in the ring with one of the best punchers the sport has ever seen. Do I respect him, yes; but do I know how to beat him? Of course."

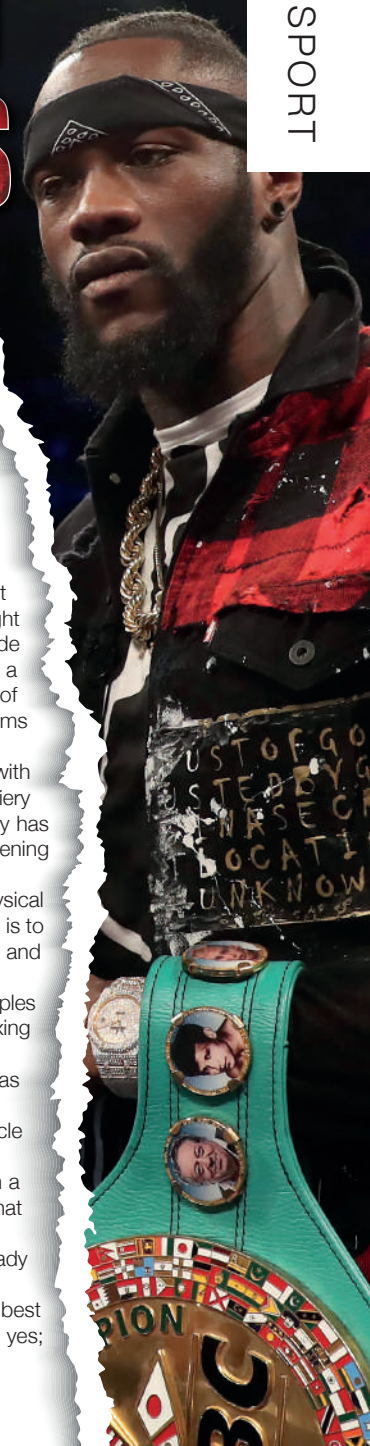


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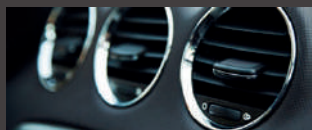
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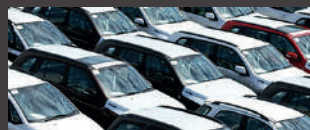
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THE NOOSE TIGHTENS AROUND POLLUTING VEHICLES IN BRITAIN'S CITIES.

Those of us who own gas guzzlers breathed another audible sigh of disappointment recently when the government introduced new legislation relating to car emissions on vehicles made before 2015.

The new rules apply to both petrol and diesel engines, with emissions surcharges, extra parking fees and tax increases meaning that, overnight, your pride and joy sat on the driveway suddenly felt less proud and not quite as joyful.

While the initial 50 per cent surcharge on parking applies at first only to diesel cars in central London, those driving petrol cars will feel the pinch too, albeit at a lesser level, and it's inevitable other local authorities will follow Westminster City Council's lead. Indeed, Camden and Islington councils look set to go one step beyond by applying extra charges for all vehicles of any age.

From next year, clean air zones in central London and Birmingham will impose a daily toll of £12.50 on most of Britain's 13 million diesel cars, with an estimated £50/week being added to running costs for the average driver. Other cities – Nottingham, Leeds, Derby and Southampton – are expected to follow suit.

The government's anti-diesel drive is all part of the April 2019 launch of the world's first Ultra-Low Emission Zone (ULEZ) in central London. To move through the area without charge, petrol cars and vans must meet the Euro 4 emissions standard, while for diesel cars it's Euro 6. And if you think those fines are harsh, be grateful you're not driving an HGV – it will cost you a cool £100 a day to transport it around London, and that's before you've even filled up at the pump.

Even electric vans don't escape scrutiny – the government has realised that these vehicles tend to be heavier than their diesel counterparts and that produces its own challenges. The solution – more taxes.

Anybody got a spare pushbike?

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WHAT'S ON

in your area

Nearly new sale

Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB

November 10, 2pm – 4pm

Nearly new sale will be held at the Wesley Hall to the rear of Loughton Methodist Church. Being sold are babies and children's toys, clothes and equipment.

There is a £1 entrance fee for adults and there will be tea, coffee and cakes for sale.

There is limited parking on site, but parking is available on Loughton High Road.

All profits will go to supporting the work of Spark – a mental health charity for young people in Loughton.

Chigwell Ice Rink

Woolston Manor, Abridge Road, Chigwell, IG7 6BX

November 11, 2018 – February 17, 2019

Chigwell's first real ice rink is coming to Woolston Manor Golf & Country Club from Sunday, November 11 until Sunday, February 17, 2019.

Online bookings will be available through Skiddle or for more information please contact 0208 500 2549.

It will be open seven days a week from 10am-10pm. Food and drink will be available.



Centenary of the end of the First World War Events across Loughton November 11

11am: Two minutes' silence at the Kings Green War Memorial to mark Armistice Day.

11.50am: Annual Parade from the Royal British Legion Headquarters (Church Hill) to the War Memorial.

12.15pm: Remembrance Service and Poppy Wreath ceremony at the War Memorial.

6.45pm: Battle's Over ceremony at the top of Hillyfields Open Space, joining the national Beacons of Light tribute (over 1,000 communities across the country will light beacons to symbolise an end to the darkness and a return to the light of peace) followed by the bells of St John the Baptist church Ringing Out for Peace.

7.15pm: End of commemorations.



Loughton Methodist Church Christmas Bazaar

Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB

November 17, 10am – 4pm

Come and buy some Christmas presents – everything from unusual jams to handmade crafts.

There are refreshments too, so you can meet a friend here, have a browse and then a coffee.

Buster's Band Concert in aid of Haven House

Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB

November 24, 7.30pm – 10pm

Buster's Band, with Jessica Irvine play in aid of Haven House Children's Hospice.

Tickets are free, with suggested £5 (adult) or £2.50 (under 16) donations on the night.

Haven House Children's Hospice provides a range of support to life-limited children and their families to support them through the most difficult circumstances imaginable.

To book your free tickets, visit www.eventbrite.co.uk/e/busters-band-concert-in-aid-of-haven-house-tickets-49556622191

THE CITY PAVILION

Christmas NIGHTS 2018

10% OFFER
2 per head ticket
30th October 2018

TICKETS £39.95

Friday 30th November 2018

MAXIMUM CHICK FLICKS
Tribute Show

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

DI UNTIL LATE LIVE PERFORMANCES & XMAS CRACKERS

* Prices of more than £12 will require an inclusive package. Please call our events team for more information.
* Full payment required before event date.
* Prices include VAT @20%

FREE ENTRY

TICKETS £54.95

10% OFFER
2 per head ticket
30th October 2018

THE GREATEST SHOWMAN
Tribute

Greatest Showman Tribute
4 Singers & 2 Still Walkers

Friday 7th December 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

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* Full payment required before event date.
* Prices include VAT @20%

FREE ENTRY

10% OFFER
2 per head ticket
30th October 2018

TICKETS £39.95

TRIBUTE NIGHT BRUNO MARS

8th December Saturday 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

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* Prices include VAT @20%

FREE ENTRY

10% OFFER
2 per head ticket
30th October 2018

TICKETS £54.95

NAVY
MICHAEL JACKSON

Saturday 15th December 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

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FREE ENTRY

10% OFFER
2 per head ticket
30th October 2018

TICKETS £29.95

LADIES NIGHT!

Friday 21st December 2018

INCLUDES: 3 COURSE MEAL & SOFT DRINKS

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FREE ENTRY

10% OFFER
2 per head ticket
30th October 2018

TICKETS £29.95

BOLLYWOOD CHRISTMAS

Saturday 22nd December 2018

INCLUDES: 4 COURSE MEAL & SOFT DRINKS

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* Full payment required before event date.
* Prices include VAT @20%

FREE ENTRY

FOR TICKETS OR MORE INFORMATION PLEASE CONTACT OUR EVENTS TEAM ON:

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