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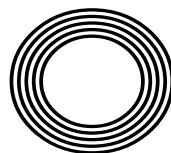
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January 2020

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# Editor's notes...



Brett Shohet, Editor

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

I would like to take this opportunity to wish all our readers a very Happy New Year.

Thank you for all your support and

feedback last year. Because

of this we have a **VISION** of us growing to even more areas in 2020, including areas out of Essex.

Personally, I will be looking to make 2020 a year to remember, with a move to a new house as we are looking to move from an apartment.

I have also been asked to be the president of a local business networking group I attend. What a privilege – it will give me an opportunity to connect even more with the people in my community and some personal development along the way.

I hope you all keep up your New Year's resolutions and make 2020 a year to remember.

In local news, burglars use a sledgehammer to break into a home, a school comes third in a national maths competition and the St Clare Hospice Santa Run raises thousands.

We welcome any of your stories for our local news pages. So if you have a story to share, please email [loughton@visionmag.co.uk](mailto:loughton@visionmag.co.uk)

I hope you all enjoy the January 2020 edition.

*Brett*



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# *Stoke the furnaces* **OF SPORTING BRILLIANCE**

## THE STORY OF BEN STOKES' CLIMB FROM ZERO TO HERO

**T**he history of sport is filled with tales where triumph has emerged out of failure, yet very few have tasted both sides in such quick succession as England cricketer Ben Stokes.

The 28-year-old was the standout winner of the BBC Sports Personality of the Year Award in December, a fitting culmination for a sportsman who had been forced to reach deep into mental and physical reserves of strength in order to drag his career back from the depths.

Just two years previously, Stokes' fracas outside a nightclub in Bristol had seen the all-rounder arrested, splashed across the front pages, removed from a lucrative New Balance sponsorship deal and facing the very real prospect of his cricket career being brought to a premature end. In the aftermath of a police prosecution that dragged on for some 11 months, the Durham-based powerhouse may eventually have been exonerated of blame, but he'd missed the England Ashes tour down under, and was facing a huge climb back into national team contention.

Perhaps it was the catastrophic way the national team performed in their 4-0 drubbing in the Southern Hemisphere that necessitated Stokes' acceleration back to the front line, but the person who returned was not only smarter and wiser, he also brought with him a calmness and humility, qualities that immediately began permeating through to his teammates.

No better was this seen than in our World Cup campaign of 2019. In the opening match he scored 89 against South Africa and claimed two wickets, as well as taking what was labelled one of the greatest catches of all time in dismissing Andile Phehlukwayo. And yet, after surprise defeats to Pakistan and Sri Lanka, with two matches remaining, England were faced with the prospect of seeing off India and New Zealand in order to guarantee a semi-final spot.

The mercurial Stokes stepped up with a 79 against India to help guide his side through to the knock-out finale, where they effortlessly brushed aside the Aussies in the semis.

And then the final. To seasoned, age-old watchers of the sport, the way Stokes constructed an imperious 84 not out, the way he batted through a 15-run super-over to lead England to World Cup

glory was breathtaking; and to a new generation switching on for the first time, his contribution will be felt going forward in the tens of thousands of kids picking up a cricket bat for the first time.

As if his efforts in the short-form version of the game weren't indelible enough, just a month after his Lord's heroics, he brought England's 2019 Ashes challenge back from the dead with a stunning 135 not out in the third test at Headingley, where his side recovered from being bowled out for 67 in their first innings to pull off an almost inconceivable run chase of 359 in the second innings to level the series.

In the past, where victories in cricket were often long-fought, hard-grafted, attritional battles, Stokes has invigorated a sport that is more modern, engaging and aspirational than ever before. More than that, he has proved to a watching world that even in a generation of computers, social media and digital lives, true heroes are made on the outdoor tracks, pitches and greens, and he is truly one of ours.



# What's the score?



## Introducing

THE NEW £20 NOTE, COMING TO A BANK NEAR YOU... SOON!

As far as physical currency goes in the UK, everyone continues to talk about the perfection of the polymer. Once just a thing of curiosity when taking a trip to Australia, the polymer note is now a key component of our money stocks, and its versatility and durability – it lasts two and a half times longer than a paper note – will again be on show when the new £20 note is launched in February.

It was back in 2016 that JMW Turner was announced as the face of the new note, and some four years on – and, more pertinently, 221 years after the painter was born – he'll be rolled out across the UK on February 20.

The featured quote, "Light is therefore colour", originates from a lecture he gave in 1818, and is a reference to his innovative use of light, shade, colour and tone.

The note has all the usual bells and whistles we associate with the note denominations, from a security window that reads "Twenty" on one side and "Pounds" on the other to a metallic image over the main window that appears grey, before switching to blue and gold on the reverse.

With other effects, such as the Queen's image showing through, a number that shows up under ultraviolet light, silver and purple foil patches and raised print on both sides, this purple-themed £20 note is surely the most decorative and high-tech yet.

Attributing the note to Turner is a fitting and somewhat belated way for us all to give something back, after the artist left a number of paintings in his will "to the nation".

While he'd certainly be proud of this little piece of art, you can pick up your very own Turner original for just 20 quid.

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## THE FUTURE OF FASHION is fluid

Gender-free fashion is set to become even more popular in 2020, with well-known high street brands such as H&M and ASOS showcasing their gender-neutral fashion collections as well as more high-end designers such as Chanel leading the way in this fashion forward movement.

### WHAT IS GENDER-FREE FASHION EXACTLY?

Gender-free fashion, in a nutshell, is clothing that can be worn by all genders: male, female, transgender and any other type of gender that a person may class themselves as.

### WHAT ARE THE BENEFITS OF GENDER-FREE FASHION?

#### > Gender-free fashion is more sustainable.

Gender-free fashion garments can be shared among the sexes, meaning an item has more chance of being reused and recycled rather than ending up in landfill.

#### > Gender-free fashion can help put an end to stereotypes.

Gender-free fashion strives to eliminate common stereotypes by creating clothes that can be worn by anyone; no more delicate fabrics that are only for girls or strong lines that are designed exclusively for men.

#### > Gender-free fashion is all inclusive.

You may have always coveted one of your boyfriend's shirts, but chances are it just doesn't fit you properly. Gender-free fashion provides both women and men with the opportunity to wear all styles regardless of their gender.

### HOW CAN I WEAR THIS STYLE OF CLOTHING?

- > Shop around online and check out gender-neutral fashion on Instagram to see what you like.
- > Start by adding just one gender-free item to your outfit.
- > Don't be afraid to experiment with different styles.
- > Women – opt for a loose-fitting boiler suit in a neutral colour or an oversized dress shirt paired with unisex trousers.
- > Men – take it slow and steady with a handbag, or be bold with a lace top or pussy-bow blouse.



FASHION

Photo credit: H&M





BEAUTY

# Skin: DEEP

THE BEST GADGETS FOR GREAT SKIN

**W**e've never cared more about our skin, nor felt our dermis, epidermis and hypodermis were quite so much in demand.

Looking after our outer shell these days really is a skin-deep exercise, and luckily there are a number of gadgets on the market that make our complexions a considerable pleasure to maintain:

## FOREO IRIS

A strange-looking contraption that's held to the eye. It vibrates gently, gradually stimulating the lymphatic system so that puffiness around the area is reduced. It also feels quite nice.



## ZIIP BEAUTY

If you're au fait with nano-currents, you'll know that these little impulses are renowned for burrowing into the skin and aiding the increase in collagen and elastin production. Collagen is the most abundant protein in our bodies, and aiding its supply will strengthen your bones and add structure to your skin.



## REVIVE LIP THERAPY

While "a moment on the lips, a lifetime on the hips" may be a rather crueller reflection of putting on weight, we should at least glory in our perfect pouts. While going down the Leslie Ash route could be deemed a step too far, the ReVive Light Therapy Lip Care tool will send a ray of infrared light onto your mouth, promoting collagen growth for thicker, fuller lips.



## DRx SPECTRALITE

FACEWARE PRO LED FACE MASK

It's got a Freddie Kruger-type look that's as off-putting as its long-winded name, but this somewhat sinister-looking face mask can do wonders to your entire visage. It fires almost 200 red and blue lights onto the skin, zapping acne-producing bacteria, reducing redness and stimulating collagen... and it does it all in three minutes, so your hammer horror look needn't be taken out in public.



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### HOW TO GET A DECENT WORKOUT WITH JUST AN EXERCISE BAND

Resistance is futile when it comes to using an exercise band – a perfect piece of kit that can shape, tone and tone any part of the body. The only thing holding you back is, well, your own resistance.

Resistance bands are cheap, portable and ready to be used straight away. What's more, the versatility of this piece of rubber means you can build strength and cardio in equal measure, because the band will perform both. And because stretching is low impact, your risk of injury stays low.

#### TIME TO EXERCISE

##### The Thruster

This is one of the simplest resistance band exercises you can do; it's great for quads, hamstrings, glutes, core, shoulders, upper back and triceps.

Stand on the band, legs shoulder width apart. Hold the two ends and lift your hands up to shoulder height. To start off, do a squat with your hands kept next to your shoulders.

Once you are standing up again, push your arms up over your head, then lower them back down to shoulder height.

##### The Chest Fly

Most of us want to improve upper body strength, and with this stretch you can do that easily.

Simply secure the band to something behind you, grab each handle and extend arms out to meet in front of the body, before lowering arms back out to the standing position.

##### The Glute Kick-back

They say the legs are at the core of real fitness, so getting your glutes in shape is a great idea.

Simply drop onto all fours, wrap the resistance band around below your left shin, or further forward by holding it in your hand. Then loop it around the ankle on your right foot. Lifting that leg off the ground, extend to full length and feel the stretch.



HEALTH & FITNESS





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# STRESSED!

*who's stressed?*

You can be forgiven for feeling a tiny bit stressed in the New Year, with Christmas only just behind you, the dreaded return to work looming, not to mention the little matter of debt that you may have accumulated over the last few months of overspending (and, let's be honest, overindulging as well).

Thankfully, there are several techniques that can help relieve this stress.

## EMBRACE THE OUTDOORS

You may be tempted to join a gym in the New Year, but getting outside in the fresh air is much more beneficial to both your physical and your mental health. Exercise lowers your body's stress hormones and boosts your serotonin levels (the happy hormone), and fresh air has the added benefit of increasing the amount of oxygen in your body, lifting your mood and energising you from within.

## SPLURGE ON SOOTHING SCENTS

Burning a candle or using essential oils is a great way to calm your mind, improve your mood and diminish any anxiety you are feeling.

Some of the most soothing scents include lavender, bergamot, sandalwood, ylang ylang, orange blossom and chamomile.

## AVOID ALL STIMULANTS

If your heart is already racing owing to stress or anxiety, the last thing you need is caffeine. Avoid, or at the very least limit, your coffee, tea and energy drink intake.

## FOCUS ON THE POSITIVE

Whatever the reason for your anxiety, it is not helpful to become fixated on the problem. Instead, try to focus on things that you are grateful for and elements of your life that bring about feelings of positivity.

## LAUGHTER REALLY IS THE BEST MEDICINE

You may not feel like laughing, but this free activity is brilliant for improving your mental well-being and for reducing stress. When you laugh, your muscles relax, plus, in the long term, it boosts your immune system.



# Good Shot

The sight of a shot glass may send minds racing back to Friday nights in Ritzzy's. However, on this occasion, the end result is health, not a hangover, with "shots" and "shots" rapidly gaining in popularity for those who want to cram as much goodness into a thirsty thimble.



## The Antioxidant

To reduce the risk of infections, diseases and cancer

### INGREDIENTS

½ cup apple cider vinegar (120ml) • ½ cup filtered water (120ml) • 1 inch piece of fresh ginger, peeled • 1 tbsp honey • ¼ tsp Ceylon Cinnamon

### PREPARATION

Combine the apple cider vinegar, water, ginger, honey and cinnamon in a blender and blitz until smooth • Divide among four shot glasses



## The Daily Wellness Wonder

To boost immunity and aid alertness

### INGREDIENTS

¾ cup filtered water (180ml) • 3 cups fresh kale (195g), chopped • ½ cup fresh parsley (15g), loosely packed • 2 large carrots, chopped • 2 cloves garlic

### PREPARATION

Combine the water, kale, parsley, carrots and garlic in a blender and blitz until smooth • Strain the mixture through a fine-mesh sieve into a liquid measuring cup. Discard the solids • Divide among four shot glasses



## The Anti-inflammatory

To limit the prospect of pain arising from inflammation and swelling

### INGREDIENTS

2 oranges, juiced • 2 lemons, juiced • 1-inch piece fresh turmeric, peeled • ½ tsp black pepper • ¼ tsp cayenne

### PREPARATION

Combine the orange juice, lemon juice, turmeric, pepper and cayenne in a blender and blend until smooth • Divide among four shot glasses





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# God's OWN COUNTRY

THE TOP FIVE TOURIST ATTRACTIONS TO VISIT IN YORKSHIRE

### NATIONAL RAILWAY MUSEUM, York

A railway buff's dream ticket, with a museum showcasing the very finest trains that have adorned the UK's spiderweb of tracks – from stunning, inconceivably powerful locomotives to miniature trains on narrow-gauge railways. This celebration of British engineering is complemented by exhibitions, galleries and outdoor play areas.

### YORK MINSTER, York

One of the world's most magnificent cathedrals, it has been drawing advocates of faith, solitude and mind-blowing architecture since the 7th century. Put another way, when the foundations were laid at Paris's Notre-Dame, York Minster had already been welcoming people in for 500 years.

In 2020 it offers multi-sensory services, exhibitions, events and open days in a celebration of contemplative contentment.

### ROYAL ARMOURIES MUSEUM, Leeds

A £42.5million purpose-built museum constructed in Leeds dock, the Royal Armouries looks at the passages and processes of war across the globe, with weaponry, artefacts, re-enactments

and tributes to those who have fought for their principles. And, as with all national museums, entry is free.

### TROPICAL BUTTERFLY HOUSE, Sheffield

Whoever thought York would become renowned for its blend of tropical animals, from lizards to tarantulas, birds to snakes? Add in otters, owls and creepy-crawlies... oh, and a few thousand butterflies, and the Tropical Butterfly House in Sheffield – which also doubles as a falconry centre – is a natural world wonder. Last year it celebrated its 25th birthday.

### THE BOTANICAL GARDENS, Sheffield

Situated very close to the city centre, Sheffield's Botanical Gardens are every bit the paradise of calm and serenity we associate with the likes of Kew or the Eden Project. The 19-acre site slopes majestically, offering wonderful views from green spaces, tree-clustered woods, bespoke gardens and spectacular Grade II-listed glass pavilions. With music, theatre, art shows and Christmas events, this is truly an all-year-round attraction for open-air enthusiasts.



TRAVEL





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# Go bonkers for Beetroot

If you have not already embraced the 'purple trend', now is the time to do so.

Incorporating more beets into your diet this January is arguably the easiest way to improve your health, both physically and mentally.

## Why try beetroots?

Beetroot is an incredibly underrated and underused vegetable; it is versatile, tasty and, when in season, which is right now, it is great value for money. Not to mention the fact that this purple root vegetable is packed full of nutrients and minerals including iron, folate, magnesium, betaine and other antioxidants that help protect your body from free radicals.

## Beets are also known for:

- Lowering blood pressure
- Preventing dementia
- Preventing constipation
- Lowering cholesterol
- Improving performance when exercising

## The history of beetroots

Beets were first cultivated by the Romans and soon became popular owing to their ability to be converted into sugar, as well being used as an aphrodisiac. Nowadays, beetroots are more associated with central and Eastern European cooking; most famously in borscht, a delicious beetroot soup.

## How can I eat beetroots?

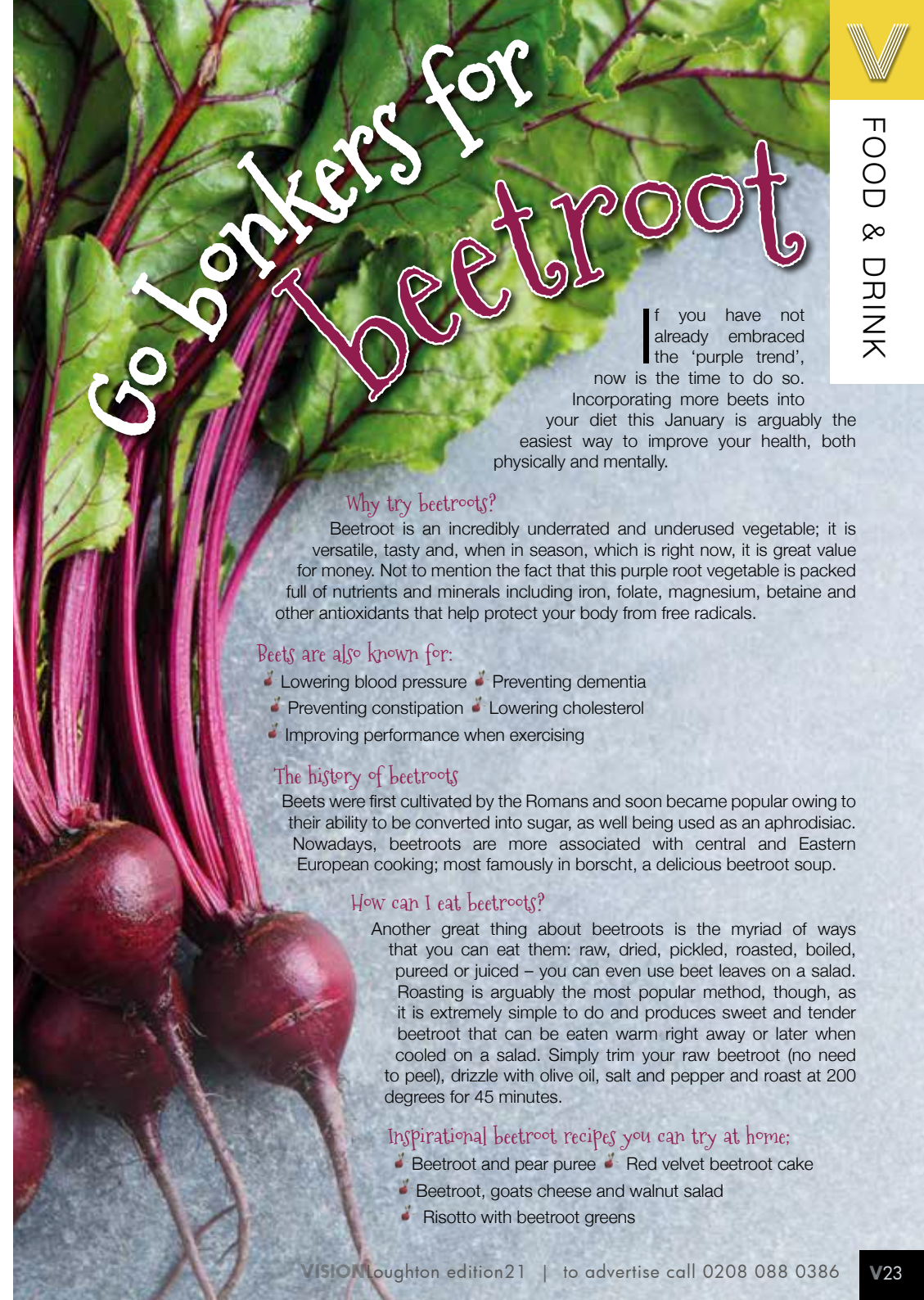
Another great thing about beetroots is the myriad of ways that you can eat them: raw, dried, pickled, roasted, boiled, pureed or juiced – you can even use beet leaves on a salad. Roasting is arguably the most popular method, though, as it is extremely simple to do and produces sweet and tender beetroot that can be eaten warm right away or later when cooled on a salad. Simply trim your raw beetroot (no need to peel), drizzle with olive oil, salt and pepper and roast at 200 degrees for 45 minutes.

## Inspirational beetroot recipes you can try at home:

- Beetroot and pear puree
- Red velvet beetroot cake
- Beetroot, goats cheese and walnut salad
- Risotto with beetroot greens



FOOD & DRINK







# Jumping for JACKFRUIT

Veganuary is upon us once again, and for the carnivores among us, the thought of going meat-free (not to mention all the other tasty animal products that we are asked to forgo) can be an unsettling thought. However, what if there were a vegan ingredient you could cook with that mimicked the meat-eating experience?



## What is jackfruit?

Jackfruit, also known as jack tree, is a relative of the fig, mulberry and breadfruit family. Originating in southwest India, this bulbous fruit is most famous for its ability to imitate pulled pork or other meat-based meals.



### Jackfruit Curry

#### YOU WILL NEED:

- 1 onion
- 1 tsp ginger
- 3 garlic cloves
- 2 tbsp curry powder
- 1 tbsp flour
- 1 cup vegetable stock
- 1 can coconut cream
- 1 can tomatoes
- 1 can jackfruit – drained and rinsed

#### HOW TO MAKE:

- Cook onion until soft
- Add ginger, garlic and other spices
- Lower heat and add flour
- Pour in stock, cream and tomatoes, cook for 3 minutes
- Add jackfruit
- Cook for 20–25 minutes
- Shred the jackfruit

### BBQ Pulled Jackfruit

#### YOU WILL NEED:

- 1 red onion
- 1 tsp cinnamon
- 1 tsp cumin
- 2 tsp smoked paprika
- 2 tsp chipotle Tabasco
- 1 tbsp apple cider vinegar
- 4 tbsp BBQ sauce
- 1 can chopped tomatoes
- 2 cans young jackfruit in salted water

#### HOW TO MAKE:

- Cook onion until soft
- Add spices
- Add Tabasco, vinegar and 3 tbsp BBQ sauce
- Add tomatoes, jackfruit and 200ml water
- Simmer for 30 minutes (lid on), stirring to break up jackfruit
- Remove lid and cook for a further 10 minutes
- Shred jackfruit and add 1 tbsp BBQ sauce



### Jackfruit (no tuna) Sandwich

#### YOU WILL NEED:

- 1 can young jackfruit in water
- ¼ cup finely chopped red onion
- 1 tsp Dijon mustard
- 4 tbsp Veganise (vegan mayo)
- Relish

#### HOW TO MAKE:

- Rinse jackfruit and pat dry
- Shred with a fork
- Mix with all other ingredients
- Season to taste

Photo credit: www.veganjournal.com



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# PROTECT *my* PHONE

## *in Case of Theft*

Thankfully, long gone are the days when losing a mobile phone potentially meant opening your contacts, data and stored information up to the prying eyes of a thief.

Decent insurance policies mean landing a new phone can be quick and inexpensive, and stolen handsets can be rendered virtually useless to a thief given that there is a range of security settings in place to block them... but only if you've taken the time to set them up:

### PIN

It's the simplest deterrent out there, and setting up a PIN or biometric authentication pass (such as fingerprint or facial recognition) is the quickest and most effective way to keep criminals at bay.

### LOCATION LOCATION LOCATION

While police do not recommend embarking on your own Bergerac-like pursuit of a stolen mobile, a remote tracking service can tell you where your phone is in the event it's simply lost or has been picked up by mistake.

### DROP AND LOCK

By logging in to another connected device, you can lock your handset and wipe data in seconds.

### FACTORY RESET... WON'T RESET

Perhaps the best deterrent of all for a thief is the disabling of the factory reset function until additional authorisation has been provided.

From all the leading mobile phone manufacturers, these security processes come as standard the first time you turn on the mobile. However, in the rush to start using a new handset, it's common for us to skip parts of the process, so every now and again it's recommended you go back through to check your security settings.

Of course, the best way to prevent possible theft of your mobile is to keep it away, out of sight and in a zipped pocket or bag whenever you're not using it.



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# new year CHALLENGES FOR SMEs

**Top 5 challenges that SMEs face this January and how to conquer them**

## **CHALLENGE 1: Retaining valuable employees**

January is the most popular month for people to change their jobs, so if you don't want to lose your best employees, you need to act now.

### **SOLUTION:**

Make sure you regularly praise your staff and recognise their efforts, whether that be with a monetary award or another incentive.

## **CHALLENGE 2: Cyberattacks**

Cyberattacks are on the rise. Last January, more than 1.7 billion documents were leaked. SMEs are not immune to these attacks, with 60 per cent of small businesses who have an online security breach going out of business within six months.

### **SOLUTION:**

Invest in a cybersecurity solution that is tailored for SMEs and be vigilant when online.

## **CHALLENGE 3: Sustainability**

Businesses are under pressure to become more sustainable. Fortunately, embracing sustainability is ultimately good for your brand and your bottom line.

### **SOLUTION:**

Up your recycling efforts, aim for zero waste production, be more energy efficient and encourage a sustainable supply chain.

## **CHALLENGE 4: Navigating employee requests**

People often evaluate their lives in the New Year and your employees may be seeking a healthier work/life balance.

### **SOLUTION:**

Offer your staff flexible working hours and, if possible, embrace remote working.

## **CHALLENGE 5: Maintaining profits**

Competition is fierce in nearly all industry sectors, and after the increase in sales in the run-up to Christmas, many SMEs struggle to maintain the same level of momentum in January.

### **SOLUTION:**

Make sure you evolve as a business to deal with consumers' changing needs. Look into technology such as chatbots to satisfy customers' demands for fast responses.



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# WHAT'S THE DEAL

*with Deborah?*



**H**ow has Deborah Meaden achieved cult status in the reality business show that has inspired a nation of entrepreneurs?

We've all seen it – the idea, the pitch, the raised eyebrows, the fluttering of notebooks, the casual panning of the camera across wads of cash, the inquisition, and finally, a handshake... or two, or more.

Since *Dragon's Den* first leapt onto our screens in January 2005, the format of the show has remained largely the same, with Deborah Meaden present in seat four since series three.

"Of course, at its heart, it's a television show, and we shouldn't look too far beyond that," says Meaden. "Yes, it would be lovely to think cash is handed over in the green room and new business partners retire to a local hostelry for a celebratory pint, but the rigours and demands of production schedules mean relationships on the day are brief and incredibly hands off, with even those successful deals.

"It is a strange concept for a few reasons,"

continues Meaden. "In real life, you would rarely shake hands on a deal just 20 minutes after first meeting someone, and the level of due diligence that is liberally cast aside during negotiations makes it a peculiar way to do business.

"However," she states, "real deals do get cut, and on occasions the format really does permit the instinct and desire to 'take a punt' over applying rational business sense, and I do feel we all need a bit of that from time to time."

Certainly, there has been nothing conventional about the 60-year-old's own path to an estimated wealth of £40million. Even today, she sleeps in until 8.30am then walks around her Somerset garden bare-footed in order to establish a feeling of being grounded.

In the past, the holiday park queen of the south-west took on all manner of jobs while working her way up, building finances and embracing the value of experience that accompanied roles as diverse as a bingo caller, pony ride supervisor and salesroom model.

"I'll never look back on any experience and say it

was a waste of time," she says.

"We build knowledge all the time, and learning on the job is by far the most valuable of all."

As for Meaden's advice for those either setting out for the first time or looking to inject renewed vigour into their business lives, she has the following five tips to consider:

**ONE: You are the boss** – the organisation will behave as you do, so be driven at all times.

**TWO: Don't be distracted** – only focus on the elements that will take your business forward.

**THREE: Adapt your plan** – be flexible and willing to change your way forward.

**FOUR: Believe the dream** – be passionate, authentic and optimistic at all times.

**FIVE: Forgive yourself** – you don't have to get everything right.

"The thing is, whether we are in a television studio at Salford Quays shooting *Dragon's Den* or sat in an office in Canary Wharf, what we're talking about is, essentially, all the same thing – business involves real people, these are life ambitions and livelihoods at stake, and there are few things more fulfilling in life than cutting a deal."





# THE WINTER warmers warbling IN YOUR GARDEN

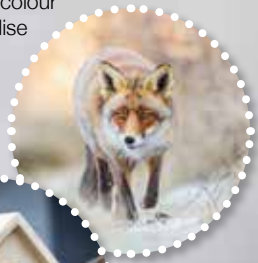
## HOW TO BEST LOOK AFTER YOUR FEATHERED FRIENDS THIS WINTER

There's nothing that connects us with nature better than seeing the splendence of birdlife active and happy in our front and back gardens. And yet, while these brilliant breeds are more than adept at dealing with the cold commotions of the winter months, a helping hand never did a house sparrow or a hawfinch any harm, right?

**SUPER SEEDS**  
You can pick them up in your local pet shop or even make your own, but a ball of seeds, perhaps bonded with high fat suet, will help guide your fluffy friends through cold times.



**GOING NUTS FOR PEANUTS**  
Crushing some peanuts and putting them in a bird feeder will provide an excellent snack.



**WATER GOOD IDEA**  
Remember, frozen water isn't drinkable and you definitely can't clean yourself in it, so keep a check on birds' ability to get hydrated and stay fresh when the temperature really drops. Simply leave water from the tap out when things are freezing outside.

**BOXED OFF**  
Put a birdhouse or nest box out nice and early so that your visitors have somewhere to bed in before the cold snap arrives. Boxes should be placed away from the sun and with a clear flying line into them to ensure their residences will be taken up.

**PROTECT AND RESPECT**  
While respecting the habitats of other garden dwellers such as cats and foxes, ensure your birds are kept well away from predators.

**SORRY FOR SOGGY FOOD**  
Keep a close check on soggy or slushy food, as birds won't be able to digest this. That means removing anything that comes into contact with rainfall or perhaps even melting snow.

If you can master these top tips for birds, your garden will be awash this winter with colour and song — a perfect paradise for winged wildlife.

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# Fire it up

Easy steps you can take to create your very own  
garden firepit

Nothing says "family and friends" quite like gathering round an open, glowing fire in the garden; yet the days of this sort of event only ever occurring in the summer, and with a sausage or two turning on a barbecue, are long gone.

Nowadays, firepits provide a practical, attractive and interesting focal point for people to socialise around, and, far from being just the domain of those long, lounging evenings of July and August, you can even fire one up in the winter months. Here's how:

## 1. LOCATION

Create a firepit in an area of your garden away from plants, overhanging bushes or trees, and where children typically won't be playing nearby.

## 2. SHAPE

Firepits are almost always circular. This gives maximum access around the edges and prevents any angled or sharp edges that people could trip over.

## 3. MATERIAL

This is where firepits get exciting – use stone blocks, concreted lumps of stone, terracotta plant borders or concrete blocks. Better still, if you're keen on upcycling, consider using an old washing machine drum on legs for a brilliant pot that looks sensational. Similarly, you could pick up the rim of a tractor wheel, or any other metal object that will hold heat.

## 4. BASE

Your base will mainly consist of a hard surface covered with gravel or sand.

## 5. GRILL

A simple grill suspended over the base gives you a platform on which you can cook food, or remove altogether for a simple fire by throwing on tinder, logs and any other flammable bits and pieces to give your firepit the fuel for winter warmth.



GARDENING





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PLANT OF THE MONTH:

# Raspberry Canes



January is one of the few months of the year where you might think there is nothing to be done or grown in your garden, but that is not the case. Raspberry canes are suitable for planting in the colder months, as long as the ground is not frozen, and will result in plump and juicy berries come the summer.

### WHAT TYPE OF RASPBERRY CANES TO BUY?

There are two types of raspberry canes available: summer-fruiting varieties and autumn-fruiting varieties. Summer-bearing raspberry canes produce just one crop in May/June, whereas autumn ones can produce one or two crops each year, often in early summer and then again in late summer/early autumn.

### HOW TO PLANT RASPBERRY CANES:

- Look for well-drained soil that also retains water well. Avoid heavy, clay soil.
- Choose a position that is partly shady to avoid full sun on the hottest days of the summer.
- Plant your canes 20 inches apart, with each row being around 5 feet apart to avoid overcrowding and for access.

- Do not plant autumn- and summer-fruiting varieties next to each other as they have different maintenance and pruning needs.
- Alternatively, you can plant your canes in a raised bed with plenty of organic matter.

### WHY GROW YOUR OWN RASPBERRIES?

Raspberries are sweet, delicious and versatile; however, they are also expensive to buy in the supermarkets. Why? Because raspberries do not continue to ripen once picked, so they are a bit of a nightmare for commercial growers. But for growing in your own garden, they are ideal.

### ARE RASPBERRIES EASY TO GROW?

The plants themselves are low maintenance, and, as long as they have the right growing conditions, will provide enough fruit for your family all summer long, making them ideal for introducing children to the joys of growing your own produce.



GARDENING



# STAR QUALITY



“  
THE LIST OF  
THINGS I’VE  
EXPERIENCED  
MAKES ME  
A BRILLIANT  
CASE STUDY  
FOR A LOT OF  
PEOPLE  
”

Jameela Jamil

**I**t’s unusual for a radio or TV star to have such a handle on the more sensitive issues relevant to the fast-paced generation we live in today, but Jameela Jamil’s evolution from model, photographer and fashion scout to someone speaking out over abortion, cancer, eating disorders and mental health is rapidly making her one of our most important ambassadors.

Ask where Jameela Jamil’s passion for tackling the tough questions in life has come from and the 33-year-old Londoner is left in no doubt. “It all started for me as a journalist and a broadcaster – it has been about a passion I have for interviewing people and asking questions,” she says.

“In the early days that was all about fashion and socialising, and looking into other people’s lives. But then, I think the older you get, the more you really want to scratch below the surface, and if you do that with other people, you need to be prepared to look inwards as well.”

Jameela believes that although the internet has helped in making private problems public, we could still be doing more to help each other. “We walk past each other in the street and really have no idea what is going on under the surface, and through my own personal experiences I have found being open is one of the best therapies available. If I can encourage other people to do that, and it has even 10 per cent of the positive benefit I have taken from sharing my issues and worries, we’ll be able to overcome even greater challenges.”

For Jameela, those challenges began in earnest quite soon after she broke through on the E4 show *Music Zone*. Discovering she was pregnant, the presenter took the decision to have an abortion. She has said since, “It was the best decision I have ever made... both for me and for the baby I didn’t want, and wasn’t ready for, emotionally, psychologically and financially.”

Since then, she has been a stolid ambassador for hypermobile Ehlers-Danlos syndrome, a genetic disorder causing loose joints, joint pain, stretchy skin and abnormal scar formation; has beaten cancer twice, and recently spoke up about eating disorders, something she encountered in her early 20s.

Jameela also revealed that she survived a suicide attempt in 2013, and has suffered from post-traumatic stress disorder.

“The list of things I’ve experienced makes me a brilliant case study for a lot of people,” she laughs. “No matter what you have, no matter what you look like, we all struggle, and we all need help from time to time.”

Indeed, as far as style and appearance goes, Jameela – who is in a relationship with musician James Blake – believes we are slowly finding ourselves capable of ignoring some of the unrealistic icons splashed across the internet.

“We all have things we want to change and we can all work towards that. We are all self-critical – I absolutely hated my height for a long time... it was a real challenge to my mental health as I felt so exposed.

“What I’ve learnt over time is you shouldn’t let any part of your shape influence you negatively, only positively. If I only wore flat shoes or trainers then I’d be running away from my height.

“Instead I want to embrace it, and everything else I need to change about myself. That’s got to be the right way to go.”



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Triathletes officially open school's "Daily Mile" track

Triathletes Reece Barclay and Lucy Charles-Barclay visited Thomas Willingale School and Nursery to officially open the school's "Daily Mile" running track.

The Daily Mile is a fully inclusive initiative which improves the physical and mental health of children. It is also a social activity where the children run, jog or walk at their own pace for 15 minutes every day, improving their focus in the classroom.

The track was installed after some years of fundraising by the school and the Parent Teacher Association (PTA).

The track will enable the children to use the field in all weathers to complete their daily mile.

The children enjoyed a Q&A session during assembly, with the play leaders, house captains, sports leaders and other sporting achievers getting the chance to

join the visitors for the ribbon-cutting ceremony.

Lucy and Reece ended their visit with some track training during break time with the KS1 and KS2 children.

Lucy is the current Amateur World Champion Ironman Triathlete and was second in three successive years at the Professional Women's Ironman Championship.

She has three challenge championship gold medals under her belt, along with many other sporting achievements.

Reece, Lucy's husband and coach, became professional 18 months ago and came fifth at the World Championships.

Reece will run next year's London Marathon after recording a time of 2hrs 33mins this year, while Lucy will be competing in Ironman South Africa next March.





# MP says results prove Essex backs Boris Johnson

Dame Eleanor Laing, MP for Epping Forest, said she believes the General Election results in Essex show the county backs prime minister Boris Johnson.

Speaking after she was re-elected MP for the constituency, which includes Loughton, Dame Eleanor MP said she was delighted.

Speaking to BBC Radio Essex, she said: "32,000 people voted Conservative in Epping Forest and the majority is bigger than ever so I am very touched

personally, but more importantly I am very confident that this shows a real support for Boris Johnson and a strong Conservative government, because that's what this country needs."

Vicky Ashworth Te Velde, Labour, was Dame Eleanor MP's nearest challenger, with 10,191 votes. Jon Whitehouse, Lib Dem, got 5,387 while Steven Neville, Green, received 1,975 votes. Thomas Hall, Young People's Party, got 181 votes while Jon Newham, Social Democratic Party, got 170 votes.

# Shock as police launch investigation



The family of a boy who was killed by a car outside his school in Loughton say they are devastated.

Harley Watson, 12, was a pupil at Debden Park High School and was involved in a collision with a car outside the school on December 2. He died from his injuries.

In a short statement, Harley's family said: "We are so devastated by what has happened. Harley was a good, kind, helpful and lovely boy. We would like to thank everyone for their kind wishes and concern. However, as a family we would like people to respect our privacy and allow us to grieve in peace."

Terence Glover, 51, of Loughton, was charged with Harley's murder and 10 counts of attempted murder. A provisional trial date has been set for June 1, 2020, and at the time of going to print, he was due back in court for a plea hearing in January.

A week after Harley's death, Debden Park High School held a minute's applause for him, at 12.08pm on December 9.

A statement on the school website read: "He was a keen football fan and therefore it seems more appropriate to remember him with applause rather than silence."

A GoFundMe page set up to help fund any funeral expenses for Harley's parents and family had raised nearly £60,000 as **VISION**Loughton went to press.

Organiser Jenni Ward commented: "If we as a community can help by taking this financial burden off them at this heartbreaking time, it's the least we can do."



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# Debden Park High School team retains debating trophy

A team from Debden Park High School in Loughton has retained the trophy for the Epping Forest Schools Parliamentary Debating Competition organised by Dame Eleanor Laing MP for Epping Forest.

Year 10 students Matthew Carter and Dannysa Ngege took on seven other schools in this year's competition, which was held at Debden Park High School.

The Debden Park team had to put their case in favour of the motion "That this House believes that mass protests about climate change are unnecessary and counterproductive as the danger to the planet has already been recognised".

The audience voted against the motion.

The pair were presented with the trophy, which the school will hold for a year, and individual trophies to keep.

Alice Fonda, teaching and learning lead for reading at Debden Park High School, said: "It is always such an honour to prepare and watch students debate at this event and I couldn't be prouder of the mature, considered and articulate way our students fought their corner.

"It's an incredibly powerful opportunity for students, and the effect on their confidence is tangible."

As title holders, the school will host the competition again next year.

# Concern as burglars break into home

Police are investigating a burglary after a masked gang used a sledgehammer to force their way into a Loughton home.

The terrifying break-in at Baldwins Hill, on December 3, was captured on camera as the gang hit the front door 24 times with a sledgehammer before eventually gaining entry. Once inside, the group stole jewellery.

The footage shows three suspected burglars. It includes one man, wearing a baseball cap and a navy top and bottoms, battering a door with a sledgehammer. Two other figures also emerge with a crowbar.

The video was shared on a social media group and several people were shocked at the blatant attack.

Susan Hill said: "It's frightening to think this can

happen round here. I hope the police find those responsible and that they get the punishment they deserve."

Alan Knappe added: "It shows that if someone wants to break into your home they probably will.

"The front door is obviously pretty tough but eventually they found a way. If only someone saw or heard this while it was happening."

A spokesman from Essex Police said: "We received information that suspects forced entry to the property before carrying out a messy search and taking jewellery boxes."

Anyone with information is asked to call Loughton on 101 quoting crime 42/191465/19 or Crimestoppers anonymously on 0800 555 111.



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## School comes third in national maths competition

Pupils at Hereward Primary School in Loughton have come third in a national maths competition.

The youngsters, in Years 2 to 6, participated in a Maths Week competition across England hosted by the software company Times Tables Rock Stars.

Lasting six days, the competition required pupils to answer as many times tables questions as possible.

Results were made available as soon as the competition ended, with Hereward Primary School the

third highest-scoring school in the competition after answering more than 850,000 questions correctly.

The school's maths coordinator, Stephanie Knezic, said: "This result is a testament to the dedication and enthusiasm of both our pupils and staff members. We could not be more proud of all participants.

"With thousands of schools taking part in the competition, this was a well-deserved and amazing result."

## Card Competition winner announced



The winner of Buckhurst Hill Parish Council's Christmas Card Competition was announced last month.

On Friday, December 6, Inaaya, a Year 6 pupil from Braeside School, was announced as the winner after being chosen from hundreds of entries from local schools.

As the winner, Inaaya was asked to open the Buckhurst Hill Christmas Fair along with the two runners-up from St John's School.

They were joined by Dame Eleanor Laing MP, parish councillor Smruti Patel and Santa to cut the ribbon and declare the Christmas Fair open to the public.

Inaaya's Christmas card, along with all the other entries, was on display on the Christmas tree at the top of Queen's Road and was sent to printers for distribution.





# St Clare's charity event raises thousands for the hospice

St Clare Hospice's charity Santa Run in Debden took place last month, marking the sixth year of the annual event.

Record numbers showed up on the day, with almost 200 local people clad in festive Santa suits "dashing through the streets" of Debden and Loughton.

With the support of participants and sponsorship for runners, this charity event raised approximately £8,000 for the West Essex and East Herts hospice – enough to fund more than three days of round-the-clock care for three patients staying in St Clare's Inpatient Unit.

Challenges and events fundraiser at St Clare, Emma

Broadbent, said: "We achieved record-breaking numbers at our 2019 Debden 5k Santa Run. We can't thank the local community enough for their support – an amazing effort from everyone who took part. And it was amazing to see so many people 'painting the town red' in their Santa suits.

"On the day, it was also really touching to see the community come together and hold a minute's silence for the recent tragic events that have happened in Debden. Two hundred of us came together to pay our respects to Harley and the family; it really felt like we all came together to support each other at this difficult time. Thank you so much to everyone."

## Police swoop after two left with injuries



A man and a boy have been arrested on suspicion of causing Agrievous bodily harm following reports of a fight in Loughton. Police were called to reports of an assault on The Broadway shortly after 5.05pm on December 11.

Two people suffered serious injuries.

A 51-year-old man of no fixed address and a 15-year-old boy from Ilford remain in custody for questioning.

Police are appealing for any witnesses to the disturbance to come forward and speak to detectives.

Please call Loughton CID on 101, quoting the crime reference number 42/1985806/19.

Alternatively, you can speak to Crimestoppers 100 per cent anonymously on 0800 555 111 or submit a report through its website.



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News from

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LOCAL NEWS



Our vital Memory Café, which will celebrate five years in April, is attracting more visitors.

It's for people with memory issues and their carers or people who would just like to socialise in an informal setting. Everyone is welcome.

There are free refreshments and activities, including a quiz, sing-a-long, bingo and puzzles.

The Memory Café is held every second Friday of

the month at The Loughton Club, 8 Station Road, Loughton, IG10 4NX. Our next event in Loughton is Friday, February 14.

We would like to wish a Happy New Year to all our volunteers, supporters and friends.

Please contact Pesh if you would like to get involved with Rotary. Email [pesh@londonresidential.co.uk](mailto:pesh@londonresidential.co.uk) or call 020 850 02527 or 07973 166940.

## Cats rescued after candles start fire

A woman has been left homeless after candles started a fire in her bedroom.

Crews were called to the house in Crossfields, Loughton, after reports of a fire on the first floor.

When firefighters arrived they were unsure whether anyone was inside the property, so while some firefighters began tackling the fire, others began searching the house.

Although firefighters found no one inside the property, they did find two cats, who were both unresponsive.

Station manager Steve Wintrip said: "The good news is that when firefighters brought the cats outside they were able to revive them, and they have made a full recovery.

"The crews worked incredibly hard in stressful conditions to stop the fire spreading and extinguished it before 10pm.

"We believe the fire was caused by a candle in the bedroom, which either set alight to nearby materials or



was knocked over by the cats.

"At this time of year, people tend to use candles more, but it is so important to ensure they are never left unattended – always extinguish them when you leave the room."

The first floor has suffered significant fire damage and the house is no longer habitable.



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HOME & DIY

## Oven cleaning hacks

If the recent festivities have left your oven looking a little grubby (to put it lightly), then these three chemical-free, and budget-friendly, home remedies are exactly what you need. Say goodbye to grease and hello to a squeaky-clean cooker.

### Easy Peasy Lemon Squeezy

Lemon is a natural bleaching agent as well as having the ability to degrease. Simply:

- Take two lemons and cut them both in half • Squeeze the juice into the baking tray and place the rest of the lemons on the tray • Fill the tray halfway up with water • Place the tray in the oven and turn on to 120 degrees • Leave for 30 minutes • Remove the tray, turn off the oven and wait for it to cool slightly • Scrub your oven and rinse



### Baking Soda Saviour

This store-cupboard staple is abrasive, plus it naturally absorbs grease, making it the ideal ingredient for cleaning your oven. Simply:

- Remove the oven racks • Make a paste with ½ cup baking soda and 3 tbsp water • Apply to the inside of your oven wearing gloves • Leave for a few hours and overnight if possible • Use a damp cloth (or spatula if needed) to wipe off the paste • Optional – spray oven with white vinegar and wipe clean again to remove any leftover grease



### Salt and Vinegar (solution, not crisps)

Common table salt can act as an abrasive, whereas white vinegar is great for removing stubborn stains. Simply:

- Turn on your oven to 65 degrees to heat • Sprinkle a thin layer of salt onto the bottom of the oven • Put on gloves and scrub the bottom with a sponge until the grease starts to lift • Spray white vinegar into the oven • Use a wet rag to remove the rest of the grease and dirt



# BACK TO BLACK

WHY DARKER SHADES FOR YOUR INTERIORS ARE GOING TO BE ALL THE RAGE IN 2020

In decades past, the use of black for interiors was strictly the domain of goths, emos, moody teenagers and nightclub owners.

But 2020 may well be about to turn all of that on its head, with dark shades set to stand up for themselves as slick, stylish and luxurious layers in the coming year.

Here's your five-step guide to using black:

## BLACK ISN'T ALWAYS BLACK

Our perception of the colour "black" is pretty ubiquitous, but for the purposes of interior design, you should experiment with an array of different shades, from medium greys right the way through to the inkiest, flattest black.

## COMPARE AND CONTRAST

The majority of colours really shine when they're used in contrast, and dark shades are no different. For a look that embraces polar opposites, try black and white; while for something slightly more considered, opt for wood shades as a way of offsetting your base colour. Light greys,

reds, yellows and light blues work equally well in providing the contrast that sets a room off.

## A WINDOW TO A NEW WAY OF THINKING

A dark grey or black room will only work if you can show it off with light, preferably natural light, so choose a room that will display your daringly dark style by splashing it with natural niceness.

## TEXTURE OVER TONE

Visual satisfaction goes well beyond the colour itself, so using a textured finish (perhaps a mottled or bevelled wallpaper, or wood panelling that offers a glorious three-dimensional take) with clever lighting can produce an array of shades, tones and shadow that's a world away from a basic black.

## COMPLEMENTING YOUR TASTE

And, of course, using an array of fabrics and fashions in terms of furniture, cushions, lampshades, carpets and rugs will add to the intensity of detail that only black can provide.



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## DIY bed canopies

HOME & DIY

Photo credit: design\*sponge, urban outfitters and www.countryliving.com

If you want to bring a touch of elegance to your bedroom while at the same time creating a cosy focal point, then look no further than a bed canopy.

Bed canopies are fairly expensive to buy, but incredibly cheap to make. If you decide to do one home DIY project in the new year, this should be it.

### CHOOSE THE CANOPY FABRIC

With canopies being available in a wide variety of materials, colours and textures, the world really is your oyster. For a luxurious vibe, opt for velvet or silk, or if you favour a more laid-back look, opt for linen or mesh.

### CHOOSE THE CANOPY HANGING ELEMENT

Arguably the easiest way to hang your canopy is with an embroidery hoop; simply unscrew the hoop, pass the fabric through it, ensure it is even and reseal the hoop. Alternatively, you can utilise copper pipes to create a larger canopy that cascades

around your whole bed.

Or, if you are wanting a more natural vibe, you could even use a simple (but sturdy) branch which can be hung from the ceiling with a few chains and basic hooks.

### INSTALL THE HOOKS & HANG THE CANOPY

As a bed canopy will be hanging above your head, it is important that all the screws are secure; drywall anchors are a good idea and will ensure that your bed canopy does not fall down. Enlist a helper when attaching the fabric to ensure it is hung evenly.

### ADD SOME CREATIVE TOUCHES

Once your bed canopy has been installed, you can personalise it with accessories to ensure that it matches the décor of the rest of your room. Fairy lights are a great idea for a child's room or even for adults who want to feel like they are sleeping under the stars. Curtain tie-backs are another popular option.





# How to BLEED A RADIATOR

*A step-by-step guide*

**B**e honest. How often (if ever) do you bleed your radiators? This household maintenance task is vital if you want to ensure your home stays warm without costing you a small fortune.

## ✓ STEP ONE:

Turn on your central heating so that all your radiators have warmed up before you begin the bleeding process; this will ensure that there is sufficient pressure in your radiators to push out any trapped air.

## ✓ STEP TWO:

Check each radiator for signs that it might need bleeding; this includes any cold spots in your radiators or clucking sounds that they are emitting. If a particular radiator takes longer to heat up than the rest, this could also be a sign that it needs bleeding.

## ✓ STEP THREE:

Turn off your heating so that you do not burn yourself or create an unwanted flood in your home.

## ✓ STEP FOUR:

Put some old towels underneath the radiators that you are planning to bleed; discoloured water may flow from your radiator and you do not want to stain your carpet.

## ✓ STEP FIVE:

Take your radiator bleed key and insert it into the bleed valve; this can be found at the top or bottom of the radiator and looks like a round hole with a square inside. Turn the valve anticlockwise; you should then hear a hissing sound as the trapped air escapes.

## ✓ STEP SIX:

You only need to turn the eye about halfway round as the valve does not need to be fully open to successfully bleed the radiator. Wait until you can no longer hear air and then turn the bleed valve clockwise to reseal.

## ✓ STEP SEVEN:

Repressurise your heating system; if the needle gauge in your boiler is on yellow, not green, you need to do this.



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# THE QUEEN VIC

*The life and times of one of our strongest monarchs*



**Y**ou may have missed it, but the middle of 2019 marked what would have been the 200th birthday of Queen Victoria.

The May 24 milestone came and went without too much commotion, probably because the five-times great-grandmother to Prince George, Princess Charlotte and Prince Louis – who now reside in the palace where she was born – died way back in 1901.

Regardless, her influence on modern London and the world beyond is nothing short of remarkable, from the underground Victoria Line and the V&A Museum, to a spectacular lineage that sees five of her direct descendants currently sitting on thrones overseas.

Victoria's name was actually Alexandrina Victoria, and she wed her first cousin, Albert, at the age of just 20. During her lifetime she had nine children. She was fiercely strict, and admitted to hating being pregnant.

Her strange habits included having all windows open, even in winter, as well as insisting on proposing to husband Albert, in a break from tradition.

She stood just 5 feet tall, and was a widow almost twice as long as her marriage lasted (Albert died in their 22<sup>nd</sup> year wedded), and during Victoria's lifetime she survived eight assassination attempts. None of those occurred on the royal train – she was lucky enough to come to the throne at a time of significant technological and industrial advancement and was the first royal to take the new mode of transport when in 1842 she travelled from Windsor to Slough.

While Queen Victoria went through life ticking off a number of “firsts”, there is one she can no longer claim as her own, and that is the amount of time spent as the longest-reigning monarch. Previously she held the record with a total reign of 63 years and seven months, but Queen Elizabeth II broke that record in 2015 and continues to add on the years.

## PUZZLES & TRIVIA

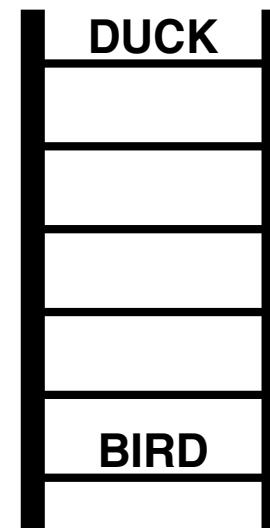
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### DID YOU KNOW?

- ▶ A male ostrich can make a roaring noise, similar to a lion's roar
- ▶ Annually, cows kill more people than sharks do
- ▶ Butterflies taste with their feet, as their taste senses are located there. They can taste by standing on food
- ▶ Wolves can go for more than a week without eating
- ▶ Under their fur, polar bears' skin is black
- ▶ A fox can use its tail to communicate with other foxes
- ▶ A typical panda eats for half the day
- ▶ Cheetahs are the only big cats that can't roar

### WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.





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KIDS

# Little WHITE LIES

Hilarious fibs parents tell their kids

Ask any parent – keeping your young ones in check is a tough task. And yet, the process is often made considerably easier with the clever use of some truth-bending.

A recent study found that a parent will tell more than 3,000 fibs throughout the process of elevating their child into adulthood, in protecting them from the truth, in not knowing an answer, or just wanting a quiet life.

Here are some classic little white lies that every parent will be able to relate to:

*"If the wind blows you'll stay like that"*  
– an effective way to stop kids pulling silly faces

*"If you don't brush your teeth they'll all fall out"*  
– perfect dental hygiene ploy

*"Your eyes will go square"*  
– the classic incentive to move away from the telly

*"Eat your greens or you won't grow up strong"*  
– a produce-themed exaggeration

*"Unless you share you'll have no friends"*

– harsh but (un)fair, and probably untrue

*"When the ice cream van plays his tune it means he's run out"*

– mean, just mean.

Add in various threats that bad behaviour may lead to kids being sent away, parents going to jail or the small matter of the world ending, and it's incredible that our nippers even make it to adulthood in one piece.

It's believed that around the age of eight, kids stop believing everything they are told... probably because so many of those naysayer naughties never came true in the first place.

And yet, when it comes to little white lies, it's not always parents trying to pull the wool over their youngsters' eyes. The best piece of advice of them all – you know, that festive one – is truly a warning that needs to be heeded, because Santa really does know if they've been bad or good...







PETS

# The ultimate WINTER SURVIVAL guide for pets

YOU MAY NOT LIKE WINTER AND THE COLD WEATHER THAT IT BRINGS, BUT FOR YOUR PET, THIS TIME OF YEAR CAN BE DEADLY

## 1. DO NOT LEAVE YOUR PETS OUTSIDE UNATTENDED

When it is particularly cold your dog should not be left outside unattended as it could quickly develop frostbite or hypothermia. The same goes for cats: if the temperature drops too much, try to keep your feline friends indoors. Rabbits and guinea pigs should be moved to the shed if the weather is particularly bad.

## 2. INVEST IN A DOGGY JUMPER

If you have a short-coated breed of dog, then consider purchasing a jumper or coat to keep it warm when out and about. It is also worth noting that if your dog keeps lifting its paws or stopping walking, it may be because the ground is proving too cold for it.

## 3. CHECK THAT YOUR CAT FLAPS DOES NOT BECOME FROZEN SHUT

If your cat is still going outside, make sure you check that the cat flap does not become frozen shut. It is also a good idea to have a litter tray inside for your cat during the colder months.

## 4. COLD PETS NEED MORE SUSTENANCE

You need to ensure that your pets are getting sufficient calories to keep themselves warm, especially if they are outside often. You should also keep them hydrated and check that your guinea pig's or rabbit's water bottle has not frozen.

### QUICK PET PROTECTION CHECKLIST:

- ❄ Wear reflective clothing (you and your dog) when walking in the dark.
- ❄ Fit your cat with a microchip.
- ❄ Check your garden for foxes/badgers.
- ❄ Keep anti-freeze products out of reach.
- ❄ Be vigilant of cats under cars.



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# Got your NUMBER

WE ARE IN THE MIDST OF AN ELECTRIC CAR REVOLUTION, BUT WILL GREEN NUMBER PLATES REALLY KEEP SALES RISING?

If you consider all the benefits of purchasing an electric car, screwing on a green number plate would probably be well down the list, except environmental boffins believe otherwise.

In a scheme that could come into effect as early as next year, a lairy green registration may be another step towards convincing people to swap petrol for electric power. That's because local authorities may allow green-plated vehicles to drive in bus lanes, or perhaps to park for free in otherwise paid-for bays.

However, in response to the plans, less than a quarter of drivers supported the idea, suggesting the real incentives to go green should come in the form of a more plentiful supply of charging points, better incentives for existing car owners and cheaper entry-level vehicles.

Some also warned that priority being given

to cars with green number plates may harbour resentment and possible road rage, particularly in busy city centres.

It was also claimed that to let green cars use bus lanes would slow traffic in those areas, thus encouraging public transport users to abandon buses and return to using their motors.

Regardless, with more than 25,000 electric vehicles registered in the UK last year, our adoption of green travel initiatives is clearly on the rise. It's a positive response for the government, who continue their pledge to hit their 2050 target of net zero emissions.

For that to happen, a few more of us will have to adopt electric cars, and with consumers receiving £3,500 towards the cost of a new vehicle, many more are considering leaving petrol and diesel vehicles in the slow lane.



## Everything you wanted to know about leasing but were afraid to ask!

Leasing a new car used to be something that businesses did, and if an individual wanted a new car it would mean going to a main dealer. Times have changed along with buying habits, it is not unusual for people to shop for vehicles online without actually test driving the vehicle or speaking with a salesperson.

At Planet Leasing in Loughton, we adopt a unique approach. Internet pricing but with the ability to come into our office and actually talk with someone who knows what they are doing!

Acquiring your next vehicle through a brokerage has many advantages, we are not owned by any manufacturer which means you can talk to us about any make and model of brand new car, truck or van. We utilise fleet terms which, coupled with our panel of specialist lenders, enable us to provide the very best pricing.

For businesses, we can advise not only on the most appropriate vehicle for your needs but working alongside your accountant, if required, we can recommend the correct type of funding. For example, if you want to be able to claim your full annual investment allowance a lease purchase would be the correct finance type. If you have a limited company and you are considering a car for yourself, we can advise you on the tax costs to help you decide on whether to finance a car through a business or not and whether an alternative fuel vehicle is the right choice. For your commercial vehicle requirements, we can supply and finance anything up to 3.5 tonnes and we can also arrange for specific bespoke modifications such as racking, water tanks, drop-sides, etc... to be added as required.

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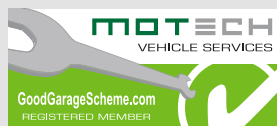


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**TOKYO 2020**  
**THE NEW SPORTS**



SPORT

# 1. SKATEBOARDING

In the first of a new series, we look at five sports preparing to debut at the Tokyo Olympics in 2020

Considering that, over the course of the last 120 years, the Olympics have embraced such bizarre sports as tug of war, rope climbing and pistol duelling, it seems somewhat perverse that it's taken until the year 2020 for organisers to have put in an order for some halfpipes and knee pads.

Better late than never, skateboarding debuts in Tokyo in 2020, with a watching world keen to see what the quirky pursuit will do for the reputation of such an iconic global tournament. And therein lies the rub – that while the IOC is keen to expand its reach into sports that resonate so readily with people all across the globe (and let's be honest, you'd be hard pressed to find someone who hasn't stepped onto a board at some point), the professional skateboarders are reportedly nervy about appearing under the somewhat formal, mainstream, structured Olympic tag.

With that in mind, it will be

interesting to see how the Japanese present the sport, which will debut from July 24. There are 80 spots open to competitors – 38 men and 38 women from outside nations, and two each for the hosts.

Judges will rate boarders on speed, difficulty, timing, stability and the overall flow of the performance, while special attention will be paid to the performers' ability to suspend in mid-air.

Qualifying for the Olympics continues right up until June, which means an intensive period of competition, with the male and female winner staking the kudos of being their country's sole representatives.

At the moment, the British number one is Sam Beckett from Norfolk (pictured), although with a global ranking of 92 he'll have to go some to get in the medals, in a sport typically dominated by the Americans.



Photo credit: skateism.com





SPORT

# UEFA EURO2020: England *Expects*



Whisper it quietly, but England are the tournament favourites to win the Euros in 2020, and here's why.

Way back in 1996 we were waiting for football to come home, and some 24 years later the train is yet to pull in at Wembley Central. Yet what Gareth Southgate couldn't do as a player he may just achieve as a manager, if the bookmakers are to be believed.

Having qualified for the summer's pan-continental European Championships in sumptuous fashion, the Three Lions have every chance of clinching a major trophy for the first time since the 1966 World Cup, with semi-finals and final to be held at Wembley.

As UEFA delegates and bigwigs conducted a typically pompous draw in Budapest at the end of November, England's group became clear, as did the reality that they will perhaps never have a better chance to win a major tournament.

England were drawn in Group D along with Czech Republic, Croatia – who beat us in the World Cup semi-final in 2018 – and either Scotland, Israel, Norway or Serbia.

Not only does that line-up look palatable, but only eight teams of the 24 entrants bow out at the group stage, meaning it's arguably more difficult to exit the tournament than qualify in the initial knockings.

That said, other groups already look somewhat foreboding, with Germany, France and Portugal all locking horns in Group F; and even Spain perhaps not relishing the threat of Poland and Sweden in Group E.

- > **Group A:** Italy, Switzerland, Turkey, **Wales**
- > Group B: Belgium, Russia, Denmark, Finland
- > Group C: Ukraine, Netherlands, Austria (plus one team TBD March 2020)
- > **Group D: England**, Croatia, Czech Republic (plus one team TBD March 2020)
- > Group E: Spain, Poland, Sweden (plus one team TBD March 2020)
- > Group F: Germany, France, Portugal (plus one team TBD March 2020)

England have never been favourites to win a major tournament... until now. In Southgate's young lions we trust.

Photo credit: Pixlbound/Shutterstock.com

UEFA EURO - Group stage - Matchday 1 of 3

+	England	15/06/20	4:00
+	Croatia		

UEFA EURO - Group stage - Matchday 2 of 3

+	England	18/06/20	20:00
+	TBD		

UEFA EURO - Group stage - Matchday 3 of 3

+	Czech Republic	21/06/20	20:00
+	England		



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# WHAT'S ON

in your area

**Pub Quiz Night**  
**The Hollybush, 140 High Road,**  
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**Every Sunday, 7pm – 10pm**

Join The Hollybush for its pub quiz every Sunday. There will be a £50 bar tab for the winning team.

There will also be bonus drink questions throughout the evening.

£2 per player. Call the venue directly on 0208 508 1156 to book a table.

**Therapy Dog Storytime**  
**Loughton Library, Traps Hill, Loughton,**  
**IG10 1HD**  
**January 11, 12pm – 1pm**



Does your child love dogs and enjoy reading? Build their confidence by bringing them to read to our special therapy dog, who loves to listen.

Please contact Loughton Library or call 0345 603 7628 to book your child into a time slot.

**0-5K Running Course**  
**Loughton Leisure Centre car park, Traps Hill,**  
**Loughton, IG10 1SZ**  
**January 15, 7.15pm**

A 0-5K running course aimed at people with little or no running experience, or those looking to return to running.

At the end of the eight-week course, you will be able to complete a 5K run.

The course starts on January 15 and ends on March 11.

£40 for the course. To book, visit [www.eventbrite.co.uk/e/0-5k-running-course-loughton-pm-tickets-74838691541](http://www.eventbrite.co.uk/e/0-5k-running-course-loughton-pm-tickets-74838691541)

**Haslers Business Growth Hub Workshop**  
**Haslers Chartered Accountants & Business**  
**Advisers, Old Station Road, Loughton,**  
**IG10 4PL**

**January 22, 8am – 12pm**

During this event, the Haslers BGH team will offer advice and support. There will be group and individual participation throughout the workshop, using real-life examples to challenge attendees as business owners. Guests will leave with a one-page-plan and a strategic plan for the year ahead.

Spaces are limited and cost £79+VAT.

For more information and to book your place, visit [www.haslers.com](http://www.haslers.com) or email [events@haslers.com](mailto:events@haslers.com)

**Jack and the Beanstalk**  
**Lopping Hall, 189 High Road, Loughton,**  
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UpStage Theatre Company presents family pantomime *Jack and the Beanstalk*.

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Braeside Juniors (2½ to 11):	Wed 4 March 9.15am
Braeside Seniors (11 to 16):	Thurs 5 March 9.15am
Oaklands (2½ to 11):	Thurs 5 March 9.15am
Normanhurst (2½ to 16):	Fri 6 March 9.15am

### MARCH 2020

M	T	W	TH	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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