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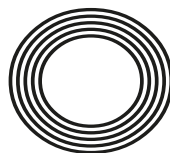
Top tips from the clean queen

MARGARET THATCHER

40 years since entering N° 10

Prince CHARLES

The Royal winning public support



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CONTENTS

- 6 HISTORY
- 8 NOTRE-DAME
- 10 BEAUTY
- 13 FASHION
- 14 HEALTH & FITNESS
- 19 FOOD & DRINK
- 22 KIDS
- 25 BUSINESS & FINANCE
- 30 GARDENING
- 36 PRINCE CHARLES
- 39 LOCAL NEWS
- 53 HOME & DIY
- 60 PUZZLES
- 63 SPORT
- 67 MOTORING
- 68 THE **VISION** LISTINGS
- 70 WHAT'S ON

CONTACT US

www.visionmagessex.com
loughton@visionmag.co.uk | 0208 088 0386

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
CO-ORDINATORS | Rebecca Fryer, Kim Plater, Amy Pollard
CONTRIBUTORS | Tabatha Fabray, Dean Shaw

Editor's notes...



Brett Shohet, Editor

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

I'm writing this just a few hours after witnessing one of the greatest sporting comebacks of all time.

Tiger Woods winning his 15th major golf title 11 years after his last.

Woods' story shows what can be achieved with hard work, resilience and the support of the right people.

The life lessons that have come out of Tiger's comeback are profound and I'm feeling fired up just writing this. I'll be taking that feeling of enthusiasm, belief and a willingness to work as we grow the **VISION** publications into even more parts of Essex this year. Did you know this month we launched another two **VISION** titles in the Essex area? That's six in total to 40,000 homes EVERY month.

Our continued success is down to our readers and advertisers. We cannot thank you enough for this support.

In just the same way Woods was spurred on by his legions of fans I am driven and loving what I do by you, the readers and our army of local advertisers.

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I hope you all enjoy the May 2019 edition of **VISION**Loughton.

Brett

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THATCHER'S BIG ENTRANCE

40 years on

MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

.....

While the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent.

In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.

Photo credit: David Fowler/Shutterstock.com



Fuelling the fires *of restoration*

Photo credit: Thierry MALLET/SPA/Shutterstock

Why the fire at Notre-Dame means this iconic building will return even more significant than before.

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, "She will return more beautiful than ever" – and with yet another story to tell.



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FREEZE FACTOR

Demi Moore swears by this extreme beauty treatment for keeping her looking youthful. But what exactly does it entail?

WHAT IS CRYOTHERAPY?

Cryotherapy is a technique that involves exposing the body to extremely cold temperatures for several minutes. Whole body cryotherapy is particularly popular and uses liquid nitrogen to plunge your body into -200 degree temperatures.

WHAT ARE THE BENEFITS?

- **Increases your metabolism aiding weight loss**

The extreme lowering of your body temperature causes your body to work harder to keep warm. Therefore, your metabolism is raised and you burn more calories. In fact, a single full body cryotherapy session can burn up to 800 calories.

- **Boosts circulation and stimulates collagen production**

The sudden cool temperature on your skin's surface results in your body boosting its natural healing and rejuvenation processes resulting in increased circulation and collagen production; both of which help you achieve firmer, younger-looking skin.

- **It's anti-inflammatory**

If you suffer from an inflammatory condition such as arthritis or fibromyalgia, cryotherapy can help by improving your body's natural healing mechanisms.

- **Reduce chronic pain and muscle spasms.**

As with a cold compress, cold therapy helps to increase your pain thresholds and in turn, reduce pain. It also reduces the sensitivity of your muscles.

- **Can help reduce the feelings of depression and anxiety**

The incredibly cold air used in the treatment floods the body with feel-good chemicals such as endorphins which helps improve your mood and energy levels.



IS IT DANGEROUS?

No, this treatment is completely safe as long as it is carried out by a trained medical professional. It is likely to be unpleasant the first time you try it as your body gets used to the cold temperatures.

It is important that whole body cryotherapy is never undertaken for more than 5 minutes as your body will then start to shut down.

...cryotherapy



Splurge or Save...

ON SKINCARE ESSENTIALS

We love trying a new skincare product as much as the next person but surely it shouldn't cost so much to look and feel good about ourselves? So when should we splurge and when should we try and save some of our pennies?

Splurge on Serum

Serums contain lots of highly concentrated ingredients that target different skin problems such as fine lines, wrinkles and redness. Unfortunately, these ingredients do not come cheap. Spend more now and save your skin in the long term.

SAVE ON CLEANSER

Cleansing is very important and should be done twice a day to clear your face of make-up, dirt and impurities. However, your cleanser does not need to be expensive. Choose a budget-friendly brand that is gentle on your skin.

Splurge on Moisturiser

Probably one of your most used skincare products, moisturiser stays on your face all day, so you should choose a good one. Cheaper versions can contain poorer quality ingredients such as alcohol, mineral oil and synthetic fragrances which can all aggravate your skin.

SAVE ON TONER

Similar to cleanser, using a toner as part of your daily routine is definitely beneficial but as it spends very little time on your skin, a cheaper version is fine to use. Try and find one that also has hydrating properties if you suffer from dry skin.

SAVE ON FACE MASKS

Most masks contain very similar ingredients but can vary massively in price; opt for a cheaper version but one that is suited to your skin type. Clay ones are good for oily skin whereas aloe vera is beneficial to dry skin types.



Splurge on Exfoliator

A budget exfoliator runs the risk of breaking or irritating your skin, especially if it is sensitive or hypoallergenic. Instead invest in a higher quality brand that is known for being gentle to your face.



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MONOCHROME



FASHION

mayhem

Where do we even start with the beauty of the monochromatic trend? It's versatile, chic and is probably the easiest way to appear both taller and thinner. And who doesn't want that?

WHAT IS MONOCHROMATIC DRESSING?

Monochromatic dressing means wearing separate items but all in the same colour. It often refers to black and white ensembles but can also refer to other neutrals and even bold colours such as blue, red or yellow.

WHAT ARE THE BENEFITS OF THIS TREND?

Well to start it makes outfit planning so much easier. No worries about clashing colours or prints; just choose one colour that you love and that suits your colouring and you're away. Picking the right colours ahead of the summer season is so much less complicated than choosing the latest styles which may or may not compliment your shape.

HOW TO WEAR THIS TREND

It is very simple. All you have to do is pick your

colour and then make sure that your key wardrobe pieces are in the exact same shade. Accessories must be in the same colour but can be a different shade to your actual outfit. To stop your look from appearing boring, try embracing different textures.

KEY COLOURS FOR THIS SUMMER

Head-to-toe monochromatic neutrals are set to be massive this season; look out for smart tailored trousers, a loose-fitting shirt and a matching trench coat for a cool office vibe that can easily be worn late into the night.

Navy is also a great colour for summer as it looks great against tanned skin. For a sporty look, why not team a sleeveless cropped shirt with matching wide legged trousers.

And of course, you can't go wrong with the classic and super chic black and white combo.



Photo credit: ASOS



THESE BOOTS are made for walking

Did you know that May is National Walking Month? So, what better time to put your best foot forward and reap the benefits, both physical and mental, of a daily brisk walk.

1. Helps maintain a healthy heart

If you work in a sedentary job or have a fairly sedentary lifestyle in general, a daily walk can work wonders on reducing your risk of both heart and cardiovascular disease.

2. Aids weight loss

Wanting to shift a few pounds without pounding away on the treadmill? Simply start getting off the bus a few stops early or walking to the local shops rather than driving. Even small changes can make a noticeable difference.

3. It can actually make you smarter

Really? Yes, the simple act of going for a daily walk can actually make you more intelligent. This is because walking helps to supply more oxygen and glucose to the brain which in turn, helps it to perform better.

4. Reduces your stress levels

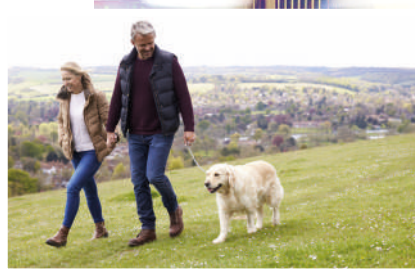
Walking helps to improve your circulation which means your cells are provided with more nutrients and oxygen. It also decreases the amount of cortisol, the stress hormone, that is produced.

5. Improves your mood and your memory

Physical activity, especially in the open air, is known to help prevent depression, plus you will get a much-needed injection of vitamin D. And specifically, for older people, a daily walk can help improve their memory and even help prevent dementia.

6. Helps to maintain a healthy digestive system

Although you may not feel like it, a quick walk after a meal is actually a really good idea. Not only can it help keep your weight down, but it also helps support your digestive system, meaning you are less likely to suffer from bloating, constipation or diarrhoea.



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How to go ALCOHOL FREE for a whole year

HEALTH & FITNESS

VISION spoke with freelance journalist Jerry Lyons following his attempt to go alcohol free for a year. Here's his account of what happened...

April 2, 2019 was a special day in my life. It marked 365 days since I've had a drink of alcohol.

Which, given I was a big social drinker for 30 years prior to my year of abstinence, was a huge achievement for me.

To me it was the equivalent of climbing Ben Nevis in the winter wearing flip-flops and while battling man-flu.

But here's five tips on how I went alcohol-free (AF):

CHALLENGE – I set the 365 challenge with the help of an organisation called One Year No Beer (no wine, no spirits either) which helps people embarking on the booze-free challenge.

ENTHUSIASM – I attacked the first 60 days of abstinence with enthusiasm. I listened to dozens of podcasts about health and living alcohol-free. I also read a great book by a writer called Catherine

Gray - *The Unexpected Joy of Being Sober*.

SWAPPING BUZZES – I swapped Friday night beers for going to the gym. The endorphin high from a good workout or gym class is unbeatable for me and there is no hangover.

REWARD – Another big help was something I thought was ridiculous before going AF. Alcohol-free beers. I'd always considered alcohol-free beers as pointless. A bit like going into a barber's but not getting your haircut. However, the AF alternatives seem to have the same trigger for the sense that you're rewarding yourself.

SUPPORT – I used the One Year No Beer Facebook group to lean on in the first 90 days. After that I had the best support anyone could ask for – my partner who, seeing the benefits being booze free brought me, decided to take on the challenge herself.

I've never felt lighter, brighter and clearer so I'm going to keep the dry run going for as long as possible and I'll raise a glass of cold (alcohol-free) beer to that.

Cheers



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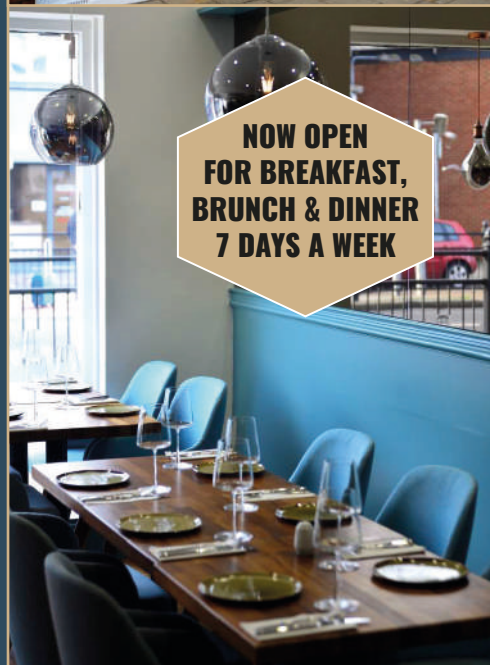
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So, why not step outside of your comfort zone and try one of our own fabulous fizzes. You've got nothing to lose (except maybe your memory of the night before).

HATTINGLEY VALLEY CLASSIC RESERVE

Situated in Hampshire, Hattingley Valley family-run vineyard is eco-friendly and uses the traditional method of oak barrels to ferment a small proportion of their wines each year as well as using stainless steel tanks.

This particular sparkling wine is pale gold in colour and has notes of baked apple, creamy nougat and brioche as well as subtle hints of fresh red fruit.

A definite celebratory drink. No food needed.

EXTON PARK BRUT RESERVE NV

Made in another Hampshire vineyard, this elegant sparkling wine is made from a combination of Pinot Noir and Chardonnay wines and has noticeable white pepper notes.

Serve with either salmon or white meat such as chicken or turkey.

CHAPEL DOWN THREE GRACES BRUT

This complex wine comes from the well-known Chapel Down vineyard and was the sparkling wine served at the Duke and Duchess of Cambridge's wedding. It is a very well-rounded wine that is lively and bubbly on the tongue.

A blend of Chardonnay, Pinot Noir and Pinot Meunier, this wine is ideal for pairing with grilled fish or a risotto.

RIDGEVIEW BLOOMSBURY 2014

Favoured by Her Majesty the Queen herself, this light sparkling wine has vibrant, citrus aromas combined with a hint of honey and melon.

Perfect served as an aperitif or with a simple seafood or light pasta dish.



FOOD & DRINK



10 VEGAN FOODS

that pack a protein punch

Veganism has been steadily increasing in popularity over the last few years with an estimated 540,000 vegans in the UK.

But can you follow this diet and still get your recommended daily protein intake?

- 1. TOFU:** This plant-based protein contains 22 grams of protein per half cup and can be added to stir-fries and salads.
- 2. BEANS:** Beans are packed with fibre and offer 21 grams of protein per cooked cup. They are filling and help aid muscle growth.
- 3. PUMPKIN SEEDS:** Pumpkin seeds contain 12 grams of protein per cup and also contain lots of bowel-friendly fibre. They can be enjoyed roasted as a handy snack or sprinkled over salads, soups and curries.
- 4. CHICKPEAS:** With 9 grams of protein per ¾ cup, these versatile sources of protein are especially yummy when roasted with your preferred spices.
- 5. EDAMAME:** Popular with sushi lovers, edamame beans are an excellent source of

protein with one cup containing 17 grams. They can be added to salads, pasta, soups or eaten as a tasty snack.

- 6. LENTILS:** Not only are lentils extremely budget friendly, they offer 18 grams of protein per cooked cup. Lentils are great at bulking out meals or as an alternative to mince in dishes like spaghetti Bolognese and shepherds pie.
- 7. OATS:** A popular breakfast staple, oats offer 6 grams of protein per ½ cup.
- 8. POTATOES:** Who doesn't love a chip? One large baked potato contains roughly 8 grams of protein.
- 9. BROCCOLI:** Providing 2.6 grams of protein per one cup serving of raw broccoli, this is not the highest plant-based protein offering available, but it does contain all the essential amino acids.
- 10. QUINOA:** The quinoa seed contains 8 grams of protein per cup and is considered a complete protein.

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Top tips to ace your exams

preparation is the key

Exam season is almost here and while some already have their heads in their revision books, others find it difficult to find the motivation to revise. Dr Lisette Johnston, head of school at ScreenSpace, gives her top tips for effective revision.

1. Make fact or note cards

Check out Quizlet.com, you have to register but it's an amazing free resource, that's really easy to use

2. Draw mind maps

Do this after each chunk of intense study, write down what you can remember then revisit your notes, see what you missed and write those bits down in a different colour.

3. Highlight notes

Highlighting one key point or fact for each topic area can effectively breakdown the volume of information you need to remember. Sometimes colour can help text 'stick'.

4. Make lists

Find the exam board's specification (this lists what you need to know), break down those topics into smaller topics, order them into priority of what you need to learn and revise from there. Breaking it down into these smaller sections makes the task seem more manageable and less overwhelming.

5. Write essay plans

Look at the question, break it down into chunks and then plan each section to include point, evidence, explanation (PEE) and make sure to include a conclusion and be evaluative throughout.

6. Answer past questions

Try to self-mark and get a someone else to mark your work too - this helps you learn as you go, and also ensures that you are being realistic with your marking - you need to know that you're not being too harsh or too generous.

It's important to not work hours without a break, or memory and recall become less and less effective. Plan your sessions of up to one hour and take a short break in between. Keep yourself interested by changing topics and make the time spent revising really count.

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BUSINESS & FINANCE

Blue sky thinking or clouded judgement?

HOW TO COPE WITH BUSINESS JARGON

With reputation, ego and image counting for so much in the world of modern business, it's perhaps understandable how we've arrived at a point where even the savviest of business minds can find themselves completely baffled by corporate speak.

In 2019 the commercial world has moved well beyond 'thinking outside the box' – it's now deconstructed the box entirely. That means that while the box still exists, it doesn't have any properties of a box, yet people still need to recognise it as a box. Put another way, there is no escaping the muddling madness of business terminology, so go along with it, enjoy it, but feel free to cringe as frequently as you feel you need to.

The worst offenders:

"I'm a Quark Express guru" – any form of self-congratulation, even on CVs, is horrible to witness, but labelling oneself an authority of 'guru' standing is embarrassing.

"It's Woolworths all over again" – 'clique' comparisons based on past events are not only alienating and lazy, but often poor reflections on reality given that no two business entities are the same.

"Grasp the nettle" – phrases designed to quickly motivate and stimulate often become worn out and tired, having the exact opposite effect than what they were intended for.

"AIMITA" – acronyms are great in theory, but staff too easily forget meanings and often don't agree with them anyway. (This one means 'attitude is more important than ability', in case you wondered).

"What did the SWOT analysis show?" – business is great at inventing research to try to prove its own theories, when the best solutions come from the heart.

The secret when it comes to business jargon is to try not to use it. Actions speak louder than words, and clear descriptions will most likely set yourself and your teammates on the path to success much quicker. Rely more on intelligence and confidence, and chances are you'll flourish.



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Grow your own TOMATOES

Last year's British Tomato Week was so successful that this year the British Tomato Growers Association has announced that they will be paying tribute to the tasty tomato for a whole fortnight! And it couldn't have happened to a nicer fruit. And yes, a tomato is technically a fruit.

ARE TOMATOES EASY TO GROW?

Yes, they are, mainly due to the fact that they are suitable for any garden size as they can be grown in containers or hanging baskets. All that they really need is lots of sun.

For beginners, we recommend buying a starter plant from your local gardening centre.

WHEN SHOULD TOMATOES BE PLANTED?

If you are growing your plants from seeds, then it is advised that you sow your seeds either indoors or in a greenhouse six to eight weeks before the last frost date.

HOW SHOULD I SOW TOMATO SEEDS?

Sprinkle the seed thinly onto a high quality seed compost within a small pot and then cover with around 1.5mm of the compost. Once two leaves have appeared, you can move the seedlings into bigger pots and once flowers have appeared you should transfer each plant into a grow bag or larger pot (roughly 23cm).

WHAT VARIETY OF TOMATO SHOULD I CHOOSE?

Gardener's Delight: A small, sweet variety that likes grow bags or pots.

Tumbler: Best for growing in hanging baskets.

Ferline: A beefsteak tomato that is resistant to tomato blight. Grow in bags or pots.

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Fun fact: If all British tomato plants were lined up, they would wrap around the equator eight times.



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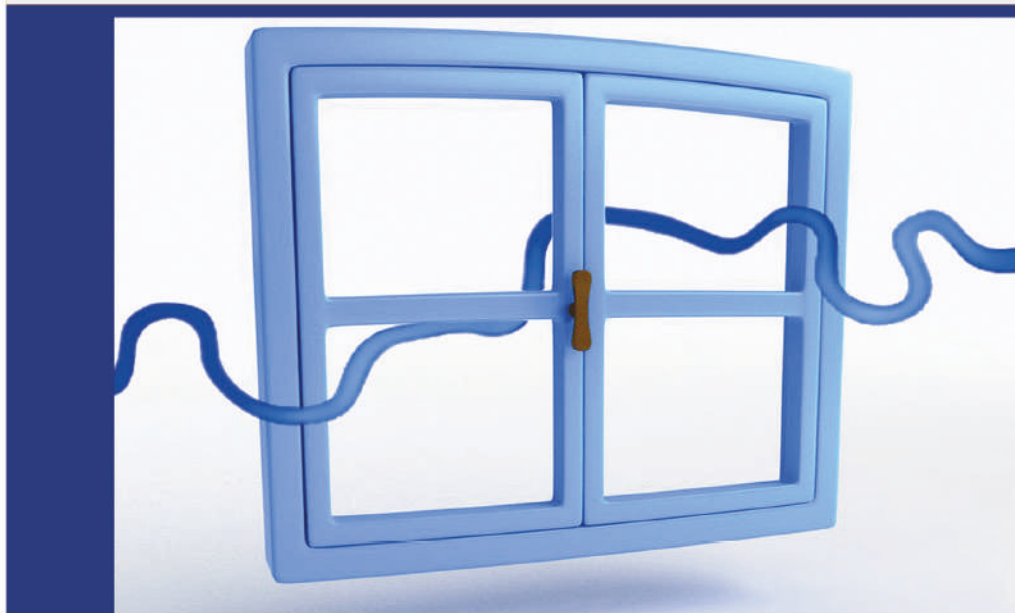
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A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1996, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1977 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

50 years for Charles – the patience of a saint or the poise of a Prince?



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LOCAL NEWS

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LOCAL NEWS



The gang behind over £10million frauds convicted

A gang of fraudsters have been convicted for the parts they played in the theft of millions of pounds from businesses and individuals in the UK and abroad.

Three people from Loughton were among 11 convicted for their roles in a large-scale 'diversion fraud' scam using hacking software following a six month trial at Blackfriars Crown Court.

Bonaventure Sunday Chukwuka was found guilty of conspiracy to commit fraud by false representation and money laundering. He was also found guilty of possession of a phone in prison.

Emmanuel Chike Chukwuka was found guilty of conspiracy to commit fraud. He was found not guilty of conspiracy to money launder.

Queen Chukwuka was found guilty of acquiring or possessing criminal property.

The court heard during the trial that Bonaventure Chukwuka led an organised criminal gang who targeted businesses and individuals by hacking into their email accounts and stealing large sums of money.

Detectives identified a total of 228 separate frauds, committed from 2014 to 2018 totalling £10,112,312.54.

A total of 69 victims provided evidence during the trial. Many of them have been unable to recover their losses.

DC Chris Collins, of the Met's Falcon Fraud Squad, said: "I would like to thank the victims in this case for giving evidence.

"Their accounts undoubtedly helped the jury arrive at their guilty verdicts. They have shown themselves to be unscrupulous fraudsters who have not given a second thought to the misery their actions have inflicted.

"I hope this conviction sends a strong message to online fraudsters: even though you think you are committing fraud at your keyboard in privacy, we have the ways and means of tracing you and we will seek to bring you to justice."

The gang will be sentenced at a later date.



Pensioner awarded for keeping park clean for 19 years

A pensioner from Loughton has been awarded for selflessly picking up litter in a recreation ground for 19 years.

Alan Wintle, 84, has volunteered his time since 2000 to keep Roding Valley Recreation Ground as clean as possible from litter.

He was presented with a surprise award from Loughton Town Council last month as town mayor, councillor Stephen Murray, awarded him with a certificate for exceptional voluntary work.

The ceremony to honour Alan was part of Loughton Town Council's annual meeting, where councillors noted the many activities and achievements within the town during the past year.

The inspirational pensioner dedicated time almost everyday to keeping the recreation ground tidy and whatever the weather he makes sure he plays his part in making it a more enjoyable space for those that use it.

Alan says the litter picking helps him stay active and reach his 10,000 steps a day.

He said: "It was a surprise I must admit.

"I had received a letter saying but I didn't realise all of the council and the mayor was going to be there. It's quite a nice certificate I would like to get it framed."

Cllr Murray added: "It is my strong belief that as a town council we deliver the services that we are responsible for in an effective and cost-efficient manner.

"Every event I have attended, of which there have been very nearly 110, I have found strong community groups making a difference to our town in so many wonderful different ways.

"Everywhere I have been this year I have been struck by the volunteering spirit and I would like to say thank you to all the community and faith groups who help make Loughton the wonderful place it is - thank you for all that you do in and for our town."

Firefighters praised for saving house

Essex Fire has been praised after putting out a fire that "looked like it could spread out of control".

Fire crews were called to a garage in Church Lane in Loughton on March 30 at around 11am after the owner spotted smoke.

When they arrived they found a double garage and living accommodation above filled with smoke and close to a large detached house.

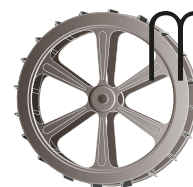
Station manager Steve Wintrip said: "This fire was well developed when the first fire crews arrived and

it looked like it could spread out of control and to the flat and house.

"However, firefighters worked extremely hard and quickly and managed to attack the fire successfully to extinguish it and stop the fire spreading any further than the ground floor of the garage where the fire had started.

"The flat above and the house were saved due to the firefighters' actions."

The cause of the fire was found to be accidental.



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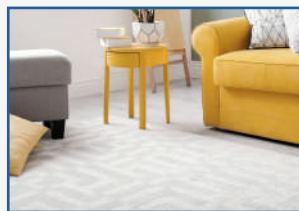
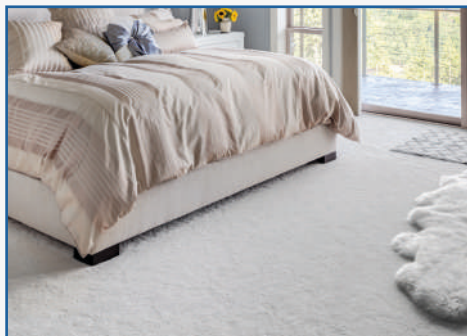
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Photo credit: Epping Forest District Council

Man receives a hefty fine for dumping rubbish

A man from Loughton has received a fine of £952 for fly-tipping a mattress.

Neil Smith pleaded guilty at Chelmsford Magistrates Court to fly-tipping at Oakley Court in Loughton.

The mattress had been left on the grass area adjacent to the bin store that is provided to the properties.

CCTV evidence showed two people with a van dumping the mattress at around 9pm on December 21, 2017.

Magistrates ordered Smith to pay a fine of £320 and a contribution towards the council's prosecution costs

of £600 and a victim surcharge of £32.

A spokesman for Epping Forest District Council said: "This is a lesson for anybody tempted to fly-tip. It would have been far cheaper for Mr Smith to contact us and arrange for proper disposal of the mattress in the first place.

"We take fly-tipping very seriously in our district and will thoroughly investigate all instances either identified by our Environment and Neighbourhood Team, or reported to them.

"We would urge residents to report fly tipping online."

Chef ran marathon for "hero" brother

A chef from Loughton ran the London Marathon last month aiming to raise money for an armed forces charity which helped his brother.

Aaron McLaughlin, 27, took on the 26.2mile course through the capital to raise funds for the Soldiers, Sailors, Airmen and Families Association (SSAFA) who helped his brother, Kirk, when he was medically discharged from the army.

Kirk suffered an injury during a jump, along with mental health issues and was medically discharged from the army. He became depressed and struggled to find purpose.

The SSAFA stepped in, helped fund courses for Kirk and paid for furniture and a cooker for his flat.

However, in November 2017 Kirk sadly took his own life. He had served in the 3rd Battalion in the Parachute Regiment and completed tours in Afghanistan.

Aaron said his brother was his "hero" and is his inspiration to take on the London Marathon.

Before the race, he said: "I always looked up to him. Before he committed suicide, we'd talked about running the marathon together. But Kirk's injury meant that he wouldn't be able to run. I knew then that I wanted to run the marathon for him.

"So here I am ready and raring to run the London marathon in aid of SSAFA and give something back to this amazing charity."

To make a donation to Aaron, visit uk.virginmoneygiving.com/AaronMcLaughlin



School exceeds fundraising target



Photo credit: Twitter @rodingvalleyHS

just one of the ways Essex Police will be growing this year.

"The towns benefiting from a new team have been identified through careful analysis of reported crime and anti-social behaviour in each area along with the number of residents and businesses in each town. This has enabled us to prioritise the areas we think will benefit most from a team dedicated to the town or city centre.

"We're lucky in Essex that we already live in a really safe county and this development can only make it safer."

Teams will be established in Brentwood, Grays, Harlow, Loughton, South Ockendon, Stanford-le-Hope and Waltham Abbey.

Students get groovy at Rise Dance Festival

Students joined forces for the Rise Dance Festival held at Debden Park High School in Loughton. Joining Debden Park students were the Hereward Funksters from Hereward Primary School and Dance 21 who had the audience full of tears as they signed to *This Is Me* from *The Greatest Showman*.

Students from Hylands School performed some of their BTEC dance pieces, while Alderton Primary School children lit up the stage with their moves. Debden Park students also performed some of their Key Stage 3 dance club performances.

Lauren Mason, dance teacher, said: "For some of the students this was their first time on stage but they were naturals and had the audience roaring with applause at the end of each piece."

The dance pieces were choreographed by Debden Park dance ambassadors Shay Samuels, Macy Wise and Jaheem Moreno who also performed their BTEC Dance piece *Missing You*.

Lauren added: "This is an annual event for all ages and abilities in dance and it is always a triumph. "Well done to all those involved in making this year's festival such a success."



Photo credit: Everything Local News

Town centre to get extra police by summer

Loughton will have two new town centre policing teams in place later this year.

This is after Essex Police got an increase in its share of the 2019/2020 council tax.

Part of the additional funding is being invested in 23 new town centre teams, which are planned to be implemented by summer 2019.

Essex Police Chief Constable BJ Harrington said: "The creation of these new town centre teams is



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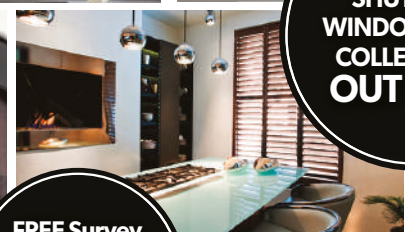
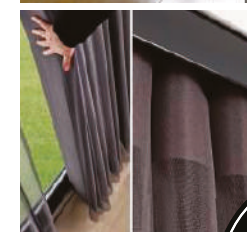
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LOCAL NEWS



GCSE students Rev Up their revision ahead of exam season

Year 11 students at Debden Park High School in Loughton took part in the annual Rev It Up Day recently – an initiative designed to highlight and focus the minds over exam season.

The day was introduced some years ago, with the school believing it has a significant impact on Year 11 exam results, motivation and purposeful revision.

Exam candidates attended five different revision-based sessions, including a Las Vegas themed English department, for a variety of subjects designed

to be fun, challenging and exciting.

Students were given a variety of revision resources while parents were invited to join an external speaker who guided them on how to support their child at home with quick revision tips and distress strategies to support them.

At the end of the day the students joined their parents to celebrate the success of the day and received their Easter revision folders which contain a variety of useful resources ahead of the exams.

Witnesses wanted following altercation

Essex Police are appealing for witnesses following an argument in Sainsbury's car park in Loughton.

Officers were called to the supermarket in Old Station Road around 4.30pm on April 12 after a 19-year-old man got into an argument with a group of men in a vehicle.

Unconfirmed reports suggest a knife was pulled

during the altercation. No-one was injured as a result.

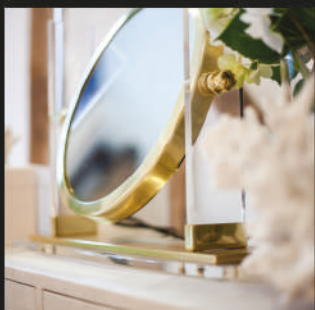
Several witnesses were present, and officers would like to hear from anyone who saw the incident.

If you also have mobile phone or dash cam footage, please contact DC Ben Elliott at Loughton CID on 101 ext 313102. Alternatively, call Crimestoppers anonymously on 0800 555 111.



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We had a fascinating talk by our member, Kay Morrison, about her life in Fife as a councillor and Deputy Provost of Fife.

Her career before politics was in teaching and education and she is passionate about improving attainment and life chances for all.

On March 14 we had the pleasure of presenting Judy Rush from First Responders with a cheque for just over £1,300. Judy also brought her lovely baby Mason to the meeting.

Our next event is our free monthly Memory Café on May 10 from 10am to 12pm at Loughton Club, 8 Station Road, IG10 4NX. Followed by Chigwell Fete on May 12 on The Green, Chigwell from 12pm to 5pm

Call Pesh Kapasiawala for further details on 07973166940 or email pesh@londonresidential.co.uk



Voluntary action group celebrate milestone

More than 100 volunteers, including people from Loughton, took part in a special celebration to mark the 10th anniversary of a local charity.

Voluntary Action Epping Forest Befriending Service (VAEF) started in 2009 and the charity gives pensioners across the region a chance to attend social events in a bid to stave off loneliness and isolation.

VAEF originally started as a means to support housebound residents but as the charity has grown so have the services it offers. Now it offers regular outings and it even has its own minibus service to take members out.

Tenth anniversary celebrations included more than 100 members who had afternoon tea followed by live music.

Chief officer of VAEF, Jacqui Foile, said "It's been wonderful and a massive achievement. it's been a lot of planning I would love to have clubs open in every district.

"We currently receive support from the Sulley Foundation but we are hoping to secure more funding from the lottery.

"Our volunteers are really very special people, they give up so much time and are always thinking of new ideas for the group."

Struggling with mobility issues, Loughton couple Ronnie and Michael Dunning joined the club to avoid becoming housebound.

They said: "We love it because the volunteers will take Mike out for a cigarette when he wants and I can talk to others who suffer from similar situations. We did not know this place existed before we joined, if we did not have this club, I don't know what we would do."

For more information call 01992 910701 or visit vaeff.org.uk





Hospice partners with local business for Wills Month

St Clare Hospice has partnered with a business in Loughton to mark Wills Month.

They are inviting everyone to make or amend their will between June 3 and June 28.

Stapley & Co, in High Road, is one of eight solicitors' offices taking part with the hospice.

Sarah Thompson, CEO at St Clare Hospice, said: "All of us want to secure the best possible future for our families.

"However, making a will is not often the first thing on our list when we think of how we can ensure our loved ones are cared for.

"More than half of adults living in the UK admit that they do not have a will. Yet, making a will is one of the most important things you can do to make sure your family is cared for in the future.

"Having a will in place ensures that you will be able to provide for your loved ones, spouse and children after you are gone.

"Our homes, possessions and what we have worked for in life are so important to many of us - so why not protect them through a will?"

For a suggested minimum donation to St Clare, you will be able to make your will with a local solicitor. The entire cost of this will be donated.

The suggested minimum donations are: £130 for a single will; £180 for a double will; £90 for an amended will.

Sarah added: "After you have made provision for your loved ones, you might like to consider leaving a gift in your will for charities such as St Clare Hospice, which will ensure that we are here for future generations of our local community.

"Any gift you leave to the hospice, no matter what size, will help us be there for those who need us. Every amount is important to us and will make a difference to someone on the journey towards the end of their life."

School recognised for healthy focus

A school in Loughton has received an award for its outstanding contribution to the health and wellbeing of its children and the community.

The award was presented to Thomas Willingale School and Nursery at the Healthy Schools Awards ceremony in Chelmsford, where the school was also re-accredited with Healthy Schools status.

The Outstanding Contribution award acknowledges Thomas Willingale as a school which goes above and beyond in personal, social, health and economic

education; pupil voice, emotional health and wellbeing, keeping safe, physical activity, healthy eating, relationships and engagement with parents.

Headteacher Teresa Phillips said: "Only two schools in West and South Essex were awarded this achievement and we are incredibly proud to be one of them.

"We work hard to ensure our children receive the best academic education, but we also try to ensure that their wellbeing is at the forefront of everything we do."



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Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.



HOME & DIY



DIFFERENT WAYS *to use a ladder* IN THE HOME

Think that a ladder is just for accessing hard to reach places? Think again. This essential DIY tool can be used in so many inventive ways; from storage to decoration to a kid's climbing wall. The possibilities are endless.

HANGING BLANKET STORAGE

You can never have enough blankets, but they certainly take up a lot of space underneath the bed. The solution? Use a leaning ladder as a vertical blanket storage unit. Simply strip and varnish your ladder or paint in your desired colour and attach to the wall.

Trendy outdoor bar display

It can be tricky to find space to put out all the drinks when you have a few friends over for a BBQ, but this handy ladder drinks display unit is the ideal solution. All you need is a ladder and a few wooden boards placed across the rungs and hey presto.

QUIRKY BOOK SHELF

If you are an avid reader but have minimal space, then a ladder book shelf is the ideal invention for you. All you need to do is mount your ladder horizontally on a spare wall, high enough to avoid appearing cluttered but not so high that you cannot reach your treasured books and job done.

Child's climbing wall

We don't know many children who would object to having a climbing wall in their bedrooms so why not make their day and save yourself a few pennies by creating one with just a basic ladder. And if you have another spare, why not create some indoor monkey bars too?

UPLIFTING LIGHT FIXTURE

For a rustic ceiling light fixture that would work perfectly in a country-style kitchen, hang a ladder from the ceiling and attach as many bulb string lights as you wish.

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Hinchhikers

GUIDE TO SANITY

She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

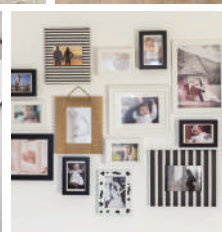
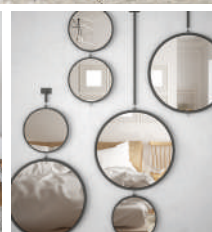
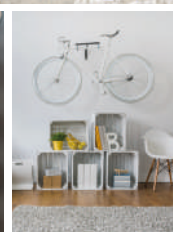
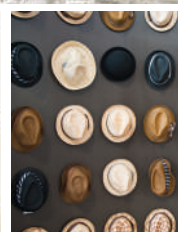
This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkeh the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

Mrs Hinch's top tips:

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
- > De-suff doors by dabbing fabric conditioner onto a scourer and then buffing.

Decorate...



to your taste

If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

One: ART

Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

Two: SIMPLE SHELVES

Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

Three: YOU'VE BEEN FRAMED

A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

Four: STRING IT UP

Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

Five: EFFORTLESS ENTERTAINMENT

Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

Six: MIRROR MIRROR

If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

Seven: ASTOUNDING STORAGE

If you're really clever you can make a design feature out of storage – suspend a bike, create a hat montage or show off your shoes!

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PUZZLES & TRIVIA

PUZZLES

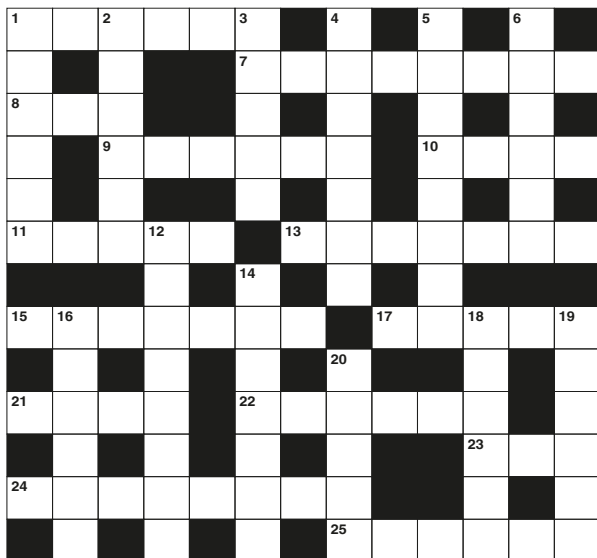
Answers can be found on the Contents Page 4

ACROSS

1. Red-breasted birds (6)
7. Dry biscuits (8)
8. Flat-topped cap with a tassel (3)
9. Domestic assistant (2,4)
10. Fleet of ships (4)
11. Ethical (5)
13. Tall tower (7)
15. In the middle (7)
17. Relating to vision (5)
21. Smile broadly (4)
22. Shrub with glossy leaves (6)
23. Particle that is electrically charged (3)
24. Relating to a topic (8)
25. Fences made of bushes (6)

DOWN

1. Make changes to improve something (6)
2. Type of market (6)
3. Discard (5)
4. Noisy colourful birds (7)
5. Superficial (4-4)
6. Small stones (6)
12. Right to self-government (8)
14. Hammers (7)
16. Hearts (anag) (6)
18. Covering a roof with thin slabs (6)
19. Solid pieces; blocks (6)
20. Cage for small pets (5)



DID YOU KNOW?

- Brazil is the largest country in South America
- The capital city of India is New Delhi, while Mumbai is the most populated city
- French is the second most studied language in the world after English
- Australia hosted the 1956 and 2000 Summer Olympics
- The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- The famous giant panda is found near the Yangtze River in China.

SUDOKU

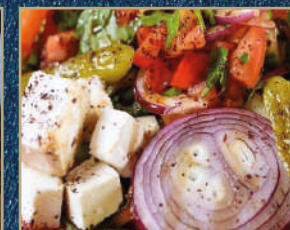
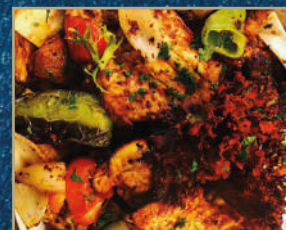
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MASTER WOODS



SPORT



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greatness are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.

THE RACING LINE

The Schumacher family name is due a new addition at the top level of motorsport, as the son of F1 legend Michael takes his seat.

In March 2019, Ferrari rolled back the years as they gave the son of their most-successful-ever Formula One team driver a test run. Mick Schumacher would have made his father, Michael, extremely proud as he retraced the familiar footsteps of the seven-time world champion, five with the 'Prancing Horse' team.

And the 20-year-old was nothing but impressive on the Bahrain circuit as he finished the testing session just six tenths of a second behind Red Bull Racing's Dutch superstar, Max Verstappen. Schumacher's fellow German Sebastian Vettel had this to say about the youngster:

"Understandably with his name, not to mention who he is in his own right, there are expectations of Mick.

"The way he has established himself over the last few years is all about him – he is doing it himself and I hope people give him the privacy and the time to do his job... to follow in his father's footsteps."

Schumacher Junior, the current European F3 champion, will also test for Alfa Romeo, but his mind is presently set on the new F2 season, which, like its F1 big brother, began in Bahrain at the end of March. Mick represents Prema Racing and has big ambitions for the season ahead.

"I need to prove myself at every level – that's the challenge. I believe I will get there."

His father – the most successful F1 driver of all-time – has not been seen in public since that well-publicised skiing accident in 2013..

"What my dad did in the sport is something I look up to and am extremely proud of," says Mick.

"I guess I have been afforded the time and the opportunity to grow into that."



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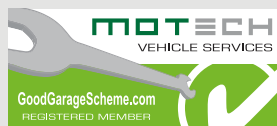


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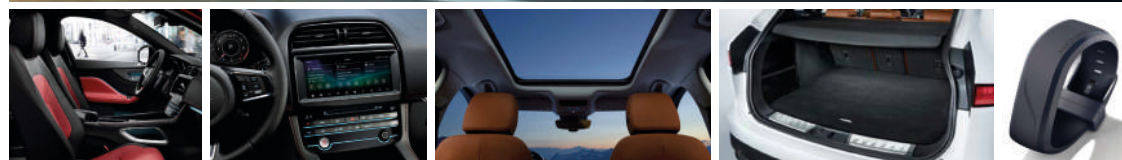
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EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four- and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.

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WHAT'S ON

in your area

An Evening of West End Hits
Lopping Hall, 189 High Road, Loughton, IG10 4LF

May 9 – May 11
For three performances only, Loughton Operatic Society invites you to join them at Lopping Hall for *An Evening of West End Hits* with favourites from *Sister Act*, *Chess*, *Phantom Of The Opera*, *Copacabana*, *Miss Saigon*, *My Fair Lady*, *Chitty Chitty Bang Bang*, *Evita* and many more.

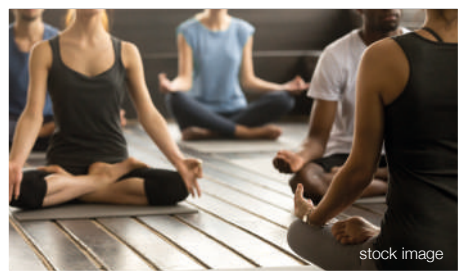
The ticket price of £15 includes a delicious sausage and chips supper or a veggie option.
Please select which option you require as you book your tickets online at www.ticketsource.co.uk/los
Any queries you can email us at loughtonoperaticsociety@hotmail.com
We look forward to seeing you there - it's a production not to be missed.

Mindful Meditations
Wanstead Quaker Meeting House, Bush Road, London, E11 3AU
May 12, 5.15pm – 6.45pm

A monthly workshop to help you settle the mind.
Upcoming dates include May 12 and June 9 and will cost £15.
Please contact Astra on 07956 276116 or visit www.therapyyoga.co.uk for more information.

Restorative Yoga
Wanstead Golf Club, 1 Overton Drive, London, E11 2LW
May 13, 10.30am – 11.45am

A four-week course to help you rest better to feel better.
The course starts on May 13 and will cost £40.
Please contact Astra on 07956 276116 or visit www.therapyyoga.co.uk for more information.



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Yarns and Tales Knitting and Reading
Loughton Library, Traps Hill, Loughton, IG10 1HD
May 25, 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.

Gentle Flow Yoga
Redbridge Drama Centre, Churchfields, South Woodford, London E18 2RB
June 5, 8pm – 9.15pm

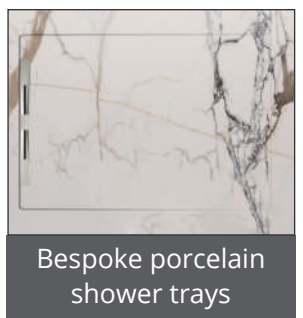
A four-week course to help you build strength from the inside out.
This course will start on June 5 and cost £40.
Please contact Astra on 07956 276116 or visit www.therapyyoga.co.uk for more information.

Festifit 2019
The Chigwell Marquees, High Road, Chigwell, IG7 6BD
June 8, 10am – 6pm



Boot camps, circuit training, outdoor gym, dance class, yoga, insanity, boxercise, Zumba, cross fit and many more.
Other activities include live entertainment, music, dancing and a catwalk.
Tickets are priced at £5 for under 16s and £10 for over £16s.
For enquiries, contact us on 07903 730562 or email festifit2019@gmail.com



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