

A close-up portrait of actress Emilia Clarke, smiling and looking slightly to the side. She has dark hair pulled back and is wearing a red strapless top.

**GO
GREEN
IN YOUR
HOME**

SUN CREAM

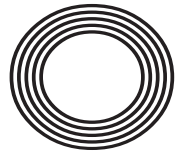
How to stay safe in the sun

RECORD BREAKERS

How Manchester City made history

Emilia
CLARKE

The rising star's life after Game of Thrones



FREE

Photo credit: Matt Baron/Shutterstock



Why choose Kutschenhaus? As the largest retailer of quality German engineered kitchens in the UK, we deliver rigid pre-built luxury kitchens manufactured in Germany at direct from the factory prices. View your dream kitchen in the luxurious surroundings of the largest kitchen showrooms in the UK.

**BUY NOW
PAY 2020**

10% Deposit Only

*Terms & Conditions apply

UP TO **3 years**
0%

Interest free credit

nobilis Miele
NEFF SIEMENS
BOSCH



**40%
OFF
furniture**

- Full installation service or supply only
- 12 months 'buy now' and 'pay later' option
- Kitchens designed and built to order
- Free in-showroom design consultation
- Trade enquiries welcome

Brentwood
Farnborough
London - Tottenham Court Road
London - Finchley Rd
Manchester
York

Visit our website or our showroom
6, The Baytree Shopping Centre,
Brentwood, Essex CM14 4BX
01277 204447

www.kutschenhaus.co.uk
The German Kitchen



June 2019

CONTENTS

- 6 THE CITY SLICKERS' WINS
- 8 ROYAL BABY ARCHIE
- 10 BEAUTY
- 12 FASHION
- 14 HEALTH & FITNESS
- 19 FOOD & DRINK
- 23 HISTORY
- 24 TECHNOLOGY
- 27 BUSINESS & FINANCE
- 29 KIDS
- 30 PETS
- 33 GARDENING
- 38 EMILIA CLARKE
- 41 LOCAL NEWS
- 56 HOME & DIY
- 62 PUZZLES
- 67 MOTORING
- 69 SPORT
- 72 THE **VISION** LISTINGS
- 74 WHAT'S ON

Editor's notes...



Brett Shohet, Editor

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

At last the sunshine is here and the knitwear and jackets can be stored away for the upcoming months. Is this wishful thinking

on my part?

Emilia Clarke is our cover star this month speaking about filming the final *Game of Thrones* instalment, battling with her health and her future plans.

This month's magazine includes how to holiday for just £100, how to reduce food wastage at home and fun bakes to make, as well as some great ideas for the home and garden.

You can also read about a little-known fact about Coca-Cola, history-making Premier League champions Manchester City and England's chances ahead of the ICC Cricket World Cup.

In local news this month, a new mayor is announced, the station car park could be transformed into high-rise flats and a marathon runner is set to take part in his toughest challenge yet.

We welcome any of your stories for our local news pages. So, if you have a story to share please send it to loughton@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the June 2019 edition of **VISION**Loughton.

Brett

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, Amy Pollard, Amelie Gregory
 CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Tim Green

Restore The Ambience, Preserve The Character, ...with all the charm of wood.

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

It can be considered for use in Conservation Areas due to its authentic appearance and is also appealing to any homeowner who wants a top end luxury window. It can accommodate 28mm double or 44mm triple glazing with market leading thermal and acoustic performance. It is hand finished and made by craftsmen.



Residence 9 is manufactured from a modern composite material to give a virtually maintenance free finish. Only available in heritage colours, the 'easy clean rebates' are also foiled in the same finish, which means that the high, maintenance free, appearance is maintained when the window is open.

Looks like wood, feels like wood...and outperforms wood.



Enhancing your home with style and grace

TEL 0208 505 5656

28 High Road, Buckhurst Hill Essex IG9 5HP
info@ewgraceglass.co.uk www.ewgraceglass.co.uk



ACROSS: 1. GAME, 3. SCISSION, 9. VITATE, 10. CIVIL, 11. REFRESHINGLY, 13. LAPPET, 15. STADIA,
 17. CRASH LANDING, 20. ERODE, 21. CANVASS, 22. REASSESS, 23. CEDE
 DOWN: 1. COVERTLY, 2. MOTIF, 4. CRECHE, 5. SECOND TO NONE, 6. INVALID, 7. NILE, 8. CARELESSNESS,
 12. LARGESE, 14. PERGOLA, 16. BLOCKS, 18. IMAGE, 19. DEER

THE CITY SLICKERS

Those who felt Manchester City's relentless dominance couldn't surpass the 100 points they achieved at the end of the previous campaign have just been made to reclassify things again... not just the best Premier League team ever, but the world's best too?

In a sense, winning is something Pep Guardiola takes as 'the norm'. In his time as player and manager at Barcelona, at Bayern Munich, at City, and perhaps elsewhere in future if rumours of Juventus coming calling are to be believed, the 48-year-old expects and delivers.

Even when being asked to exceed those dramatic heights of the 2017/18 season, the mercurial boss had an answer – how about a clean sweep of domestic trophies?

The task was never going to be easy, particularly when main rivals, Liverpool, were a revitalised side looking to get back to the top table of British football for the first time in 30 years.

Pep Guardiola's men lost four times across the 38 games, but crucially, drew only two of the other 32, and while only a solitary defeat blemished Liverpool's season record (to Manchester City in January), it was the Blues' ability to turn draws into wins that saw them home.

Even when 10 points adrift of Liverpool, ice-cool Pep continued to let his side's ability do the talking. "Football matches can be won in the changing room, in the tunnel, on the pitch," he said at Christmas. "The good sides make sure it is on the pitch, and I think we will prove that."

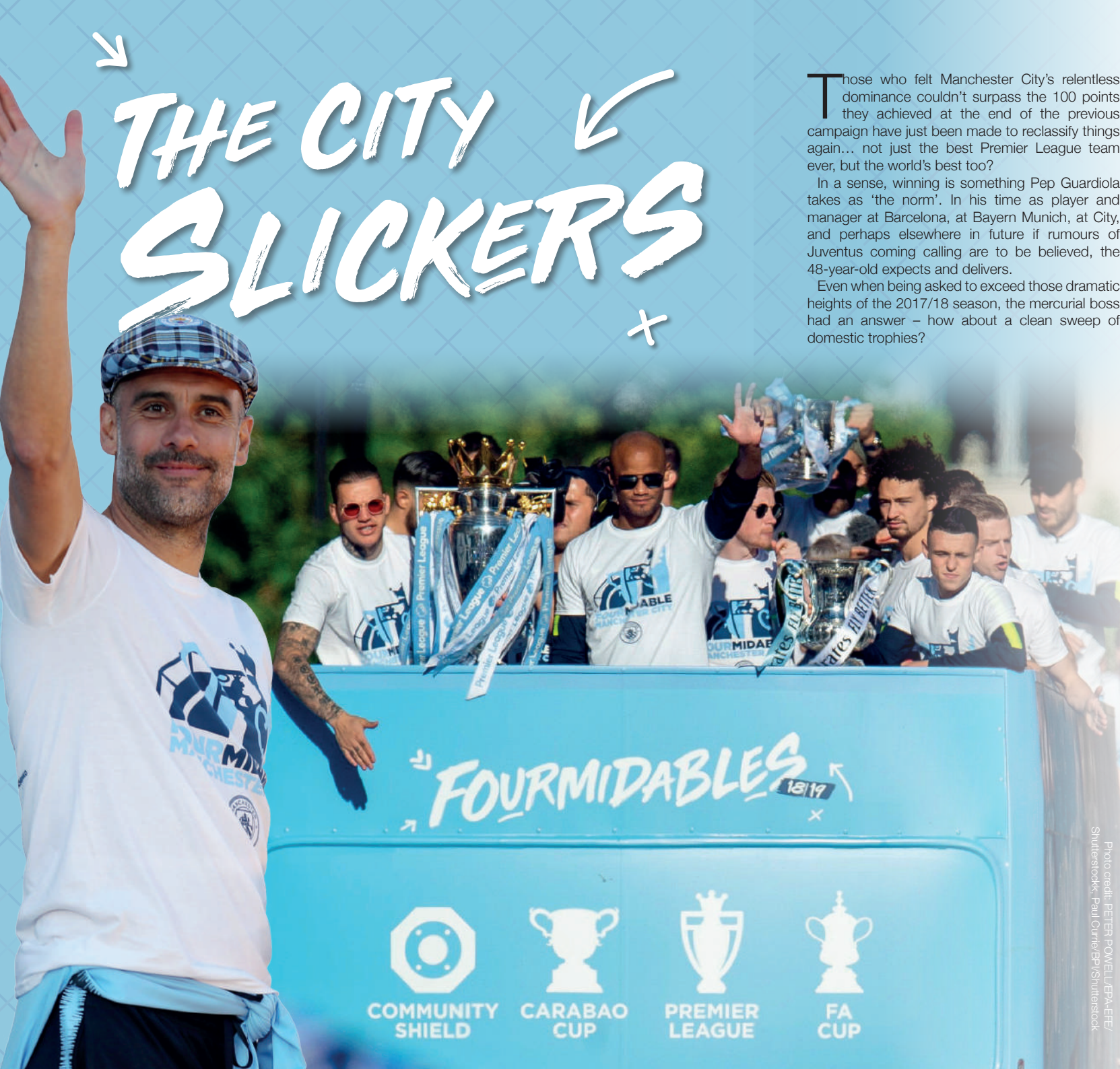
Sure enough, in 2019, the Cityzens failed to win only three of 31 matches in 90 minutes, in all competitions. The exceptions were the 0-0 draw in the League Cup final – which mattered not as they beat Chelsea 4-3 on penalties anyway – an under-par 2-1 defeat at Newcastle United, and that 1-0 loss in the first leg of their Champions League quarter-final match against Spurs (in which they missed an early penalty).

In almost every other game they breezed past opponents with an air of fiery football finesse. It is a method of match mindfulness that only Liverpool under Jurgen Klopp can rival, and winning their final 14 league matches saw them take the Premier League crown by a solitary point.

And when the pressure was off, the prowess of Sterling, Aguero, Kompany and the Silvas (David and Bernardo) shone greater than ever – no better witnessed in that destructive 6-0 Wembley win against Watford, the match which sealed the 'treble' with the addition of the FA Cup to the season's silverware.

While some will point to City's failure to make their mark in the Champions League, did they actually do any worse than the supposed 'big two', Real Madrid and Barcelona? Both achieved catastrophic capitulations when it mattered, whereas Guardiola's men bowed out in a titanic battle against Tottenham, and were a VAR decision away from qualifying.

If the last two seasons are anything to go by, Manchester City will again be the team to beat next year. Rivals will be encouraged to see inspirational captain Vincent Kompany return to his native Belgium, but the club's pitch riches run embarrassingly deep, and in Phil Foden, Oleksandr Zinchenko and Lukas Nmecha, a new breed of youngster is emerging to make the challenge for others even greater.



Royal baby BOOM



As Archie Harrison Mountbatten-Windsor enters his second month, the world's fascination for the newest royal appears to have lessened very little.

Despite what must seem a full-on flourish of night feeds, nappy changes and calls from Nan (otherwise known as HM Queen Elizabeth II), it's only actually a few weeks since, on Wednesday May 8, the Duke and Duchess of Sussex revealed the name of their baby, that coming two days after his birth at the Portland Hospital in Westminster.

Archie is the Queen and Duke of Edinburgh's eighth great-grandchild, with Harry and Meghan breaking somewhat with convention – some would say predictably – in opting against a traditional royal name for their son.

Archie – short for 'Archibald' – was actually the 18th most popular boys name in the UK in 2018. Meaning 'genuine', 'bold' or 'brave', it has been gaining popularity in its shortened form and will no doubt creep ever closer to the likes of Oliver, Harry, Noah and George, now it references a royal owner.

Seventh in line to the throne may not be something currently on the mind of the newest member of the royal family – he will have to see off the Queen, Prince Charles, William, Harry, Princes George and Louis and Princess Charlotte first. He may instead enquire why it took his dad 11 days to register his birth.

When that task was finally completed, down-to-earth Harry didn't request any special treatment. Always keen to steer away from unnecessary pomp, the birth certificate was signed by only the duty registrar, Dexsha Mevada. That said, as has been the case with past royal babies, it is thought Harry was able to wait for a knock at the door – the civil servant on duty travelled to the couple's Frogmore Cottage home to complete the papers... proving that breaking with convention only goes so far.

Photo credit: Domic Lipinski/PA/EPA-EFE/Shutterstock

FREE Doorbell Camera*

*When you purchase any
Tutumhome Smart Security solution



See who's at the front door and speak
to visitors from anywhere.

Smart Security... Total Home Control. Tutumhome is Europe's first smart security and smart home service provider with no long term contracts. We help you secure your home and protect your family with security systems monitored round the clock by our UK alarm centres. Tutumhome's solution seamlessly connects the key devices in your home on one platform – so they work together and work smarter.

Keep Your Loved Ones Safe

- ✓ Connected Smoke, Heat and CO detectors
- ✓ Emergency Services Despatch

Protect Your Family and Home

- ✓ Wireless or Wired Alarm Systems
- ✓ NSI Gold, 24/7 Live Monitoring Centre
- ✓ Control from your Phone, PC, tablet
- ✓ Unexpected Activity Alerts

Smart Home Automation

- ✓ Works with Apple Watch, Google Home, Alexa, Siri
- ✓ Lighting and Power Automation and Schedules
- ✓ Professional Video Security Camera Surveillance with Live HD



Call us now on **0203 875 9895** or email **info@tutumhome.com** to
book a **FREE** home visit for **Professional Security** and **Smart Home
Automation Advise.**

★★★★★ 4.92

"My brother and I can keep a watchful eye on safety
and security on our phones and can even talk to callers
at Mum's door when we are miles away"
Mrs. Carol, East Sussex

tutumhome
secure smarter living

49, High Street, Wanstead, London E11 2AA
tutumhome.com

*Offer limited to one doorbell per system. Purchase of tutumhome starter, classic or premium monthly subscription required. This offer cannot be used in conjunction with any other discount or promotional offer. Offer valid for new UK subscribers. Offer expires 30th June 2019. Please call or visit www.tutumhome.com/help-and-support/terms-conditions for tutumhome terms and conditions

HAIR MYTHS *revealed*

THE MOST COMMON HAIR MYTHS REVEALED

Myth 1: You should condition before you shampoo.

Truth: If you condition and then shampoo, the effects of the conditioner will simply be washed off by the cleansing agents within the shampoo. However, if you have thick hair, it can be beneficial to condition, shampoo and then condition again.

Myth 2: Unwashed hair will eventually clean itself.

Truth: Hair can never really self-clean, but many people do often over wash their hair and therefore it can become dependent on regular shampoos to appear clean. If you go several weeks or even months without cleaning your hair, it will adapt to this and in turn produce less oil so it will appear as though it has cleaned itself.

Myth 3: Plucking out one grey hair will make two more appear.

Truth: This is purely an old wives' tale. Each one of your hair follicles only has one strand of hair so it is impossible for two to grow back in one hair's place. However, once you find one grey hair, you are likely to go looking specifically for more and you may well find some.

Myth 4: Washing your hair with beer will make it grow.

Truth: Hops in beer are said to contain silica which may help strength your hair follicles and possibly promote growth, but the effects will be negligible. However, the sucrose and maltose can help your hair to appear shinier and less flat.

Myth 5: Cutting your hair regularly will make it grow faster.

Truth: Although having your hair trimmed regularly is good for your hair as it will make it stronger by getting rid of any split ends meaning it will be less likely to snap; it does not actually make your hair grow any faster.



THE

naked

TRUTH



These days there's absolutely no shame in a man taking care of his physical appearance, whether that means dying greys, investing in a good moisturiser or indulging in a little manscaping - AKA body hair management. In fact, when it comes to male grooming, business is booming, be it chest rug, back mane or those rather more intimate follicles. All that is left to be decided is which treatment is best for you...

SHAVING

Shaving is ideal for the fella who doesn't feel ready to share his hair removal endeavours with anyone else. It's also cheap, requiring nothing more than a decent razor and shaving foam and can be completed in the same time it takes to have long shower. However, this is definitely not recommended for those delicate areas and can also leave you more prone to ingrown hairs. It's also a case of easy come, easy go, as the hair makes a swift return.

WAXING

Waxing may not be for the faint-hearted, but it is a very good solution for the man who wants a really clean look for more than just one day. Unlike with shaving, waxing is generally only needed every four to six weeks. The hair follicle is often weakened through the process making it easier (ahem, 'less painful') as time goes on. It's particularly effective on larger areas and those hard to reach spots, explaining why the 'back, sack and crack' treatment remains so popular.

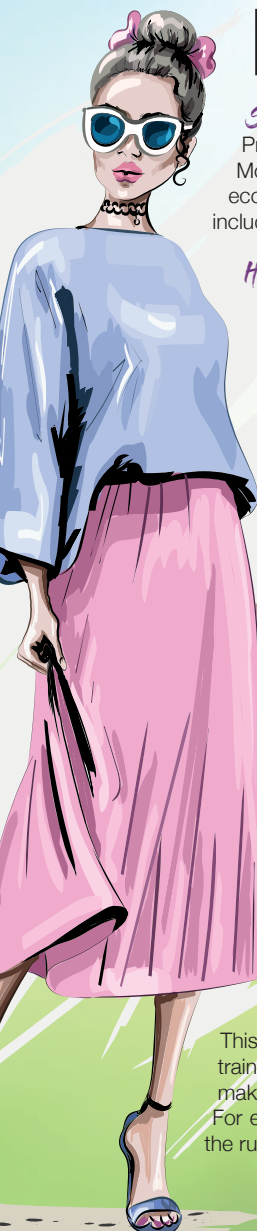
IPL (INTENSE PULSE LIGHT)

If you've got body hair which is becoming a genuine problem for you, IPL might just be the solution. Using intense heat and light, IPL permanently damages the hair follicle, theoretically meaning that hair never grows back. Not surprisingly, this is the most expensive treatment of the lot, with the required amount of sessions usually costing hundreds of pounds.





SUSTAINABLE fashion



Fast fashion is no longer fashionable. Today's top designers are all about sustainability and ensuring that we can look good and save the environment at the same time.

Stella McCartney

Probably the most well-known sustainable fashion brand, Stella McCartney has always been passionate about clothing that is eco-friendly and ethical but also bang on trend. Celebrity fans include Gwyneth Paltrow, Heather Graham and Meghan Markle.

H&M

As well as selling environmentally-friendly pieces in their 'Conscious Exclusive' collection, this brand also launched an initiative which allowed customers to hand in any unwanted clothes, from any shop, in return for a £5 off voucher to spend in their stores.

Zara

In 2016, in response to H&M's sustainable fashion range, Zara launched its own environmentally friendly range called 'Join Life'. They have also pledged not to send any leftover stock from their HQ, stores or factories to landfill by 2020.

Iden

This denim brand with a conscience makes stunning clothes using organic and recycled fibres that have been produced with low environmental impact. The best thing about this brand (apart from their ethical standpoint) is that they truly understand what a woman wants, no needs, from a pair of jeans.

Toms

Who doesn't love a pair of Toms? And of course, you feel better about buying yet another pair of shoes knowing that each time you buy a pair, this generous brand donates another pair to a developing country. They even sell vegan Toms.

Veja

This fabulously forward-thinking brand has been making envy-inducing trainers with a difference since 2005. Each element that goes into making a pair of their trainers has a positive impact on the environment. For example, the cotton used comes from an organic farm in Brazil and the rubber for the soles is both natural and sustainable.



Pure Medi Spa & clinic
you deserve to be beautiful

Some of the treatments we specialise in :

- Photo Image Hyper-Pigmentation Excessive Hair Growth
- Acne Rosacea Warts/Skin Tags/Age Spots
- Scaring Thread Veins

We offer a professional line of Body & Face Care

RejuvE BODY Line

For Stretch Marks, Cellulite, Breast Volume, Skin Tightening

Skin Sense Cosmeceutical FACE Line

Unique Brand to treat all Skin Conditions

IMAGE skincare Age Later

To reduce sign of aging, sun damage skin, pigmentation & rosacea



PURE MEDI SPA - AESTHETICS, SKIN & LASER CLINIC
PRIVATE GP & SKIN SPECIALIST CONSULTATIONS AVAILABLE

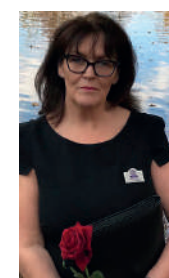
FREE CONSULTATION



www.pure-medispa.co.uk – CALL NOW 0208 088 3015



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.

A **funeral service or end of life celebration**, conducted by an Independent Funeral Celebrant, puts the emphasis on the true life your loved one lived; their achievements, passions, beliefs and values. It is an opportunity for family and friends to gather together to honour the memory and celebrate the life with tributes, readings, poetry and music.

As your **community based Funeral Celebrant**, it would be my honour to support you and your family at this most difficult time in your life. I will work alongside your chosen Funeral Director and other professionals, to ensure that your wishes are fulfilled and the day runs as smoothly as possible.



Mobile: 07538 984870
www.funeralcelebrant.london
admin@funeralcelebrant.london

Compassionate, Respectful, Sincere...
your local, community based funeral celebrant



sunscreen made simple ★★★★★

We all know how important sun cream is, but do we really know what type we should be using, how much we should be applying and whether spending a bit more really will save our skin in the long run?

What is the difference between UVA and UVB rays?

UVB rays are responsible for the reddening of your skin and the unpleasant feeling of being sunburnt whereas UVA rays cause more long-term damage as they penetrate deeper into your skin and cause premature ageing. UVA stars are visible on all UK sun creams and indicate the percentage of UVA radiation absorbed in comparison to UVB. You should always pick a sunscreen that has between four and five UVA stars.

What is SPF?

SPF stands for sun protection factor and is the measure of how much protection a sun cream gives against harmful UVB rays. SPF 15 filters out approximately 93 per cent of all UVB rays, SPF 30 keeps out 97 per cent and factor 50 manages to prevent a whopping 98 per cent.

How much should I be applying?

Most people actually massively underapply when it comes to sun cream, but it is essential that you apply the correct amount which is 1oz per application. You should also apply at least 30 minutes before going out in the sun and should always reapply every two hours and immediately after swimming.

How long does sunscreen last?

It can be tempting to use last year's bottle if you have some left over but most sun creams only last between 12 to 18 months and this can be even less if they have been exposed to high temperatures or direct sunlight.

Are cheaper sunscreens as effective as more expensive ones?

Recent testing by *Which?* found that many supermarket-branded sun creams were equally, if not more effective than some of the best sellers.

SMILE...

We Welcome New Patients Improve Your Smile has been caring for patients in Woodford Green since 1986

NEW PATIENT EXAMINATION only £50 (normally £100)

EXAMINATION INCLUDES:

- Oral cancer screening
- Digital x-rays and photographs
- Blood pressure check
- Detailed examination of your teeth and gums

We offer quality, professional dental care in a comfortable, calm, relaxed environment. Please call us on **020 8504 2704** to book your appointment. We'd be delighted to welcome you into our practice.

EXPERIENCE YOU CAN TRUST



162 High Road • Woodford Green • IG8 9EF We are open two late evenings and alternate Saturdays as well as normal weekday hours

020 8504 2704 improveyoursmile.co.uk





Manorcourt Homecare

Part of the Healthcare Homes Group

Live In Care Services

Covering London Boroughs, Essex, Kent, Bedfordshire, Cambridgeshire, Norfolk & Suffolk

Live In care can be anything from companionship to high dependency requirements.

The Benefits of Live In care:

- Being able to remain in your own home
- Live an independent lifestyle; continue activities that make you happy
- Preparation of meals
- Assistance with medication/prompting
- Companionship
- 24 hour care and support
- Remain surrounded by your own treasured possessions
- Stay together as a couple
- Recuperate at home following a hospital admission
- Assistance with the upkeep of your home
- Staying with your pets



Live In Care

This service provides high quality care and support in your own home, it is an alternative to residential and nursing care homes.



Respite Live In Care

This service provides high quality care and support in your own home for short periods of time.

Together we *respect*, with *compassion* we care, through *commitment* we achieve



ManorcourtHome

manorcourthomecare.co.uk



HEALTH & FITNESS



MEN'S HEALTH MATTERS

age of 65. 50 per cent of men over the age of 50 will develop an enlarged prostate; that's a whopping 3.2 million men in the UK.

Three out of four suicides are by men.

With suicide being the biggest cause of death for men under 35 years old.

Men are nearly three times more likely than women to become alcohol dependent.

With 8.7 per cent of men in the UK being dependent on alcohol compared to only 3.3 per cent of women.

One in five men in the UK die before the age of 65.

On average men die four years earlier than women with the biggest cause of death being cancer.

One in seven men die from coronary heart disease.

1.6 million men in the UK live with coronary heart disease compared to one million women.

One in ten men currently live with diabetes.

Men are 26 per cent more likely to develop type 2 diabetes than women, with being overweight the main cause.

Men can often neglect their health and push any worries or concerns to the back of their minds; instead prioritising the wellbeing of their families.

But each year, Men's Health Week aims to educate and raise awareness of men's health problems and this year's focus is on numbers.

DID YOU KNOW . . .

An estimated one in nine men will be diagnosed with prostate cancer during their lifetime.

With about six in ten cases being in men over the

Check out next month's issue to see our top tips on how to stay healthy and happy...

**PIZZA LOVES
TO MAKE YOUR
DAY BETTER**

GREAT OFFERS

**BUY ONE
GET ONE FREE***

**ANY LARGE PIZZA
TWO SIDES + LARGE DRINK
ONLY £18.99***

**BUSINESS DEALS AVAILABLE JUST CONTACT
YOUR LOCAL STORE TO DISCUSS**

— ORDER AT **PAPAJOHNS.CO.UK** —

* Terms and conditions. Offer available at Papa John's Loughton, Woodford and Wanstead. Includes create your own with up to four toppings. Any additional toppings added will be charged at menu price. An additional charge of £2.50 will be applied for each Stuffed Crust pizza ordered. Does not include combo sides. Sugar tax is applied to certain drinks. This offer is not available in conjunction with any other offers. Free delivery or Collection. Minimum charge for delivery applies. Offer valid till 31/12/2019.

WHAT A WASTE

In the UK we throw away a staggering five million tonnes of edible food every year, which puts a strain on both the environment and our pockets. But by taking a few simple steps you can minimise the food you waste...

MAKE THE FREEZER YOUR BEST FRIEND

Freezing food is one of the best ways to cut down on waste and save money, by buying meat in bulk and freezing leftovers. Invest in some sturdy food bags and a permanent marker so you can divide food into individual portions and label it clearly. Uncooked meat will keep in the freezer far longer than cooked.

KNOW THE DIFFERENCE BETWEEN 'USE BY' AND 'BEST BEFORE'

'Use by' dates are usually on high-risk items like fresh meat or fish and ought to be adhered to, whereas 'best before' labels refer more to quality. So if your tomatoes are past their 'best before' date but still look edible, they probably are.

GO LOCAL

If you find yourself spending a fortune on a big shop at the weekend, only to find yourself throwing most of it out by Thursday, consider buying less every few days. Most supermarkets have smaller, more convenient stores in towns and suburbs, but you may also find yourself returning to the family-run butcher, baker or greengrocer just down the road.

USE THE LOT

Save parmesan rinds or wobbly veg to flavour soups and stocks, throw used coffee grounds on your garden and use grated citrus zest to flavour cakes and sauces.

BEAT WITH CHEATS

Buy a selection of frozen berries for smoothies and frozen chopped onions for stir-fries. Keep your fridge stocked with tubes of fresh garlic and chilli and your cupboard with herbs and spices for instant flavour and zero waste.



Brilliant Bakes

Three dough-based delights you can make at home

English Muffins

Simply mix 300g flour, 7g fast-action yeast, 6g salt, 15g caster sugar, 15g softened butter, 170ml milk and one egg to form a soft dough.

Knead for 10 minutes, then leave to prove in a lightly oiled bowl for an hour.

Dust your work surface with polenta and flour before rolling your dough to 2.5cm thick. Then cut out eight muffin shapes and prove for a further 30 minutes.

Finally, griddle the muffins for five minutes on both sides.



Combine 650g flour, 7g fast-action yeast, 2tsp of salt, 50ml milk and 25ml olive oil in a bowl, before slowly adding 325ml of warm water.

Knead on a floured surface for five minutes, before proving until doubled in size. Knock back the dough and knead till smooth then prove for a further hour.

Divide into six balls which can be rolled into pizzas, add your favourite toppings, then cook in the oven for 12 minutes at 200 degrees celsius or gas mark 6. Voila!

Pizza Dough

Chocolate Croissants

Combine 500g flour, 50g sugar and 1½ tsp salt with 300ml of cold water and 14g fast-action yeast to form a dough which must be kneaded for five minutes then chilled.

Now flatten 300g butter between two pieces of baking paper into a rectangle about 20x15cm and chill. Next, roll out your chilled dough and place your butter in the centre before folding over the four corners to envelop the butter. Repeat this chilling and folding process twice more before chilling overnight.

On the morning you want to bake, cut your dough into six thin triangles which can be rolled up, left to prove for two hours and then baked for 15 to 18 minutes at 200 degrees celsius or gas mark 6.

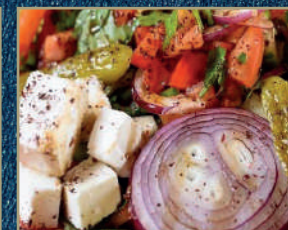
For chocolate croissant follow the same recipe as above but conceal pieces of dark chocolate within the rolls of your croissant.



FULLY LICENSED, EAT IN OR TAKEAWAY

TRADITIONAL TURKISH MENU

Mezze • Grills • Kebabs • Vegetarian • Vegan • Children's Menu
Wines • Beers • Spirits



RESTAURANT BOOKINGS & TAKEAWAY

0208 508 8811

facebook



12-14, The Broadway, Loughton (Debden), IG10 3ST

Monday - Saturday 11:00am - 11:00pm • Sunday 11:00am - 10:00pm

✉ info@efezademezzegrill.co.uk /efezademezzegrill efezademezzegrill



★ 12TH-14TH JULY 2019 ★

LAUREN ALAINA

WARD THOMAS

HOLLOWAY
ROAD

ROYAL
SOUTH

Megan McKenna

JACKSON
michelson

PLUS

MEGAN O'NEILL • REMEMBER MONDAY • THE JACKSON LINE
HANNAH PARIS • GARY QUINN • STEVIE O'CONNOR • LUCY BLU

CINEMA UNDER
THE STARS

WEEKEND
CAMPING

AMERICAN
STYLE BBQ

TRUE COUNTRY MUSIC AND DIXIE CULTURE

TICKETS FROM £47 - FAMILIES WELCOME

GET YOUR TICKETS AT
DIXIEFIELDS.COM



HISTORY

DID YOU KNOW...

Coca-Cola

WAS ALCOHOLIC!

Lifting the lid on the world's most popular drink, and why America's prohibition rules made it so famous.

Coca-Cola's place in our hearts may these days be tagged with warnings over sugar content, but it is a drink as iconic as coffee, tea, beer and wine in terms of how it has shaped the world's taste, quenching its thirst at the same time.

Speaking of wine, the drink's formulation was originally French Wine Coca, a nerve tonic concocted in 1886 by Dr John Pemberton. The Atlanta pharmacist, an injured Confederate Colonel, wanted a substitute for his morphine addiction, and created a flavoured syrup that could be mixed with carbonated water to produce a refreshing, fizzy drink. In his first year of production, Pemberton sold nine cups per day; in 2019 the figure is thought to be something closer to two billion.


Almost immediately, America's prohibition regulations were passed, and the formula had to be reconfigured to create a non-alcoholic version, and that is what we have today.

It was with the advent of modern marketing in the 1970s and 80s that Coca-Cola's truly global power was harnessed, yet even a brand of this magnitude was delivered a savage lesson in consumer power when a controversial new 'taste' was unveiled in 1985 in the US.

A smoother, sweeter, bolder drink was meant to fire a shot across the bows of rivals Pepsi, but instead it provoked anger - a flavour consumers had embraced for so long now seemed to be being taken away from them. Even without the campaigning power of social media, there quickly followed a nationwide call to change back to the old recipe.

Since then, the brand can do no wrong. Putting its name behind the biggest events, extending flavour combinations to all quarters and reinforcing the simple pleasures of an ice-cold Coca-Cola - it is once again the world's most popular drink.

Photo credit: DenisMart/Shutterstock.com



TECHNOLOGY

for the love OF POD for the girls

For far too long men dominated the world of podcasts but thankfully (and about time too) we are now spoilt for choice when it comes to witty women making their voices heard on the airwaves, debating and deliberating over anything and everything; from fashion to culture, relationships to careers. So here are our top picks for podcasts in 2019. Just for the gals.

CHANEL METIER CLASS 3.55 PODCAST – Best for a fashion fix

Ever wonder what goes on behind the scenes of the latest Chanel creations? If your answer is yes, then you need wonder no longer, as this mini-series of podcasts features interviews with the late Karl Lagerfeld and Bruno Pavlovsky.

BODIES – Best for all things health related

This no-holds-barred podcast, recorded in a documentary style, leaves no topic unturned when it comes to matters of women's health, menopause, PMS, breastfeeding and much more.

2 DOPE QUEENS – Best for gags and giggles


If you like your comedy to push the boundaries, then you will love this pod hosted by Phoebe Robinson and Jessica Williams. Expect stand-up routines, hilarious anecdotal stories and a wide variety of guest comics.

OPRAH'S MASTERCLASS – Best for celebrity insights

Everything Oprah touches turns to gold so of course her podcast series is a must-listen. Sit back and relax as she chats intimately to stars such as Jay-Z, Simon Cowell and Morgan Freeman about their lives.

WOMEN OF THE HOUR – Best for feminists and millennials alike

Hosted by Lena Dunham, as you might expect, this series is brutally honest and explores friendship, work, life and death with guests like Amy Sedaris and Todd Oldham. Actress Emma Stone even makes a cameo appearance on one episode as an agony aunt.



We create brands, design, build and market stunning websites for clients big and small.

Web
Design
Media
Marketing
Training
Support





Havering 2017/18
Business Awards
Winner

JUST IT
WINNER

**AWARD WINNING
DIGITAL AGENCY**

respondit.co.uk
01708 205 116
info@respondit.co.uk



FLAMINGO FINANCIAL

New Bird in Town

OFFERING A MODERN
APPROACH TO
MORTGAGE AND
PROTECTION ADVICE



**NEED TO
REMORTGAGE?**
CALL US TODAY AND
QUOTE VISION
FOR OUR FREE SERVICE!
USUALLY £299

FEEL EMPOWERED TO MAKE THOSE "BIG" FINANCIAL DECISIONS AND JOIN THE FLAMBOYANCE!!

Call or visit us today 0208 088 2791 ♦ www.FlamingoFinancial.co.uk
Located at The Crate in Loughton @Find us on Instagram f Find us on Facebook

Flamingo Financial Limited is an appointed representative of Aspen Financial Services Limited which is Authorised and Regulated by the Financial Conduct Authority (Regulatory reference number 821062)
YOUR PROPERTY MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE.

BUSINESS SUCCESS SEMINAR

Learn how to do more business, with 'less' people and earn even more profit



GUEST SPEAKERS

Yash Vasant, BNI

Good is no longer good enough:
The Five Pillars of Greatness

Phil Berg, Reach Your Goals & BNI

16 referral strategies to increase
your companies' profit

Brian Gates, Asentiv & BNI

Turn your existing clients into
raving introducers

James Berg, Picaroons

Increase Your Sales Using
Social Media

MONDAY 10TH JUNE 2019

Time: 8am-5.30pm • Location: The Marriot, Waltham Abbey, EN9 3LX

Email Ruth@bni-le.com or call 01442 264 655 to reserve your place

£99 Early Bird offer available – quote VISION Magazine

T TTS SOLICITORS

YOUR PERSONAL CONVEYANCING SOLICITORS

We are on 54 lender panels including all high street banks,
building societies and first tier lenders

We are CQS accredited and offer outstanding
one-on-one service for

- Sales and Purchases – both leasehold & freehold
- Shared Ownership Right to Buys
- Affordable Housing
- Remortgages & Transfer of Equity
- Auction Sales and Purchases
- Lease extensions

SPORTS LAW

GENERAL

LITIGATION

FAMILY

WILLS &

PROBATE



0208 088 2941 | www.ttslegal.com | info@ttslegal.com

1-4 The Parade, Monarch Way, Ilford, Essex IG2 7HT



BUSINESS & FINANCE

MOTIVATE *your mate*

Let's just be honest for a second when your boss's back is turned – we work to live, not live to work. It's a fact. And with that in mind, it's perfectly natural to feel at times as if the grind, monotony, complications and stresses of work have become a little too much to deal with.

At these times, most of us could use a sympathetic shoulder, but even better than that is the workmate who lifts our mood, restores belief and motivates us to achieve new heights.

Want to become that person? Here are five tips:

1 HELP – I NEED SOMEBODY

Sometimes the easiest motivation towards helping a mate get the job done is simply to say: "I'm here if you need me – you don't have to do it all by yourself... we're in this together."

2 A GENTLE REMINDER

On occasions, stating the obvious is enough. "Come on, you're great at what you do" can be the quickest and most effective motivation.

3 TAKE THE POSITIVES

Not everything goes our way in life, but for long-term motivation magnificence, if you can

help colleagues take positives out of setbacks, you'll always be a great person to have around.

4 PUT YOURSELF IN THEIR SHOES

Every person is different and motivations are often subjective. Instead of bombarding someone with positive, clichéd soundbites, try to find out their specific goals and desires so you can tailor your advice to their unique situation.

THE JOKE'S ON ALL OF US

Finally, why not remove angst completely by turning to our faithful friend, humour. Laughter is a positive emotional response on which some of the greatest commercial wins have been constructed.

Of course, one of the best things about motivating your mate is that what you put in, you get out. And when one of those days comes round when you could do with a bit of a lift yourself, that work buddy of yours will be right on hand.

YouTube Reviews? IT'S CHILD'S PLAY

WHY AN EIGHT-YEAR-OLD FROM CALIFORNIA IS BEING LABELLED THE PEWDIEPIE OF THE TOY WORLD

If we told you that the highest-earner on YouTube raked in over £17million in the 12 months leading up to June 2018, you'd be forgiven for expecting some young, trendy, Generation Z type, with a smattering of tattoos and a trendy hairstyle.

Well... you'd be correct on the 'young' bit, at least.

In actual fact, the influencer in question is eight years old, reviews toys, and in the past couple of years has elevated his status to become one of the industry's most powerful marketing men (boys).

It all started when Ryan Kaji was four years old. He asked his parents why he couldn't do his own reviews of toys like so many others online. By March 2015 he was producing rather run-of-the-mill video material, starting with a Lego train set.

While his channel, Ryan ToysReview, had got off to a somewhat inauspicious start, in July that year, one video – where he opened a box containing over 100 items from the Pixar Cars collection – went viral, clocking up 935million views.

Not long afterwards, a video that combined, of all things, a water slide, giant eggs, Disney cars and Paw Patrol toys did even better. To date, it has achieved 1.8billion views.

These days, content focuses on toys new to the market, with food videos included too. The careful curation of the brand has led to 19million subscribers, product endorsements and launches, and guest appearances.

Naturally, the reaction of many is to turn a nose up at this latest breed of 'celebrity'. Except consider this – across hundreds of videos, thousands of hours and countless cheesy grins, there is zero violence, zero prejudice, and definitely no mention of Brexit.

If Ryan is a beacon of hope in the simple, innocent pursuit of joy through toys, perhaps we should all applaud him for that.



Photo credit: Chelsea Lauren/Shutterstock



DROWNING PREVENTION WEEK

JUNE 14 - 24

Did you know that drowning is the leading cause of accidental death in children? And that you are more likely to die from drowning than you are from being hit by a car? And the scariest thing is that it can take as little as 20 seconds for a young child to drown.

So, how can you keep your children safe around water?

BE VIGILANT

A simple tip but an important one. Always watch your child when they are in or around water, especially younger children who should be within an arm's reach of an adult at all times.

DESIGNATE A 'WATER WATCHER'

If you have friends over, a good idea is to nominate one person every half an hour or hour to watch the children so that you always know at least one person is watching them.

INSTALL FENCES AROUND HOME POOLS

If you are lucky enough to have your own swimming pool in your garden, then it is vital that you install

a safety fence around it as it is unlikely that you will want to watch your children in the garden at all times.

LEARN BASIC CPR AND WATER RESCUE SKILLS

Being prepared for the worst case scenario could save a child's life.

EMPTY ALL KID'S POOLS, BUCKETS AND OTHER CONTAINERS AFTER USE

And be sure to store them upside down in case it rains as children can drown in as little as a few inches of water.

AFTER USE, REMOVE ANY TOYS FROM THE POOL

Children may be reaching in to retrieve a toy, fall in and drown. So be sure to clear the pool after use and cover appropriately.

ALWAYS SUPERVISE BATH TIME

Always stay with your child when they are bathing and drain the water straight after use.



PETS



PROTECT YOUR PET *this summer*

You may not realise it, but the summer months can be an extremely dangerous time for your pets, and not just because of the increasing temperature. There are in fact a whole host of hidden hazards that you may be unwittingly exposing your precious pets to.

1. PROTECT YOUR PET FROM SUNBURN

All animals can suffer from too much sun exposure, especially dogs with a short or light-coloured coat and white cats, so it is important that you keep them out of direct sunlight at the hottest part of the day. Also, ask your vet about sun cream specifically designed for pets.

2. KEEP YOUR PET SAFE FROM PARASITES

Fleas, ticks and mosquitos are rife in the summer, so it is vital that your pet is given the appropriate treatment to prevent them catching a whole host of diseases including Lyme disease and Rocky Mountain Spotted Fever.

3. BE AWARE OF THE RISK OF DROWNING

If you have a paddling pool or swimming pool in your garden, make sure that you cover it overnight and are vigilant during the daytime.

4. ALWAYS PROVIDE YOUR PET WITH SHADE AND FRESH WATER

This may seem like an obvious one, but not all animals will have the sense to move themselves out of the sun and into the shade so you may need to give them a helping hand.

5. BE VIGILANT AROUND OPEN WINDOWS

This one is specifically for cats, as there is a risk of them falling out and injuring themselves.

6. CHECK FOR SIGNS OF FLY STRIKE

Rabbits and guinea pigs are susceptible to flies laying eggs in their fur if they are dirty which will lead to maggots attacking them. Ensure their fur is clean and free from eggs.



TRANSFORMING YOUR OUTDOOR SPACE

The London Decking Company

OPERATING FOR OVER 20 YEARS • QUALITY DECKING • SUPERIOR CONSTRUCTION
SMALL RESIDENTIAL GARDEN TO LARGE COMMERCIAL DECKS

0208 088 2870
www.LondonDeckingCompany.co.uk
info@LondonDeckingCompany.co.uk
 Vicarage Close, Brentwood, Essex, CM14 5GR

THE LONDON LAWN TURF Co.

London's finest turf and topsoil

Top quality Rolawn Turf and Topsoil
 Delivered throughout the London area
 Professional preparation and laying

Telephone: 0208 088 2793
www.londonlawnturf.co.uk
 Vicarage Close, Brentwood, Essex, CM14 5GR
 Branches throughout London & the South East

RESIN BOUND DRIVEWAYS

by  **GREENSTONE**
LANDSCAPES

CALL TO DISCUSS
YOUR DRIVEWAY PROJECT
& BOOK A **FREE** DESIGN
CONSULTATION.

FREE VISUALISATION
SERVICE PROVIDED TO SEE
HOW YOUR PROJECT
COULD APPEAR WHEN
FINISHED.

LEADING SPECIALISTS IN RESIN RESURFACING

SINCE 1986

T: 01245 890175

E: info@greenstonelandscapes.co.uk

W: www.greenstonelandscapes.co.uk

The Coach House, West Hanningfield Road, Baddow Park, Chelmsford; Essex. CM2 7SY

SOILED

GARDENING



THE 10 MOST COMMON MISTAKES WE MAKE WHEN GARDENING

1. TOO MUCH OF A GOOD THING

Less is more when it comes to good gardening. If you cram too much together it will look a mess, or worse still, die.

2. OVER- AND UNDER-WATERING

Be regimented over your watering routine and adjust it depending on rainfall to ensure your garden is nicely hydrated at all times.

3. WEEDING THEM OUT?

Ensure what you're pulling up are weeds and not slow-developing flowers. Remember, everything grows at a different rate and sometimes the most mundane of plants will become the most beautiful flowers... but only if they're left in the ground!

4. FAILING TO PREPARE (YOUR SOIL)

Give your plants a chance by ensuring the soil is in good condition. A simple testing kit will let you know if you need to re-compost, add fertiliser, or simply switch to a different soil type.

5. INVITING IN A BULLY

Ensure what you're planting doesn't have the ability to take over your entire plot.

6. ANIMAL LIFE

Plants and flowers may be pleasing on the eye, but for local wildlife they represent dinner, so ensure your investments are well-protected or they may end up an evening meal for a squirrel or rabbit.

7. HERE COMES THE SUN

Ensure plants are in the right areas to either soak up or be protected from the sun – it's a life-source and a killer in equal measure.

8. SOWING YOUR SEED

Follow seeding instructions carefully or, much like fast-growing trellis plants, your garden floor could become a maze for all sorts.

9. PESTICIDE PERIL

Consider that while pesticides will kill pests, they will also do real harm to your soil and grass if you use too much.

10. SPREAD THE WEALTH

For a pleasing finish, try to tend to all your garden space in equal measure rather than blowing all your budget on one flowerbed.





TIPS AND TECHNIQUES TO MAKE YOUR GARDEN SEEM BIGGER

Until those lottery numbers come in, many of us are happy to accept the fact that what we can do with our front and – in particular – back gardens has limitations. Perhaps our property backs onto our neighbours', perhaps we're living in a built-up area where even the smallest patch of grass is to be cherished. Whatever the case, there are a few choice techniques that can make your humble plot seem like the perfect place to stretch out, unwind and soak up nature.

PLANT ALONG EDGES

Our perception of size is largely guided by the way our eyes see lines. If you can disguise the line where a patio meets a wall, for example, you are playing with the perception of your garden's end point and it will appear to increase in size.

DIAGONALS AND LAYERS

The use of diagonals, particularly where paths are concerned, is great to send the eye into the distance. In the same way, layer plants to create the idea of exploration and depth.

GO UP, NOT OUT

If space left and right is at a premium, consider reaching up and planting tall, diverting the eyeline away from borders and into the sky.

MIRROR MIRROR

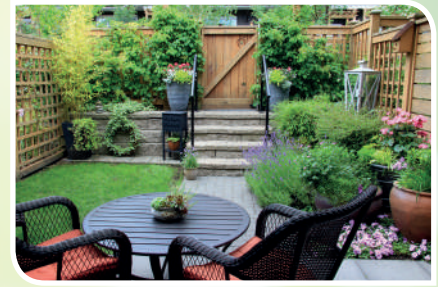
Subtle use of mirrors (so that they don't directly reflect back onto people), is arguably the simplest way of expanding space and is a technique employed by many of the best designers.

LET THERE BE LIGHT

As well as mirrors, using bright painted shades (on fences, walls and even the floor) can light your garden and give the impression of space. In contrast, dark tones offer shadows and a feeling of the walls coming in, so avoid at all costs.

DECLUTTER

Finally, leave as best you can your garden as a paradise for plants, flowers and very little else in order to increase space. The kids' toys can be put elsewhere!



GreenThumb
LAWN TREATMENT SERVICE

PRICES FROM
£15*
PER TREATMENT



FREE
PREMIUM
TREATMENT
when your lawn
needs it
most^

The first choice for lawn care

Hello. We're GreenThumb – pioneering British lawn care for over 30 years. We are the UK's largest and most recommended provider, with over 220 branches. Our aim is to provide you with a healthy and beautiful lawn, all year round.

The treatment is designed to fight back against extreme weather and keep your lawn looking its best, whatever the conditions might be.

As a new customer, we are offering a **free^** premium product treatment, applied alongside your second treatment (depending on lawn condition).

For your free lawn analysis & no-obligation quote, contact your local branch today

Simply call 01707 658856 or
email barnet@greenthumb.co.uk

*Based on a lawn size up to 40m²
^ offer based on purchasing a minimum of two treatments: terms and conditions apply. See www.greenthumb.co.uk/terms for more information



YOU NAME IT, WE'LL TAKE IT

Wait & Load 24/7 | House & Office Clearance
Asbestos Removal & Surveying
Junk Removal | Strip Outs & Light Demolition
Labour Provided | Same Day Service
Fully Insured | Accounts Welcome



0208 088 2812
enquiries@capwaste.co.uk
www.capwaste.co.uk

UNIT 7, 400 RADING LANE,
SOUTH WOODFORD GREEN, ESSEX IG8 8EY

ATCL LOCKSMITHS

FOR ALL YOUR HOME & BUSINESS SECURITY NEEDS

YOUR LOCAL MOBILE LOCKSMITHS



- FREE CALL OUT
- OAP DISCOUNT - 10%
- FIXED PRICING
- NO HIDDEN CHARGES
- 12 MONTH WARRANTY ON ALL WORK



01708 453 168
07515 519 971

PROFESSIONAL TREE SURGEON SERVICES

We serve all of Loughton and throughout Essex

We provide a huge range of tree services & offer expert arboricultural advice, ensuring your trees are looked after responsibly

Our Services

Tree Pruning • Tree Removal • Tree Reports
Hedge Trimming • Site Clearance
Stump Grinding • Emergencies
Seasoned hardwood delivery available

Concerned about your trees after high winds?
Free ground tree check & Quotation with this advert



Kings Cuts
Tree Services

www.kingscutstreeservices.co.uk

Call us: 0208 088 8733

Mobile: 07467 944671

info@kingscutstreeservices.co.uk

We offer
FREE Quotations
and Expert Advice
on ALL aspects of
Tree Work and
Arboriculture

KEEP YOUR £ LOCAL

**SUPPORT
YOUR LOCAL
BUSINESSES...**




Your
Monthly
Lifestyle
Magazine



Please let your local businesses know
that you saw them first in... **VISION**

THE GAME IS UP



The end of *Game of Thrones* has provided some of the year's major talking points, yet for a brilliant actress so long a cornerstone in a mystical world of medieval conflict, could Emilia Clarke's move towards more conventional projects be her biggest challenge yet?

.....

The eighth and final TV adaptation of George R. R. Martin's *A Song of Fire and Ice* was nothing short of spectacular. With plot lines that swayed between unpredictable and unfathomable, the supercharged exit of HBO's greatest success story has made stars out of even its minor actors, and taken lead names Emilia Clarke, Kit Harington and Sophie Turner to unfathomable heights.

What those actors do next is the stuff of rich speculation, and particularly for 32-year-old Clarke, who wants to sway between subjects as willingly as Jon Snow's Longclaw, but hasn't yet had the opportunity.

As an actress, the Brit appears so interwoven into the deepest *Game of Thrones* fabric, yet an ability to embody and imbue characters such as Sarah Connor (*Terminator Genisys*) and Qi'ra (*Solo: A Star Wars Story*) only serves to epitomise her genuine talent for owning a role, whatever the genre.

Summing up *Thrones*, she admits the conclusion of the legacy was a lot to come to terms with. "On the first glance of the script for season eight, I stepped out of my house for a walk to try to get my head around everything that I had just read. I didn't ring anyone - I was still unable to make sense of it all.

"The scripts took me away from everything - it was like I was having an out of body experience."

While the *Thrones* machine has ground to a halt, immediate rumours of a spin-off series have surfaced, and you sense Clarke would find it difficult not to be lured back; after all, so much of her adult life has been centred around the story - she was just 23 when filming for the first scenes began.

What's refreshing is the fact the actress doesn't look at the world entirely through a film set. She spreads her influence wide and recently became an ambassador for the SMA Trust, an organisation that helps those with spinal muscular atrophy. She is also a representative for the Royal College of Nursing in the UK, a link that echoes back to her own health issues - the actress revealed this year that she had suffered two brain aneurysms. The first caused a stroke, aged just 24, and upon filming the final series she frequently felt faint and suffered from headaches.

Now "on top" of her health and seemingly aware of the need to slow her pursuit of greatness, she has two films in pre-production to see out the year. *Above Suspicion* is a true story that combines FBI espionage and romance, while *Last Christmas*, a light-hearted, seasonal romance set in London, sees her star alongside Henry Golding and Emma Thompson.

"I can't look too far ahead," says Clarke, who credits her late father for giving her the confidence and relentless ambition to succeed in the industry. "In fact, I've never really had the option to."

In the immediate short-term then, Clarke's ambitions are clear.

"I need to do more dancing" she laughs. "Dancing like a maniac. Crazy dancing. It is the best thing."

Abbey
group

Abbey Group are specialists in creating, repairing and restoring quality furniture and wood surfaces to the highest standard.



From antique to modern we can repair, strip, re-spray, polish, wax, upholster and bring woodwork back to life.

We take great pride in our work and clients appreciate our care and attention to detail.

We think you will too.

01708 741135

Free quotations and no carriage charges with this advert.

abbey-group.net

Skip Hire and Waste Management, Essex

SKIP HIRE FROM £99

2-16 YARD SKIPS AVAILABLE

WAIT AND LOAD SERVICE!!

CAGE LORRIES/TIPPER LORRIES,
FOR HOUSE/OFFICE CLEARANCE



NO JOB TOO BIG OR TOO SMALL

TEL: 0208 088 0940

Email: info@skipahoy.co.uk

Web: www.skip-a-hoy.co.uk



SKIP-A-HOY



SEE OUR REVIEWS ON



Checkatrade.com
Where reputation matters

LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Road rage attacker jailed

A man who stabbed another driver 15 times for sounding his horn in response to his dangerous driving has been given a 21-year sentence with a minimum jail term of 16 years.

A jury found Flynn Prevost, 60, of Thornbrook, Thornwood, guilty of attempted murder on March 28 following a nine day trial at Chelmsford Crown Court.

The court heard that on Saturday, September 22, 2018, Prevost launched into what became a violent attack on the victim following an incident of road rage on Epping New Road, Loughton.

Prevost became involved in a physical altercation with the 37-year-old victim, stabbing him with a knife a total of 15 times, before getting back into his car and driving off. The victim was taken to hospital with life-threatening injuries after being stabbed in the head,

neck, back and face.

Prevost was sentenced to 16 years in prison plus five years extension on license on Wednesday, April 17.

Investigating officer DC Stephen Baker said: "This was a brutal attack on a man whose life has significantly changed as a result of a stranger's shocking actions.

"Flynn Prevost is a violent individual whose unwarranted, excessive and disproportionate attack left the victim fearing for his life simply because Prevost took umbrage to the victim sounding his car horn in response to his dangerous and aggressive driving.

"Whilst this can't change the mental or physical trauma the victim has to endure every day following the attack, I hope this sentence brings some sense of justice to him with the knowledge that this violent individual has been jailed for his appalling actions."



Station car park could be transformed into high-rise flats

Loughton Station Car Park could be transformed into high-rise flats after Transport for London (TfL) outlined their plans to use the site for housing.

Currently the station has 292 spaces and the plan follows similar schemes in north London where TfL is also looking to sell car parks so housing can be built.

TfL say high-rise buildings could also be built at Debden Station with the flats as much as 13-storeys high.

Their plans were submitted to Epping Forest District Council for consideration.

As many as 321 homes could be built in the car park at Loughton Station with the possibility of a multi-storey car park also earmarked to help offset any loss of parking spaces for commuters.

In the plans submitted to the council, TfL said: "Given the site is currently used as a car park any development will have more of an impact than currently. However, a high-density development would not have a harmful impact on the wider townscape of Loughton."

"On both sites (Loughton and Debden) the townscape appraisals illustrate it is possible for high density development, including some element of tall buildings, to be accommodated which complies with the design principles and would contribute positively towards the character of both Debden and Loughton without harming the wider townscape, the amenity of neighbouring properties or heritage assets."

New mayor 'honoured' to have opportunity

Loughton has a new mayoress after the town council elected Stella Murphy into the role.

She replaces Stephen Murray and will hold the position for 2019/20 with councillor Tessa Cochrane elected as deputy town mayor.

Mayor Murphy replaces Stephen Murray.

Former mayor, Stephen Murray, praised the town at the annual council meeting as he said: "We are blessed with a marvellous range of voluntary groups.

"Wherever I have gone I have met many people who want to do something for this town.

"Loughton really is a great place to live and work.

"I would like to thank members for giving me this privilege and honour of serving as mayor."

He then invited nominations for the role of town mayor and Stella Murphy was proposed and seconded. With no other nominations she was elected having been deputy town mayor for the past year.

The outgoing mayor presented her with the town mayor's badge and chain of office together with a copy of Lord Citrine's *ABC of Chairmanship*. Cllr Murphy took the chair and duly executed the Declaration of Acceptance of Office.

The new mayor thanked the council for honouring her with the opportunity to serve the community in this role and she said: "Stephen will be a hard act to follow."



Call us:
0208 502 0050
07760 776 831



From concept to build
Full design & plan service
All work to the highest standard & only quality materials used



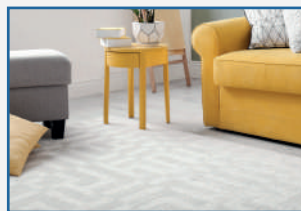
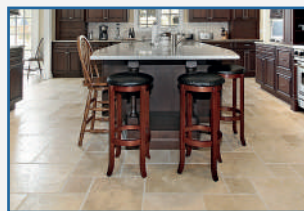
Manufacturers of Bespoke Glass
Shower enclosures
60% off all bespoke glass
Visit our web site to view our work



thebathroomco@hotmail.co.uk • www.thebathroomfittingcompany.com

THE PREMIER BATHROOM DESIGN AND
INSTALLATION COMPANY

COME TO US FOR OUTSTANDING VALUE



QUALITY FLOORING FOR IMMEDIATE TAKEAWAY OR ORDER

CARPETS * WOOD FLOORING * CARPET TILES * VINYL FLOORING * RUGS
LAMINATE * LUXURY VINYL TILES * ARTIFICIAL GRASS * ENGINEERED WOOD

MEASURING AND ESTIMATING SERVICE * FITTING AND HOME DELIVERY SERVICE
HOME ROOM PLANNER SERVICE

Call or visit us

Tel: 0208 531 4190

Units 10-11

Deacon Trading Estate,
Cabinet Way, Chingford,
London E4 8QF

www.carpets4less.com/chingford



Opening Times:

Monday – Saturday: 9.00am – 6.00pm

Sunday: 10.00am – 4.30pm

Bank Holiday: 10.00am – 5.00pm

FRANCHISE STORE

Photo credit: shulbitz



LOCAL NEWS

Overtaken lorry causes chaos and road closures

An overturned lorry on the M11 caused traffic chaos in Loughton last month.

Police were called at 8.34pm on Wednesday, May 15 to reports of an accident on the A406, near the Charlie Brown Roundabout, E18.

A spokesperson for the Met Police said: "Officers, the London Ambulance Service and the London Fire Brigade attended and found an overturned lorry."

There was standstill traffic on both the M11 and the A406 North Circular after police closed roads to clear the lorry that overturned almost 36 hours previously.

The road was completely shut in both directions between junction 4 of the M11 for South Woodford and the Redbridge Roundabout, where the A406 meets the A12.

There was congestion past Ilford, back to Chingford, through Gants Hill along the A12 and back to Loughton on the M11.

A Met Police spokesperson added: "The driver was taken to an east London hospital with non-life-threatening or life-changing injuries."

No arrests were made and the vehicle was recovered on the morning of Friday, May 17.

Dramatic Society returns to Lopping Hall

After playing to sell-out audiences in March, Loughton Amateur Dramatic Society is bringing more modern comedy to Lopping Hall in June.

Handbagged is a sharply comical imagining of the weekly meetings between the Queen and Margaret Thatcher over the 11 years she was Prime Minister.

The play's comedy derives from the very different personalities of the two women.

Each protagonist is played by two actors, with

the older Queen and Thatcher commenting on the proceedings as they observe the younger versions of themselves.

The play features appearances from other key figures of the time including Kenneth Kaunda, Neil Kinnock, Arthur Scargill and Nancy Reagan - all played by just two male actors.

For more information and tickets, visit www.lads.org.uk or call 07552 736110.



Town Council holds its tenth annual fun run

Hundreds of residents came along to the Roding Valley Recreation Ground on Sunday, May 12 to support Loughton Town Council's tenth annual charity fun run.

This year the fun run was raising money for St Clare Hospice, a local charity that provides free, compassionate care and support to adults with life-limiting illnesses, their families and carers.

Suitable for all ages and abilities, children, parents with pushchairs and dog walkers took part in the 4km course to honour this year's charity, chosen by Stephen Murray, who was town mayor at the time of the event.

A spokesperson for the council said: "The run started with a 10 minute warm-up session provided by Snap Fitness 24/7 Debden, to whom we give thanks for their support.

"Participants and spectators bought refreshments from the stall run by Restore Church, lots of homemade cake was consumed."

All entrants completing the route were presented with a medal at the finishing line by the Town Mayor, Councillor Stephen Murray and Deputy Town Mayor, Councillor Stella Murphy.

All profits from the fun run went to support the important work at St Clare Hospice.

Open Gardens returns for its 25th year

A garden in Loughton is taking part in the popular Open Gardens event.

The event, organised by St Clare Hospice, is back for its 25th year. It will take place throughout the summer season, giving green-fingered fans of the event many opportunities to explore the beautiful gardens that will be opening for the hospice.

On June 22, Willingale Road Allotments in Loughton will be open with an entry fee of £3 payable on the gate.

Open Gardens event organisers at St Clare are hoping to raise more than £5,000 for the Hospice across the summer season.

Christine Walkden, BBC *One Show* gardener and patron of St Clare, said: "Giving support to St Clare through visiting one of the Open Gardens in the

scheme is an excellent way to pick up some great gardening ideas and learn from other local gardeners, who may have similar gardening conditions to your own.

"I have visited many gardens through such schemes in the past and this has added greatly to my knowledge, and given me inspiration for changes to my own gardens or those of my clients. I can confidently state that a visit to one or several gardens will be a rewarding experience and your support shows the garden owner that their efforts and time are valued.

"Please take the time to enjoy the benefits of such a great scheme and show the garden owners that they are valued, as is the support you will give to your local hospice."



COMPLETESHUTTERS

Beautiful Plantation Shutters & Blinds

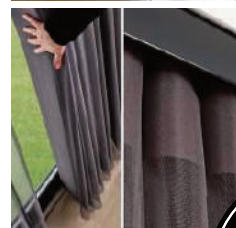


UK MANUFACTURED
SHUTTERS NOW AVAILABLE
IN 4 WEEKS, IN ANY PAINT
FINISH AND STYLE

SALE
Now On
35% OFF
all products



**NEW 2019
SHUTTER &
WINDOW BLIND
COLLECTIONS
OUT NOW**



**FREE Survey,
FREE Fitting
Evening & Weekend
Appointments
available**



Tel: 020 3418 8877 Email: sales@completeshutters.co.uk

NEW SHOWROOM - 128 George Lane, South Woodford, London, E18 1AD

www.completeshutters.co.uk



Local Property Maintenance Specialist

- Painting & Decorating
- Laminare Flooring
- Bath & Shower Re-siliconing
- Gutters Cleared & Repaired
- Call Out Maintenance
- Carpentry
- Insurance Work
- Odd Jobs

Estimates are free and you will find me competitively priced with no hidden charges. I have Public Liability Insurance. References can be provided from homeowners, landlords and letting agents.

Call Stuart on **07917 870879**

or email stuartgreenpropertiesolutions@gmail.com



Control your security Be **App**solutely connected

Did you know your smartphone
can now control your alarm
system through an app?



CCTV Systems • Alarm Systems
Door Entry Systems • Fire Alarms • Safes
Garage Doors & Gates • Vehicle Alarms & Tracking

**CALL US TODAY TO INSTALL OR
UPGRADE YOUR SECURITY SYSTEM**

020-8529-5710 • www.cobra-ss.co.uk • sales@cobra-ss.co.uk

155 Station Road, Chingford, London, E4 6AG



Photo credit: Everything Local News



LOCAL NEWS

School work with Royal Opera House to create production

Year 3 and Year 4 children from a Loughton school performed their own version of *Carmen* recently.

Thomas Willingale School, working alongside the Royal Opera House, put on their own version of Bizet's famous opera creating everything themselves apart from the score.

A member of staff from the Create and Sing scheme at Covent Garden visited the school to watch the performance and was delighted with their acting and singing.

She said: "I really enjoyed the way they threw themselves into the production, and how they seemed very relaxed and having so much fun."

Headteacher Teresa Phillips commented: "The children rose to the challenge and it was fabulous to see them shine at a musical genre they are probably unfamiliar with.

"We are incredibly proud of them as were their parents and families who came to watch.

"We are committed to the arts and give children a chance to succeed in as many different ways as we can.

"We are very fortunate to have a fantastic music leader Rachel Bartels who is always forward-thinking and never relents in her passion for children to enjoy music and performing."

Station closed following customer incident

A man in his fifties has suffered life-changing injuries following an incident at Loughton Station recently. British Transport Police (BTP) were called to the scene at 7.24pm on May 24.

A spokesperson said: "BTP officers were called to Loughton Station following a report of a casualty on the tracks.

"Officers attended alongside paramedics.

"A man in his fifties suffered life-changing injuries. He

was taken to hospital.

"The incident is not being treated as suspicious."

It was closed while the emergency services responded and re-opened around 9pm.

Central Line posted on Twitter: "The station is closed and trains are non-stopping due to an earlier customer incident."

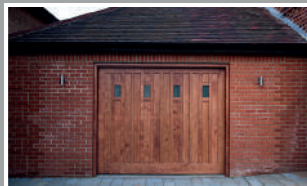
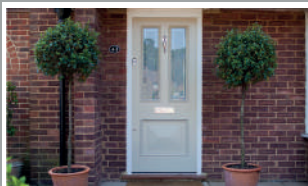
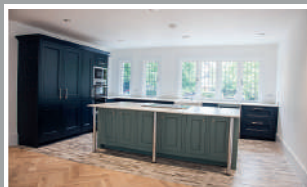
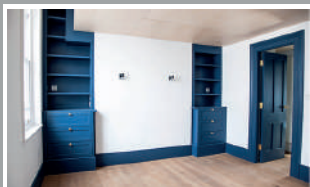
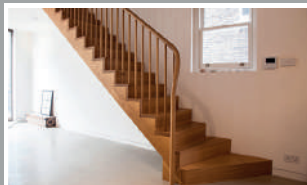
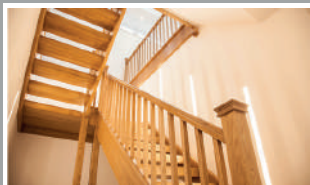
At the time of going to print, the male was still being treated in hospital.

35th Year



Manufacturers of quality
purpose made joinery

Sash & Casement Windows,
Doors, Cabinetry, Stairs,
Curved Handrails



020 8526 7020

info@kandd.org

www.kandd.org



News from

THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell



LOCAL NEWS

Thousands supported the annual Rotary Club of Loughton, Buckhurst Hill and Chigwell Fete on May 12.

Rotarian Pesh Kapasiawala said: "We were blessed with wonderful weather and had amazing community support from the local community. Funds raised will go to local charities.

"On June 12 we're taking part in Kids Out. The first Rotary Kids Out day took place 25 years ago on June 13, 1990, on a much smaller scale compared with today. Nowadays, Kids Out, in partnership with Rotary, takes up to 25,000 disadvantaged children on a day out to attractions across the UK."

Please contact Pesh if you would like to get involved with Rotary in any capacity. Email pesh@londonresidential.co.uk or call 07973 166940.



Runner to take on toughest challenge yet

An experienced runner is challenging himself once again as he takes on the Comrades Ultra-Marathon for charity.

Jon O'Shea, chairman at Haslers Chartered Accountants in Loughton, will be raising money for The Dream Factory.

He will join hundreds of runners in South Africa for the run on June 9, which takes place between the towns of Durban and Pietermaritzburg.

The route will see Jon run just under 90km and ascend more than 3,200 feet in less than 12 hours as he raises money for The Dream Factory, which has so far granted more than 460 dreams for children and young adults with serious life-limiting conditions.

Having previously raised more than £77,000 for charity, Jon hopes that this challenge will help him raise more than £10,000.

Speaking about the upcoming challenge, Jon said: "I have had the honour of raising thousands for various charities in the past during my ultra-marathon competitions, but the Comrades may be one of my toughest yet.

"I have already received fantastic support from my colleagues at Haslers, but I would appreciate any amount of support that local people or businesses can offer.

"It will enable The Dream Factory to fund further dreams, which make such a difference to the young people that the charity supports."

To donate, visit www.justgiving.com/fundraising/comrades2019





Dental practice holds charity event for Stroke Association

A dental practice in Woodford Green held a charity event to raise money for the Stroke Association recently.

Improve Your Smile Dental Practice held the annual coffee and cake morning on May 3 on the High Road in Woodford Green.

There was live music performed by Maureen Tarler as customers enjoyed a hot drink and slice of cake.

The Only Way is Essex's Chloe Meadows also went along to support the event by drawing the raffle alongside Dr Malik and his team.

A spokesperson from the dental practice said: "Thanks to the generosity of patients and visitors as well as local businesses who donated cakes and

fantastic raffle prizes, the Improve Your Smile team has so far raised nearly £1,000 for the charity.

"In doing so, we have helped to raise awareness of stroke including the signs to look for and how to reduce the chances of having one.

"Volunteers from the Stroke Association were on hand to check people's blood pressure if they chose to.

"Incidentally, there are links between oral health and strokes. Gum disease sufferers are nearly twice as likely to suffer from coronary heart disease too.

"In recent studies, oral infection has been identified as a risk factor for stroke – yet another reason to make sure you look after your teeth and gums."

Homebase set to become Lidl supermarket



Photo credit: Google Maps

The former Homebase in Loughton is set to become a Lidl store.

There was a mixed reaction following the news.

One resident said: "Great it's not going to be flats."

Another added: "Too much traffic already and enough supermarkets."



THE KEN RHODES GROUP LIMITED
 "THE DOUBLE GLAZING AND CONSERVATORY SPECIALISTS"

ENHANCE THE VALUE AND NATURAL BEAUTY OF YOUR HOME WITH OUR WINDOWS, DOORS AND CONSERVATORIES



3 YEARS INTEREST FREE CREDIT AT 0% APR
 AVAILABLE ACROSS ALL OF OUR PRODUCT LINES

SHOWROOMS: 193 ST MARYS LANE, RM14 3BU
 THE CONSERVATORY CENTRE GALLOWS CORNER
 (BY APPOINTMENT ONLY)
01708 227777



WWW.KENRHODES.CO.UK



**LEADING CONTRACTORS FOR THE
DESIGN, INSTALLATION AND MAINTENANCE
OF ALL TYPES OF AIR CONDITIONING
SYSTEMS FOR:**

DOMESTIC • OFFICE • RETAIL • LEISURE

FOR FRIENDLY CUSTOMER ADVICE OR A FREE SURVEY PLEASE CONTACT

01708 732700
www.mastercool.co.uk
Nigel@mastercool.co.uk

MC MASTERCOOL
 AIR CONDITIONING LIMITED

Showroom @ 220 Main Road Romford RM2 5HA

10% VISION DISCOUNT – Code MC/VIS 009

Is It Time To Upgrade Your Conservatory Roof ?

No More Freezing Cold Conservatory In The Winter
 No More Boiling Hot Conservatory In The Summer
 No More Deafening Noise From The Rain
 No More Leaks or Unsightly Moss & Dirt
 No More Glare From The Sun
 No Fading Furniture or Wilting Plants

WARM ROOF PRO
 Thermal - efficient conservatory roof systems

www.ELITEWARMROOFS.co.uk
 Instant Online Quotations Available

Never Too Hot... Never Too Cold...

Call Us Today For A Free Quotation 0208 0882897

Tiled Conservatory Roofs | Replacement Conservatory Roofs | Full Conservatory Upgrades

ROOF SALE NOW ON

Save Up To **20%** Off List Prices

Plus FOUR FREE LED LIGHTS
Subject To Existing Electricity Supply

Or

Plus FREE ROOF WINDOWS
Up To the value of £500

Limited Offer Subject To Installation Availability

DIXIE FIELDS
 CHELMSFORD ESSEX

Essex's first ever country music festival coming soon

It's time to throw on your cowboy hat as Essex is debuting a brand new country music festival coming this July.

Taking place in Chelmsford on Friday, July 12 and Saturday, July 13, Dixie Fields is a new boutique music festival featuring a cinema under the stars, camping, BBQs and a host of great country music.

Along with headliner, Lauren Alaina, other artists taking to the stage include Holloway Road, Megan O'Neil, Royal South, and local band The Jackson Line.

American country star, Lauren Alaina, was first discovered when she competed on season 10 of *American Idol* where she captured the hearts of the viewers and finished runner up.

The *American Idol* star has shared the stage with country legends Carrie Underwood, Luke Bryan, Alan Jackson and Martina McBride.

Former *TOWIE* star, Megan McKenna, is also set to take to the stage with chart toppers High Heeled Shoes and Far Cry from Love, the Essex star is said to be excited to be performing in her hometown.

Dixie Fields promises to be a festival like no other, with organisers working on it for over a year.

From open air cinemas to an American country shopping village, Dixie Fields is being held in the grassland fields that have been previously used by V Festival.

To find out more information and ticket prices, visit www.dixiefields.com

Accountants score a charity win

A team of 11 from Loughton accountancy firm, Haslers, swapped their shoes for studs recently as they took on other local businesses at the World Cup-On-Sea charity football tournament.

The squad was one of more than 30 teams taking part in the seven-a-side event at Roots Hall Stadium on May 18, which was raising money for HARP and Trust Links.

Jon O'Shea, chairman of Haslers Chartered Accountants, said: "We are really proud of the team for taking time out to support fantastic causes in the name of the firm. They played extremely well and put a lot of work into helping raise money for HARP and Trust Links, which is really commendable."

In other news, Haslers has pledged to raise at least £1,000 for Haven House Children's Hospice.

The Haven House 100 Club encourages businesses to get behind the hospice and support one another in order to make the most of their connection to the charity, which supports the care provided at Haven House.

Speaking about the firm's decision to support the hospice, Jon said: "We are really proud to be joining the Haven House 100 Club and can't wait to get started on raising money for this wonderful charity."

"They do such fantastic work looking after the families and children who are affected by a wide range of conditions. We hope we can hit our target of raising £1,000 by the end of the year."

The Haslers Foundation, which has donated more than £160,000 to various organisations in and around London and Essex.





DIY DECORATIVE *Basket* DESIGNS



Whether you want to create a gorgeous gift basket, or simply jazz up one for displaying in your home, we have some great ideas on how to turn a boring basket into a decorative delight. Plus, check out these other ingenious ways to use up spare baskets.

Ribbons and Roses

If you love all things quaint and old-fashioned looking, then this is the ideal design for you.

- First you will need one open weave, round basket with a handle
- Using coloured ribbon begin looping firmly around the rim of the basket
- Tie at the side with a loose bow
- Place a fabric rose in the spaces between the ribbon and attach with glue
- You can also wrap further ribbon along the handle if you wish



Nautical Stripes

This design is perfect for a basket that will be used in the bathroom.

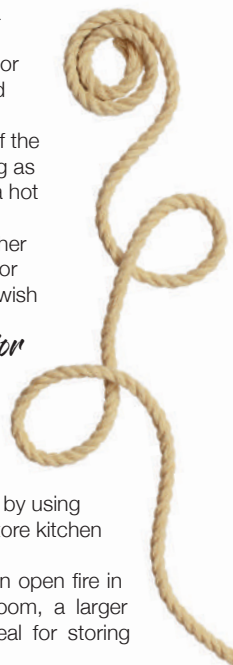
- Take one wicker basket
- Apply a coat of primer
- Allow to dry and paint white
- Using masking tape, create a series of horizontal stripes on your basket
- Paint with a dark blue colour
- Remove tape
- Decorate with shells (optional)



Plastic fantastic

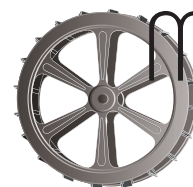
Yes, you can even transform a plastic basket into something beautiful.

- Simply take a long piece of rope (natural or coloured) and wrap around the outside of the basket, gluing as you go with a hot glue gun
- Decorate further with buttons or jewels if you wish



Other uses for baskets

- Utilise that wasted space on top of your kitchen units by using baskets to store kitchen equipment.
- If you have an open fire in your living room, a larger basket is ideal for storing wood in.
- Baskets do not need to be confined to the house. Why not line one and fill with a selection of plants, flowers or herbs.



millbrook

BUILD LTD

www.millbrookbuild.co.uk millbrookbuild@hotmail.com



BUILD

GARDEN ROOMS,
EXTENSIONS
LANDSCAPING &
ALL BUILDING
WORKS

Completed to the
highest standard
and finish

SPECIALISING IN QUALITY FINISHING

0208 502 0050 • 07760 776831

Plans submitted and approved and the project completed all under one roof

INTERIORS

HANDMADE
KITCHENS,
FITTED FURNITURE,
BEDROOMS,
BATHROOMS &
REFURBISHMENT

Design, build &
refurbishment
specialists.

Our ethos, using
the best materials,
producing the best
finished product and
we offer a 5 year
work guarantee.



Extensions • Refurbishments • Garden Rooms • Landscaping • Interior Works • Decorating



Elegant floral designs with a classic French touch

Weddings · Events · Weekly Flowers · Workshops · Funerals · Bouquets

www.sarahdiamantflorist.com · enquiries@sarahdiamantflorist.com · 0208 088 3061



WE TAKE OUT THE OLD BATHROOM SUPPLY AND INSTALL THE NEW SET

KITCHEN RENOVATIONS ■
BATHROOM RENOVATIONS ■
GARAGE CONVERSIONS ■
PAINTING AND DECORATIONS ■
HANDYMAN SERVICES ■
RENDERING AND SKIMMING ■

NEED HOME RENOVATION PROFESSIONALS?

FREE CALL TODAY FOR A FREE QUOTE - 0800 069 8740

POWERPILLAR

WEB: POWERPILLAR.CO.UK
EMAIL: INFO@POWERPILLAR.CO.UK
PHONE: 0208 088 2970
MOBILE 07908 958990



COMBINE A MULTITUDE OF TEXTURES, STYLES AND PERIODS TO CREATE A SPACE THAT POSSESSES BOTH OLD COUNTRY CHARM AND MODERN FLUIDITY.

At first glance, the eclectic style looks easy to pull off — an assortment of mismatched furniture pieces, books and various other knick-knacks effortlessly strewn around a lounge or bedroom, to create a lived-in and homely atmosphere.

But what at first appears to be effortless style must actually be well planned out in order to avoid a home that feels at best cluttered, and at worst, like a live-in jumble sale.

The key to achieving the style is therefore planning and consistency. You need to build the look around key features that already exist in your home. An antique fireplace, for example, will become even more stunning when set against a freshly-painted olive wall and accessorised with carefully chosen gilt frames and glass candlesticks.

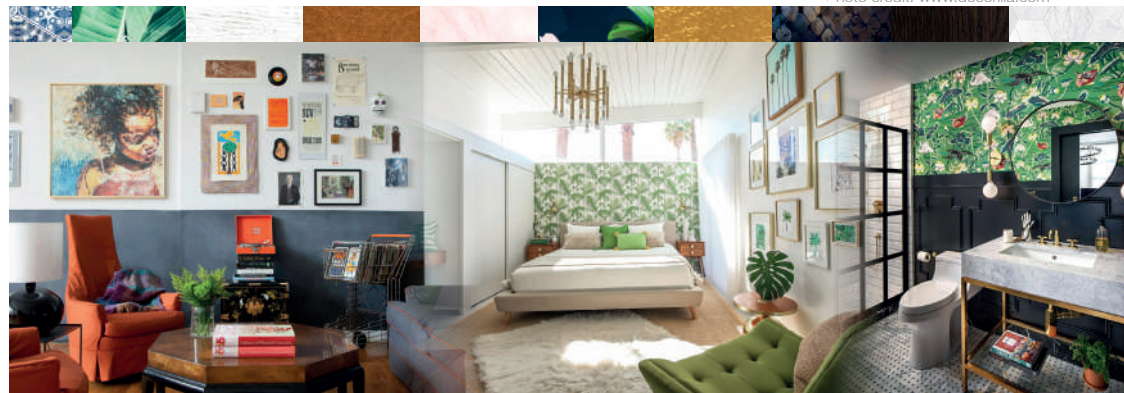
Similarly, the eclectic style should not be restrained

to one room. The muted colours, art pieces, lamps and mirrors must be free to spill down corridors and all around the home. An antique hatstand in the hallway, a wall of framed photographs in the bathroom and Art Deco side-tables from 1920s Paris paired with a rustic country-style bed in the master bedroom.

An important part of eclectic styling is to ensure key pieces are juxtaposed with each other. Never buy sets, never choose a blanket in a single colour and be brave enough to pair items from very different eras, styles or genres — for instance a metallic frame above a wooden sideboard, or perhaps a zigzag cushion on a velvet chair.

And if you can mix textures while still maintaining comfort and a homely feel, your ability to create this individual look will mean you are always surrounded by stylish decor.

Photo credit: www.decorilla.com





Mr. Kate

BECAUSE WHY NOT?

THE DESIGN, STYLE AND BEAUTY BLOGGER WHOSE INFECTIOUS ENERGY HAS DRAWN A GLOBAL FANBASE

In the world of interior design, style, craft and beauty, standing out is what counts, and when you realise that Mr. Kate isn't actually a mister at all, but Kate Albrecht, you're halfway to realising why this high-energy, punchy, slightly rebellious American designer is making waves.

From a simple blog started back in 2011 that explored her passion for design and DIY, the 35-year-old, who is partnered in media projects by husband Joey, is now a conveyor belt of YouTube videos and TV appearances, as well as providing bespoke design services for some of Hollywood's biggest names.

Here are some of Kate's top tips for interior excellence:

IDENTIFY: Look at a room, a space or just an object and identify what needs to change. Is it a corner that's too dark, is the sofa outdated or is an entire room the wrong colour? Make a list and keep referring back to it to ensure you don't get side-tracked as the project develops.

GET INSPIRED: Use Instagram, blogs or magazines to pull together visual ideas and suggestions.

WICKED WALLS: Focus heavily on wall space as these are the areas we see the most. Always aim to fill space with colour or decoration rather than leaving large areas untouched.

THE ILLUSION OF EXPENSE: Add expensive looking items where possible in a room. These subtle cues can lift an entire space, particularly helping along older objects that, while you can't do without them, perhaps bring the tone down.

FUNCTIONAL AND FUN: A room should be a combination of practical and decorative. Combine the two for maximum impact and sensible living space.

SHAPESHIFTING: Use a combination of round and angular objects to create balance and variation.

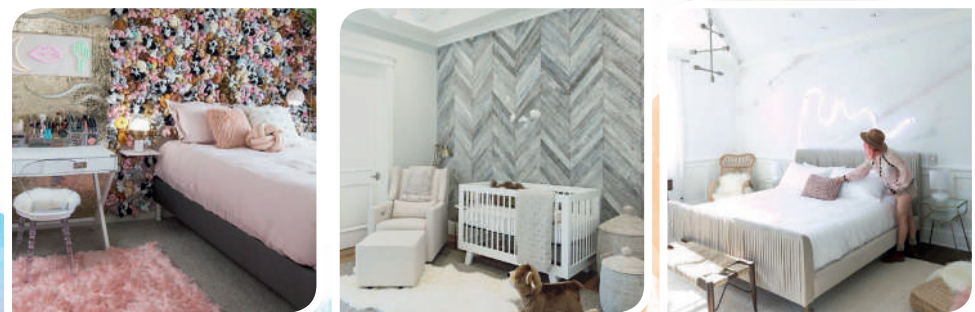


Photo credit: www.instagram.com/mrkate

NEED A LOCAL ELECTRICIAN?

Contact Dean Electrical Services Ltd

Domestic & Commercial | Repairs & Installation
Vehicle Charging Points | Portable Appliance Testing
Fire Alarm Systems | Emergency Lighting Systems
Installation Condition Reports

CALL US ON 0208 088 2916
www.dean-electrical.co.uk
info@dean-electrical.co.uk

Find us on

Bringing the Gold Standard

City & Guilds

KHYVA

LUXURY GIFTING CONCIERGE

- Luxurious Brands
- Simple Ordering
- Complimentary gift box

@khyvahampers / khyva.com

THE CITY PAVILION Roller Bowl

Largest bowling centre in Essex/South East England

- Fun, friendly multi-faceted leisure & entertainment venue
- Brand new state-of-the-art lighting and scoring system
- Modern licensed bar with cocktail skilled barmen
- 12 lanes area for private parties with dedicated lane hostesses
- Famous for our brilliant kids parties packages
- American Diner serving all your favourites
- Ice cream Parlour
- In house DJ every weekend
- Weekly professional bowling league
- Proud host of Team England league bowlers – regular tournaments annually
- Bowling coaching classes – Tuesday evenings – booking required

For more information on offers available or to make a booking contact us
Roller Bowl, The City Pavilion, Collier Row Road, Romford RM5 2BH
E: rollerbowlsales@thecitypavilion.co.uk | T: 02089244000
www.thecitypavilion.co.uk | www.rollerbowl.co.uk

The City Pavilion
Roller Bowl @TheNewCityPavilion
@Roller_Bowl_TCP
@rollerbowl@thecitypavilion



PUZZLES & TRIVIA

PUZZLES

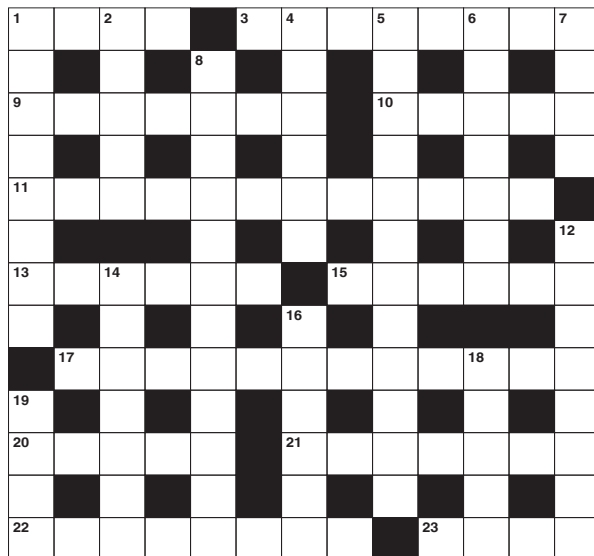
Answers can be found on the Contents Page 4

ACROSS

1. Arrived (4)
3. A division between people (8)
9. Contaminate (7)
10. Polite and courteous (5)
11. Invigoratingly (12)
13. Loose part of a garment (6)
15. Sporting venues (6)
17. Emergency touchdown (5-7)
20. Decay (5)
21. Solicit votes from (7)
22. Re-evaluate (8)
23. Give up one's rights (4)

DOWN

1. Secretively (8)
2. Distinctive design (5)
4. Type of nursery (6)
5. Without parallel (6,2,4)
6. Not legally recognised; void (7)
7. Longest river in the world (4)
8. Failure to act with prudence (12)
12. Gift of money (8)
14. Arched structure in a garden (7)
16. Prevents access to (6)



18. Visual representation (5)
19. Mammal with antlers (4)

DID YOU KNOW?

- ▶ Portugal produces more than half of the world's cork
- ▶ Perth is considered to be the third windiest capital city in the world
- ▶ Australia is the only continent without an active volcano
- ▶ Australia hosted the 1956 and 2000 Summer Olympics
- ▶ There are over 100 major rivers in Jamaica
- ▶ The 13 stripes on the American flag represent the original 13 colonies
- ▶ Square watermelons are common in Japan and are often very expensive

SUDOKU

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

NEWLY OPENED – NOW TAKING BOOKINGS



*Delicious homemade
East Mediterranean foods*

*The finest dishes from Turkish
and Kurdish cuisines*

Family run business

Serving breakfast, brunch & dinner

0208 418 9926
gemofessex.org.uk

Connaught House
112- 120 High Road
Loughton, Essex IG10 4HJ

Mon - Fri: 9am - 10.30pm
Sat: 10am - 11pm Sun: 10am - 10pm



**NOW OPEN
FOR BREAKFAST,
BRUNCH & DINNER
7 DAYS A WEEK**

DON'T JUST TAKE OUR WORD FOR IT...

Dear Brett,
We would like to take this opportunity to thank you and your team at **VISION** for the expert way you have promoted our business over the past two years.

When Major Glass was started in 2008 our main aim was to give a fantastic service to our local community whether it be a pane of glass to replace or an entire new conservatory. We have achieved that target and with the help of **VISION** have been able to expand our business within the local community.

The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

We would have no hesitation in recommending **VISION** Magazine to any person or company wishing to expand their business by reaching that local community.

Many thanks,

Barry
Major Glass
01708 525996



Your
Monthly
Lifestyle
Magazine



To advertise call now on
0208 088 0386
or email loughton@visionmag.co.uk

DIRECT MARKETING SPECIALISTS

- ▶ PARTNERS WITH A WIDE RANGE OF ORGANISATIONS - DELIVERING AN EVEN WIDER RANGE OF ITEMS
- ▶ IN-DEPTH LEAFLET DELIVERY KNOWLEDGE
- ▶ NO CAMPAIGN TOO BIG OR SMALL

Call for a free quote
07723 384643
www.storkdistribution.co.uk
info@storkdistribution.co.uk



Covering all
of Essex

PULL UP N SPLASH LTD MOBILE CAR WASH WE COME TO YOU!



Call us today and get your car washed in the comfort of your own home, at work or wherever you are

0208 088 2969

@pullupnsplashltd

An IG10 Company



SPECIAL OFFER **£100** WHEN YOU BOOK FOUR SILVER PACKAGE APPOINTMENTS AT ONCE!

10% OFF WITH THIS ADVERT QUOTE CODE SPLASH10

Use this advert and receive 25% off your next wash
Cannot be combined with other offers
Limit one coupon per customer

IMPERIALS

Essex

Hornchurch • Chelmsford



WE WOULD LIKE TO BUY YOUR PRESTIGE CAR

www.imperials.co.uk

@ImperialsLtd

/imperials.co.uk

Please see our website for up to 20 images of each stock vehicle

NOW WITH TWO LOCATIONS ACROSS ESSEX

69-71 Butts Green Road,
Emerson Park, Essex, RM11 2LD
01708 449726

Cooksmill Green, Ongar Road,
Chelmsford, Essex CM1 3SR
01245 248 007

- ✓ FRIENDLY SERVICE
ALL MAKES & MODELS
- ✓ FREE MOT RE-TEST
- ✓ FREE LOCAL PICK-UP &
DROP-OFF SERVICES
- ✓ KEEP YOUR WARRANTY
- ✓ FAMILY RUN BUSINESS

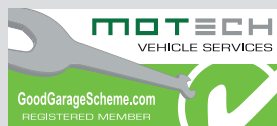


We will to get your vehicle back on the road in next to no time!

0208 599 6767 | 07831 305 557

www.motechvehicleservices.co.uk

info@motechvehicleservices.co.uk



Unit 6 Roebuck Road Trading Estate, 15-17 Roebuck Road, Hainault, Essex, IG6 3TU



Photo credit: www.logodesign.co.uk/bmw-logo-evolution, nlsr/Shutterstock.com

THE GERMAN GIANT

BMW BRAND HISTORY

Bayerische Motoren Werke. It may not roll off the tongue, but it forms the acronym for one of the motoring industry's most recognisable brands. It began as three separate manufacturers – two in Bavaria, Rapp Motorenwerke and Bayerische Flugzeugwerke (BFW); and in Thuringia, Fahrzeugfabrik Eisenach.

The first of those companies, Rapp Motorenwerke was an aircraft engine manufacturer. It had launched in 1913 but had struggled and was then drafted in to help the Germans' war effort. Only an order of 600 engines in 1916 saved the company from closure although its fortunes then continued to improve, despite the country's catastrophic defeat in World War I. A merger with BFW (which later became Bayerische Motoren Werke), combined with Germany's agreement to cease plane production, saw a move to new premises and an extended product list that included cars and bikes.

The BMW name only became relevant to automobiles in 1929 when the company purchased

Fahrzeugfabrik Eisenach, who at the time were making Austin Sevens. BMW's engineers then took that idea a step further and began making luxury cars, starting with the BMW 328.

Car production ended at the time of World War II when aircraft engines again took priority, for obvious reasons. The company was responsible for the inner workings of the notorious Nazi fighter Focke-Wulf FW-190, but despite another military defeat, the quality of production and workmanship ensured there was still a demand for the German company's goods.

Several of BMW's 'signatures' from those early days still remain – the 'kidney grille' was first introduced on the 303 in 1933 and the famous logo incorporates the flag of Bavaria.

And in the years that have followed, the manufacturer has consistently reinforced its ability to create the very best cars and bikes, moving into a luxury market which, alongside other German brands Audi and Mercedes, it looks likely to forever be a part of.

A CAR IS STOLEN EVERY 5 MINUTES IN THE UK
LAST YEAR, 112,000 CARS WERE STOLEN

DO YOU WANT YOUR CAR STOLEN? NO?

AUTOWATCH GHOST IMMOBILISER
100% MONEY BACK GUARANTEE

**LET US MAKE SURE YOU KEEP YOUR CAR SAFE WITH AN
ADVANCED IMMOBILISING SYSTEM THAT WORKS FROM
THE EXISTING BUTTONS IN YOUR VEHICLE**

GHOST IMMOBILISER ONLY £399 inc VAT
FULLY FITTED AT YOUR HOME OR PLACE OF WORK

FOR MORE INFORMATION CALL 0208 088 0984

www.BVS.cloud • Sales@CheckMyWheels.co.uk

Unit 2, Summer Hill Farm, Pipp's Hill Road North, Billericay, Essex CM11 2UJ



**BESPOKE VEHICLE
SECURITY**



RIDE LIFE RIDE LOUGHTON

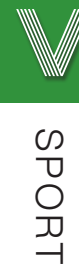
At Giant Loughton we're just like you - we're riders. We love cycling and we want you to enjoy it just as much as we do.

- 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2019 (EXCLUDING MY20 RANGE)
- FREE PUNCTURE REPAIRS FOR LIFE I T&C'S APPLY I ORIGINAL OWNER ONLY
- FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES
- PRICE MATCH PROMISE FIND IT CHEAPER ANYWHERE ELSE AND WE WILL MATCH THE PRICE
- FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

GIANT LOUGHTON, 235 High Road, IG10 1AD

T: 0203 982 3335 W: giant-loughton.co.uk E: info@giant-loughton.co.uk

World Cup WIPE OUT



ENGLAND'S 50-OVER FIRECRACKERS LOOKING TO LIFT THE WORLD CUP TROPHY FOR THE FIRST TIME.

This year sees the 12th edition of the ICC Cricket World Cup, and what a tournament it promises to be. It will be the fifth time since the inaugural competition in 1975 that England will have hosted the event (with Wales assisting on two occasions), and many feel the Three Lions have never had a better chance to lift the trophy.

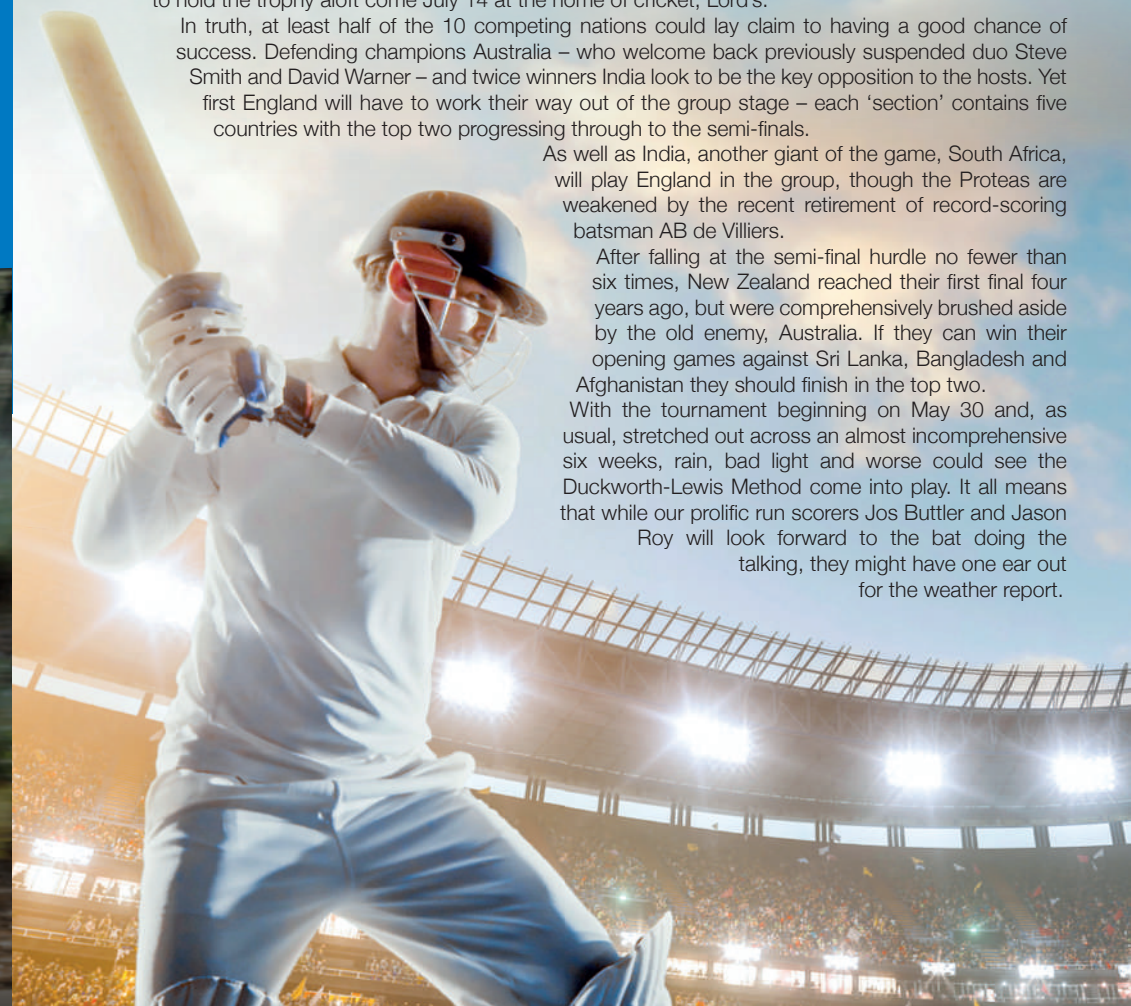
Eoin Morgan's men are the number one-ranked side in the 50-over format, and with that, favourites to hold the trophy aloft come July 14 at the home of cricket, Lord's.

In truth, at least half of the 10 competing nations could lay claim to having a good chance of success. Defending champions Australia – who welcome back previously suspended duo Steve Smith and David Warner – and twice winners India look to be the key opposition to the hosts. Yet first England will have to work their way out of the group stage – each 'section' contains five countries with the top two progressing through to the semi-finals.

As well as India, another giant of the game, South Africa, will play England in the group, though the Proteas are weakened by the recent retirement of record-scoring batsman AB de Villiers.

After falling at the semi-final hurdle no fewer than six times, New Zealand reached their first final four years ago, but were comprehensively brushed aside by the old enemy, Australia. If they can win their opening games against Sri Lanka, Bangladesh and Afghanistan they should finish in the top two.

With the tournament beginning on May 30 and, as usual, stretched out across an almost incomprehensible six weeks, rain, bad light and worse could see the Duckworth-Lewis Method come into play. It all means that while our prolific run scorers Jos Buttler and Jason Roy will look forward to the bat doing the talking, they might have one ear out for the weather report.



Lauda POWER

COMMEMORATING THE TRUE RACING GRIT OF NIKI LAUDA, WHO DIED ON MAY 20

As modern-day sporting icons go, Niki Lauda was one of the greats – a man who bore the most brutal battle scars in referencing the desire and dedication he invested into motor racing.

Although already a world champion in 1975, it is for the horrific injuries he encountered at the Nürburgring in 1976 that the Austrian will forever be remembered.

Engaged in a brutal title challenge with British racer James Hunt, Lauda had complained about the lack of safety provision at the German circuit, imploring drivers to boycott the race. It was one thing to survive the subsequent crash – and the fire which saw him endure significant scarring to his face, the loss of most of his right ear, plus hair on the side of his head – but to return to racing just six weeks later, still heavily bandaged, proved an unrelenting spirit and dedication that few could match today.

Ultimately, Lauda was unable to complete the final Grand Prix, in Japan, because, amongst other things, his eyes were watering excessively because of fire-damaged tear ducts and an inability to blink, meaning Hunt took the title by a solitary point; yet Lauda's place in motor racing folklore was undisputed.

What truly makes him iconic isn't just that accident though, or even his three world titles. Perhaps it is more the fact that when many would have retired for the sunnier climes of Monaco, Lauda, through management roles with Ferrari, Jaguar and Mercedes, could always be seen in the pit lane and the press room, on race day and at practice. He didn't need social media, merchandise or a book deal to envelop all around him in a driven, dedicated, honest passion for racing.

They say, in some quarters, 'the car is the star'; though the star was most certainly Niki Lauda.



CHIGWELL GOLF CLUB

A TRADITIONAL PRIVATE MEMBERS' CLUB



"TO MANY, THIS IS SIMPLY A HIDDEN GEM.....
GO AND DISCOVER IT SOON, YOU WILL NOT BE DISAPPOINTED"

Customer Review

GOLF DAYS FROM £35

NEW FOR 2019! ACADEMY MEMBERSHIP

For those with a desire to start playing golf
or a lapsed golfer wishing to return to the game, this could be for you

FOR MORE INFORMATION PLEASE CONTACT
OUR GENERAL MANAGER AT bendriver@chigwellgolfclub.co.uk

156 High Road | Chigwell | Essex IG7 5BH

T. 020 8500 2059

Book tee times online at chigwellgolfclub.co.uk

Follow us on



QUOTE CHIG05 ON ARRIVAL



THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 017539 035537 for free initial consultation.

ACUPUNCTURE

HONG WEI CHINESE MEDICAL

Fully qualified & experienced, specialising in women's health & Fertility. Help with pain relief, emotional disorders, male/female conditions. 01708 454888 | hongweichinesemedicine.co.uk

AUDIO & VISUAL

ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

BEAUTY & NAILS

BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babtac insured and approved. 07961 462672

SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

CAR & VAN HIRE

SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service 01708 753461

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

CLEANING SERVICES

SPOTCLEAN LTD

Commercial & Domestic Services Specialising in Office, Shop, New build, Refurbished & Residential Cleaning. We ensure a Clean & hygienic environment 07940 213394

COMPUTER REPAIR & I.T.

MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

DRAINAGE

UNITED DRAINS

A fast and professional plumbing/drainage service you can rely on, providing a 24/7 service. All planned, emergency and reactive works undertaken. Call 020 3637 6688

ELECTRICAL & WHOLESALE

CH ELECTRICAL WHOLESALE

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

ELECTRICIAN

DEAN ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916

JOIN THE LISTINGS... for just £180 +VAT per yr

FLOWERS & FLORISTRY

THE PLANTIQUE

Our dedicated team of professional florists are able to assist you with floral gifts for any occasion. We offer good quality floral gifts at competitive prices. 01708 477255

FRENCH POLISHING

DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

FURNITURE RESTORATION

ABBEEY GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

GARDEN SERVICES

JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

KINGS CUTS TREE SERVICES

A Huge range of tree services available & offer expert arboricultural advice, ensuring your trees are looked after responsibly. 01708 578030 | 07467 944671

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

Est. in 1986. Encompassing all needs from basic oral health to advanced dental procedures and high-end cosmetic treatments. New patients welcome. 020 8504 2704

HOME IMPROVEMENTS

TOTAL HOME UK

Let our highly skilled professional team plan & carry out all your home improvements inside & out. Plumbing, Electrical Decorating & more 07958 585623

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

LOFT CONVERSIONS

HIGH END LOFTS LTD

Beautiful Lofts, Expertly Built. Our "Hand-Holding" service takes you from ideas, through Plans & Building Control, to make your [home alteration] vision a reality 0208 088 2805

MOBILE PHONES & ACCESSORIES

HORNCHURCH MOBILE PHONES & ACCESSORIES

Support with the latest models of phones & tablets. Screen Repair. Competitive pricing, fast turnaround & satisfaction guaranteed. 01708 469103

MOTORING

BMS CAR PARTS

For all your motoring requirements inc. Car parts, number plates, key cutting, engine oil, tools, car accessories & servicing. 01708 474187

PAINTING & DECORATING

PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

KINGS PLUMBING & HEATING

All work undertaken: All bathrooms, boiler servicing & gas safe. 07956 343275 | www.kingsplumbingandheating.co.uk

PROPERTY MAINTENANCE

STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

ROOFING

JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

WHITE GOODS & APPLIANCES

T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

WINDOWS & GLAZING

MAJOR GLASS & GLAZING

Specialising in all aspects of glass & glazing for both domestic & commercial. UPVC, Conservatories, Bi-Fold Doors, Double Glazing Repairs, Mirrors. 01708 525996

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

WHAT'S ON

in your area

Scam Awareness Workshop
Loughton Library, Traps Hill, Loughton
June 8, 2pm – 4pm



Scam Awareness event focussing on how to avoid being scammed at ATMs and also in banking. Organised by Loughton Neighbourhood Watch and the Loughton Festival.

Our expert speakers will be Simon, an ATM technical manager from a major IT company. He travels the world talking to businesses and banks about fraud.

This is a free event. Please arrive early and be aware there is limited capacity in the room.

Songbirds - music for a summer evening
The Church of the Holy Innocents, High Beach, Loughton, IG10 4BF
June 8, 7pm

The Songbirds return with a new programme following their sell-out performance last year.

Tickets are £15 to include light buffet. Email Jane.begley@irwinmitchell.com or call 07572 111387 for tickets, or alternatively purchase on the door.

Handbagged by Moira Buffini
Lopping Hall, High Road, Loughton, IG10 4LF
June 13 – 15, 8pm

Handbagged is a sharply comical imagining of the weekly meetings between the Queen and Margaret Thatcher over the 11 years she was prime minister.

Tickets cost £10. Call 07552 736110 or visit www.lads.org.uk

After the First World War
Loughton Library, Traps Hill, Loughton
June 15, 1pm – 4pm

Afternoon of talks by Professor David Stevenson (LSE).

A regular contributor to the Loughton Festival programme, on this occasion Prof Stevenson will

present three talks, with time for questions. Some tickets will be reserved for sale on the door, but to be sure of a place, please do book. Any questions, please email info@loughtonfestival.org

Quiz Night with the Hairy Quizzers
Loughton Club, Station Road, Loughton,
June 15, 7.30pm – 10.30pm

Join The Hairy Quizzers for visual, audible and cryptic questions for the chance to win big prizes. Keep an eye out for question hints on their Facebook page.

This event will raise money for the Accuro Charity.

There will be a raffle, and if you have a great prize to donate, please bring it with you.

For tickets, visit www.eventbrite.co.uk/e/quiz-night-with-the-hairy-quizzers-tickets-58921288159

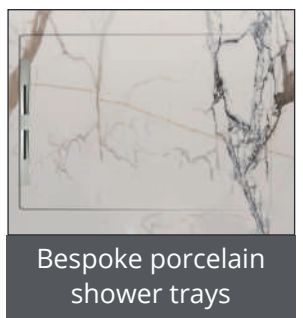


Science Blast Show for children and their families
The Loughton Club, 8 Station Road, Loughton, IG10 4NX
June 22, 1.30pm – 2.30pm

This fantastic one-hour show, for children aged five and older, will spark your children's imagination and curiosity in the world of science and uncover spectacular aspects of the world around us.

It will also include a super gift to take home and will always finish with an exciting Mad Science finale. It is an hour of fabulous non-stop fun.

All children must be accompanied by an adult. There are only places for 40 children, plus accompanying adults. Any number of adults accompanying a child can attend, and they pay on the door.



Marble, granite and quartz products available
 Natural stone products for walls and flooring available
 New generation porcelain steps Range of colours available
 Manufactured in our own factory Guaranteed quality and service

www.kayastone.co.uk
 Tel: 0208 088 0934 | info@kayastone.co.uk
 Mon - Fri: 8:00 to 5:30 | Sat: 9:30 to 5:30 | Sun: Closed

15B Raven Road,
 South Woodford,
 London, E18 1HB
Also in Bishops Stortford

AS SEEN
ON TV

Loft Conversion Specialists

Beautiful Lofts, Expertly Built

Extensions ■ Home Improvements ■ Kitchens ■ Bathrooms



- Over 15 years experience ■ Team of highly qualified experts
- Project handling from ideas to completion
- Fully compliant with Building Controls



www.highendlofts.co.uk

Call us on: 0208 088 2805

Or email: info@highendlofts.co.uk

Chingford London E4

