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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. For me this is a great time of the year. Obviously, everyone loves the sunshine and long days but it's such a great

time of year to connect with the readers when I help the distribution team deliver the magazines to homes in the local areas (who do a fantastic job for us might I just add).

The summer months are now in all their glory, so I hope you are all enjoying the long days and outdoor living. Let **VISION** be the perfect companion to complement that environment.

Jeffrey Archer is our cover story this month as he prepares to return to the limelight with a series of books. We take a look back at the highs and lows of the former politician's life.

In local news this month, a driver is convicted of perverting the course of justice, a woman speaks out following a horrifying ordeal and we preview the Loughton Horticultural Show.

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 July 2019 edition of **VISION**Loughton.

Brett

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Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.

CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew ‘Freddie’ Flintoff in a show that Harris says “will be a little bit different, more relaxed and approachable, but just as motoring mad.”

“When you have part of your audience that doesn’t know too much about cars – or maybe doesn’t even want to – we have previously had to inject some humour into the parts of the show which were more serious,” he continued.

“However, these two are brilliant and when we are together there is so much fun and laughter.”

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn’t been changed drastically.

“There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals.” The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that’s been sadly redundant since the show’s enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield’s town centre. *Top Gear*’s revved up irreverence may well be its salvation.



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The magic of microblading

It can be hard to keep up with eyebrow trends; should you be going for bold and bushy or barely there brows? And what happens when you have succumbed to the dreaded over-plucking and now want to go back to big brows? Well, microblading could be the answer to all your plucking problems.

What is microblading?

Microblading is effectively a tattoo. Sounds scary we know but it is highly effective, and the results can be amazing. Microblading artists implant pigment underneath your skin using a handheld tool, although it is worth noting that the pigment does not penetrate as deeply as with a normal tattoo.

What are the benefits?

If done well, microblading can be a godsend for your rushed morning make-up routine, as you will have full brows every day without the need to groom or use make-up. You can also happily sweat away in the gym without any worry of smudging. The procedure itself is relatively pain free, although some artists recommend using a numbing cream

if the client is particularly worried or has a low pain threshold and it only takes 1 ½ hours to do.

How long do the results last?

Microblading can last up to three years depending on your skin type, although some eyebrow specialists advise clients to come back every six months for touch-ups if they feel they are needed.

What do you need to do ahead of a microblading session?

Preparation is vital before microblading is carried out. You need to avoid anything that will thin your blood for example taking aspirin, drinking alcohol or using any beauty products that contain retinol.

Are there any celebrities who have had this procedure?

Mila Kunis, Gwyneth Paltrow and Mandy Moore are all known fans of microblading, and each of them has stunning eyebrows that complement their face shape and colouring.



THE RISE OF UNISEX SKINCARE

In a world that is moving away from traditional gender stereotypes, consumers are now, more than ever, wanting equality in all aspects of their lives. And this extends even to their beauty routines.

What is unisex skincare?

As the name suggests, unisex, or gender neutral skincare, is built around the premise that products for our skin do not need to be different for men and women. Skin is ultimately skin whatever your sex.

So, why have we always used different products up until now?

Many would argue that it lies at the feet of the marketers and advertisers who have convinced us that we need separate products. There is even the well-known 'pink tax' which most women will know as the reason why we pay more for basically the same products. Hair removal products instantly spring to mind.

But don't men and women's skin have different needs?

Although there are differences between men and women's skin; male skin is around 20 per cent thicker, has more hair follicles and is generally oilier, gender-specific skincare products are not the answer. Instead we should be choosing products that suit our

specific skin type; for example, normal, oily, sensitive or combination.

What are the benefits?

Providing you have a similar skin type, you can share products with your partner, meaning less expense and less space taken up in the bathroom cabinet.

What are the best unisex skincare brands?

Due to an increased demand, there are now a wide range of fabulous unisex skincare ranges, and even make-up ones. Some brands actively market themselves as gender neutral whilst others simply refuse to conform to gender-based packaging or labelling. Either way, we are loving these fabulous unisex brands;

- > Panacea
- > Aesop
- > Dermalogica
- > ASOS Face + Body
- > Verso
- > Non Gender Specific



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Yvonne Hurley Independent Funeral Celebrant



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FASHION

Do you want a simple, quick and effective way of shifting stains from your whites? Now you can relax, as we have all the answers for the most common stubborn stains.

Mud

Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.



Experience the wonder of wild swimming

Shockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.
- Dress appropriately. If the water is

cold, then wear a wetsuit to protect yourself from hypothermia.

➤ Keep warm and dry clothes close by.

➤ Goggles are a good idea for seeing in murky waters.

➤ Do not jump straight into wild water. Instead ease in slowly to adjust to the temperature and check the depth.

What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
- The Barle, Somerset
- Shepperton Open Water Swim
- London Royal Docks

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Do you need some 'MANTIVATION'?

Are you ready to end your unhealthy relationship with beer, takeaways and your sofa? Do you want to take control of your health once and for all before it's too late?

The good news is that by simply adopting a few better habits you can drastically improve your overall wellbeing.

Variety is the spice of life

Whether you already exercise or even if you've just now decided to start, it is important that you alternate workouts. Not only will this stop your body from becoming used to the same activity, but it will also help keep you motivated and enjoying exercise.

Buddy up

Most women love a fitness class as they can exercise and socialise simultaneously. Men generally prefer to exercise alone but if you work out with another person, you can add a level competitiveness to your workout which should encourage you to push yourself harder.

Watch your portion control

Although men can eat up to 500 calories a day more than women, many massively underestimate how many calories they are consuming. Make sure you pay attention to serving sizes and fill at least a third of your plate with fruit and vegetables.

Combine cardio with strengthening exercises

Cardio gets your heart pumping and is great for burning calories. Even the simple act of walking up the stairs can count towards your daily exercise goals. Strength training on the other hand is vital for building muscle which helps you to burn more calories. Push ups are a great muscle building exercise.

Take the right supplements

Zinc enables the male body to produce testosterone.

Fish oil helps to keep blood pressure low and helps prevent cardiovascular disease.

Selenium is the single best nutrient for helping to prevent cancers including prostate, colon and lung.



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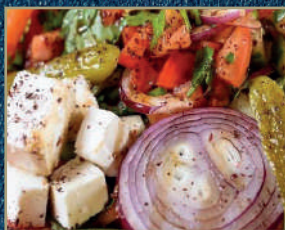
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Flower Power



FOOD & DRINK

Flourishing flowers can serve as so much more than simply brightening up your garden. Why not utilise the edible ones in these delicious summer recipes?

Lovely lavender

You may be more used to flavouring your Sunday roast with a sprig or two of rosemary but lavender works brilliantly with lamb and is completely safe to eat. The sweetness of honey also works wonders with the rich fragrance of lavender flowers.

Dandelion delight

Most gardens have an abundance of dandelions so why not utilise them? The heads of these flowers are 100 per cent edible and we recommend chopping a handful up and adding to an omelette or Italian frittata. You can even add in some wild garlic if you have any in your garden.

Calming chamomile

Most known for its use in teas, chamomile flowers also work wonderfully in a summer jelly. Simply dissolve honey in a jug of boiling water and add a generous portion of the chamomile. Strain out the leaves once they have had time to steep and then add gelatine to set.

Top with tulips

Tulips are a gorgeous spring flower and their vibrant petals can perk up even the most lacklustre garden so it's a natural progression for creative cooks to add these flowers to their dishes. And all you need to do is gently sprinkle a selection of untreated petals over a summer salad and enjoy.

Elderflower mocktail

With people trying to cut back on their alcohol consumption, booze-free drinks are more popular than ever and what could be better than a freshly made, thirst-quenching cordial? Add a handful of elderflower heads and some lemon zest to a simple sugar syrup and leave to infuse for 24 hours or longer if possible, then dilute.

Poisonous flowers to avoid:

Daffodils | Hydrangea | Clematis | Azalea | Foxglove



LETTUCE eat greens

Do you know your cos from your chicory? Your roquette from your radicchio? If not, then now is the perfect time to learn.

LETTUCE

Probably the most well-known and most used of the salad greens, lettuces are cost-efficient, easy to grow, extremely low in calories and are full of vitamin A and potassium.

The most common types of lettuce are iceberg, known for its crunch and high water content and romaine or cos, which you typically find in a Caesar salad which contains high levels of folic acid.

CHICORY

Perfect for those that prefer a slightly more bitter taste, chicories work well alongside strong flavours such as pickled vegetables and blue cheeses.

Varieties of chicory include endive, a sweeter type of salad leaf that is ideal for appetisers due to its elegant appearance, as well as frisée which is recognisable by its pale green leaves and offers a strong bitter bite.

And we can't forget ravishing radicchio with its distinctive purple colour which provides a spicy flavour that is just perfect for a stand-alone salad.

BRASSICA

When you think of the brassica family, cauliflower probably springs to mind, but it also includes many other greens that are wonderful in salads and definitely pack a punch when it comes to both flavour and nutrition.

Arugula, also known as rocket, is part of this family and is known for its peppery taste.

Rocket is very high in vitamin K and is popular sprinkled over a pizza or simply served as a side salad with a standard lemon vinaigrette. Superfood of the moment kale is also a brassica and is extremely high in fibre but be warned, it has a slightly grassy taste.

Lesser known varieties that are definitely worth a try include...

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“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

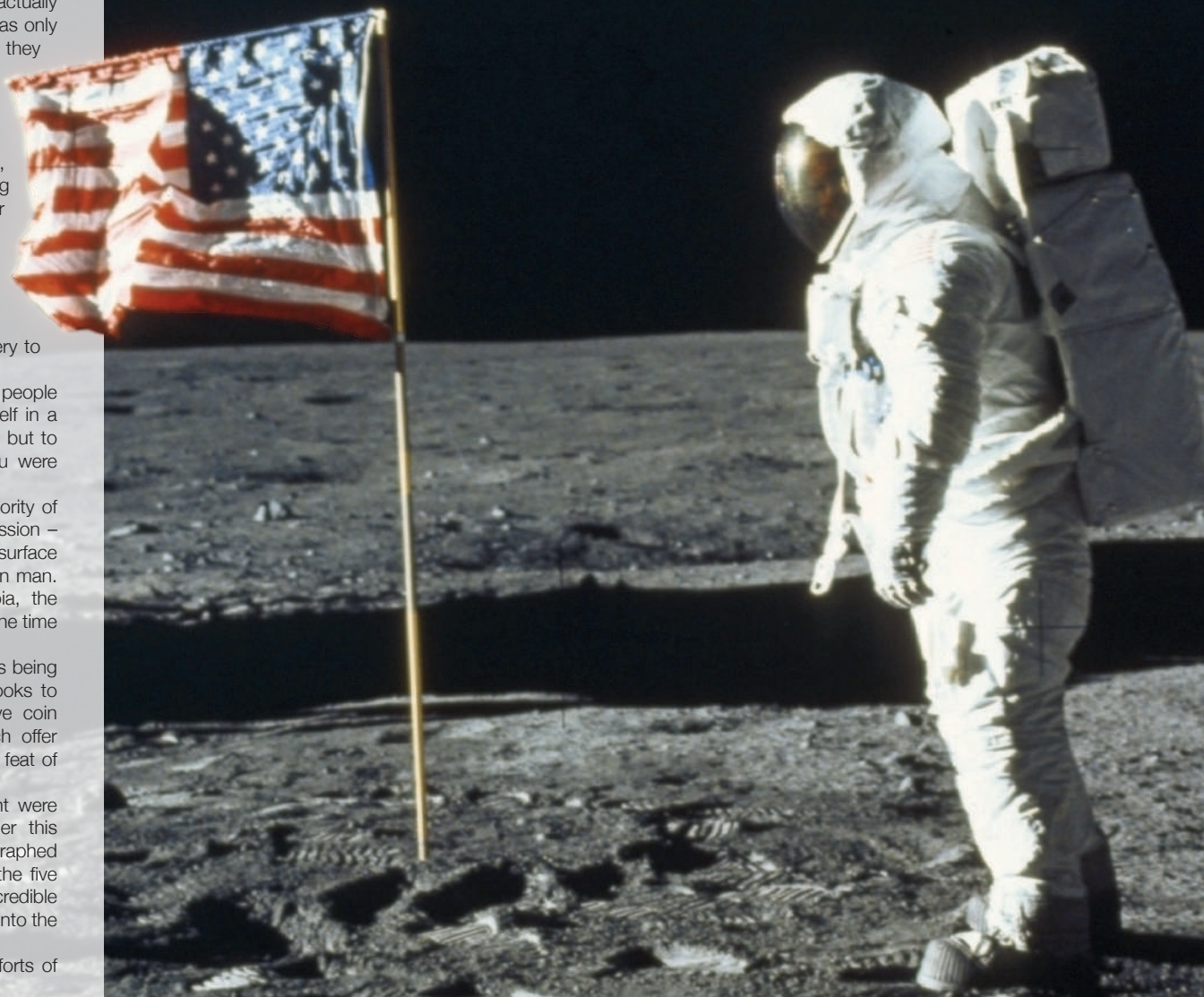
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

“ONE SMALL STEP FOR MAN...”





Is it time for a...

DIGITAL DETOX?

We live in the age of digital distraction. Just walk into any bar, coffee shop, office, college or anywhere else people gather, and you're guaranteed to see at least one person staring at or swiping a mobile phone.

Studies have shown short-sightedness in people under 16 is reaching epidemic proportions and excess screen time is cited as a big part of the problem.

One in four adults spend more time online than they do asleep.

So, have we become slaves to tech? The evidence is indicating we are. But it's not impossible to break those chains even if it's just for a short time.

Here are some easy steps you can take to ditch the digital and give yourself a technology retreat.

KEEP IT REAL: If you try to go cold turkey you're setting yourself up for a fall. Give

yourself a daily allowance of an hour or two to begin with.

SWEET DREAMS ARE MADE OF THIS: Any kind of digital tech in the bedroom can play havoc with the quality of your night's sleep. Leave the tablets and phones in another room and buy an alarm clock if needs be.

OUT OF SIGHT OUT OF MIND: Keep your phone out of sight and reach when you're driving. Even hands-free phone systems distract drivers considerably.

STEP BACK IN TIME: Buy an old phone for use at the weekends. The Nokia 3310 is decent because it allows you to make and take calls without all the digital distractions of a smartphone.

One of the best websites we've come across that may help you in your quest to conquer your digital dilemma www.itstimetologoff.com – just don't spend too much time looking at it on your phone.

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BUSINESS & FINANCE

Photo credit: Alan Davidson/Shutterstock



As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

THE TOP TWO

Sri and Gopi Hinduja: The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

David and Simon Reuben: If risk-taking delivers

reward, then it's little surprise the Reuben brothers are in second position, with an estimated worth of £18.7bn. The duo dived with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

SELECTED OTHERS

Ed Sheeran: Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

Valerie Moran: Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

A rich man's world?



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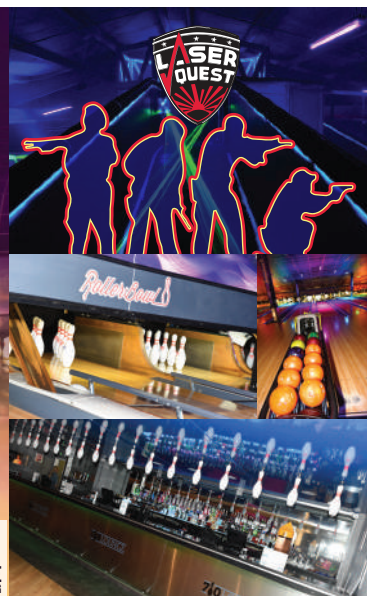
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KIDS

As easy as riding a bike



The moment when you see your child finally ride their bike on their own is priceless, but it can take a lot of blood, sweat and tears to get there. Literally. But it doesn't need to be so difficult.

What is the best age to teach your child to ride a bike?

The ideal age to teach your child to ride a bike is between four to six years old. Any earlier and they may not have the coordination skills or balance to master the skill. And any later, and your child may become overly cautious.

How long should it take?

According to experts, you can teach your child to ride a bike in as little as 45 minutes, as long as they are showing signs that they are ready; namely that they have good coordination.

How should you start the process?

A balance bike is a great starter bike for a child as they can learn about the feel and balance that is needed on a bike without having to master the pedals.

Where should you teach them?

Choose an area that is quiet and preferably one that has a tarmac surface. Grass surfaces should be avoided as it takes a lot more effort to ride on them than on hard ground.

How can you help your child?

- Always hold on to your child if they need support rather than the bike. Hold their back and their shoulder/upper arm.
- Encourage them to look forward, let go of their breaks and pedal.
- Run alongside them as they gain confidence.
- Teach them how to use their brakes.

Additional tips:

- Always ensure your child wears a helmet, knee and elbow pads are a good idea too.
- Dress your child in long-sleeved tops and trousers to protect them from grazes.



Pets POSH NOSH

Pets, like people, get bored of the same old food every day. With that in mind, your little ball of fur will love you all the more for adding some home-made ingenuity into meal times, and you may save a few pennies along the way.

DOGS

Super Salmon

Ingredients:

(1oz per 10lb of dog) of salmon portions (incl. skins) | 1 squash | 1 head of broccoli (incl. stem) | 2 tbsp of olive oil | 2 carrots | 3 potatoes

- 🐾 Peel carrots, cut broccoli stem and squash, take peelings for dog. Mix together and oven bake
- 🐾 Cover potato shavings with 1 tbsp of olive oil and place in the oven
- 🐾 Cover the salmon in the other tbsp of olive oil and pan fry at a medium temperature, skin-side down first. Once flipped, pull the crispy skin off and leave to cool for 15 to 20mins
- 🐾 Finally, mix skins together then place in the dog's bowl

Caribbean Chicken

Ingredients:

6-and-a-half cups of water | 4 cups of rice | 3lbs of minced chicken meat | 2-and-a-half cups of frozen veg (no garlic or onions)

- 🐾 Put chicken, veg and rice into large

saucepan with water and stir until smooth

- 🐾 Bring to the boil over a medium heat
- 🐾 Reduce heat, cover until rice is tender. Cool completely before serving. Store leftovers covered in the fridge

CATS

Fish Finesse

Ingredients:

1 tbsp of sunflower seed oil | 1 cup of canned mackerel | 1 tbsp of cooked organic brown rice | 1-2 tbsp of chicken or beef broth

- 🐾 Put all the above into a food processor and pulse until blended
- 🐾 Serve immediately - any leftovers can be refrigerated for up to three days

Meat & Veg Oats

Ingredients:

2 tbsp of cooked and mashed carrot | 1/3rd of a cup of cooked oatmeal | 1 can of sardines

- 🐾 Mash all ingredients together and serve
- 🐾 Again, any leftovers can be kept in the fridge for up to three days

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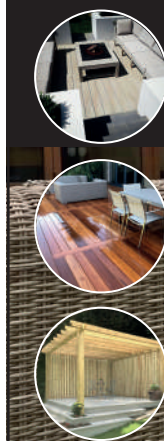
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DIY PALLET Sofa



GARDENING

Sprucing up your garden couldn't be easier (or cheaper) this summer, thanks to this brilliant guide on how to make a very stylish outdoor sofa from some basic wooden pallets.

Summer in the UK can be frustratingly difficult to navigate. In pursuit of a few sunny afternoons spent lounging in our oasis with the barbecue sizzling and the rosé chilling, we more than likely find ourselves dodging rain showers and taking cover from gale-force winds.

Given the sporadic nature of these occasionally clement evenings, it hardly seems worth splashing out thousands on garden furniture, and the good news is that you don't need to. In fact, not only can you make brilliant, dynamic DIY designs from unwanted wooden pallets, you'll find whatever you envision is completely customisable to your tastes, your time, and your garden.

DIY SOFA

What you'll need:

Three (or more) plain wooden pallets | An electric drill with screws | A small roller and tray | A paintbrush | Scatter cushions | Garden furniture chalk paint

How to make your pallet sofa:

Step One

Using your foam roller, layer your pallets in whichever glorious hue you have selected, using a paintbrush for those tricky to reach areas. Paint one side first, let it dry, then do the other.

Step Two

You'll need to stack at least two pallets to get your sofa to a suitable height – you may want to make your sofa higher using more pallets, or even double the length... it's all up to you – before fixing them together with your electric drill and screws.

Step Three

Add another pallet to the back of the bench to make your sofa back. Affix with screws.

Step Four

That's the hard part done. Now decorate your masterpiece in whichever way you choose with cushions, garlands and throws. Then relax... you've earned it.

PLANT OF THE MONTH:

echinacea

What don't we love about Echinacea? It's sturdy, easy to grow, undemanding and it provides handsome long-lasting flowers that attract beautiful butterflies in abundance. So, where do we start with this perfect plant?

WHAT TYPE OF PLANT IS ECHINACEA?

Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.

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A NOVEL *excuse*

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

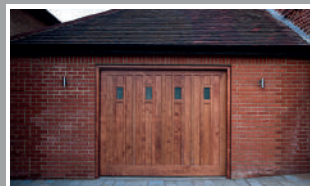
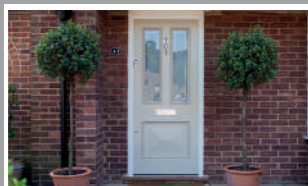
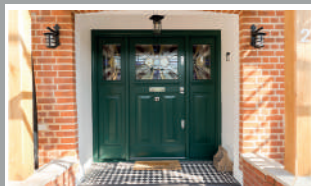
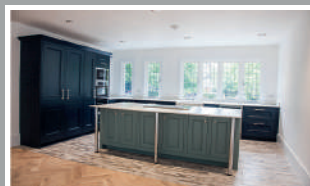
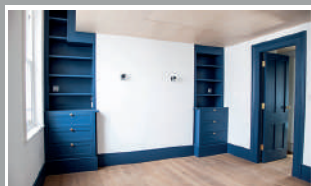
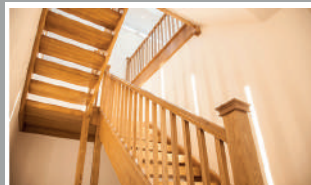
He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS

Photo credit: Essex Police



Woman speaks out about attack

A woman from Loughton who was punched and repeatedly headbutted by her former boyfriend following a disagreement has spoken out following his sentence last month.

Emma Bignall and Jak Kosta, of no fixed address, were together for four months when she was assaulted on December 16.

At around 3.15am that day, she confronted him over photographs that she had found on his phone.

Emma told him that the relationship was over and in response, Kosta punched walls in the home and damaged items.

Fearing she may be harmed, Emma tried calling a friend, but it went to answerphone. The message that was left helped record the attack that followed.

Kosta pinned Emma to the bed, smashed her phone, headbutted her in the face repeatedly and

punched her in the side of the head. In response, he was scratched while Emma defended herself. The situation continued for two hours.

Kosta headbutted Emma and knocked her unconscious before she woke later with him next to her. Her calls for help that followed were heard by a neighbour who called police.

Kosta, 32, was jailed for 15 months for causing actual bodily harm and criminal damage.

Reading her victim impact statement at Basildon Crown Court, Emma said: "If my neighbour hadn't called the police, I honestly believe I would have been subjected to an even more sustained attack with severe consequences."

"Following sentencing I now feel that I can move on from the attack and put it behind me knowing that he has received a custodial sentence for his actions."



Accountancy firm take special measures for staff wellbeing

Chartered accountancy firm Haslers hosted a fun and informative day for its team, aimed at reducing levels of stress and improving well-being.

With a growing national focus on mental health and wellness within the workplace environment in the UK, the innovative Loughton-based firm decided to undertake some unique staff training.

Held at Power League in Fairlop, the day out included a workshop with Jane Thomas of Premier Life Skills who talked about managing stress in the workplace and well-being.

With more than 12 years' experience assisting businesses with stress-related problems, Premier Life Skills were able to give staff members solutions for

coping with stress and to build resilience so that they can work effectively and productively.

Haslers team also took part in fun activities arranged by Freedom Events during the day that were designed to encourage team building.

Jon O'Shea, chairman of Haslers Chartered Accountants, said: "Anyone who works in a busy workplace knows that stress can really hamper performance and make a job less enjoyable.

"We are committed to providing a nice place to work and so we wanted to give our team some techniques for managing stress, while also rewarding them for the work that they do. I would like to thank Premier Life Skills and Freedom Events for their support."

Driver convicted of perverting the course of justice

A man has been convicted of perverting the course of justice after trying to avoid prosecution for two years after his car was caught speeding at 104mph.

Philip Law's Mercedes activated a speed camera in a 40mph zone on the A127 in Leigh-on-Sea in June 2017.

A notice was sent to Law and police received a response back giving the name and details of another man who was said to be the driver.

Attempts were made to trace him but he could not be found, and Law was voluntarily interviewed in January 2018.

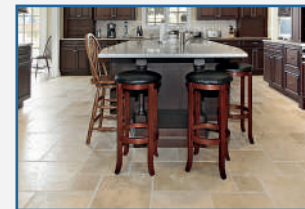
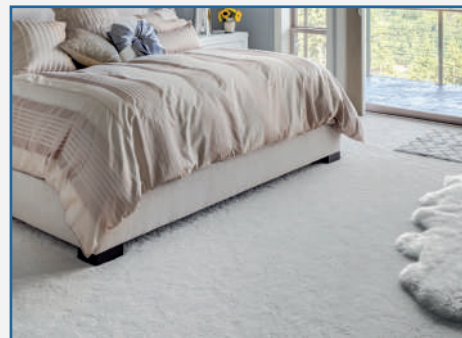
He claimed he had allowed the other man to drive his car on the night it was caught speeding, and that a passenger in the car could back up his account.

But the passenger said Law was driving and there was no-one else in the car at the time.

The 34-year-old of Danbury Road, Loughton, was summonsed to appear at Basildon Magistrates' Court in April last year to face a charge of perverting the course of justice.

He denied the charge and stood trial at Basildon Crown Court on May 28. He was convicted by a jury on June 3 and sentencing was adjourned to July 1.

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LOCAL NEWS

Dramatic society hold launch party for upcoming shows

Loughton Amateur Dramatic Society (LADS) held a launch party for the four plays they will be producing in 2019/20 and invited potential new members to find out about LADS and be part of the shows.

The well-attended, successful event took place in the bar at Lopping Hall, Loughton on May 31.

All attendees were treated to a drink and joined existing LADS' members to hear about how to get involved and the type of roles that they could take on in the society - on-stage, off-stage, back-stage, front-of-house, marketing, bar work, ticketing, set

designing, set building, prop and costume making.

There was a tour of the Lopping Hall stage and backstage areas and a description of the four productions planned for the season.

Pressure launches the season in October and explores the little known meteorological back story to the D-Day landings.

There will also be *Colder* than Here, a deeply moving family drama, an adaptation of Charles Dickens' historical novel *A Tale of Two Cities* and a theatrical comedy, *The Actress*.

Loughton Horticultural Show coming up soon

The Loughton Horticultural Show is coming up soon and allotmenters, keen gardeners, children and novices are being urged to enter the Town Mayor's Best Allotment Awards.

The event, at Murray Hall in Borders Lane, Loughton, will take place on September 7 and is free to visit.

Classes include vegetables, fruit, cut flowers and flower arrangements, jams, preserves, chutneys, and cakes. Children's classes include baking, decorating biscuits, creating "a scarecrow suitable for a window box" and the funniest shaped fruit or vegetables.

Entries are welcome from anyone who lives, works or goes to school or college in Loughton; allotment holders, keen gardeners, children and novices are all welcome to compete.

Forms are available to download at www.visiteppingforest.org/explore/loughton-horticultural-show-p1612671 or may be collected from the town council office or by calling 020 8508 4200.

Entries must be submitted by 12pm on September 6.

All proceeds, and exhibits not collected, will be donated to Epping Forest Foodbank.



Man helped by charity encourages people to volunteer

Children's charity Barnardo's is looking for people to volunteer at its store in Loughton.

The plea comes following last month's National Volunteering Week.

Volunteer Mark Gill, who went to Barnardo's on April 30, 1953 when he was six months old, is supporting the campaign.

He said: "In 1996 I began working for Barnardo's first of all in the marketing and communications department, and eventually finance where I stayed for around 17 years until I retired in March 2018.

"In total I worked for Barnardo's for 21 years and the charity has had a huge impact on my life."

After retiring, Mark decided he still wanted to play an active role in supporting the charity, so he decided to volunteer at a charity shop in Wanstead.

He explained: "I still wanted to keep my foot in the

door, so I now help out at the Wanstead shop on Mondays and Tuesdays as well as at events for the community fundraising team.

"For people considering volunteering with Barnardo's I would say definitely give it a go. You've got nothing to lose and the children supported by the charity have everything to gain by your generosity."

Volunteers can choose from a variety of roles - from helping by recycling, sorting and pricing the donations and steaming the clothes, or to helping on the shop floor by arranging window displays, styling mannequins or serving customers at the till.

To find out more about volunteering with Barnardo's, please pop into your local Barnardo's store or visit the website at www.barnardos.org.uk/volunteering

Or, email volunteeringEnquiries@barnardos.org.uk or call 0208 498 7320.



Prestigious award for author

An author from Loughton is celebrating after he won a prestigious national award recently.

Martyn Routledge, from the town, and Elspeth Wills were celebrating after being named the winners of the Telegraph's Best Illustrated Book award for their book *The Beautiful Badge*.

The Beautiful Badge is the first book to explore the history of football club badges.

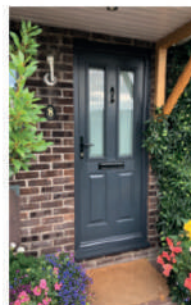
After receiving their award at a star-studded ceremony held at Lord's, Martyn and Elspeth Tweeted: "Absolutely delighted and honoured that *The Beautiful Badge* was a winner (Illustrated Book of the Year) at the Telegraph Sports Book Awards 2019, alongside some absolute sporting legends. Thanks to Pitch Publishing for believing in the idea, and taking a risk."



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Lights, camera action as police drama filming takes place

TV stars descended on Loughton at the start of June as a popular Sky police drama shot some scenes for their upcoming series.

Sky One's new series of *Bulletproof* is expected to be aired later this year and viewers may notice some of the locations after Loughton Brook was used to shoot between Monday, June 3 and Tuesday, June 4.

Starring actors Noel Clarke and Ashley Walters, the series follows the National Crime Agency detectives uncover the most dangerous crimes across the city.

Clarke said: "This is a culturally significant and groundbreaking show, and we appreciate the record views and support along the way.

"We made this show for people we feel are underrepresented so they could be entertained, which

they were, and they came out in droves to watch. Thank you to all who tuned in and see you for series two."

Several signs were posted across Epping Forest stating that the filming would be taking place.

It read: "Our filming involves gunfire, our characters running through the forest.

"Please do not be alarmed by any shot/bangs you hear as a result of our filming.

"Epping Forest and Essex Police are aware of and assisting with filming.

"Thank you for your kind operation and we apologise for any inconvenience caused."

The second series of *Bulletproof* was greenlit just days after the six-part cop thriller concluded.

Pensioner caught with indecent images of children

A pensioner from Loughton will appear at crown court after pleading guilty to possessing more than 2,000 indecent images of children.

Jeffrey Cox, 76, from Stonards Hill was caught with images of children as young as three years old.

He admitted making indecent images of children at Chelmsford Magistrates Court and said he was "glad he was caught".

Included in more than 2,000 images were those of the most serious kind with images of toddlers through to 13 year olds found on Cox's computer.

He had been arrested in 2004 for possessing indecent images of children.

John Opaluwa, defending, told the court how Cox pleaded guilty at the earliest opportunity and that he was taking steps to control his interest in children.



LOCAL NEWS





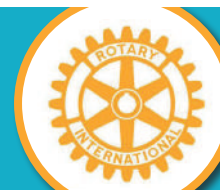
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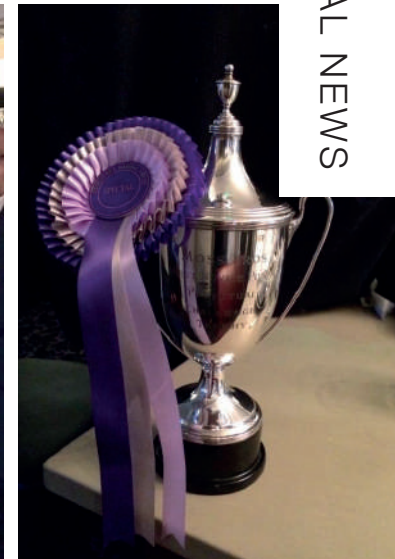
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News from
THE ROTARY CLUB
of Loughton, Buckhurst Hill & Chigwell



LOCAL NEWS



Loughton, Buckhurst Hill and Chigwell Rotary Club was awarded a trophy by Chigwell Riding Trust (CRT) recently.

Deborah Hall, manager, said: "Every year as manager I have the pleasure of presenting the Manager's Cup to someone or some organisation that has gone that extra mile to support Chigwell Riding Trust or me.

"I had no doubt this year in awarding the trophy to

Loughton, Buckhurst Hill and Chigwell Rotary Club. The club has been unbelievably supportive not just this year but in years gone by.

"The fellow Rotarians support over the years has been phenomenal, making such a difference to CRT and to our riders too."

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

14 officers assaulted in one weekend

Essex Police is taking action after 14 officers were assaulted over the course of one weekend during four separate incidents.

During June 13 to 15, officers reported being bitten and spat at whilst attending incidents.

Deputy chief constable Pippa Mills said: "Every day our officers put themselves in harm's way to protect our communities and do so with courage and professionalism.

"In the south of the county alone this weekend 14

colleagues reported being assaulted at incidents – this is not acceptable.

"It is testament to their dedication that they all remained on duty to continue helping to protect the public during a busy weekend and they are being supported by their managers.

"I am incredibly proud of them and all our officers who at times put their safety at risk to keep Essex safe. As the charges that have resulted against suspects this weekend demonstrate, we will act swiftly."



Students develop their international understanding

Pupils across all year groups at a school in Loughton participated in a Magic Moments Morning recently, which focused on an international theme.

Children in older classes at Hereward Primary School worked with younger pupils to focus on completing fun activities related to different countries and cultures.

Headteacher Matt Woolard said: "The morning is one of our highlights of the summer term.

"The staff and pupils really enjoyed working together to gain a greater understanding of the special nature of different countries. It was an exciting and busy morning."

Familiar face appeared on ITV2's Love Island

Loughton residents may be familiar with one of the newer editions to ITV2's *Love Island*.

26-year-old Elma Pazar joined the 2019 *Love Island* cast on June 12 with a dramatic entrance alongside Irish model, Maura Higgins.

The eyelash technician based in Loughton spoke briefly about her clients in her pre-*Love Island* interview claiming she had worked with "some of the girls from *TOWIE*".

Speaking to ITV, she described herself as an "all-rounder" who will be "an easy person to get on with in the villa."

Elma was axed from the show after losing to Anton Danyluk in a viewer's vote on June 18, but not before viewers got to see Elma stand up to the Irish model in a heated chat after Maura accused the 26-year-old of "breaking girl code."

Elma's departure left UK viewers bitterly disappointed and resulted in 'Elma' trending on Twitter with over 33,000 tweets about the Essex girl's shock exit. *Love Island* airs nightly at 9pm on ITV2.



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LOCAL NEWS

Students hold art and photography exhibition

G CSE art and photography students at a school in Loughton showcased their work recently.

The students held an art and photography exhibition where they presented their creations.

Head of Art at Debden Park High School said: "The exhibition was a celebration of the students' hard work and resilience."

"Once again their talents blew me away and I am extremely proud of their commitment and stunning work."

Photo credit: Everything Local News

Successful turnout for Essex FestiFit

An event in Chigwell that took place on Saturday, June 8 had a huge turnout.

FestiFit UK was a fun-filled festival that gave newcomers and gymgoers a chance to discover a journey into health, fitness and exercise through a range of activities and classes.

FestiFit owner, Turkan Sarica, said: "The event went very well and overall feedback was great, people are looking forward to joining up for next years event."

"We had live entertainment including singers and dancers, and we had 50 plus businesses selling and speaking about their brand and products."

"It was a strong networking event with lots of food, drink and variety of different exercises and dance groups."

With famous faces like Jack Fowler from *Love Island* 2018 attending for a meet and greet and an extremely successful turnout of just under 2,000 people, Turkan was extremely chuffed.

He said: "The weather wasn't great, but it was such a fantastic turnout, we just keep coming back bigger and stronger every year and we had so many people joining up to get involved in FestiFit UK 2020."

The event aims to importantly highlight mental health and nutrition as well as fitness and attracts people locally and from around the UK.

Plans are set to begin in October for the planning of FestiFit UK 2020, for more information visit www.festifituk.co.uk

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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,

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Not only are shop bought cleaning products expensive but many also release harmful chemicals that can cause headaches, throat and eye irritations, and even cancer. And don't even get us started on how they aggravate allergies. But what is the alternative? An unclean home? How about using a store cupboard staple instead?

Use as a multipurpose cleaner

White vinegar is ideal for cleaning sinks; simply pour onto a sponge and wipe over the whole area. It is also brilliant for removing limescale from taps. Add a few drops of lemon juice if you are not keen on the smell.

Get streak-free glass

No need for a separate window cleaner, just spray some white vinegar onto any mirrors, windows or shower screens and wipe with a lint-free cloth or even more frugally, with an old piece of scrunched up newspaper.

Soften stiff towels

After a few too many washes, your once soft towels can become stiff from overexposure to detergents; counteract this by using white vinegar instead of fabric softener next time you wash them.

Combat lacklustre looking leather

Mix equal parts white vinegar and boiled linseed oil in a spray bottle, shake and spray evenly. Spread over the total surface area with a soft cloth, leave for five minutes and wipe over with a clean one.

Vanish ballpoint pens marks

Remove ballpoint pen from walls or desks with a quick dab of undiluted white vinegar.

Clean your window blinds

Simply don a pair of white cotton gloves, dip your fingers in white vinegar mixed with equal parts hot water and then slide your fingers along each blind, removing any stubborn grime as you go.

Do not use white vinegar to clean

- Frosted glass
- Limestone, natural stone or marble worktops



HOME & DIY

Relax with colour



REASONS WHY NAVY BLUE HAS BEEN REVEALED AS THE WORLD'S MOST RELAXING COLOUR

It's an announcement that will have come as no surprise to any of our planet's ocean-dwelling creatures, many of whom bob about in a perfect, perennial paradise of water and waves. But while it was recently voted the world's most relaxing colour, does this blissful emblazoning of blue actually serve a purpose to a front room in Watford?

The answer appears to be yes... that is, if you listen to the experts at the University of Sussex. They teamed up with papermakers GF Smith to survey 26,000 people, each being quizzed on their emotional response to a variety of different colours and shades.

It was found that when surrounded by shades of dark blue, heart rates fell, stress levels dropped and positive, relaxed emotions were allowed to come to the surface. In contrast, colours such as red brought about tension, passion and anger; white offered

notions of cleanliness and the need to maintain clear space; while respondents subjected to black were more likely to bring on feelings of fear or depression.

Elsewhere, green is supposed to evoke the future, while orange and purple stand for luxury.

"Colour has always had an intrinsic relationship with our culture and is woven into our consciousness," John Haslam, GF Smith's joint managing director said.

"The story of colour maps a particular history through our cultural development – telling a much larger story about the way we perceive, value and cherish colour.

"The study underlined that colour is as much about substance as it is about beauty. The fascinating results and their relevance all add up to inspiring the world to think differently about the role and value of colour in our lives."



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For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

- > A Standard application form
- > A Location Plan (which shows the site area) and a Site Plan (which shows the proposed development in detail)
- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.





PUZZLES & TRIVIA

PUZZLES

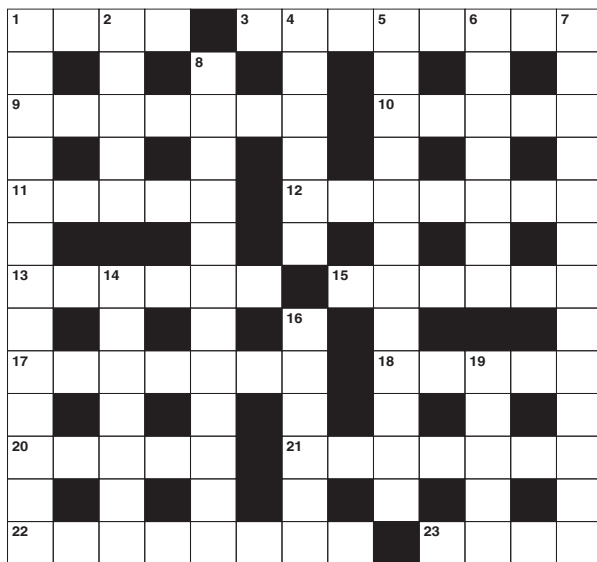
Answers can be found on the Contents Page 4

ACROSS

1. Large-headed food fish (4)
3. Appetising drink (8)
9. Open-minded; given freely (7)
10. Weatherproof coat (5)
11. Relating to a city (5)
12. Organ of digestion (7)
13. Make worse (6)
15. Star like object that often emits radio waves (6)
17. With reference to (7)
18. Hackneyed (5)
20. Accustom to something (5)
21. Ice hockey offence (7)
22. Peer (8)
23. Small flake of soot (4)

DOWN

1. Fingert of the imagination (13)
2. Meat and vegetables on a skewer (5)
4. Burnish (6)
5. Duplication (12)
6. Statements of intent to harm (7)
7. Boxing class division (13)

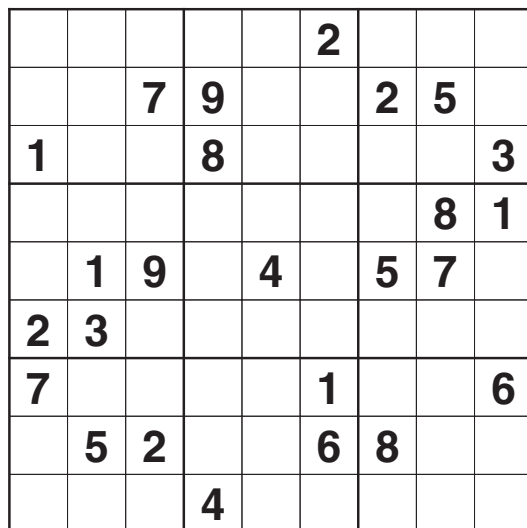


8. Principal face of a building (12)
14. Agitate (7)
16. Respiratory condition (6)
19. Form of expression (5)

DID YOU KNOW?

- Most bears have 42 teeth, including four long canines
- An ostrich eye is bigger than its brain
- Lobster blood is colourless, but turns blue when it is exposed to oxygen
- The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- Due to its composition, camel milk doesn't curdle naturally
- Frogs can't swallow with their eyes open
- Dragonflies have six legs, but can't walk due to the weight of their body

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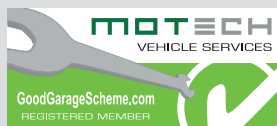


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That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front of us? The rule with streaks is simple – your blade is deficient and needs replacing.

Skipping along: A wiper blade that skips probably hasn't been used for a while may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

Smear test: Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

Squeaking needs tweaking: Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.



Wiper

blade = wipe:

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

Streaker alert: How many times do we put up

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ASHES *to* ASHES



SPORT

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Don't be deceived by the tradition, the pomp and the ceremony – the Ashes is as brutal, embittered and bulldozing a contest as any other, with a tradition that dates back to 1883.

As if regaining the Ashes weren't incentive enough in itself, England have an added carrot, namely that they can equal Australia's 33 victories, with a further five series ending as draws.

Edgbaston will be the venue for the first Test, beginning on August 1 and Trevor Bayliss' men will hope the Birmingham ground offers up some lucky omens. Not only did it host England's 1000th test match in 2018, when they beat India, it also provided the Three Lions with one of their memorable victories over the old enemy - that incredible two-run win during the historic 2005 series, the smallest ever margin of victory in an Ashes test. It gave England the impetus to go on and clinch a 2-1 series victory. They've won every home series since.

The four subsequent tests will be at Lord's, Headingley, Old Trafford and The Oval, with England starting as favourites.

Both squads are strong in the bowling department; it's in the batting order where the two countries need to overcome selection issues. For the Aussies, David Warner and Steve Smith have returned from their suspensions, and just as well, with many believing they are the only two holding the run-scoring operation together. Usman Khawaja, Marcus Harris, Joe Burns and Travis Head would disagree.

As for England, Joe Root, Jos Buttler, Ben Stokes and Jonny Bairstow make up a formidable middle order, but Keaton Jennings and Joe Denly have far from cemented their places as openers, and speculation continues over whether Jason Roy's ODI form can be translated into Test cricket.

Be prepared for a slow lead-up to one of the longest-running sporting contests ever.

Photo credit: RexShutterstock





Premier League

BIG Kick-off

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City. Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City.

The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth. The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture.

Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

Let battle commence...



Liverpool v Norwich City 09/08/19
Liverpool v Everton 04/12/19



West Ham v Man City 10/08/19



Spurs v Aston Villa 10/08/19



Man Utd v Chelsea 10/08/19



Arsenal v Spurs 31/08/19



Man City v Man Utd 07/12/19

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WHAT'S ON

in your area

Summer Fair

St John Fisher Catholic Primary School,
Burney Drive, Loughton IG10 2DY
July 6, 12pm – 3.30pm

St John Fisher's PTA presents its Summer Fair. With just £1 entry, there will be inflatables, a grand auction, falconry, a BBQ, raffle, games, plants on sale, craft stall, sweets, face painting, performances, ice cream and a football academy.

Discover Epping Forest Day

Epping Forest, High Beach, Loughton,
IG10 4AF
July 20, 11am – 3pm



Open to all ages, the annual open day involves a selection of activities and nature walks, suitable for all members of the family. Free for all. No booking necessary. Call 0208 502 8500 for more info.

Transitions: Seen Unseen

Wesley Hall Foyer Loughton Methodist Church, 260 High Rd, Loughton IG10 1RB
July 23 – August 3, 10am – 4pm

Head down to the LifeWorks Creative Arts Centre to see the touring exhibition showcasing the stories of people and communities who have been changed by the experience of migration and travel.

How to Draw: Animals

Library, Traps Hill, Loughton IG10 1HD
August 5, 10am – 11.30am

Want to learn how to draw your favourite animal? Why not head down to Loughton Library and learn all tips and techniques. This event requires booking to avoid disappointment, call 01992 564226 for more information.

Creative Loughton Summer Exhibition

Wesley Hall Foyer Loughton Methodist Church, 260 High Rd, Loughton IG10 1RB
August 5 – 17, 10am – 4pm

The LifeWorks Creative Arts Centre is holding an exhibition celebrating the talent of local artists in and around Epping Forest.

Arts and Cars

Studio 13, Crate, Oakwood Hill, Industrial Estate, Loughton, IG10 3TZ
Last Saturday of the month, 10am – 2pm

Hosted by Dip it Gold Gallery, Arts and Cars takes place on the last Saturday of the month until August.

Computer Coaching

Library, Traps Hill, Loughton IG10 1HD
Every Monday, 10.15am – 11.45am

An introduction to computers for complete beginners is available at Loughton Library every Monday. From keyboard and mouse skills to setting up an email, web browsing and whatever is relevant to the learner. Booking is required, call 0345 6037628.

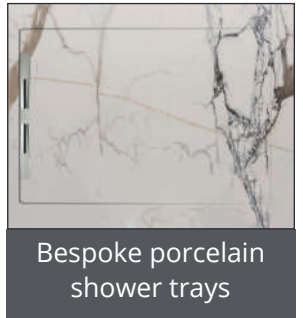
Loughton Astronomical Society

Scout Hall, Loughton Lane, Theydon Bois, CM16 7JY
Every Thursday, 8pm – 10pm

The Loughton Astronomical Society (LAS) meet every Thursday evening, with all meetings being open to the public, and welcome all levels of experience from serious to curious. For more information, visit las-astro.org.uk



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