

**HOW TO
SECURE
BUSINESS
INVESTMENTS**

HOWZAT
England Cricket win
nail-biting World Cup

POP THE PROSECCO
Recipes to help celebrate Prosecca Day

Dame
MAGGIE SMITH

The actress still in the limelight at 84



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August 2019

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. I hope you are all enjoying the summer months and the outdoors before it becomes a distant memory.

What a great time of year to visit our local high streets and see the buzz in the community with lots of exciting events taking place.

Dame Maggie Smith is our cover story this month speaking about the new *Downton Abbey* film which is due to be released later this year. We also look at England's nail-biting win at the Cricket World Cup and 100 years of women in the police force.

In business, we show you how to secure investments for your new venture and we also share some recipes for the upcoming Prosecco Day.

In local news, a dog walker is bottled by a robber, a resident has a lucky escape following a kitchen fire and Eleanor Laing MP unveils a tree sculpture.

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 August 2019 edition of **VISION**Loughton.

Brett

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Photo credit: Javier Garcia/BPI/Shutterstock

"there's a **WICKET** *at the cricket..."*

HOW ENGLAND'S INCREDIBLE DEBUT WORLD CUP TRIUMPH WILL GALVANISE OUR YOUNG CRICKETERS OF THE FUTURE

To put England's brilliant cricketing success into perspective, consider this fact – the last time we won a World Cup on home soil in a major sport was way back in 1966 when the men's football side were triumphant.

During that tournament, BBC Sport commentator David Coleman was astounded by a little genius player from Portugal, Eusebio, saying: "Oh my word, have you ever seen anything quite like that?"

Well, the watching audience may have been muttering the very same words on that balmy mid-July Sunday afternoon at Lord's, after an unbelievable climax to a match which reinforced cricket's reputation as a sport that combines docile, statistical nerdery with power-packed nerve-jangling edge-of-seat drama.

And what made this showpiece event a true celebration for the nation was the decision to make the final free-to-air on Channel 4 after a deal was struck with host broadcaster Sky. That meant that all those fans – both young and old – who may normally only have been able to listen to coverage on the radio or catch highlights later on, were able to witness the action unfold, from start to finish.

It swelled the viewing figures to 7.9million in the UK, and while in the short-term the immediate effect will be a surge in interest in the upcoming Ashes series against Australia – which starts on August 1 – the longer-term impact is certainly the more profound, with the success of the Three Lions certain to inspire more youngsters to pick up bat and ball.

The unfolding of events and the lifting of the trophy in final-ball super-over drama will also quieten those whose impression of cricket is stuck somewhere in the W.G. Grace era. Cricket, these days, is a fiercely competitive, modern, fashionable sport. While that familiar clack of leather on willow is a traditional sound that we'll always come back to, there is a drive towards technology that football is only just catching up with.

100 years of WOMEN POLICE OFFICERS

This year marks a century since women police officers were allowed to join the Met, and it's safe to say the force hasn't looked back since.

While many assume it was the capital city that led the way in changing perceptions and levelling inequality as regards the gender of police officers, by the time the Metropolitan Police were assembling their Women Police Officers (WPOs) for duty, the Grantham constabulary had been sending a woman out on the beat for four years.

Edith Smith is officially titled the first female police constable in the UK, and was given her role in August 1915. She had been part of a group called the Women Police Volunteers (WPV), who took it upon themselves to protect the large number of prostitutes who had congregated in the Lincolnshire town, attracted there by the nearby army base.

Duties involved any cases where women, or children were involved, and news of the success of her work quickly spread to London,

where the Met were keen to replicate the positive results.

Smith had to combine police work with duties as a matron nurse in a care home and eventually left the WPV through exhaustion in 1919. Five years later, aged just 44, she was dead from a morphine overdose.

Regardless, her legacy lives on nationwide, and the Met's centenary celebrations have unearthed a number of gems from the archives; notably, a photo from February 1919 showing the first female police officers assembled on Clive Steps in Westminster.

The Met decided to replicate that original image, including recreating the outfits worn by those pioneering ladies. The project took six months to complete, with researchers and modern-day designers needing to use protective gloves when handling the fragile uniforms.

Today, there are almost 8,000 policewomen in the Met, and 40,000 nationally; many still encouraged and inspired by those women who broke the mould 100 years ago.



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Yvonne Hurley Independent Funeral Celebrant



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

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THE PERFECT TEE



FASHION

Is there anything worse than taking your favourite T-shirt out of the washing machine to find that it has been completely ruined? Oh no not our beloved Hard Rock Café one. How can we stop this from ever happening again?

AVOID WASHING TEES WITH OTHER ITEMS

Keep one wash cycle purely for your delicate and much-loved T-shirts as washing them with other fabrics can cause permanent damage. Particularly avoid any items with zips or buttons that could catch onto your tees.

BEWARE THE BOBBLE

You know that dreaded bumpy effect that appears on your clothes once you have washed them too many times? Counteract this T-shirt destroyer by turning your tees inside out before washing. This will also help them retain their original colour for longer.

KNOW YOUR COLOURS

Dark coloured tees should be washed at lower temperatures as this will help them retain their colour, whereas whites benefit from higher degrees in order to stay stain free.

SHIRK THE SHRINK

If you want to avoid shrinking your favourite T-shirts then the tumble dryer should be avoided at all costs, as should drip-drying. Instead, lay your tees out on a dry towel, roll and then squeeze out any excess moisture. Leave to air dry on a flat surface.

NEVER USE HANGERS

These metal contraptions can be the death of the T-shirt; stretching the material and leaving the item out of shape. Ideally you should keep your tees neatly folded their own drawer, separate from other items.

PUT THEM ON WITH CARE

Probably the simplest rule, if you want your T-shirts to last then treat them well. Do not pull your T-shirt off by the neck but remove it by gently taking the hem and pulling the tee over your head.



A GUIDE TO SKIN *fasting*

ARE YOU READY FOR THE LATEST SKINCARE CRAZE?

Do you ever get sick of your daily skincare routine? Is the expense and the pure monotony of it all just getting too much?
If you have answered yes, then the new beauty trend 'skin fasting' might be exactly what you need.

WHAT IS 'SKIN FASTING'?

Skin fasting is when you stop using any skincare or beauty products on your face for a set amount of time; optimally for seven days. You are advised to wash your face with lukewarm water twice a day and to take in plenty of fluids.

HOW DOES IT WORK?

Although we are used to looking after our skin by using the best products money can buy, the skin is actually a very clever organ. It has the ability to look after itself and even regenerates on a monthly basis. Skin also produces its own moisturising substance called sebum, but if we overdo on skincare products, our skin can stop being able to produce this. Over-cleansing can also strip the skin of essential lipids that hold it together.

IS THERE ANY SCIENCE TO BACK THIS UP?

Japanese skincare brand Mirai Clinical, who have studied the skin's ability to regenerate each month, found that skin fasting improved the overall condition of the skin and also helped detoxify any skin impurities, leaving those who tried the trend with a clear, fresh and naturally moisturised complexion.

ARE THERE ANY DRAWBACKS?

You may experience greasy skin for the first few days as your skin adjusts to a lack of products. Shine on your T-zone is also common.

Avoid skin fasting if you suffer from severe acne or eczema as your skin may benefit from additional moisturising.

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HEALTH & FITNESS

Did you know that the average life expectancy in Japan is 84.2 years old? The highest of any country. In the UK the average for men is 79.2 and for women 82.9.

So, what can we learn from this long-living nation?

1. THE PERFECT PORTION

You will never see a Japanese person pile their plate high with food. A Japanese meal is as much about the socialising and sharing of one's day as it is about the actual eating. They eat slowly and use smaller plates so that their brain has time to recognise that they are full.

2. FANCY A CUPPA?

Japanese really love drinking tea, and Matcha tea in particular which is full of antioxidants and other nutritional valuable properties. And unlike us, they don't add milk, two sugars and half a packet of digestive biscuits.

3. NO SKIPPING BREAKFAST

We've heard this one before, but breakfast really is the most important meal of the day, at least to the Japanese it is. But no sugar laden cereal for them. Instead, they are more likely to tuck into Okayu (rice porridge), Gohan (steamed rice) and broiled fish.

4. CRASH DIETS ARE OFF THE MENU

This nation is definitely not a fan of dieting, not that they need to if their waist lines are anything to go by. Their typical diet includes plenty of rice, fish and pickled vegetables combined with plenty of exercise.

5. CLEANLINESS IS NEXT TO GODLINESS

If you think you are hygienic because you carry a hand sanitiser with you, then you are in for a shock if you visit Japan. Japanese people are obsessed with cleanliness and they are extremely disciplined with keeping themselves clean and healthy.





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HEALTH & FITNESS

Even with the best of intentions day-to-day life can get in the way of sticking to a fitness routine. The good news is that it is never too late to get back on the saddle, whatever your age. All you need is determination.

MAKE A COMMITMENT

Whether that be 10 minutes a day or an hour; make a commitment that suits your current lifestyle and stick to it. It can be less daunting to commit to a smaller daily workout than one long mammoth session weekly.

JOG YOUR MUSCLE MEMORY

Start back at the beginning. You may have previously been able to lift a very heavy weight or run a very long distance, but your body is no longer used to this level of activity or strenuousness. Set your ego aside and start small.

BE REALISTIC

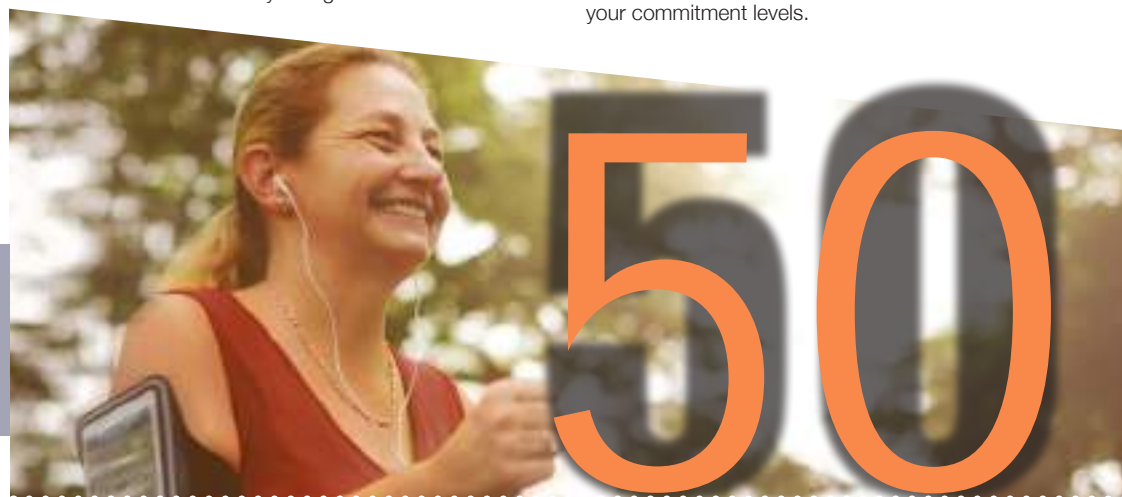
Once you hit 50, it can be a lot harder to stay fit and if you have not trained for more than three years then it is unlikely that you will be able to achieve the same level of fitness that you previously had due to muscle and mobility deterioration. That being said, that doesn't mean you can't get results.

CONSIDER AN EXERCISE BUDDY

If you struggle with motivation, working out with a friend or trainer can work wonders for keeping you on track. Try and find someone who shares the same fitness goals as yourself.

SET UP A ONE MONTH CHALLENGE

There is nothing like a challenge to kick start a new fitness routine and setting a monthly target can seem more manageable if you are worried about your commitment levels.



50

REFILL STATIONS

Food refill stations are being introduced in supermarkets in an attempt to reconfigure our approach to shopping.

In recent years, use of sustainable packaging has been cited as a huge step forward in our attempts to better protect the environment. As a nation, we are switched on to the waste contained in the use of bottles, boxes, wrapping and, of course, plastic bags. But while we've made tremendous strides in reducing everyday excesses, recent moves to eradicate one-time use packaging altogether has been met with genuine excitement.

What food refill stations offer is the dispensing of certain types of products to any sorts of reusable containers, which you can bring from home.

Termed 'zero waste stores', the perception is now moving away from these places just being the domain of lentil-loving hippies. Instead, they are thriving dispensaries for a huge variety of foods, from lentils to dried fruit, pasta to homewares, tea and coffee.

While the presentation of these stores is usually rustic, raw and brilliant on the eye, there is a

cost benefit too – namely that without excess packaging, the cost price of goods is kept to its bare minimum, and they are savings that can be passed on to the consumer.

What's more, where previously the refill station concept was that of the independent, organic, back-to-basics store, major supermarket brands are now taking notice.

In a sense, the move towards refill stations is merely an example of consumers driving change by their actions. In our homes, we are dedicated, resourceful and smart when it comes to recycling, but food and goods producers have been slow to respond despite there being a clear desire for simpler, stripped back, more efficient packaging.

Refill stations are very much the 'ground zero' of buying goods, and there is of course an echo here back to the way we'd fill our cupboards and larders some 100 years ago; but in the current climate, perhaps the saying 'backwards to move forwards' is a perfect mantra to have.

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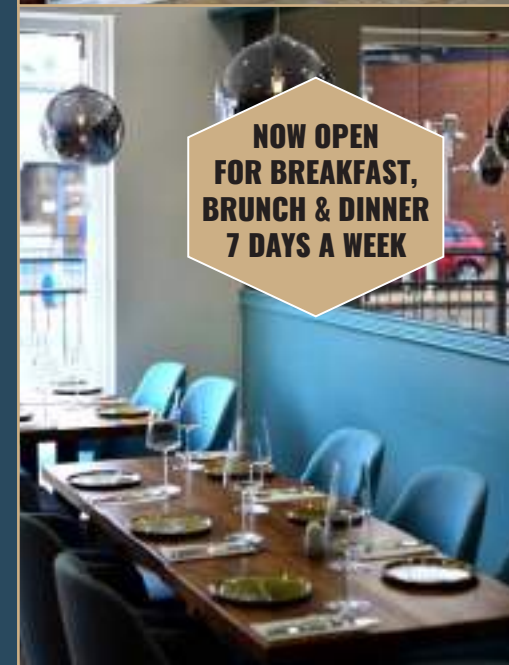
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Pop the PROSECCO

Prosecco lovers rejoice for National Prosecco Day takes place this month on August 13. Yes, it falls on a Tuesday which isn't ideal, but that doesn't mean you can't celebrate this fabulous fizz with a few sensational seasonal cocktails.

PEARSECCO

YOU WILL NEED: 1 tbsp caster sugar 🍏 Pear juice
½ tsp ground cinnamon 🍏 1 tsp ginger syrup 🍏 Prosecco

HOW TO MAKE:

- 🍏 Mix the sugar and cinnamon in a small dish
- 🍏 Take a prosecco flute, dip the rim in water then dip in the sugar mixture
- 🍏 Pour the ginger syrup into the bottom of the glass
- 🍏 Top with equal amounts of pear juice and prosecco

SOUR FLOWER POWER PUNCH

YOU WILL NEED: 100ml pink grapefruit juice 🍷 100ml prosecco
50ml elderflower cordial 🍷 25ml pink gin (regular gin is fine too)

HOW TO MAKE:

- 🍷 Mix together the pink grapefruit juice, gin and cordial in a glass
- 🍷 Add a few cubes of ice (you can make elderflower ice cubes)
- 🍷 Top with prosecco

STRAWBERRY SLUSH

YOU WILL NEED: 1½ cups frozen strawberries 🍷 300ml prosecco
1 tbsp honey

HOW TO MAKE:

- 🍷 Simply place all the ingredients in a blender and blitz until smooth
- 🍷 Serve in a frosted cocktail glass and garnish with a fresh strawberry

BERRY PROSECCO ICE LOLLY

YOU WILL NEED: One bottle of prosecco 🍷 Fresh strawberries and raspberries
½ lemon 🍷 1 tbsp caster sugar 🍷 Lolly moulds

HOW TO MAKE:

- 🍷 Open the prosecco and leave to stand for 1-2 hours
- 🍷 Chop the berries into small pieces
- 🍷 Mix the prosecco, sugar and juice of the lemon in a jug
- 🍷 Pour the liquid into the moulds until around two thirds full
- 🍷 Add a few pieces of fruit to each mould
- 🍷 Add the lolly handles and leave to freeze for 24 hours





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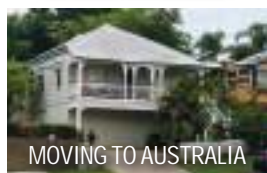
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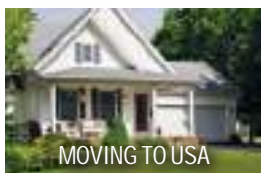
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Sleep Tight:

Weird and wonderful hotels to visit

Many of us crave the thrill of going away on holiday simply to sample the style, character and culture of a new city, town or wilderness. Yet more and more these days, hotels are becoming just as much of a draw as the places they serve.

Here are four weird and wonderful hotels ready to invite you in:

The Big Idaho Potato Hotel

You may suppose starchy bedsheets are a guarantee with this curious hotel based in Idaho. You'll be chipping in for a decent night's sleep inside this terrifically tuberous crop (in everything but its colossal size).

This voluptuous vegetable once travelled the states promoting the Idaho Potato Commission, but now has taken root back in its homeland.



Hotel de Glace

While ice hotels are nothing new, the Hotel de Glace in Quebec has shimmering, frosty elegance in abundance. In fact, the only things not made of ice or snow are your duvet and pillows. Hairdryers are strictly banned.



Jumbo Stay Hostel

If jetting away takes your fancy then head to Stockholm where you can spend the night... in a jet. This converted Boeing 747 has two suites, each offering natural night-time views over the city's Arlanda airport... just don't get too close to the controls or your experience may take off in a way you hadn't planned.



Crane Hotel

Popping out for a loaf of bread isn't an option at the Crane Hotel in Amsterdam, for the principal reason that you're 50ft up in the air. This converted piece of industrial elegance contains three suites, includes an outdoor jacuzzi and even has a bungee jump. And unlike the view from your window, the prices aren't sky high.



Photo credit: Otto Kittinger/AP Images for Idaho Potato Commission, @LucRousseau

CLEAN-UP CREW



The gadgets that clean
so you don't have to

We all remember Alesha Dixon and her constant claims that "the boy does nothing". He didn't wash up, he didn't clean up; he couldn't even be bothered to brush up. Well, Alesha, the good news is that now you don't have to either, providing your song royalties will stretch as far as picking up some of these incredible gadgets.

IROBOT BRAAVA JET 240 ROBOT MOP

If you have wooden floors then the constant challenge of picking up dust is akin to painting the Forth Bridge, yet with iRobot's natty motorised mop, this little bod will zip about the place, spraying and sparkling the floor as it goes.

LITTER ROBOT III OPEN AIR AUTOMATIC SELF CLEANING LITTER BOX

In the grand scheme of things, remembering to empty out your cat's litter tray shouldn't be one of the week's most arduous tasks, but the reality is we all lead busy lives, and if there's a robot that can separate out the, erm, 'clumps', neatly storing away your feline's little presents in a carbon-filtered drawer, then you should probably let the computerised colossus have its day in the sun, or bin.

GERMGUARDIAN 3-IN-1 AIR PURIFIER

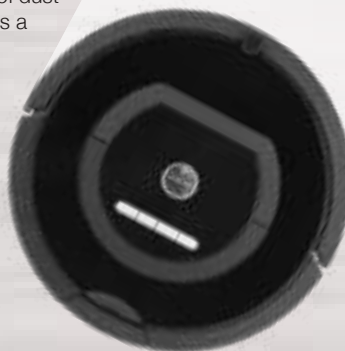
This one won't win any prizes for innovation, but in capturing 99.97 per cent of dust and allergens, as well as beaming out UV-C light to kill airborne germs, this is a cleaning genius that keeps you in tip-top condition.

ALFAWISE MAGNETIC WINDOW CLEANING ROBOT

It's convenient, it's frustrating (think 'smears') and at times it can be downright dangerous, so let this little window cleaning wizard do the hazardous stuff as, via remote control, you instruct it to get into those parts you just can't reach... or can't be bothered to reach. Same difference.

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BUSINESS & FINANCE

Your DRAGONS' DEN moment...

HOW TO GET SOMEONE TO INVEST IN YOUR BIG IDEA

ORIGINALITY

While having a new idea isn't essential – you may just want to improve on an existing product or service in the market – having an edge, or a USP (unique selling point) will certainly lead your investor to believing there is a gap to be exploited.

ENERGY

Investors love to see energy, enthusiasm and a willingness to go the extra mile. Many are investing in the person rather than specifically the idea. Subsequently, that's where organisation and ambition will succeed, while bolshiness, arrogance or ignorance will quickly see you turned away.

TRACK RECORD

While showing a track record isn't always possible – for instance, if your business is a start-up – most investors will want to see evidence that the idea works. It may be that you have to go it alone, prove your market exists, then go back in looking to scale up. If that's the case, having had an initial

conversation should guarantee you getting back through the door further along the line.

KNOW YOUR NUMBERS

It's been the downfall of so many budding young entrepreneurs – see any episode of *Dragons' Den* as evidence – but if you don't know the nuts and bolts of your own business, how can an investor be expected to put their cash forward? In addition, know the size of your market, the strength of your competitors and how conditions will evolve over the years to come. You should be able to reel these statistics and projections off in your sleep – if you can't, don't even step foot inside an investor's office.

DON'T GIVE UP

Sometimes an investor won't reach for their wallet simply because their portfolio is too big or the proposal isn't in their sphere of interest. That doesn't mean your idea is a bad one, it's just pitched to the wrong person.

? ABC

Breeze BACK TO SCHOOL

2 + 2 = 4



You have just started to settle in to the summer holidays, enjoying the flexibility that they bring and then all of a sudden, it's nearly September.

Panic sets in. As does the dread of getting the kids back into a set routine.

START A CONVERSATION

The best way to ease your child back into a school routine is to start off by talking to them about it. This is especially important if your child is starting a new school or a new year that will require them to do something new or unknown, whether that be joining a breakfast club or having someone else pick them up.

GRADUALLY START REELING IN BEDTIME

More than likely you have relaxed with your attitude to bedtime, and you may find your child is going to bed several hours later than normal. At least a week

prior to them going back to school, more if their bedtime has become really late, start sending them to bed 10-15 minutes earlier each night so that they can gradually adjust.

GET BACK INTO SET MEALTIMES

We all know that in the holidays our children seem to be hungry every five minutes, and this can result in a grazing style of eating with little or no set mealtimes. Start getting them used to structured mealtimes again as the holidays draw to an end.

ENCOURAGE INDEPENDENCE

The end of the summer is the ideal time to start a set of new routines with your child; whether that be allowing them to make their own packed lunch, clearing away after breakfast or laying their school clothes out for the next day. Not only will this encourage independence, but also make the morning routine easier for you as a parent.



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goat for it

The advantages of keeping a pet goat

A bit of land, a passion for animals and the world's cheapest lawnmower, but surely there must be more to it than just that when it comes to keeping a goat?

A key factor in nurturing these inquisitive, largely friendly animals is to consider the fact it needs to exist in what resembles its natural habitat. That means room to roam – around 200sqft per goat – plentiful natural food supplies and fresh air. If you can provide that, you're halfway there.

Consider too whether the goat you're thinking of bringing into the family likes to be in a herd, or does it seem contented being independent? The chances are it will require company, so perhaps your solitary pet has already turned into a pair.

It (or they) will require adequate shelter from the elements, as well as a constant supply of clean water. When it comes to food, you might want

to add to what's on offer in fields by supplying a mix of grains. While these aren't essential for the survival of your pet, they will add vitamins, minerals and protein into your four-legged friend's diet.

Veterinary bills are rarely cheap and you'll also need to consider hoof trimming, deworming and a few other animal care elements to preserve a happy homestead.

But in return, your animal's manure can act as a brilliant fertiliser, and if you're not afraid to extend your reach, mating will not only add new faces, but can provide you with a supply of milk up to a year after giving birth.

More than that though, goats are characterful, affectionate, unusual and a lot of fun. They require attention, patience and love, but will give back as much as you give them.




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1 GARLIC CLOVES

Not just for warding off vampires, tossing a few garlic cloves across your lawn will also scare off pesky parasites who will try to destroy the roots.

2 APPLE CIDER VINEGAR

If weeds are driving you to despair, try dousing them in apple cider vinegar. Vinegar contains acetic acid which can help prevent weeds from growing but without the chemicals that can harm the quality of your soil.

3 ASPIRIN

Use this method sporadically, but by dissolving two aspirin into a watering can of water and sprinkling over your grass, you can help your lawn fight off bacteria and also insect infestations.

4 RUSTY NAILS

Just like us, grass needs iron in order to thrive, and a few

old rusty nails are the perfect solution for any deficiency your lawn may have. Just add a few nails to a full watering can and sprinkle liberally.

5 COPPER COINS

Grass is prone to infections which can affect its health and overall appearance. A simple trick to boost your lawn's immunity is to bury a few copper coins in the ground.

6 GRASS

Next time you mow your lawn, make sure that you leave the clippings on the surface rather than throwing them away as they will act as a natural fertiliser.

7 URINE

Unfortunately for animal owners, this has to be human urine and it has to be diluted as to not kill the grass, but it is a very effective and completely free remedy. Simply mix one part urine with ten parts water and apply directly across your whole lawn.



GARDENING



GARDENING

LET'S GET *wild*

Turn your garden into a veritable paradise for birds, bees and much more besides by creating a wildflower meadow. Simple, environmentally beneficial and stunningly beautiful.

Manicured lawns and glamorous show gardens may be all the rage these days, but nothing quite compares to the raw, untamed beauty of wildflowers. Providing an unrestrained explosion of colour and character to your outside space, wildflowers are the ideal choice for someone who craves the delights of the garden, but doesn't have time to spend hours cultivating their plot.

Not only does a wild area enable you to create your own little spray of colour, it is also fast-growing, meaning that any patch of land you have can be germinated in a matter of months. That means you could be gazing out over a carpet of poppies, cornflowers, daisies, cowslips and bluebells as summer draws to a close.

As a rule, perennial flowers will flourish in uncultivated soil, whereas cornfield flowers will do

better in richer earth. You can buy ready-mixed seeds which will be tailored to certain variables such as soil containing heavy clay, boggy land by the pond's edge, or even seeds that are specifically combined to provide the maximum nourishment to bees – these include pollinators such as sunflowers, borage, evening primrose and corn marigold.

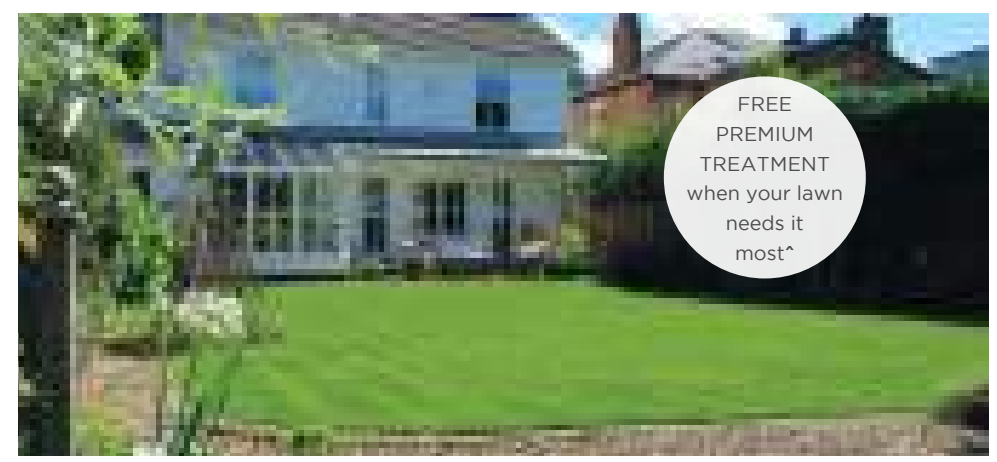
To prepare, make sure you thoroughly weed the soil before scattering your seeds – you need 1g per square metre of pure wildflower seeds and 5g per square metre of grass and wildflower meadow seeds – and ensure the earth remains consistently moist thereafter.

Once your meadow starts to bloom, you will need to spend the odd afternoon clearing away dead plants and weeds to allow new seeds to sow. You also may need to add more seeds the following year or two, but rest assured that once your wildflower meadow is established it will provide joy for years to come... to you, to passers-by, and to the humble bumble bees.



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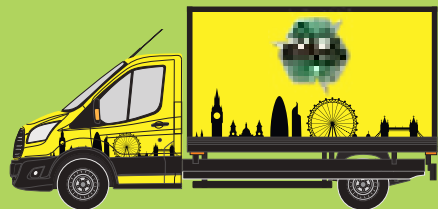
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MAGNIFICENT *Maggie*



Same Maggie Smith's place as a British drama institution is unquestionable, and her return as Violet Crawley in this year's *Downton Abbey* movie, at the ripe old age of 84, will give her box office acclaim she has perhaps never before experienced.

And yet away from the red carpets, the flashbulbs and the seemingly endless press junkets, this is someone ill at ease with the demands of fame, as **VISION** discovers.

"I really don't like to watch myself," she begins, with typical bruising honesty.

"You are helpless to do anything to stop it once it's out there, and that has always terrified me.

"In the theatre things are a little different because you can say to yourself 'I'll have another go at that tomorrow night... I'll change that, alter that...', but with cinema it is there forever.

"Sometimes you are forced to see yourself at a premiere, and you think, 'Why on earth did I do it like that?'. You would suppose that after all this time I might have got used to it, but I haven't".

Twice-married Smith's working life has a longevity that's difficult to fathom. First stepping into the spotlight in 1952 under the auspices of the Oxford University Dramatic Society, she appeared as Viola in *Twelfth Night* at the Oxford Playhouse.

Switching between theatre and film – from a first Oscar nomination in 1965 opposite Laurence Olivier in *Othello*, to an Academy Award for Best Actress for the title role in 1969 film *The Prime of Miss Jean Brodie* – her work has only ever disappointed one person... herself.

"People have said I am too hard on myself, but it just goes with the territory.

"The truth is I'm critical of everything because I care and worry too much. I'd love to be more relaxed, but after all this time I don't think I'm going to change now."

From intense drama to rich comedy, Smith has circumnavigated a cross section of work that diversifies from *Hook* and *Sister Act* in the 1990s through to the *Harry Potter* movies over the past two decades. And while many saw her place in *Downton Abbey* as being perhaps a gentle sojourn into retirement every bit as decorated as the lady herself, the popularity of Highclere Castle and all those who reside in and around it has seen her star glide higher than ever before.

"It's ridiculous - I was able to live a somewhat normal life until I started doing *Downton Abbey*," she laughs.

"I know that sounds funny, but I am serious. Before that I could go to all the places I wanted and see all of the things that I like, but now I can't, which I find incredibly awful... flattering, but awful."

Smith admits she has never watched a single episode of *Downton Abbey* – "and I don't plan on starting now" – but is thrilled something as traditional as a period drama has engaged a watching audience that might otherwise be distracted by CGI, green screens and special effects so readily used by today's studios.

"It's very easy to get carried away by the technology that's available these days, but when people can invest in the honesty and simplicity of great scriptwriting, it restores your faith in what it is we do."

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



MP unveils sculpture at Alderton Infant School

A tree sculpture in the grounds of Alderton Infant School in Loughton has been officially unveiled by Dame Eleanor Laing, MP for Epping Forest.

The Growth Mindset sculpture has been created by children, staff and families who have worked on the project for over a year.

The resulting 'sculpture tree' was recently installed at the Alderton Hall Lane school.

Headteacher Sharon Dalby said: "We are immensely proud of our school, its caring ethos, positive approach and keen focus on delivering a broad and balanced curriculum, including music and the arts.

"Together with a theatre group, a local ceramic artist, Martin Chesterman, and metal work artist, Heather Downing, the children were inspired to create a very special outdoor tree.

"Each branch represents one of the Growth Mindset values we hold dear, resilience, aspiration curiosity, independence, perseverance and engagement. These core values now underpin everything we do in school."

Dame Eleanor MP said: "I was delighted to be invited to officially unveil the Growth Mindset sculpture. It is a wonderful project and I congratulate everyone who has been involved in bringing it to fruition.

"I am sure that it will be a constant reminder to everyone at Alderton Infant School of the core values which are at the heart of everything that the school does.

"I particularly enjoyed talking to the children and answering their very incisive questions. They are clearly benefiting from a great start to their education."



Photo credit: ELC

Community garden celebrate third anniversary

A community garden in Loughton held a special event to celebrate its third anniversary recently. GROW Community Garden, in Pyrlles Lane, is a community-based project which helps to bring people together to grow organic fruit and vegetables. Loughton town mayor councillor Stella Murphy attended the event and presented certificates to volunteers and people who have supported the project. Forty volunteers, including students from Oak View School as well as service users from ECL Loughton Wellbeing Hub, were awarded certificates and a celebratory lunch was held afterwards. Heidi Chow, GROW Community Garden coordinator, said: "We've had an amazing three years. We have brought people together from across the community to transform this space which was once derelict and covered in brambles and litter into an inclusive community garden. "This past year we've had over 300 people from

the community volunteer, visit or attend our events. We have a brilliant team of volunteers who are incredibly committed and passionate about making a difference in the local community and together we have created a friendly and supportive space to grow vegetables where everyone is valued. "Our celebration was about recognising that the garden is the result of lots of different people pulling together as a community." Looking forward, Heidi is hoping to improve access to the site and increase the number of volunteers. The gardens are open on Wednesdays from 10.30am to 3pm and on Saturdays from 10am to 2pm. Heidi continued: "We welcome everyone to come along. You don't need any experience, knowledge or skills just a willingness to get stuck in." To register an interest in volunteering, contact Heidi by emailing grow@beyondourselves.life or visit the GROW Community Garden Facebook page.

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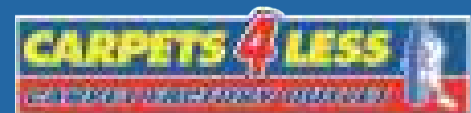
Photo credit: Essex Police

A car was stolen from a house in Loughton and police are appealing for the public's help to trace a man seen in the area who could help them with their investigation. The house in Stony Path was burgled shortly after 11am on Tuesday, May 28 and a silver Volkswagen Amarok was taken from outside. Two men were seen in the area and police have released this image of one of them. If you recognise the man, or have any information, please call DC Jo Pilcher in Loughton CID on 101 quoting reference 42/83419/19. Alternatively, contact Crimestoppers anonymously on 0800 555 111 or use the anonymous online form at Crimestoppers-uk.org

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Photo credit: Essex County Fire
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LOCAL NEWS

Firefighters battle blaze in derelict building

Firefighters were called to a blaze in a derelict building last month.

Crews were called to Broadstodd Road in Loughton at around 9.30am on July 4.

A spokesperson from Essex County Fire and Rescue Service said: "When fire crews arrived they reported that the building measured approximately 30m x 15m and had two floors.

"The whole roof was on fire. Parts of the house,

which is currently being demolished, also collapsed during the fire.

"Firefighters worked very hard in hot conditions to contain the fire and stop it spreading to neighbouring properties.

"Firefighters managed to extinguish the fire by 11:25am."

Two bonfires were found near the property, which are thought to have caused the fire.

Dog walker bottled by 'robber' in mask

A man walking his dog was bottled after being approached and attacked in an attempt to steal his two pets.

The dog walker was in the open space of Hillyfields, at the junction of Rectory Lane and Pyrles Lane, in Loughton, when he was approached at around 11.50pm on Thursday, June 27.

The victim was hit over the head with an object, believed to have been a glass bottle, after the suspect demanded that he should give him his two dogs.

The dog walker managed to kick the attacker in the ankle, causing him to run off. He was then taken to hospital with cuts to his head.

The suspect was described as being black and around 5ft 7. He was wearing a black mask and a black hooded puffer jacket.

Investigating officer PC Gary Mills, of Loughton CID, said: "We understand people, particularly dog walkers, will be concerned about this incident and we would urge them to go about their daily business while being vigilant.

"This incident happened late at night, in a dark and unlit area, and we are making extensive enquiries to locate the suspect.

"We believe this man may have been injured after the victim defended himself. If you noticed anyone acting suspiciously in the area, possibly limping, please contact us. We'd also like to hear from anyone who may have travelled in the area and has dashcam."

Anyone with information is asked to call Loughton CID on 101 quoting crime reference 42/101788/19 or Crimestoppers anonymously on 0800 555 111.



Photo credit: Accuro

Organisers celebrate successful Loughton Festival

Around £3,000 was raised for various charities following the Loughton Festival this year.

Most recently, a cheque for £1,114.14 was given to Accuro, a charity supporting children, young people and adults with a disability in West Essex, raised from two events.

Sue Taylor, Loughton Festival director, chose the charity as she believes they are almost unknown outside of the disability world.

She said: "Gemma Stevenson handed over the Loughton Festival cheque to Tiwa from Accuro.

"Thank you to everyone who attended Loughton Festival events. You buying a ticket meant we could raise this sum."

Money was also raised for Voluntary Action Epping Forest, Haven House and Epping Forest Neighbourhood Watch.

Organisers are now looking for volunteers who would like to help with the next event.

They will be required from October, when the planning cycle begins.

Sue continued: "We will need reliable people who are willing to organise events. They may have to raise money to fund events, so we start the planning cycle in October.

"It is hard work, but also a lot of fun and when you see the audience come through the door it makes all the hard work worthwhile.

"Sadly, in recent years our volunteer numbers have fallen. Only people willing to give hands on help by being actively involved in the festival management need apply."

To express an interest in volunteering, email info@loughtonfestival.org

School raises over £2k for charity

A school in Loughton raised over £2,000 for Cancer Research UK after holding a Race for Life fundraising day recently.

Children and staff at Thomas Willingale School and Nursery were encouraged to wear pink and run or walk around the school field.

Participants were sponsored by their friends and family to raise vital funds for the charity.

Teacher Sue Evans, who co-ordinated the event, said: "We have so far raised over £2,000 for Cancer Research UK, a charity very close to our hearts as a number of the school community have been affected by cancer."

The school would like to thank the Wing Shack in Loughton for donating bottles of water for the children.



Photo credit: Everything Local News



Thames Windows

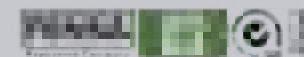
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Photo credit: Essex Police

LOCAL NEWS

Town Centre Teams

Public to benefit from more policing in town centre

Loughton has become one of the towns to benefit from a new town centre policing team.

Town Centre Teams became the beating heart of the communities on Monday, July 22.

The town has been allocated two constables to help deal with issues.

Officers in Town Centre Teams will focus on community concerns, including drug dealing and antisocial behaviour.

Under the guidance of their sergeants, they will work closely with local businesses and support groups to get to the root of ongoing issues and tensions and investigate appropriately.

Businesses experiencing issues with the night-time economy, like bars and clubs, will also be supported in

the reduction of crime and antisocial behaviour.

Police, fire and crime commissioner for Essex, Roger Hirst added: "Good local policing is at the heart of all safe, prosperous communities. These Town Centre Teams mark a significant investment and will allow Essex Police to work even more closely with residents and businesses to create the safe and secure communities we all need to prosper.

"Increasing the local, visible nature of policing, cracking down on anti-social behaviour and working with communities and businesses to prevent crime were key priorities in my 2016 Police and Crime Plan.

"This announcement is another significant step in delivering a policing service for Essex that listens and responds to the needs of the people of Essex."

Essex-based experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking

news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well rewarded.

At first, this will be a part-time/freelance position – perfect for the kind of flexibility needed in local journalism, but with a view to scaling up as our network of titles continues to increase.

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News from

THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell



LOCAL NEWS



On June 27, we had a fantastic handover evening from past president Deborah Hall to new president Nadene Stevenson. Also elected were president elect Kay Morrison, secretary Rosemary Harrison and treasurer Pam Merritt. We heard about the president's charity Roots to Wellbeing and had live music from the amazing London House Cats.

On August 15 our speaker is Kim Wyner talking about "Out of the Shadows".

And on August 26, our guest speaker is Lizi Jackson-Barrett talking about "Why alopecia changed my life."

Our next free monthly Memory Café in Loughton is August 9, for people with memory issues and their carers. It's an activity session with singing, a quiz, bingo and games with free refreshments. We hold it every second Friday of the month 10am to 12pm at The Loughton Club, 8 Station Road, Loughton, IG10 4NX.

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

School leavers perform What a Knight

Year 6 pupils at a school in Loughton showed their creative sides by performing a Camelot-themed play to end their time at school.

The children from Hereward Primary School performed in *What a Knight* to their parents and family members.

After the performance, the students were presented with leavers' certificates by headteacher Matt Woolard and deputy headteacher Renette Fourie.

Staff Yvonne Baldwin and Pauline Lane also presented trophies to some children to recognise their particularly impressive achievements.

Mr Woolard said: "This group of Year 6 children have excelled in so many ways throughout their many years with us.

"We hope they take their wonderful attitudes towards learning into their secondary schools next year. They thoroughly deserve lots of success in the future."





Photo credit: Everything Local News

School holds end-of-year rewards assemblies

Debden Park High School has held its end-of-year Rewards Assemblies for students in Years 7, 8 and 9.

The assemblies were hosted by the Year 10 Student Voice Leadership applicants.

Parents, along with staff, joined the students to celebrate their successes over the academic year with students nominated for two categories - Commitment to Learning and Outstanding Progress.

Students were rewarded with certificates along with prizes and were congratulated by the potential Year 10 Student Voice Leadership Team.

The assemblies also featured dance and music performances.

Deputy headteacher Gemma Haycock said: "These significant events in the school calendar are the perfect way to end the academic year with our students celebrating their successes and achievements."

Resident unhurt following kitchen fire

Firefighters have issued safety advice following a kitchen fire in Loughton.

The incident happened at Oakwood Hill on July 2 at around 9.25am.

When fire crews arrived, they reported that the kitchen was full of smoke and a pan on the hob was on fire.

They managed to quickly extinguish the fire and clear the smoke from the property.

Acting watch manager Bradley Reynolds, from Loughton Fire Station said: "The occupant of the house had turned the hob on and a pan which had some leftover oil in it quickly heated up and caught alight. Instead of immediately getting out of the house,

the occupant put water on the pan which caused a flash of fire which set the extractor fan alight.

"Putting water on a hot oil fire is the worst thing to do. Thankfully the occupant was not hurt, but this type of fire can cause serious injury and devastating damage to your home.

"Our advice if anyone has a fire is to get out, stay out and call the fire service.

"This incident also shows the importance of working smoke alarms. Although the property had smoke alarms fitted, they had been covered up. We would never recommend covering up smoke alarm, no matter what the reason. Smoke alarms can only help save your life if they are in full working order."



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Photo credit: ITV Pic

LOCAL NEWS

Another familiar face appeared on Love Island

Loughton residents may be familiar with yet another new edition to ITV2's *Love Island*.

23-year-old Francesca Allen entered the villa and joined the 2019 *Love Island* cast last month as a bombshell.

Francesca first set her sights on Curtis Pritchard and Ovie Soko before deciding to couple up with Curtis, until Curtis shortly decided he was interested in Irish model, Maura Higgins.

Speaking to ITV, she described herself as "fun, bubbly and very positive".

As well now being known for *Love Island*, Francesca is the owner of the clothing boutique 'Bonnie & Clyde' on High Road, Loughton.

Francesca was dumped from the villa in a double elimination with island original, Michael Griffiths. They were sent home by their fellow Islanders after receiving the fewest public votes.

Accountants offer help with tax scheme

An event is being held next month by a Loughton accountants' firm to help the public learn more about the Research and Development (R&D) tax credit regime.

The free event is being organised by Haslers Chartered Accountants and will be held at the firm's offices in Old Station Road on September 25.

The event will feature talks from the Haslers' team, as well as a free 15-minute consultation to evaluate businesses' technical eligibility following the masterclass.

Guests will also be offered the chance to book an exclusive 20-minute one-to-one slot with Haslers' tax manager Peter Cross.

The R&D masterclass has been designed to increase awareness of this tax relief system and help business owners make sense of the system.

R&D tax credits are a tax incentive intended to inspire companies to invest in R&D in return for a reduction to their tax bill or cash credits to offset their investment in innovation.

Paul Reynolds, tax partner at Haslers, said: "Some myths continue to persist about the R&D tax credit scheme and who can apply, but many businesses can use the system as long as they can demonstrate that they have made a new advancement through R&D."

"Some 40,000 claims were made last year, which opened up millions of pounds of investment for companies of all sizes and we hope this free presentation will help more businesses to benefit from this generous tax relief."

Haslers are expecting this to be a popular event and are encouraging business owners to sign up by visiting www.haslers.com/event/free-rd-masterclass

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COLOUR me content



HOME & DIY

Colours have a clever way of making you feel different emotions. That is why it is so important that you pick the right shades when decorating your home.

The Kitchen

Depending on what you want for this communal space, you can either go with warm or cool tones. Reds and oranges are ideal for those who want this room to be a hub of conversation and laughter whereas blues and whites are more suited to those wanting a clean and calm space.

The Living Room

Clearly this is a room that you want to feel warm and inviting so earth tones are ideal. Think brown, beige or orange shades that will make people feel welcome and relaxed.

The Bathroom

The most obvious requirement for a bathroom is that it looks clean and fresh so cool colours are recommended. Try painting the walls white but to avoid the space feeling sterile, inject some colour by using a turquoise shade for your accessories.

The Bedroom

This is the one room where you want to be able to feel the most relaxed but in a different way to the living room as you also want to be able to feel rejuvenated in the morning when you wake up. Go for calming lavender or pale blues.

The Dining Room

A space where you want to entertain perhaps? Or simply share your day with your loved ones. Warm tones are essential for this space as colours like red actively stimulate conversation and make people feel relaxed and ready to eat.

The Study/Home Office

Working from home can be extremely challenging as the urge to simply kick back can become overwhelming. Psychologically, green is the go-to colour for those wanting a space to concentrate in as it is known to boost productivity and creativity.



HOME & DIY

ANIMAL MAGIC

If the phrase 'animal print' evokes images of Scary Spice dancing around in leopard-patterned lycra, you may feel some reluctance in embracing the very forward-thinking trend of using this sort of art around your home. But think again, for a tease of zebra stripes or a hint of python scales can really scream 'luxury' in a sea of dull beige and grey colour schemes.

But how do you end up with a home that looks tasteful and inviting, as opposed to one used as a set in *Ace Venture: Pet Detective*?

The answer is to keep your main palette neutral, while indulging in some pretty wild flourishes of colour. In short, less is more.

Think more in terms of accessories, rather than the main event - a lion rug for example, cheetah print upholstery, or a zebra print bedspread. Another tip is to surround your animal-themed items with materials that hold the natural aesthetics. A leopard print throw teamed with pink velvet curtains is perhaps a step too far, but that same throw surrounded by wood, leather and bamboo creates a sophisticated and luxurious atmosphere.

Animal lovers wishing to embrace this trend need not fret, for no one is expecting you to head out on safari to score any rare skins. Many high-end brands do quality animal print fabric which is entirely synthetic. Though if you would like something more realistic, you can also find cow rawhide which has been printed with another animal's livery.

It goes without saying, this trend is not for the faint of heart, but for those who want to be the king or queen of the jungle, follow your animal instinct.



Photo credit: Shirley Meisels www.houzz.co



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Keep the fires Burning

UNDERSTANDING THE OLIVER BURNS WAY

The complex, sometimes convoluted language used by interior designers can often result in a reader running for the hills... which rather defeats the object.

So while design house Oliver Burns aren't bereft of overdone adjectives when it comes to offering their clients a taste of ambition and opulence, they are at least fixed in the MO of their craft – namely when you employ these most talked about interior experts, you will get an end product that echoes art, luxury, originality and detail.

The team work with a cross-section of international clients, which itself poses its own problems... after all, the tastes of an LA rap star are quite different from that of a Middle Eastern Sheikh. But in combined ethical design, expert sourcing of materials, and working within a property's shape and image in complementing interior to exterior, the agency have become renowned as one of the very best in their field.

The good news for those of us who are more television set than jet set is that the classic Oliver Burns look is more than achievable, and on a rather more modest budget. Here are five Oliver Burns ideas you might want to consider...



- 1 Mix contemporary finishes with splashes of colour – Walnut wood plus accents of yellow and turquoise offer incredible transition
- 2 Lighting should come from all around – Spread direction of light and use dimmers to create a mellow glow to your room, hiding away extreme brightness or desperate darkness
- 3 Combine textures and be brave – A polished desk will work brilliantly next to a fluffy sofa
- 4 Double stack – A small painting on a unit in front of a large wall print can create a brilliant contrast of emotions and visuals
- 5 Go against convention – A regal table in a modern kitchen can create an effect that is resplendent and rebellious



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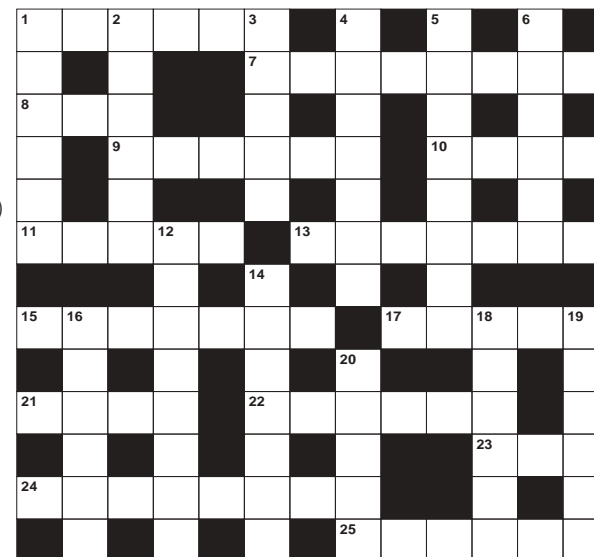
PUZZLES & TRIVIA

ACROSS

1. Mete out (6)
7. Come before in time (8)
8. ___ Thurman: actress (3)
9. Remould; allocate parts to different actors (6)
10. Flightless birds (4)
11. Harsh and serious in manner (5)
13. Angled; biased (7)
15. Terrible (7)
17. Allow in (5)
21. Link a town with another (4)
22. Country in N Europe (6)
23. ___ Thumb: folklore hero (3)
24. Highly seasoned smoked beef (8)
25. Browns bread (6)

DOWN

1. Mature people (6)
2. Deprive of food (6)
3. Pertaining to warships (5)
4. Majestic (7)
5. Showed a TV show (8)
6. Advance evidence for (6)



12. Evoke memories (8)
14. Motor-driven revolving cylinder (7)
16. Archer (6)
18. Eg. March and May (6)
19. Outdoes (6)
20. A sum owed (5)

DID YOU KNOW?

- There are more stars in the universe than there are grains of sand on all the beaches on Earth
- You would not be able to walk on Jupiter, Saturn, Uranus or Neptune as they are 'gas giants'
- Comets are bits of solar system material that date back to the formation of the Sun and the planets
- Over one million Earths could fit inside the Sun if they were squashed in, or around 960,000 if it kept its shape
- It took New Horizons, the fastest spacecraft to leave Earth, nine and a half years to reach Pluto

SUDOKU

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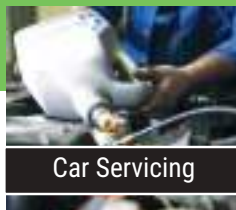


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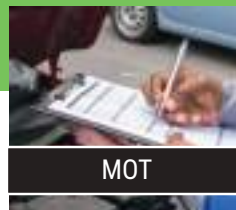
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MOTORING

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MAXIMUM CHARGE

FOR MINI COOPER

Will electric vehicles ever fully catch on? Well, one of the most iconic car brands in Britain certainly hopes so as they release their most eco motor yet.

As little as five years ago, there were no new plans for a totally electric Mini. The company had declared combustion engines were the way to go after a largely underwhelming experiment with the BMW-envisioned test car, the Mini E.

They also experimented with the plug-in electric-petrol hybrid Countryman, but the technology necessitated a reduction both in boot space and in the number of seats (the rears were gone), plus hardware needed to run the vehicles swelled the car's weight by a third of a tonne.

But plans for a totally electric Mini Cooper SE kicked off again in 2015, and the iconic British brand believe they have found the sweet spot with drastic

improvements in performance, reduced costs and better efficiencies. The weight distribution, for instance, is only a third of the previous increase, added to better acceleration and braking.

If you charge overnight – around 12 hours – on a domestic three-pin socket, that will get you 80 per cent battery, while it will only take a quarter of the time to do the same using an 11.2kW AC charger. If you can locate a 50kW DC version, it will take just 40 minutes.

Mini are taking orders now for what will surely be the most efficient run-around on the market. You'll need to hand over the best part of £30,000 for your new set of wheels, though a government grant will see you reimbursed for £3,500 of that figure. Delivery is expected in March 2020, meaning you'll be the talk – and the eco-toast – of the town by Easter next year.

SUPER SIX

AT SILVERSTONE FOR LEWIS

Double boost for British F1 fans as hero Hamilton toasts Silverstone's secured future

Lewis Hamilton's sixth British Grand Prix win was great news for home racing fans, as smart in-race management – in taking advantage of a safety car intervention – enabled him to cruise to victory on July 14, by a winning margin of almost half a minute.

Hamilton's seemingly irrepressible cruise towards another driver's championship perhaps wasn't the biggest 'win' of the Silverstone weekend, however. Instead, champagne corks were being popped following the finalisation of talks between Silverstone and F1 supremoes in the week leading up to the race – the outcome of which is a new deal for the Northamptonshire circuit, protecting until 2024 its status as one of the sport's jewels in the crown.

The news brought to an end the worries that the racetrack – which first hosted the British Grand Prix in 1950 and has been present on the F1 calendar

since – would lose its title due to rising costs.

Negotiations had gone on almost two years as Silverstone cited the running costs as unsustainable. To demonstrate this fact, 2018's crowd of 140,500 spectators on race day was a record for the track, but organisers only just broke even.

Before the new deal, fees for hosting the race were steadily rising and would have reached £25m by 2026. That forced the British Racing Driver's Club – the company which own Silverstone – to threaten to pull the plug on what is an iconic sporting event; but common sense has prevailed and the 3.7mile circuit's legacy has been preserved.

Hamilton himself had earlier vowed to fight for the future of the event and it seems that his influence was valuable. He promptly celebrated by becoming the only driver to taste victory in the race six times.

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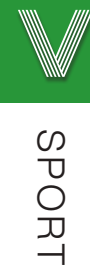
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ENGLAND'S WORLD CUP HEROES ARE READY FOR THE NEXT LEVEL

Has the game of netball ever enjoyed a greater stage? Brilliant television coverage, fantastic role models, a successful home side, and a 44 per cent increase in participation over the last year.

While it's easy to define success purely on trophies, what surely counts more is that a sport most people forgot about no sooner had they left school is now fully reborn and ready for the next chapter.

For the uninitiated, the Netball World Cup was a flurry of nimble, energetic, highly-skilled sportswomen at their peak. Not only was the movement, precision and craft little short of artistic, but we were witnessing a sport our heroes can claim almost purely as their own.

Netball is as predominantly female as maxi dresses, childbirth and Take That reunion gigs,

and while the recent women's football World Cup came with almost constant comparisons to the men's game, what we witnessed in Liverpool across July was a celebration of a sport that women alone have conquered. And our English girls almost conquered the world.

While semi-final defeat to New Zealand saw Tracey Neville's players fall agonisingly short when it appeared they might just go all the way, at least their third-place play-off win against South Africa presented them with bronze medals – just as they achieved in Australia four years ago – and hope for the future.

That they have now cemented their place in the world's top order gives the Roses something to build on, even if the next major tournament is three years away, as the Commonwealth Games come to Birmingham in 2022.

That's three years for a new coach to get her feet under the table, three years of further increases in participation, and three years to work out how to defeat those dominant Southern Hemisphere sides.

Photo credit: Paul Greenwood/BPI/Shutterstock



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WHAT'S ON

in your area

Woodland Grove Music Fest
Woodland Grove Care Home, Rectory Lane, Loughton, IG10 3RU
August 3, 12pm



Woodland Grove will be holding its first ever music festival this month.
 Come down and join us from midday for a yummy BBQ and an afternoon filled with music and fun.
 This event is to fundraise for our two employees Kiera and Eirlys' who will be running a marathon on the April 19 next year in Brighton.
 Their chosen charities are the Alzheimer's Society and Dementia UK.

How to draw animals
Loughton Library, Traps Hill, Loughton, IG10 1HD

August 5, 10am – 11.30am
 Join our artist to learn tips and techniques for drawing all kinds of animals.
 This new workshop is part of our ever-popular 'How to Draw' series, so please book ahead to avoid disappointment.
 You can email eppingforestdc.bookinglive.com or call 01992 564226.
 £10 per person. Parents are welcome to attend but need to book and take part too.
 Suitable for seven to 14 years.

Farmers Market
Centric Parade, High Road, Loughton, IG10 August 11, 9am – 3pm

Loughton Residents' Association host the August farmers market. There will be produce stalls and local organisations.
 For more details email contact@loughtonresidents.co.uk

Carers First
Loughton Library, Traps Hill, Loughton, IG10 1HD

August 20, 12.30pm – 2.30pm
 Carers First provides support to unpaid family carers of all ages who look after someone who needs help with their day-to-day life because of a long-term illness, a disability, mental health problems or substance misuse.

Woodland Grove Summer Party
Woodland Grove Care Home, Rectory Lane, Loughton, IG10 3RU

August 30
 Join us at Woodland Grove Care home for our summer party – All American Day.
 There will be a line dancing class in the morning followed by a Dolly Parton impersonator.
 Food and drinks will be available.
 Please RSVP to Woodland Grove by calling 020 8508 9220.

Loughton Horticultural Show
Murray Hall, Borders Lane, Loughton, IG10 3SA
September 7



Classes include vegetables, fruit, cut flowers and flower arrangements, jams, preserves, and 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.
 Admission to the show is free and refreshments will be available.



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