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DIVE DEEP

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Behind the success of Diversity

ED SHEERAN

The global superstar making history

VISION Loughton | Edition 12



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April 2019

CONTENTS

- 6 HISTORY
- 8 ASHLEY BANJO
- 10 BEAUTY
- 12 FASHION
- 15 HEALTH & FITNESS
- 19 FOOD & DRINK
- 22 KIDS
- 25 BUSINESS & FINANCE
- 26 TRAVEL
- 30 GARDENING
- 33 PETS
- 36 ED SHEERAN
- 39 LOCAL NEWS
- 49 HOME & DIY
- 60 PUZZLES
- 63 SPORT
- 66 MOTORING
- 68 THE **VISION** LISTINGS
- 70 WHAT'S ON

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Editor's notes...



Brett Shohet, Editor

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

I hope you all have a lovely Easter with Friends and Family.

It is the month when we can hopefully say that spring has sprung with sunny days to come.

Although that is not a certainty, **VISION** can certainly say that two new magazines are about to be sprung into Essex. Watch this space.

This will increase our distribution to at least 40,000 homes and businesses every month.

Thank you to our readers and clients for the support in getting us there. Get in touch if you want some more information.

In this month's magazine, we cover Ed Sheeran's Global Success Award, his marriage to his childhood sweetheart and his journey from sleeping on Friends' couches to where he is now.

April is the anniversary of the Titanic sinking, and this year marks the first time people can dive down to the wreck for \$100,000 or more.

In local news, a woman is backing a knife crime petition following her brother's death, a 97-year-old woman wins an award and schoolchildren celebrate World Book Day.

VISION IS your magazine for your town.

I hope you all enjoy the April 2019 edition of

VISIONLoughton.

Brett

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The new window system designed to replicate the 19th Century English Flush Sash Timber window.

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DOWN: 1. AKIMBO, 2. TRANSACT, 3. ICILY, 5. KENNELS, 6. RYAN, 7. SLUSHY, 8. INTELLIGENT, 13. WOEFULLY, 14. WORSHIP, 15. OFFERS, 16. LESSEN, 17. RIDER, 19. RARE

THE DIVE

OF YOUR LIFE

Save up now for a truly titanic trip into the deep...

For over a hundred years, the sinking of the Titanic has fascinated, terrified and, dare we say it, even entertained the world.

A ship made famous by its demise, as it carried 1,517 poor souls to their watery deaths, has become a tearjerker, a milestone for flawed engineering and even a beacon for hope. And that's because, this April, as 'The Unsinkable' boat prepares to mark the 107th anniversary of its plummet to the floor of the ocean, everyday folk are being invited to dive down to the forlorn wreck and sample for themselves the rusted, barnacled vessel.

There are, of course, a few conditions. Firstly, only registered scientists can apply to make the trip to

the depths of the Atlantic Ocean, so best get out those study books. Secondly, you'll need to pay OceanGate or Bluefish, two companies who have developed a state-of-the-art submersible capable of the 90-minute descent, up to \$100,000 for the trip. And thirdly, you'll need the courage and confidence to believe you're not adding to the great ship's list of RIPs in what is surely an uncomfortable adventure into the deep.

The two craft that takes people down to the wreckage descend the full 13,000ft, with OceanGate's submersible (handily named Titan) having been extensively tested off the coast of the Bahamas. The company's CEO and founder Stockton Rush believes the venture marks a pivotal moment in our exploration of the seas.

He said: "This is a really important thing to come to fruition and it shows what we are capable of now. I can't express what achieving this means to me, and what it means to imagine the great things we're going to explore and find in the oceans in years to come."

And while the development of this level of diving technology creates incredible opportunities for ocean tourism, it can also help sub aqua conservation projects, helping us to look after and protect our oceans and all that live in them.

That we now have the opportunity to see the Titanic with our own eyes is also thanks to a man named Robert Ballard. When the oceanographer found the wreckage on a US Navy mission in 1985, it was the first time anyone had caught glimpse of the great ship since 2.20am on April 15, 1912, and

its discovery allowed a new generation to fall for her all over again.

The reality though, is venturing deep into the abyss in a submersible is the only way we will ever view the Titanic first-hand. Raising the wreckage has long been fantasised, but the crumbling mass would never make it back up to the surface. What's more, bacteria on the sea bed eat around 400lb of the ship every day – in fact there are so many bacteria down there that the rusted mass is surrounded by more life now than at any other point in her history.

The speed at which she is being eaten, however, means that within 50 years the wreck will be almost unrecognisable, so those keen to sample this iconic piece of maritime history should probably start saving up now.



HISTORY

LETTING HIS FOOT do the talking

Diversity by name, diverse by nature

It's 10 years since dance troupe Diversity leapt, spun and pirouetted into our collective consciousnesses in clinching the 2009 *Britain's Got Talent* title.

While the collective initially embarked on a global trail of sell-out performances and media adulation, the last dance usually comes around rather quickly, with these talented street dancers frequently tipped to be ready to go back to rather more normal existences.

And yet, nobody has told Diversity, it seems. Across multiple tours, holiday park residences, one-off shows, TV specials and special appearances, the strength of the group's talent has kept them in demand.

Perhaps it's the style, energy and passion with which they undertake their craft, perhaps it's the Simon Cowell effect; or perhaps the credit should go to Ashley Banjo, Diversity's lead-out man whose charisma, charm and personality has enabled him to forge his own career whilst sustaining the group's.

The 30-year-old has just enjoyed another memorable stint on hit ITV show *Dancing on Ice*, as a judge working alongside Jason Gardiner, Jayne Torvill and Christopher Dean. That follows his commitment to Sky1's talent show *Got To Dance*, plus appearances on everything from *Flirty Dancing* to *The Apprentice*, *The Cube*, *The Real Hustle* and *Catchphrase*.

While panel and game shows show Banjo is as comfortable with light entertainment as he is reality TV, the performer, who is an official ambassador for the United Dance Organisation, knows where his heart is.

He said: "Everything I do is there for me to bring my passion and enthusiasm for dance to the fore, and to get others to really appreciate the value of it."

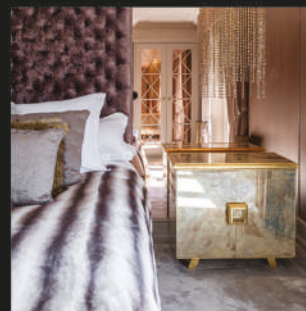
"We're in an era where creative freedom can come in any form, so combining that sort of expression with exercise and energy remains, in my mind, the best possible way to blow away the cobwebs of everyday life. It's a performance that never ends."

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Colour me...

You've probably already started shopping for your Spring/Summer wardrobe, but did you know that the easiest way to update your look for a new season is with a different hair colour?

Blonde Bombshells

WOMEN: If you toned down your platinum blonde locks in favour of a more golden-honey tone over the winter months, then now is the time for a refresh. Baby blonde is the on-trend colour for light haired lasses this summer.

MEN: For a slightly subtler look for men, ash blonde highlights are the way to go.

Brilliant Brunettes

WOMEN: Subtle golden highlights are ideal for those with chestnut coloured hair.

MEN: Rusty copper is perfect for men who want to brighten up their look for the warmer months. This shade suits those with pale skin tones the best.

Go Bold on Go Home

WOMEN: If you are daring when it comes to your hair colour and you have previously rocked the silver trend, then you will love this season's must-have hair colour – inky black. Be warned, it is not for the faint hearted.

MEN: On the other end of the colour spectrum, men who want the wow factor should embrace an all-over ice-white bleach. Although we recommend having this done by a professional to avoid any unwanted orange or green.

Let's Get Colourful

WOMEN: We know pink hair has been doing the rounds for a few years now, but this time it is cotton-candy pink as opposed to a more rose gold hue. Other colours seen on the runway include lavender and bright orange.

MEN: Now this is exciting, a bright blue denim shade has been seen on male models all over Instagram and is the perfect colour for those wanting a cutting-edge style.

...beautiful



FACE YOGA...

Do you long for a youthful and glowing complexion? Forget expensive potions and lotions and instead try these simple at home anti-ageing facial exercises, which will naturally stimulate the production of collagen and elastin in your skin.

The Eye Bag Eliminator

Best for crow's feet, drooping eyelids and bags

Place your two middle fingers gently on your inner eyelids | Place your index finger gently on your outer eyelids | Look upwards and lift your lower eyelids, creating a squinting effect | Relax your facial muscles and then repeat 10 times.

The Big 'O'

Best for sagging skin, particularly jowls

Make an 'O' shape with your mouth, tucking your lips over your teeth | Smile as widely as you can, ensuring your teeth remain hidden by your lips | Repeat five times | Make the 'O' shape again and this time place one finger on your chin | Move your jaw up and down | Relax your facial muscles and then repeat five times.

The Backup Botex

Best for stubborn forehead lines

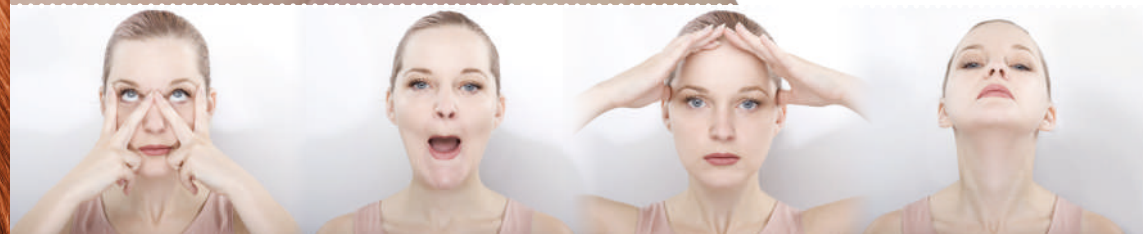
Place both your hands on your forehead with your fingers facing inwards | Spread your fingers out between your hairline and your eyebrows | Firmly sweep your fingers outwards across your forehead | Repeat 10 times.

The Face Former

Best for tightening your neck and jaw, and the prevention of double chins

Pucker your lips from one side of your face to the other (try and stretch them as widely as you can) | Turn your head sideways and lift it to a 45 degree angle | You should feel your neck muscles stretching | Hold for five seconds | Relax your mouth and repeat five times on each side.

...the newest facelift



Mirror Man

The sad passing of visionary designer Karl Lagerfeld in February left both the fashion houses and the high street wondering where to go next.

Lagerfeld – born in Hamburg but a self-confessed Parisian from the age of 14 – solved the fashion equation better than anyone else.

“It is a language that creates itself in clothes to interpret reality,” he said, with typical mystique, “and to understand that is to understand how we work as people.”

From the 1960s onwards, Lagerfeld’s flourishing, daring and dynamic designs courted a truly global audience. Freelancing for fashion house Chloe, he eventually went on to oversee the label’s entire collection, including the famous ‘surprise skirt’, which gave the illusion of a skirt but was actually culottes.

And in 1965 came about the most iconic and longest-lasting collaboration the fashion industry has ever seen, and one that, even in his death, will continue on. Initially employed on just the fur line at Fendi – a label run by women for women – Lagerfeld’s rebellious chic won over the five sisters, reinventing both the concept and the collection, in expanding across clothes, bags, coats, interiors and more.

And when a desperate Chanel came knocking in the 1980s, there was only one man for the job. The death of the iconic Coco Chanel over a decade before had left the house in a state of limbo, and Lagerfeld’s decisive approach was not to reinvigorate and revive, rather reinvent... to incredible success.

With a personal image that was just as iconic as his designs, Lagerfeld’s impact on modern culture was nothing short of miraculous, with stars Vanessa Paradis, Keira Knightley, Kate Moss and Cara Delevingne desperate to be associated with the brand and the man.

Never too brave to try out new things – such as his collaboration with H&M in 2004 – Lagerfeld always believed the clothes should speak for themselves.

He said: “Chic is a kind of mayonnaise, either it tastes or it doesn’t.”



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HEALTH & FITNESS

Thirty four per cent of Brits have a snoring problem, which can be a living (definitely not sleeping) nightmare for the partners of sufferers. But fear not, follow these simple snoring remedies and you'll be snoozing softly in no time.

Z. AVOID ALCOHOL

Although many people think that alcohol helps you nod off, it actually disrupts your sleep cycle significantly. Specifically relating to snoring, it reduces the resting tone of the muscles in your throat making you more likely to snore.

Zz. STOP SMOKING

Cigarette smoke can irritate the lining of both your throat and nose causing swelling. This, in turn, decreases your airflow making snoring more likely.

Zzz. CHANGE YOUR SLEEPING POSITION

Sleeping on your back is the worst position for snorers as it can make the base of your tongue collapse onto the back of your throat, creating a loud, vibrating sound as you sleep. Instead, aim to sleep on your side.

Zzzz. LOSE WEIGHT

Snoring can affect both heavy and lighter individuals, however if your snoring problem only started when you gained weight, or it has got worse since you piled on the pounds, then the extra fat around your neck could be squeezing your throat, resulting in snoring.

Zzzzz. ALLEVIATE ALLERGIES

Even if you are not aware that you have a particular allergy, many people are irritated by dust on their pillowcases. Make sure you change your pillows regularly and dust your ceiling fan if you have one. Pets who sleep on the bed can also aggravate the problem.

Zzzzzz. PRACTICE GOOD SLEEPING HABITS

Working long hours, being glued to technical devices before bed and not prioritising rest properly can cause over-tiredness. This makes you sleep more deeply causing your muscles to become floppy, increasing your likelihood of snoring.



The MEAL DEAL

If your busy schedule is constantly thwarting 'healthy eating' ambitions, it may be time to invest in a little meal prep.

You can't outrun a bad diet, so it's vital to fuel your body with nutritious food. And yet despite our best intentions, modern life will often lead us down the wrong aisle in the supermarket. That's why meal prepping – getting a week's worth of dinner table activity done in one go using the same main food – is helpful not just for reaching your health goals, but also in terms of staying on budget and generally finding peace of mind in a chaotic world.

Like all good habits, meal prepping requires a little effort at first, but gets easier with practice. You will need to spend time making a meal plan, writing your shopping list, sticking to the items listed on it in the supermarket, as well as setting aside a big chunk of time to do all the prep – though obviously you'll get this back later on.

The idea of cooking a week's worth of meals may seem daunting at first, but there are ways to make it easy and simple. First, buy decent meal prep containers which will help keep your food fresh and wholesome. Next, don't be afraid to take shortcuts: buy rotisserie chicken, utilise your slow cooker and choose canned beans over dried. And lastly, choose food that is not just healthy, but also full of flavour, because if you're having it on repeat, it had better taste good.

Meal Prep Chicken Salad Bowl (four servings)

- > Marinate four chicken breasts in your favourite seasoning. Grill or bake and cut into bite size pieces.
- > Meanwhile, cook one cup of quinoa.
- > Chop up your favourite salad.
- > Prepare any other additions, such as jalapeños, croutons, seeds or dressings.
- > Spoon your cooled food into containers.
- > Refrigerate immediately and reheat the chicken and quinoa if you prefer.



Yvonne Hurley Independent Funeral Celebrant



The death of a loved one, whether sudden or expected, is always a heart breaking and difficult time for family and friends. When creating a meaningful funeral service in the days and weeks after a bereavement, it is important to remember that we are all **individual and unique**. No two lives have been lived in the same way and no two people will have created the memories and love that they have now left behind.

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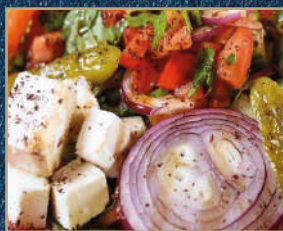




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FOOD & DRINK

TOM TOM CLUB

Tom Kerridge is dishing up another helping of his unique brand of rustic continental, as the popular chef continues to impress.

If anyone can dumb down the craft, ingenuity and plain arrogance of the much-vaunted Michelin star, it's Kerridge.

At the likeable chef's Hand and Flowers establishment, he has two stars hanging gloriously behind the bar between the pork scratchings and the scampi fries... probably.

Yet Kerridge has never subscribed to the pomposity of fine dining, and his rebellion against nosh nonsense continues at a pace with the launch of his new restaurant, Kerridge's Bar and Grill, in Westminster. While à la carte dishes are northward of the £30 mark in his glorious new base, which sits below the 300-room Corinthia Hotel, set menus for pre and post-theatre evenings offer three courses for £29, and the Gloucester-raised chef hopes a return to more salient values is around the corner.

"For me it's good food, a warm welcome and, more than that, great ambience," he says, partly referencing the choice to pay his PRS budget to rock, indie and dance music artists rather than drown the space in classical and panpipe moods.

The 45-year-old's latest move is another smart step for someone who has always extracted the earthy, honest values out of food and drink. It's another logical progression for the *Proper Pub Food* author and *Food & Drink* host who, whilst undergoing considerable weight loss in the promotion of projects such as *Fresh Start* and *Lose Weight For Good*, has never lost sight of what dining is all about.

He explained: "The smells and the flavours of the kitchen can brighten up even the duller of winter days, and cooking is a gift we can all explore. It's not difficult – just choose imaginatively, cook with care and invite great people to the table."

Alternatively, catch the next train to London...



Nothing beats a HOMEMADE HOT CROSS BUN at Easter

Most of us love a hot cross bun or two over the Easter holidays, but how many of us actually go to the trouble of making our own? Probably not many. But why not? The recipe is fairly simple, all the family can get involved and the results are amazing.

So, let's get baking...

You will need:

- 500g strong white bread flour
- 1/2 tsp salt
- 50g caster sugar
- 50g butter
- 7g sachet yeast
- 200ml milk
- 2 eggs
- 200g dried fruit
- 2 tsp mixed spice
- 3 tbsp plain flour
- Honey for glazing

How to make:

- Mix together the flour, salt and mixed spice
- Using your fingers, rub in the butter
- Stir in the dried fruit
- Sprinkle over the yeast and stir
- Warm the milk and mix with two beaten eggs
- Pour the liquid into the dry mixture
- Mix together until you have a moist dough
- Leave for five minutes
- Remove from the bowl and cut into eight equal portions
- Flour your surface and shape your dough into buns
- Place on a baking sheet, cover with clingfilm and leave to rise in a warm place
- Leave your buns to double in size
- Heat your oven to 220 degrees
- Mix 3 tbsp plain flour with 2 tbsp water to make a paste
- Pour into a plastic food bag and cut a small hole in one corner
- Pipe a cross shape onto each individual bun
- Bake in the oven for 12-15 minutes until the buns have risen and are golden brown
- Once they have slightly cooled, brush with honey and allow to dry

Try something new...

Cut your bun in half, soak in a whisked egg and then fry on a low heat with butter. Once crisp, top with bacon and maple syrup.



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KIDS

Egg-cellent Easter Crafts

Struggling with ideas to keep the kids entertained? Then you'll be egg-cited to try these easy Easter activities.

Paint your own Easter egg

You will need:

- Hard boiled eggs
- Food colouring
- 1 tsp white vinegar
- Paints

How to make:

- Fill a plastic container with $\frac{1}{2}$ cup of water, vinegar and 20 drops of food colouring
- Place the egg on a spoon and submerge in the water making sure all is covered
- Soak for five minutes
- Alternatively, for a two-tone egg, soak one half in one colour and the other in another.
- Leave to dry and then decorate further with paints.

For a stripey design, place rubber bands around your egg before dipping in dye, or use a white crayon to draw an image or message that will stay visible after dipping.

Design your own felt Easter egg

You will need:

- Coloured felt
- Embroidery floss
- Poly-fill
- Ribbon

How to make:

- Cut out two identical egg shapes in your chosen felt colour
- Stitch the two pieces together leaving one end open
- Fill with poly-fill and sew together
 - Using a different colour of felt, cut out some Easter-themed shapes such as flowers or bunnies
 - Sew on to your egg.



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THE POWER TO SAY NO



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Do you always say yes even if it is detrimental to your own wellbeing? Learning to say no when needed is a vital skill that all employees should master.

Why do we struggle to say no?

In a nutshell, because saying yes is easier. Saying no can make us feel uncomfortable and many are worried about not appearing to be a team player. This is especially the case in today's competitive job market where many employees do not feel safe in their jobs and are constantly fearing that someone better or more committed will come along and replace them.

How can we learn to say no without feeling guilty?

This can be a little bit tricky for those who are so used to always giving in to other's demands, but the key is in prioritising your own wellbeing and quality of work. It is important to remember that your employer will predominantly be concerned with how you fulfil your

allocated tasks, rather than in how much you have helped a co-worker. And if you are overworked and stressed, both your work and your health will suffer.

What are the benefits of saying no?

- It allows you to set healthy boundaries between yourself and your colleagues.
- It prevents you from being taken advantage of by any negative people.
- If you have more time to focus on your specific tasks, it shows commitment to your role within the company.

How to make the process of saying no easier

- Offer the person an alternative solution. Perhaps suggest a way that they can achieve the task quicker themselves.
- Always say no in person rather than by email. A computerised message can come across as blunt or dismissive, whereas a face-to-face conversation allows no room for the tone to be misconstrued.



WHAT GOES ON TOUR...

Whether your passion is booze, bungee-jumping or the Bible, there is an organised tour holiday for you.

In an era where our power of choice has never been greater, there is a strange revolution taking hold – a return to the package holiday... except, with a difference.

The package holiday of the 1980s was your flight, a 3-star hotel in Tenerife and enough booze to sink the Titanic. These days, the appetite is more for food excursions, sports event tours, cycling or walking weeks, or in pursuit of extreme sports thrills. In short, whatever your passion, this new type of break is in fashion.

Travel experts believe our busy lives have made us more structured, even when we're meant to be kicking back. In 2019, people actually enjoy planning, and more than ever before a holiday is a chance for new activities rather than the repetition of the office.

As long as we don't feel we're being herded around like sheep on a tourist trail, we have confidence in holiday providers – aided and assisted by the immediate availability of online reviews – to give us a taste of something new, and in all the right doses.

What's more, it's believed the increased reliance of social media as a method of communicating means we're beginning to crave genuine human contact more than we did before, so rather than avoid the Watson's or the Winterbottom's on holiday, we want to ski down a mountain with them.

There's also the choice factor. The internet has made even the very smallest Highlands canoe club globally searchable, and travel agents are now as switched on to the smaller, more bespoke experience providers as they are the big operators.

All that means the possibilities for adventure on our holidays stretches far beyond whether to choose the Piquol or the Pinot... although that decision must still come into it at some point.



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Healing herbs

Not only do these herbs have a huge variety of healing properties but they are also super-easy to grow, need little attention and offer a great introduction to gardening and growing your own produce.

Basil

Basil loves the light so a warm, sunny spot, (preferably inside), is a must. Place either a seed or starter plant in well-drained, moist soil and give additional water when the surrounding soil is dry to touch. If you plant basil outside, make sure you shelter it from harsh winds.

Best for aiding stomach aches, loss of appetite and fluid retention.

Coriander

This fragrant herb, most known for use in curries, is extremely easy to grow and very difficult to kill. A winning combination for those new to the herb-growing business. Sow between August and September if possible, in either a small pot or directly into the ground.

Use to help combat nausea, diarrhoea, wind and other digestion problems.

Sage

You can grow this classic herb from a seed either in a small pot on the windowsill or in the garden in as sunny a spot as possible. A sage plant can go without water for quite some time without dying so it is a good option if you are prone to forgetfulness.

Sage has been used to help delay Alzheimer's disease, aid a restful night's sleep and help strengthen weak bones.

Mint

Mint is a great starter herb that will thrive in a container on your kitchen windowsill. Simply take a few tip cuttings of about five to six inches from an established plant. It doesn't need too much sunlight, but likes a lot of water and needs to be picked regularly.

Menthol has a cooling effect and is great for soothing a sore throat. It is also known for combatting indigestion or aiding an upset stomach.



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PET POWER



April is National Pet Month so what better time to celebrate the benefits of having an animal companion?

Pets can help you stay active

Adult dog owners have on average lower body mass indexes than non-owners, they make less trips to the doctors and, somewhat unsurprisingly, they get more exercise. Even those who own more sedentary pets can still benefit physically from their animals; they still need feeding, cleaning up after, playing with; all of which require movement of some sort.

Pets help prevent social isolation

As people get older, often their social circle diminishes, and they can find themselves feeling isolated from the outside world. A dog is a great conversation starter and all you need to do is head to the local park to meet other dog owners.

Pets can help combat loneliness

Even from the comfort of your own home, a pet can help you feel less alone. They need a routine which can

give you a sense of purpose and most pets make great companions, even if all they can offer is a cuddle.

Pets can reduce your stress levels

If you suffer from high blood pressure or work in a stressful environment, a pet could really help you. Even just talking to your pet after a hard day can reduce your stress levels and help you recover from a particular period of stress quicker.

Pets can help a child overcome anxiety

Children who suffer with anxiety or have confidence issues can really benefit from having a pet. It can give them a sense of responsibility and help them move out of their comfort zone.

Pets offer unconditional love

And of course, a pet will never leave you for a young, better-looking owner.



April

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14	15	16	17	18	19	20
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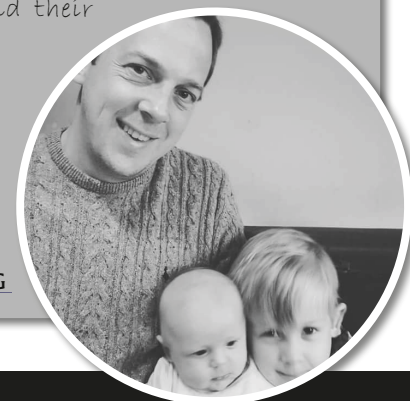
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There's a simple innocence about Ed Sheeran that, right from the word go, made him instantly likeable. At a time when the male singer/songwriter concept was in danger of eating itself whole, along came a ginger, slightly chubby, badly dressed and lazily tattooed bloke with a guitar; ready to change the way we viewed this somewhat overplayed commodity.

Indeed, to list all the things he wasn't – such as polished, punctuated, preened and painfully predictable, like so many of his peers – is to miss the point, since it's the absence of all those things that made (and continues to make) Sheeran interesting.

His early songs spoke of the usual romantic rollercoaster material, but around all those warbling odes of emotional angst are references to drinking, sex and nights out. While guitar-strum chords flicker through tracks, they often give way to hiphop-esque drops, booming, shouty interludes and the overall impression that Sheeran is genuinely an artist doing this for himself, not for the plaudits or the considerable financial bounty.

Speaking of earnings, though, we shouldn't ignore the fact that the 28-year-old, who attended the National Youth Theatre before nailing his colours to making music, is said to be worth a cool £85million. But while there are enough modern musicians made rich by the machine, Sheeran's explosive talent has always been the driver, and this was no better referenced than in his attempts to break America – something even the very best have failed to do.

Julie Greenwald, CEO of Atlantic Records, said upon hearing Sheeran for the first time: "There was this slightly awkward guy, with a guitar, sat on a stage he'd placed in the centre of a music venue here in LA, surrounded by rap artists and hip-hop producers. I was ready for him to die on stage, yet within two songs he had everyone up. It was a frenzy and I've never seen anything before or since."

Greenwald signed him the next day.

His popularity Stateside is now on a par with here, but it has only come about as a result of hard work, tenacity, personality and almost non-stop touring.

When the Suffolk-raised star – who in February picked up the Global Success Brit Award for the second year in a row – allows himself a return to home comforts, the press are largely respectful of his privacy, even if in recent weeks he has found himself defending the addition of a new duckpond to his sprawling property. The suggestion has been that he is planning a succession of late-night watersports parties.

"It's just a pond... to feed ducks in," came the witty retort.

At least he has found time away from the spotlight to marry childhood sweetheart Cherry Seaborn. The pair wed before Christmas in a private ceremony at his Suffolk estate attended by only 40 people. There were no celebrities invited, no *Hello!* magazine photoshoots, and barely a smattering of confetti.

That Sheeran is finding time to pull himself back from the limelight is a good thing, and he does it so well. Towards the end of 2015 he began to withdraw totally from view, freezing his social media accounts and refusing interviews.

He returned in 2017 with the album *Divide*, his most successful yet. It sold 672,000 copies in its first week, making it the fastest-selling album by a male artist in the United Kingdom. It also topped the charts in 14 countries.

Divide won a Grammy Award for Best Pop Vocal Album, meaning that this most recent two-year lull, means (a) his return is inevitable, and (b) when it comes, it will be worthwhile.

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Yakir Zur

Volunteer, 97, wins award

A 97-year-old volunteer who travels from her home in Loughton to Stepney twice a week has been named an unsung hero at an awards ceremony.

Marie Joseph was given the award at The Betty and Aubrey Lynes Annual Volunteer Awards evening to celebrate just some of Jewish Care's 3,000 inspiring volunteers.

She began volunteering 30 years ago and is an active member of the Friends of the Brenner Centre at Stepney Jewish Community Centre Group raising vital funds for the centre.

Marie said: "I was very surprised to be nominated and to be given this award, there are so many volunteers and they're all doing a great job."

"I love volunteering at Stepney. When I'm there with the members, we have a chat and a laugh, I

get them a cup of tea and serve lunch.

"The people at Stepney are part of my life, they're like family."

Marie used to get the train to Stepney before her family thought it was time for her son, who was a taxi driver, to take her instead.

Daniel Carmel Brown, Jewish Care's chief executive, said: "I would like to congratulate and thank Marie and all of our volunteers who have been recognised for their contribution, and extend a huge thank you to all those volunteers who choose every day of the year to give their time to Jewish Care."

"We simply wouldn't be the organisation we are today without Marie and others like her, so many in our community would not be able to stay connected to their communities or make friendships and connections that bring meaning to their lives."



Woman backs knife crime petition following brother's death

A lady from Loughton whose brother was stabbed to death is supporting a petition to toughen the sentencing for knife crime.

Kim Pomeroy is promoting the petition following the devastating loss of her brother Lee after he became a victim of knife crime while travelling on a train on January 4.

The petition wants people carrying a knife to be sentenced to 10 years and those who use a knife to 25 years in prison.

Kim said: "There are no deterrents at the moment. Currently the people who choose to carry knives are laughing at the law. They know they won't get a proper sentence so will take the risk."

The petition has reached over 101,000 signatures meaning Parliament will hold a debate.

Speaking about the petition reaching this figure, Kim said: "I'm as delighted as I can be. We are in deep grief so it's bittersweet. As a family this has been a little bit of light in a very dark tunnel."

"The crime now is out of control and I know Parliament will take it seriously. Whether we'll get what

we're asking for is a different matter.

"I don't want another person to be injured, let alone be murdered. I don't want any further waste of precious life."

The incident has been extremely distressing for the family.

Kim explained: "I think it's time for us to get our communities back and to tell these cowards that they're not going to run the show anymore."

"We have lost a very protective, loving husband, father, brother and son who was making plans that."

"His wife dropped him to the station and he didn't come back. My 81-year-old mother said she didn't want to live anymore. You can't put into words how devastating this was."

Paying tribute to her brother, Kim continued: "My brother was highly intelligent, had a degree and was hard working. He was funny with a great sense of humour. This was the last person you would expect this to happen to."

To sign the petition visit petition.parliament.uk/petitions/233926/signatures/new

Person cut from vehicle following crash

Firefighters had to free a person who was trapped in a vehicle following a crash in Loughton recently. The incident happened on March 10 at around

2.43am on Lower Park Road.

The casualty was released within half an hour and left in the care of the ambulance service.



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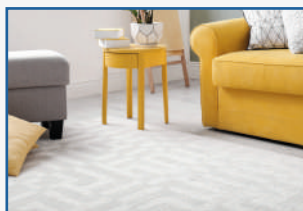
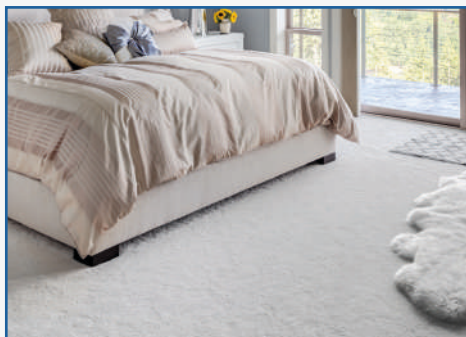
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LOCAL NEWS



Schoolchildren dress up for World Book Day

Children in Loughton celebrated World Book Day recently by dressing up as their favourite book character.

Hereward Primary School English co-ordinator, Caroline Hilton said: "There was such an exciting buzz throughout the school and the costumes were wonderful.

"Enjoying reading is such an important part of our school ethos and it was fantastic to see the magnificent characters represented from a range of books."

Roding Valley High School also hosted a variety of thought-provoking activities and events.

From a *Where's Wally* riddle challenge to shelfies (bookshelf selfie), the school went one step further to

engage students in the joy of literature.

Head of school Sharon Jenner said: "We believe in the importance of reading not just for academic development, but also for relaxation and personal development.

"As such, World Book Day is an important event for us and just one of the ways we encourage learning by creating an inspiring atmosphere."

Children and staff at Thomas Willingale School and Nursery went back to the Stone Age for their specially themed day.

Headteacher Teresa Phillips said: "We saw a plethora of creative ways to represent the Stone Age and the school was awash with animal print. It was a sight to behold."

Tributes paid to Love Island star

Flowers were laid outside The Skillet in Loughton following the death of Mike Thalassitis.

It has been reported that the *Love Island* star was found dead after hanging himself.

He was due to open the restaurant with his business partner Scott Neilson.

The Skillet posted a statement on Instagram.

It read: "I would like to make it clear that we will be opening The Skillet when it is ready.

"It has been a tough week trying to sort things out. However, Mike would've wanted this café to open.

"He spent everyday for the past couple of months

working hard to make this place a success, so we are pulling together to get this ready for everyone and especially for Mike."

In a statement, Metropolitan Police said: "Police were called to a park near Latymer Way, N9 at 9.28am on Saturday, March 16 to reports of a man found hanged.

"Officers and the London Ambulance Service attended and found a man, aged in his 20s, deceased.

"At this early stage, the death is not being treated as suspicious.

"Police are in the process of informing the man's next of kin. A file will be prepared for the coroner."

Aspiring medical student gains experience



A Loughton local recently took part in a six-month clinical voluntary placement scheme which gives 16 to 18 year olds an opportunity to volunteer at St Clare Hospice's inpatient unit.

Zoe Donnelly, who was one of three young ambassadors to volunteer, received a wealth of medical and life experience.

The charity runs the scheme annually from September to February.

Aspiring to study medicine at university, Zoe has recently completed the six-month placement.

She said: "I had very little understanding of what the purpose of a hospice was and, quite honestly, had no idea what to expect."

"The lessons I learned at St Clare are now proving to be extremely valuable with the progression of my medical application."

"For that, I am so grateful to St Clare for enabling me to have such a unique experience."

Rob Wallace, volunteer manager at St Clare Hospice, said: "We're delighted to have had the support of three excellent young ambassadors this year. They've all attained a very high standard in a relatively short time and I'm sure they will all go on to have very successful careers in healthcare."

St Clare Hospice will begin recruiting for its fourth round of young ambassadors for 2019-20 during June and July 2019.

For more information, please contact Rob on 01279 773722 or email rob.wallace@stclarehospice.org.uk

School presented with debating trophy

Dame Eleanor Laing, MP for Epping Forest, visited Debden Park High School in Loughton recently. She presented engraved cups to the winners of

this year's Epping Forest Schools Parliamentary Debating Competition.

The winning team of Year 11 students Max Bolton and Amelie Ashton were presented with the trophy to keep for a year, and individual cups with the school to host the competition this year.

Max and Amelie spoke against the motion 'That this house believes that global warming is a myth'.

Accountants get behind charity challenge

A Loughton chartered accountancy firm pledged its support to a sponsored cycling challenge, which saw riders travel more than 550km through Vietnam and Cambodia.

Haslers supported one of their clients, Eddie Maxwell, during the Mitsubishi Electric Saigon to Angkor Wat 2019 ride which took place between February 14 and February 27.

Participants cycled through the villages and waterways in Vietnam's Mekong Delta, reaching the famous temple and UNESCO site at Angkor Wat.

Eddie and his team were raising money for The Ark Centre, which works with children between two and five years old with autism and/or social communication difficulties.

The fundraisers hope to collect more than £100,000 in donations to help the centre move to larger premises to facilitate more children who are in desperate need of help.

Speaking about the challenge, Eddie said: "The Ark Centre has done such good work that it now has a waiting list, so the aim of this fundraiser is to help them with their expansion so that they can host more training sessions for the families of those children who require their help."

Jon O'Shea, chairman at Haslers Chartered Accountants, said: "We were very excited to be supporting this charity challenge, which is looking to raise an incredible amount for such a wonderful local cause."



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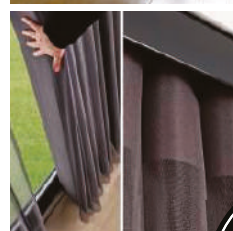


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News from

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On March 1 we held our 15th annual Youth Makes Music hosted by Chigwell School.

There were some amazing performances by the students of Chigwell School, West Hatch High School, Debden Park School, Thomas Willingale School, St Aubyn's School, Bancrofts School and some stunning soloists too, including singer-songwriter Robyn Regan.

We raised over £1,000 for local charities.

Just a week later we had a fundraising quiz for Joshua Dhube School in Zimbabwe and raised another £1,000.

Thank you to all our supporters including but not limited to Chigwell Riding Trust for Special Needs, Epping Forest Youth Employment Strategy Partnership, Voluntary Action Epping Forest, Grange Farm Centre.

Our next free monthly Memory Café in Loughton is on April 12 for people with memory issues and their carers. It's an activity session with singing, a quiz, bingo and games with free refreshments.

We hold it every second Friday of the month from 10am to noon at The Loughton Club, 8 Station Road, Loughton, IG10 4NX.

Children celebrate 100 days at school

Reception pupils at Hereward Primary School in Loughton celebrated the achievement of being in school for 100 days recently.

The excited children revelled in their achievements so far and dressed to impress in their wonderfully decorated shirts depicting the occasion.

All the classroom activities throughout the day revolved around the number 100 with the children getting to experiment with lots of mathematical concepts.

Early Years leader Tersia de Jongh said: "The day was well supported by the children and their families.

"It was a resounding success and the children enjoyed every minute of their action-packed day. It was certainly something for them all to be proud of."



LOCAL NEWS



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HOME & DIY

A DESIGN FOR (ROYAL) LIFE



PRIVATE RESIDENCE, DUBLIN

PRIVATE RESIDENCE, LOS ANGELES

The inside track behind the interior designer who has been chosen to transform Harry and Meghan's new Cotswolds home.

There are very few people able to rifle through the personal belongings of the rich and famous – legally, at least – but interior designer Vicky James has been afforded that honour as she plots a 'floor to ceiling' makeover of Harry and Meghan's new Cotswolds cottage.

Vicky is known to the couple through some very salubrious showbiz connections – think the Beckhams', the Clooneys' and others – and has become renowned for her design expertise as one half of the (appropriately named) Charles & Co. Famously, she insists on needing two years to get to know a couple before laying down firm design ideas... so it seems an afternoon in B&Q simply won't cut it.

She was Global Head of Design at the Soho House clubs in London, and her eye for everything from minimalist chic to rustic homely furnishings has had her work celebrated and replicated all over the world.

It's that sort of diversity of

design that will be invaluable where the Sussexes are concerned. Meghan comes from a rather sleek and slick American life, where shine and shimmer in the reflection of the flashbulbs is the order of the day. For Harry, his heritage is more tweed than Twitter, so a sensitive and subtle combination of two very different style sensibilities will test the interior designer to her limits in what is a characterful million-pound farmhouse, untouched since the 1960s.

The rewards are simple – for the Cotswolds (The Great Tew Estate, in Chipping Norton, to be precise), another truly A-list import, and this time with a bit of regal acclaim; for Vicky, a blank cheque book on style and arguably the best entry to date on an already overcrowded curriculum vitae.

Photo credit: charlesandco.com



Vicky James



Get PACKING

How to move home without losing your mind

They say it's one of the most stressful things you can do... and they're right. As well as the emotional stress of upping sticks, you've got bags, boxes and bins filling every conceivable space. But separate the tasks at hand and things start to look a little more manageable.

GET HELP

1

We are a DIY nation, but with everything else that goes into moving house, getting the pros in, paying a 'man with a van', or even just rallying round mates, is better than going it alone.

START EARLY

2

No, not start early on the day of the move... start moving early! Your packing should begin as soon as you know you're going to be relocating.

THROW IT, DON'T TAKE IT

3

If time allows for a proper sort-out of your worldly possessions in the time before you move, do it. If you didn't need those Dr Martens boots in 2003 when they last saw the light of day, the chances are you won't need them in your new gaff.

BUY BOXES

4

For the sake of a few quid it's much easier to load all your stuff into standardised cardboard boxes than a combination of suitcases, bin bags and tents. You can reuse, recycle or even resell them later down the line.

GOTTA LOVE A LABEL

5

Label boxes as you go, marking clearly on them the intended room and whether the contents are for unpacking or storage.

UNPACK IN PEACE

6

Allocate one 'storage room' in your new home and unpack one box at a time. This means all items can have a designated home and won't just be thrown into an available space. It will also ensure your rooms feel free of clutter and happy places to be while you sort out the other 'new home' problems... like where the hell is the boiler?



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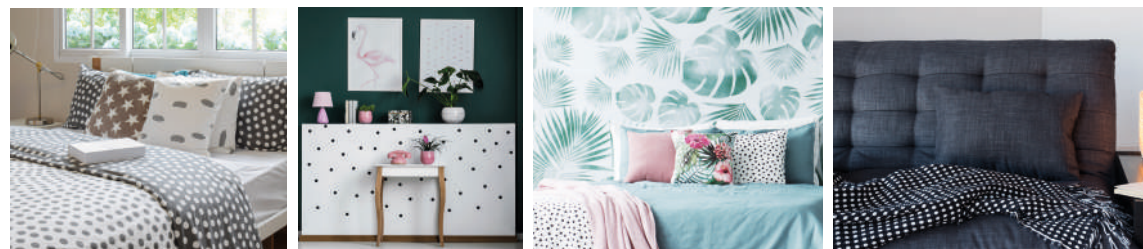
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HOME & DIY

DOTTY DESIGNS



Look up the term 'polka' and you'll be greeted with something along the lines of: 'a number of round dots repeated to form a design or regular pattern, usually on fabric'. Gosh - never did a dictionary definition fail to capture the spirit, energy, versatility and style of a design go-to that has circumnavigated generations so badly. But how can you make your home feel chic, over circus freak?

MATCHING (OR NOT)

You'll need to brave the unknown by using dots with stripes, dots with flowers, dots around or as additions to single-colour walls. The less you notice them, and the more you embed them with what's there, the better the overall effect.

MODERATION

While the polka dot is one of the style trends for 2019, don't overdo it. Your vision will take a battering if you're cementing circles all over the place, so use them for standout walls, subtle furnishings and little splashes of fun, rather than a platform for a redesign.

VARIETY

Don't get stuck doing the same thing. Mix a black polka dot lampshade with another showcasing green; use small dots on a bedsheet with big dots on a rug. Your ability to mix it up will lessen the threat of too many similar dots sending you... well, dotty.

DIVERSION

Perhaps you have a front room with a garish fireplace, or bedroom whose carpet is something out of the 1970s. Use polka dots in unusual places to distract attention – the ceiling could be a great place to start. By taking the eyeline away from offending articles, the polka dot can really be a game/room changer.

A DOT, IT'S NOT

And finally, don't get stuck on the idea that it's a circle and nothing else. These days, the polka dot represents more a repetition or splash of a solid shape; so elongate, stretch and pebble-dash to your dotty heart's content.

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Kintsugi

THE JAPANESE ART OF MENDING

Do you always throw a possession away the moment it becomes worn out or broken? Our throwaway culture could learn a lot from the Japanese, who choose instead to repair and restore their belongings.

What does Kintsugi mean?

Kintsugi literally translates as 'golden scar', which brings about images of both beauty and flaws. And this is pretty much the perfect description of what this Japanese tradition is really about. Kintsugi is a revered art form in which broken ceramics are repaired using a lacquer resin mixed with powdered gold, silver or platinum. The appearance of the scar acts as a reminder of experience which actually makes the item more valuable in their culture.

Why is it so important in Japanese culture?

Another Japanese philosophy is 'mottainai' which is their strong belief that things should not go to waste. This is in stark contrast to our consumerist society, where new is nearly always better. Instead, Japanese believe that objects should be celebrated for their history and restored so that they can continue to be revered and enjoyed.

Can anyone practice Kintsugi?

Traditionally, Kintsugi masters use urushi lacquer and rice flour to bind the ceramics together, but you can use a standard ceramic adhesive and liquid gold leaf to create the same effect.

But there are other ways to incorporate Kintsugi into your life.

Upcycling an item that you no longer want, or need is a great way to embrace this Japanese tradition.

- > Instead of throwing away unwanted plates, why not turn them into a decorative photo frame or a wall clock?
- > Too many tea cups? Use them to grow herbs or other plants on your kitchen windowsill.
- > A simple wooden bowl or even a colander can be made into an innovative lampshade.



HOME & DIY

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PUZZLES & TRIVIA

PUZZLES

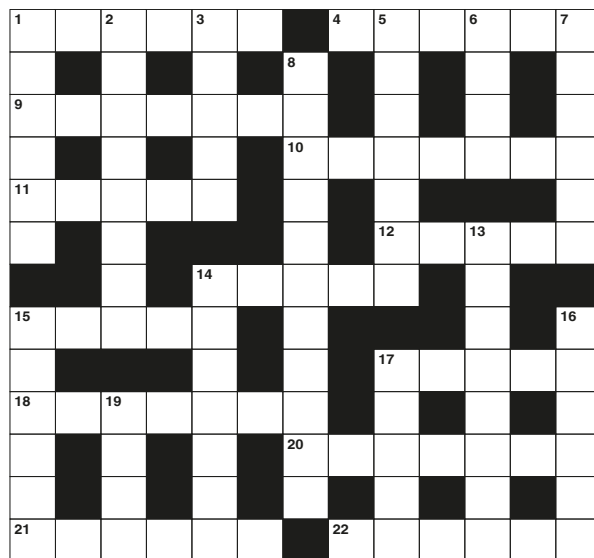
Answers can be found on the Contents Page 4

ACROSS

1. Reach (6)
4. Goes round the edge of (6)
9. Language spoken in Rome (7)
10. People who rent property (7)
11. Domineering (5)
12. Humble (5)
14. Lewis (anag) (5)
15. Exceed (5)
17. Firearm (5)
18. Envisage (7)
20. Small rounded lumps (7)
21. Soaks in liquid (6)
22. Stick of coloured wax (6)

DOWN

1. With hands on the hips (6)
2. Conduct business (8)
3. Coldly (5)
5. Dog shelters (7)
6. ___ Giggs: former footballer (4)
7. Sloppy (6)
8. Clever (11)
13. Deplorably (8)
14. Pay homage to (7)



15. Makes available for sale (6)

16. Diminish (6)

17. Traveller on horseback (5)

19. Scarce (4)

DID YOU KNOW?

- ▶ A male ostrich can roar like a lion
- ▶ Bats are the only mammal that can fly
- ▶ If you leave a goldfish in the dark, it will become pale
- ▶ The sentence 'The quick brown fox jumps over a lazy dog' uses every letter of the alphabet
- ▶ On average, an alligator will live for 30 to 50 years
- ▶ Flamingos eat with their heads upside down
- ▶ A group of owls is called a parliament
- ▶ If you lift a kangaroo's tail off the ground it can't hop. They use them for balance

SUDOKU

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

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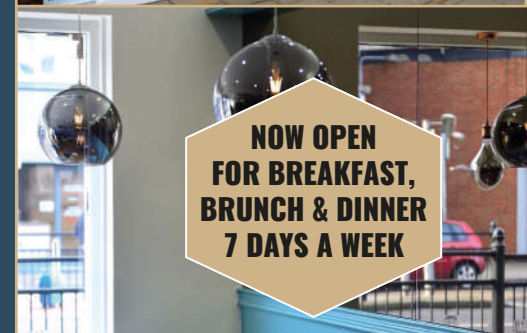
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OLE GUNNAR SOLSKJÆR AT THE WHEEL

Did it ever cross the mind of Ole Gunnar Solskjær that in taking up the offer of becoming manager at Manchester United, it could ruin his legacy as a player at Old Trafford? Almost certainly.

However, as in his playing days, the Norwegian 'baby-faced assassin' – as he was known by the United faithful – is treating this opportunity with ruthless endeavour.

Following his unbeaten Premier League run ending recently at Arsenal, it came as no surprise that the 46-year-old was announced as the permanent successor to José Mourinho.

His reputation as 'super sub' under boss Sir Alex Ferguson was never better demonstrated than in that famous European Cup final cameo during the treble-winning campaign in 1998/99 when his goal beat Bayern Munich, and he still holds the record for his four strikes from the bench in the 8-1 away demolition of Nottingham Forest in the same season.

Now, exactly two decades later, Manchester United have again called upon Solskjær to turn their fortunes around after finally cutting loose Mourinho's disastrous tenure. And the new manager's ability to get the best out of a rudderless, underperforming squad has rocketed him to recognition beyond what he received as a player.

As if setting a new club record of eight consecutive away league wins wasn't enough, Solskjær masterminded the most unlikely of comebacks against Paris Saint Germain in the Champions League. After a disastrous first match against the French champions, Marcus Rashford's 94th minute penalty at the Parc de Princes saw United become the first team in history to advance after being defeated by a two-goal margin or more in the first leg.

Can Solskjær ensure the Red Devils are back at European football's top table again next season?



Photo credit: Phil Duncan/ProSports/REX/Shutterstock



SPORT



SPORT



Photo credit: ALI HADRI/EPA/REXUS/Shutterstock

WHY THE ROGER FEDERER MACHINE JUST KEEPS ON DELIVERING

In early March, Roger Federer's forehand smashed yet another milestone in a long and illustrious tennis career by picking up his milestone 100th ATP Tour title. The Dubai Tennis Championship gong made him only the second player in the open era to reach that golden century. His opponent was up and coming Greek starlet and reigning Next Gen ATP Finals champion Stefanos Tsitsipas, and it took just a break in either set to see the Swiss home 6-4, 6-4.

Federer now has only one player in front of him in the all-time winners list, American Jimmy Connors, who has 109 titles to his name. Without even factoring in the supreme talent he has had to overcome in this fiercely competitive generation of

tennis, some of the statistics that make up Federer's 100 titles are already unparalleled.

For example, two-thirds of his final wins have been by straight-sets, and he has won 20 of those tournaments without dropping a set. In addition, the 37-year-old has won four competitions without being broken on his own serve, defended a title 35 times, and played 50 different opponents across finals.

Belying age has helped Federer stay competitive and that feat is demonstrated by the fact that 68 of his final wins have been against younger players, with Spanish left-hander Rafael Nadal the man he has overcome the most (with 10 victories).

Nine of his century of championships have, maybe aptly, been in Basel, yet he can move Wimbledon up alongside his birthplace this year when he looks to add to his eight titles in SW19, including five consecutive wins from 2003 to 2007.

Federer shows no sign of slowing down, but surely the 109 of Connors is out of reach? Isn't it?

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POLY ALLOY

How to protect your alloys

We've all had that sinking feeling as the car crunches down the edge of the curb. You know your precious alloys have taken a battering, and the next stop is a potentially costly repair job.

And yet, driving with greater care, whilst maintaining a protection plan for your alloys, can see them as sparkling (and unscuffed) as the day the car left the forecourt.

MAINTENANCE

- ⊗ Try to clean your wheels at least once a fortnight
- ⊗ In the winter, remove wheels and clean inside and out using a brush with soft bristles
- ⊗ Avoid using steel wool and any acid-based cleaners. They will damage the chrome
- ⊗ Remove any loose dirt and chemicals with a hose before applying wheel cleaner
- ⊗ Soap and water are your friends. You don't always need to pay for top-of-the-range wheel cleaners
- ⊗ If dirt and brake dust are proving stubborn unwelcome guests, consider a clay bar with some lubricant

DRIVING

- ⊗ Recent figures show that around two thirds of wheel damage is caused by parking
- ⊗ Never mount curbs, allowing the car to slide down into the space
- ⊗ Always aim to be at least two inches from the curb to ensure a decent margin of error for parking
- ⊗ Some tyres – the Bridgestone S02-PP, for example – have a pronounced square shoulder to protect the rim from curbing
- ⊗ Consider adjusting the passenger door mirror when parking so you can see how close your left rear wheel is to the curb
- ⊗ Mostly, don't rush parking, even if other motorists are waiting to pass. Chances are you'll never see them again, unlike those abrasions on your expensive alloys.

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WHAT'S ON

in your area

Beverley Knight

**Woolston Manor Golf & Country Club,
Abridge Road, Chigwell, IG7 6BX
April 6**

She's back due to public demand.

The queen of soul Beverley Knight will be performing live at Woolston Manor Golf and Country Club on Saturday, April 6.

For limited tickets including access to the VIP lounge please email info@woolstonmanor.co.uk

Annual talk and AGM – Loughton 100 years ago

**Loughton Cricket Clubhouse, High Road,
The Uplands, Loughton, IG10 1NQ
April 8, from 8pm**

Come along and see Chris Pond's pictures of Loughton as it used to be and ask any questions.

All are welcome.

Talk followed by refreshments and our brief AGM.

Super Star Sport Holiday Camp

**Thomas Willingale Primary School,
The Broadway, Loughton, IG10 3SR
April 15 – April 18, 9am – 3pm**

Keeping children safe and active during the school holidays whilst providing fun and affordable childcare solutions.

Early drop off and late pick up available free of charge for every camp.

Please wear suitable clothing and footwear and bring a packed lunch and plenty of water.

Call Tracy to book your child's place 01992 879525.

Carers First

**Loughton Library, Traps Hill, Loughton,
IG10 1HD
April 16**



Carers First provides support to unpaid family carers of all ages who look after someone who needs help with their day-to-day life because of a long term illness, a disability, mental health problems or substance misuse.

Easter Weekend Family Fun

**Woolston Manor Golf & Country Club,
Abridge Road, Chigwell, IG7 6BX
April 21 – April 22, 9am – 8pm**



Come along to Woolston Manor this Easter Weekend. We have lots to keep you and your little ones entertained.

April 21: Complimentary egg hunt for the children in the grounds, bouncy castle, outdoor pool area and a delicious carvery served from 12pm - 6pm.

April 22: The fun continues around the pool area with the bouncy castle and drink promotions.

Limited availability so please book in advance by calling 0208 500 2549

Yarns and Tales Knitting and Reading

**Loughton Library, Traps Hill, Loughton,
IG10 1HD**

April 27, 2pm – 4pm

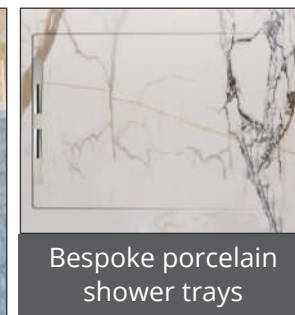
Do you like to knit? Do you like to read?

Come and have a natter about books and share your knitting ideas and skills. All levels welcome and very informal.

Official Pool Open Party

**Woolston Manor Golf & Country Club,
Abridge Road, Chigwell, IG7 6BX
May 4 – May 5, 11am – 8pm**

You are invited to join the official pool opening party this May Bank Holiday with celebrities, bouncy castle, drink and food packages, and entertainment.



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