



2020
V

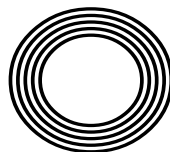
**EGG-
CELLENT
EASTER
BONNET**

**MUSCLE-
BUILDING**

7 techniques for a
full body workout

CAROLINE FLACK

*The media backlash following
the star's tragic death*



FREE

Photo credit: Dave Shopland/BPI/Shutterstock

TYSON FURY

The story behind the Gypsy King's heavyweight success

**WINTER SALE
NOW ON**



www.küchenhaus.co.uk
The German Kitchen

Why choose Küchenhaus?

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



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

**BUY NOW
PAY 2021**

10% Deposit Only

*Terms & Conditions apply

nobilis

Miele



SIEMENS

BOSCH

AEG

smeg

CORIAN

SILESTONE

DEKTON

Visit our website or showroom

6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX

01277 204447

www.küchenhaus.co.uk



March 2020

CONTENTS

- 6 KOBE BRYANT
- 8 CAROLINE FLACK
- 11 FASHION
- 12 BEAUTY
- 14 HEALTH & FITNESS
- 19 FOOD & DRINK
- 22 TRAVEL
- 25 BUSINESS & PROPERTY
- 28 GARDENING
- 32 KIDS
- 34 TYSON FURY
- 37 LOCAL NEWS
- 44 HOME & DIY
- 53 PUZZLES
- 55 HISTORY
- 56 TECHNOLOGY
- 58 MOTORING
- 61 SPORT
- 64 THE **VISION** LISTINGS
- 66 WHAT'S ON

CONTACT US

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

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
CO-ORDINATORS | Rebecca Fryer, Amy Pollard, Tim Green
CONTRIBUTORS | Tabatha Fabray, Charles Rae, Marie Plerides

Editor's notes...



Brett Shohet, Editor

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

We are nearly there, **VISION** readers, only one more month and the clocks will have changed.

I am preparing myself for a change as I start to be a president of my network group. What a privilege. I am looking forward to it but obviously slightly nervous about what is to come.

It's so nice to connect with other local businesses and business owners, especially from my industry, which is not always the most favourable.

Advertising and promoting your business is not always the top of the list when starting or looking to generate more customers, but it needs to be done. Did you know Coca-Cola spends on average £6billion globally each year? It has been an established brand for many years but still appreciates the importance of keeping its brand message.

In local news, a blue plaque is unveiled for the founder of The Loughton Club, police carry out extra patrols in the town and an author has released a new book.

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

I hope you all enjoy the March 2020 edition of **VISION**Loughton.

Brett

WOODFORD HOUSE DENTAL PRACTICE

Oral health & bodily health are closely connected.



Our New Patient Examination includes a blood pressure check, digital X-rays and photographs, and oral cancer screening – as well as a full assessment of your teeth and gums.

020 8504 2704
improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST



ACROSS: 1. SICK, 3. EMERGING, 9. ICE COLD, 10. DUOMO, 11. THYME, 12. FASHION, 13. NEATEN, 15. PRESET, 17. INCISOR, 18. BOWER, 20. AGATE, 21. INTONED, 22. EXCESSES, 23. WHEY
DOWN: 1. SPITTING IMAGE, 2. CHEWY, 4. MODIFY, 5. REDISTRIBUTE, 6. IVORIES, 7. GOOD NATURALLY, 8. HOPELESSNESS, 14. ARCHAIIC, 16. ARRIVE, 19. WINCH

A MOUNTAIN AMONG MEN

The outpouring of emotion and admiration for the late NBA star Kobe Bryant has felt insurmountable. We reflect on the achievements of one of the greatest 'ballers' ever to play the game, and reflect on the legacy he has undoubtedly left behind.

Kobe Bryant was a giant, in more ways than one.

The 6ft 4in shooting guard graduated from high school in 1996 and was drafted by the Charlotte Hornets before being traded to the Los Angeles Lakers where he spent his entire 20-year professional career. His achievements as a sportsman at the top of his game barely need repeating, but as the fourth-highest points scorer in NBA history, his domination on the court was unrelenting.

Not that points-scoring was the sum total of Bryant's powers. Handsome, charismatic, stylish and an inspiration, his demeanour and his candour won him fans – both from the street and of celebrity status – all over the globe.

Regardless, his talent saw the Lakers won five NBA regular season championships, and on each occasion they went on to clinch the play-offs. He was the first player to have 30,000 career points and more than 6,000 assists, while TNT and Sporting News accredited him as the NBA Player of the Decade for the 2000s. Reuters even went one further, naming him its Player of a Generation.

The fact that he lost his life in such tragic circumstances, and at the age of just 41, perhaps just solidifies Bryant's legacy. Retired only three and a half years, his sudden departure leaves an indelible imprint on basketball's history.

Sure enough, across the sporting world the tributes poured in. Social media tumbled into a state of mourning, Paris Saint-Germain and Real Madrid held on-pitch minute silences before home games, while AC Milan players wore black armbands. In addition, talk-show hosts, journalists, broadcasters and fans the world over tried to find the worlds to rationalise an accident that had also claimed the lives of his 13-year-old daughter Gianna and seven other passengers.

In the immediate aftermath, a petition was set up on Change.org attempting to push forward with a plan for Bryant's image to be emblazoned on the official NBA badge. At the time of writing, it had garnered more than three million digital signatures.

And even in death, Bryant's sterling work will continue. He was official ambassador for the American non-profit After-School All-Stars organisation, set up the Kobe Bryant China Fund, and was a huge donor to the Call of Duty Endowment. And with wife Vanessa, he also founded the Kobe and Vanessa Bryant Family Foundation.

And in 2018, he became the first ex-professional from the world of sport to win an Oscar for Best Animated Short, for his film *Dear Basketball*.

Every one of these initiatives, projects, investments and achievements reached out to entertain, engage and enthuse people of all backgrounds. Bryant's ongoing legacy is to continue to give back – from the basketball courts to the back yards. It's a moral and an ethos that many of us can follow, and all of us can benefit from.

OTHER SPORTS STARS TO DIE IN AVIATION CRASHES...

| Chelsea FC Vice-chairman: Matthew Harding, died 1996, aged 42

| Racecar Driver: Colin McRae, died 2007, aged 49

| Swimmer: Camille Muffat, died 2015, aged 25

| Brazilian Football Team: Chapecoense died 2016 – 19 players, 14 staff members, 9 board members, 4 journalists

| Leicester City Chairman: Vichai Srivaddhanaprabha, died 2018, aged 60

| Footballer: Emiliano Sala, died 2019, aged 28

Photo credit: Kevork Djansizian/AP/Shutterstock



WHAT A WASTE

The media falls into the spotlight in the aftermath of Caroline Flack's death

Few things in 2020 have gripped, challenged and wrestled with the nation's conscience more than the death of Caroline Flack.

The popular TV and radio presenter took her own life in her east London flat on February 15, the final act in a tumultuous few months that saw a high-profile career in the spotlight of *Love Island* and *The Xtra Factor* descend into a place where the 40-year-old felt she simply couldn't go on.

While we may never know how much Flack's bust-up with boyfriend Lewis Burton contributed to her troubled state of mind, what was evident in the months and weeks leading up to her death was a bustle of unrelenting media attention.

Immediately, questions were raised as to what contribution front-page headlines in *The Sun*, *Daily Mail* and others had made to such a devastating conclusion to her life, and examination of the actions of the media is certainly on the agenda.

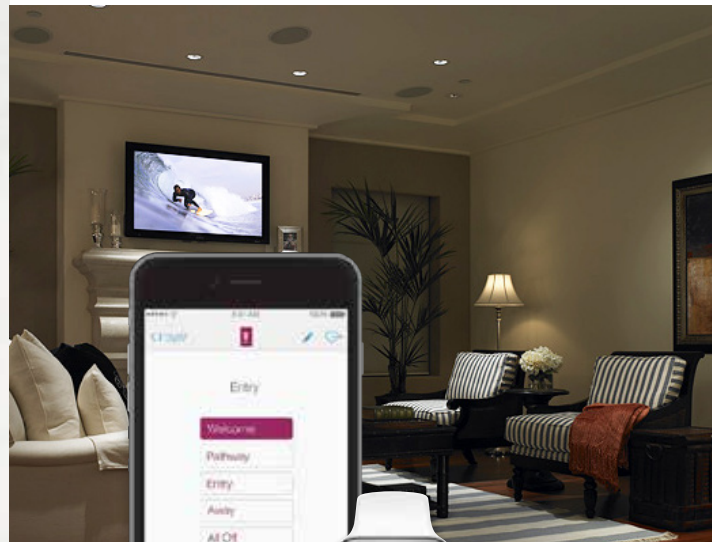
Ultimately, society is divided over the extent to which our information outlets are to blame. The tabloids are drilled into servicing PR agencies in giving the entertainment world's biggest names as much coverage as possible, so it becomes remiss to suppose that using a vehicle to court positive publicity can't then run the risk of that machine going rogue. And yet the hounding of Flack, certainly in the aftermath of the domestic abuse claim, had surely equated to bullying by the end.

While the finger continues to be pointed at the red tops, perhaps it's the wider media, notably Twitter, that should garner more of our attention. We live in an era where the quietest voice in the most remote location can fire vitriol straight into the cerebral matter of anyone in the world, at any hour.

Social media has made everyone a publisher and has given a platform to the most controversial – and it is here to stay.

ROCOCO
SYSTEMS

HOME CINEMA DESIGN & INSTALLATION | MOOD LIGHTING
HOME ENTERTAINMENT & AUTOMATION
MULTI-ROOM AUDIO VISUAL | HI-FI SPECIALIST



Use your Smartphone or SmartWatch
to control your home lighting,
heating and curtains

Kaleidescape is one of the leading
systems that allows you to control
movies and TV from your tablet and phone



Replace your ugly speakers
for a pair of quality sounding
speakers with Timorous
Beasties fabric.

CONTACT US FOR PROFESSIONAL ADVICE

Essex 01277 890 888 | London 0207 454 1234
www.rococosystems.com | info@rococosystems.com

**ARE YOU STRUGGLING WITH
ALCOHOL OR DRUG ADDICTION?
DO YOUR PROBLEMS
SEEM INSURMOUNTABLE?**

MAY BE WE CAN HELP

**ONE NORTH EAST LONDON (1NE) OFFERS AWARD WINNING
REHABILITATION FROM DRUG AND ALCOHOL ADDICTION**

Structured treatment programmes for addiction ■ Relatives' support service
NE Teens for children and young people living with addiction

**CALL ON 020 8220 0132 FOR AN APPOINTMENT
OR VISIT US AT 10 THE BROADWAY, WOODFORD GREEN, IG8 0HL**



**KEEP YOUR
£ LOCAL**

**SUPPORT
YOUR LOCAL
BUSINESSES...**



Your
Monthly
Lifestyle
Magazine



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

VISION Loughton edition 23 | to advertise call 0208 088 0386

Hot off

THE RUNWAY



FASHION

OUR FAVOURITE AUTUMN/WINTER TRENDS FROM FASHION MONTH

Fashion Month is over, which means that the Autumn/Winter 2020 trends have officially been unveiled. Here are some of our favourites, along with ways in which you can sport the trends instantly...

EMBELLISHMENTS

Good news for magpies, as embellishment is one of the biggest trends of the AW20 season. Embellished accents are a great way to liven up existing autumn/winter pieces, especially since colour palettes tend to be more muted and understated. Adding some embellishments in the form of a sequined belt, a decadent brooch, or even a glittery strap à la Self-Portrait is an AW20-approved remedy for a dull autumn/winter wardrobe.

PRINTS

Another great way to add some punch to your autumnal wardrobe is to pile on the print. Leopard print isn't going anywhere, as it stormed the world's runways in all forms; our favourite being a stunning floor-length coat by Tom Ford. Tailored suits – which

also dominated the catwalks – were given an AW20 makeover thanks to subtle and not-so-subtle print detailing, meaning you can rock two trends in one if you so dare.

90S STYLE

Don't get rid of your 90s wardrobe just yet. Victoria Beckham resurrected Spice Girls era platform boots, while *Clueless* style tartan skirts and slip dresses reigned supreme throughout Fashion Month. And thankfully, these are all available to buy right now. Wear tartan skirts with warm polos, tights and knee-high boots while there's still a chill in the air, and save the slip dress for your next girls' night out.

PONCHOS

The poncho is back, but did it ever really leave? Rag & Bone, Longchamp, Carolina Herrera, and a host of other designers debuted their reimagined ponchos on the runway, proving that the poncho is here to stay for another season. Dress it up or dress it down – the styling options are virtually endless.



Photo credit: ASOS.com, chcarolinaherrera.com



BEAUTY

make-up GET SET, GO

Make-up setting sprays are the perfect product for ensuring that your make-up stays put and perfect for long days, or nights, on the go. However, they can be expensive and all too often you end up resorting to using hairspray instead – a definite skincare no-no. So why not make your own instead?

ROSE WATER & WITCH HAZEL SETTING SPRAY – *Best for oily, mature and acne-prone skin*

YOU WILL NEED: 1 tablespoon rose water | 1 tablespoon witch hazel | 1½ cups water | 1 spray bottle

Rose water is known for its anti-inflammatory properties and can help calm down red or irritated skin, as well as being able to reduce oiliness. Witch hazel will work hard to keep your make-up in place and fight any breakouts.

ALOE VERA & LAVENDER SETTING SPRAY – *Best for dry or dull-looking skin*

YOU WILL NEED: 2 tablespoons aloe vera gel | 2–3 drops lavender oil | 1½ cups water | 1 spray bottle

Aloe vera has the clever ability to reduce oil and moisturise your skin at the same time, meaning it is the ideal ingredient for creating a setting spray for those with dry skin. Lavender is great for reducing redness and improving the overall appearance of your skin, plus it will help you to feel calm and relaxed.

HOW TO MAKE EITHER SPRAY

Sterilise your spray bottle | Mix together all your liquid ingredients and add to the bottle | Shake vigorously | Store in the fridge for 2–3 weeks, using when needed

HOW TO USE YOUR DIY SETTING SPRAY

Shake your bottle to ensure all the ingredients are mixed together | Hold the spray 6–8 inches away from your face | Spray a few times to ensure full coverage | Let the spray dry naturally – do not be tempted to rub your face or try to blend it in | Reapply as and when needed



BEAUTY

LET'S GET Messy

Why is it that the simplest things in life often turn out to be the most complicated?

The messy topknot bun, for example. This should be an effortlessly easy and chic updo that can take you from day to night in a matter of moments; however, this seemingly simple do can be tricky to get right.

HOW TO ACHIEVE THIS LOOK:

STEP 1: Do not wash your hair – this updo works best on hair that has not been recently washed.

STEP 2: Brush your hair thoroughly to get rid of any knots or tangles.

STEP 3: If you are prone to flat hair, spray a volumising spray or dry shampoo to your roots.

STEP 4: Create a high ponytail, right on the top at the back of your head.

STEP 5: If you have long hair, tip your head upside down to ensure that you get the ponytail right up to the crown of the head.

STEP 6: Once secure, divide your hair into two sections.

STEP 7: Twist your hair around into a bun shape and secure with pins.

STEP 8: You should now have a bun that looks similar to a ballerina's. Now for the messy part.

STEP 9: Slowly pull a few strands out from the bun to frame your face – not too many.

STEP 10: Slightly loosen the bun to add more volume.

STEP 11: Optional – alter the shape of your bun using pins to secure in place.

STEP 12: Finish with a light- to medium-hold hairspray to keep your look in place.

OTHER MESSY UPDOS TO TRY:

The messy side bun – best for bad hair days.

The big messy mohawk – best for medium to long hair.

The bohemian braided updo – best for greasy hair.



EAU MY GOD

HOW MUCH WATER SHOULD WE ACTUALLY BE DRINKING EVERY DAY?

It has become the 'cure all' catchphrase, hasn't it? Feeling tired? Lacking energy? Got dull skin? A little peckish? Then have a glass of water. So accustomed have we become to this information that it's easy to believe a tall, cool glass of H₂O can fix all of the world's ills.

Why is it, then, that so few of us actually manage to drink what we should? The Natural Source Waters Association believes that 89 per cent of us Brits aren't reaching optimum hydration, leading to fatigue, headaches, mental foggiess and a general feeling of 'meh'.

It is a well-known fact that a human can survive up to three weeks without food, but only three to four days without fluids. This is because our bodies are made up of 60 per cent water, meaning that even a 2 per cent drop in the total fluid levels prevents cells in our bodies operating at full efficiency. At this point, you are technically dehydrated, and it is not uncommon to feel emotional, weary and unable to concentrate.

Your goal, then, should be to aim for eight glasses (250ml each) of water per day, which is around two litres. At first this may feel excessive, but like all good habits it will soon become second nature. Handily, there are many tools designed to help us drink more, from fitness apps which encourage us to log our water consumption, free water fountains and even drinking bottles with in-built counters to help us keep track.

Another burning question is whether other beverages help us stay hydrated as effectively as water, and the answer, sadly, is no. Sure, coffee, tea, soft drinks and even alcohol will improve our fluid levels to an extent, but nothing quite hits the spot like good old-fashioned H₂O. So if you want to be the best version of you this year, get drinking.

8
GLASSES
PER DAY



GLASS HOUSE
DETOX & WEIGHT LOSS RETREAT

*Spoil your mum
this Mothers Day*



AFTERNOON TEA

Vegan sweet treats

£15pp

AFTERNOON TEA

Vegan sweet treats

plus hand or foot refresher treatment

£30pp

MUMS ME TIME SPA DAY

Use of all facilities and classes: 10am-5pm,
complimentary robe, slippers & towels,
choice of elemis 25 minute facial
or foot refresher treatment,
healthy lunch, afternoon tea.

£110pp or £200 for two

All afternoon tea will be served at 3pm | All only available for the Sunday 22nd of March only.
Bookings must be made in advance, limited numbers available.

FOR MORE INFORMATION AND TO BOOK

Tel: 01708 983590 | www.glasshouseretreat.co.uk

Email hello@glasshouseretreat.co.uk

Glass House Retreat, Harrow Road, Bulphan, Essex RM14 3BP





Prediabetes

Everything you need to know

In England, one in three adults has prediabetes, an astonishing 50 per cent of us.

Prediabetes is a condition where blood glucose levels are higher than normal. Left untreated, the glucose levels will only increase further. This is when prediabetes develops into type 2 diabetes. But the good news? It's both preventable and reversible.

Most people with prediabetes don't know they have it. This is because many people will not experience symptoms. Those who do may find themselves being thirstier than normal, needing to go to the toilet more frequently, feeling tired, having blurry vision or having skin tags.

So there's no warning. It's only when the condition develops into type 2 diabetes that symptoms begin. If you or your doctor suspects you have prediabetes, you will most likely be given a blood test.

The good news is that prediabetes is reversible with the correct changes to your diet and lifestyle, including avoiding sugar and processed food, taking regular exercise, reducing your alcohol intake, losing weight and stopping smoking.

Preventing type 2 diabetes has to be better than living with type 2 diabetes. Even if the condition is properly managed, anyone with type 2 diabetes can expect a significant impact on their health, including dying up to 10 years earlier.

If you are overweight and over 40 years of age, you're very likely to already have prediabetes. The only way to be sure is to have a blood test.

Other simple ways to help naturally prevent or treat prediabetes include eating a low-carb or low GI diet, avoiding processed foods, giving yourself a 12-hour eating break between dinner and breakfast and drinking plenty of water.

In terms of healthy diet, one size does NOT fit all. By understanding what foods affect you most, you can improve your health by making informed food choices. No diets, no hunger and no calorie counting – just a healthier you. This is where www.prolongevity.co.uk can help.

DIAGNOSTIC CRITERIA FOR DIABETES AND PREDIABETES

NORMAL	PREDIABETES	DIABETES
FPG: <5.5	FPG: 5.5-7.0	FPG: >7.0
OGTT: <7.8	OGTT: 7.8-11.1	OGTT: >11.1
HBA1C: <42	HBA1C: 42-47	HBA1C: >47
HBA1C: <6.0	HBA1C: 6.0-6.4	HBA1C: >6.4

Diabetes.co.uk

OGTT - Oral Glucose Tolerance Test
FPG - Fasting Plasma Glucose

MUSCLE

mania

Did you know that muscle burns more than twice the amount of calories as fat? Plus, it continues to burn energy even after you have stopped working out.

Men and women alike can incorporate the following muscle-building techniques into their workout routine.

SQUATS

Squats, either with a barbell or without, are a great exercise for building muscle throughout your entire body, although their primary focus is on the quadriceps, hamstrings and calves.

DEAD LIFTS

Dead lifts should be a staple part of your muscle-building routine, working your hamstrings, quadriceps, glutes, back muscles and entire core.

DIPS

If you are looking to build up your chest, triceps and shoulders, then dips are the ideal muscle-building exercise for you. Unlike press-ups, parallel bar dips force you to lift your entire body weight, resulting in a more effective workout.

PULL-UPS

The back is a muscle that is often forgotten; however, it is vital that you build strength in your back if you want your core to be strong. Pull-ups are the perfect exercise for building up your back and biceps.

BENCH PRESS

The bench press is a vital exercise for increasing upper body strength. Focusing primarily on the chest, shoulders and triceps, this popular exercise should not be limited to men; women can also enjoy the benefits of bench press.

OVERHEAD PRESS

Incorporating your whole body, the overhead press is particularly beneficial for your shoulders and your arms. Depending on your weight and fitness levels, men can expect to lift anywhere between 55 and 200 pounds, whereas as women can lift between 15 and 100 pounds.

ROWS

If you want to work your upper back, both barbell and dumbbell rows are a good idea. Barbell rows focus on your back muscles and lats; however, if you want to work your shoulder blades more, then dumbbell rows should be your go-to exercise.



Vince's
Restaurant & Bar

HAPPY
Mother's Day
SUNDAY 22 MARCH

2 COURSE MEAL £25PP
FREE GLASS OF PROSECCO FOR MUM

BOOK NOW: 01992 700616



BELGIQUE
CAFÉ & PATISserie

THEYDON BOIS / CHINGFORD / WOODFORD GREEN / WANSTEAD

**FIND OUT MORE ABOUT OUR
MADE TO ORDER PATISserie
& CELEBRATION CAKES**
VISIT OUR CAFÉ OR SHOP ONLINE @
WWW.BELGIQUE.CO.UK

BelgiqueUK
BelgiqueLondon
BelgiqueUK




FOOD & DRINK

Fine Foodies

We have ten of the finest foods to keep you looking young and healthy on both the inside and outside. Here are the first five and; see next month for the next five.

Olive oil

A staple of the life-enhancing Mediterranean diet, olive oil has long been touted as a superfood. In fact, it was four decades ago when researchers discovered that the monounsaturated fats in olive oil were a major factor in the low rates of heart disease and cancer on the Greek island of Crete, so get drizzling.

Natural yoghurt

High in protein and packed with calcium, yoghurt heals you from the inside out. The high calcium content helps ward off osteoporosis while the abundance of live bacteria is great for your gut.

Berries

An easy way to get one of your five a day is to put

a handful of berries into your morning smoothie. Both raspberries and strawberries contain ellagic acid, which protects against UV rays and can help thwart wrinkles, while blueberries are rich in vitamin C – aiding blood circulation – along with potassium to beat puffiness.

Broccoli

Not only is broccoli loaded with vitamin C and fibre, it also contains a natural compound called nicotinamide mononucleotide (NMN). Also found in cabbage, cucumber and avocado, this compound may slow down the ageing process by reducing the inflammation that causes ageing and by protecting cells.

Sweet potatoes

Like most vegetables that are red, orange or yellow in hue, sweet potatoes contain disease-fighting carotenoids. In fact, just half of a medium-sized sweet potato with the skin on provides twice your daily recommended intake. A super spud indeed...





YOUR DEFINITIVE GUIDE TO *Chocolate*

DIFFERENT CHOCOLATE VARIETIES EXPLAINED, AND HOW TO MAKE IT YOURSELF

The cocoa bean – one of life’s great pleasures. Having originated in the Amazonian rainforest, it found its way north where culinary experts evolved it into a solid treat, a sweet-tasting drink and even a powder that can be mixed with protein for nutritious accomplishment.

There are many different types of chocolate, from unsweetened (usually baking chocolate) to dark and white, many mixed and mangled with all manner of accompaniments.

Milk chocolate is by far the most popular, of course. It contains between 10 and 40 per cent cacao and has sugar and milk solids worked in with it, plus lecithin for smoothness and occasionally vanilla for taste.

Conjecture surrounds whether white chocolate is even chocolate at all, as it contains no cacao and is made from sugar and cocoa butter.

Next up is semi-sweet (60/40 in favour of cacao

over sugar), dark (70/30), and hardline unsweetened chocolate, a bitter variety containing 100 per cent cacao and no sugar, and often only used in cooking.

MAKE YOUR OWN CHOCOLATE

To make your own raw chocolate, use ½ cup of cocoa butter, ½ cup of virgin coconut oil, ½ cup of raw organic cocoa powder, plus ¼ to ½ cup of agave syrup for sweetening.

Grate the cocoa butter into a heat-safe bowl and add the coconut oil.

Place that in a shallow pan of warm – not boiling – water. Stir both until smooth.

Pour in the cocoa powder and stir, then add the agave syrup if you want to sweeten, before checking the flavour and making any necessary adjustments.

Pour the melted chocolate onto a plate or into an ice cube tray and put in the freezer for half an hour (or an hour in the fridge), then eat.



**LARGE PIZZA AND
TWO CLASSIC SIDES
ONLY £19.99***

OR £20.99 INCLUDING CHICKEN

ORDER AT PAPAJOHNS.CO.UK OR VIA THE APP

*Terms apply. Large Pizza & 2 classic sides excluding chicken. Add £1 for Meal Deal including chicken. Add £2.50 for each Stuffed Crust pizza ordered. Offer excludes Variety Combo sides. Offer can be withdrawn without notice. Valid until 31.03.2020.



TRAVEL

Travelling AFTER BREXIT

PLANNING A HOLIDAY IN EUROPE THIS YEAR?
HERE IS EVERYTHING YOU NEED TO KNOW
REGARDING TRAVEL POST-BREXIT



Regardless of whether you view Britain's belated exit from the European Union on January 31 as a cause for celebration or commiseration, the need for clarity over how the move will affect our day-to-day lives is one we all share, particularly when it comes to travel.

The good news is that, thanks to Boris's Withdrawal Agreement, we now find ourselves in a transition period until at least December 31, 2020. Put simply, almost nothing will change during this time, meaning when visiting any EU country you'll follow the same protocol as you always did.

Planes, ferries, coaches and trains are all operating as before, and you do not require any kind of visa to move across the continent. Your existing passport is still legal, and while it will need to be valid for the entirety of your trip, you won't need to have at least six months left on it as you would when visiting countries outside the EU. A full UK driving licence will also maintain the same privileges as before.

As with any holiday or business trip, it's advised you get full travel insurance to cover yourself and your possessions, though UK-registered EHICs (European Health Insurance Cards) will still be valid throughout 2020. Tech junkies and pet lovers can also rest easy in the knowledge that making calls, sending text messages and using the internet on mobile phones or tablets will not change, and pets with valid passports will also be able to travel as before.

What comes after December 31 will all depend on the deals Boris and co hammer out over the coming months. Until then, book that vineyard tour in France, the skiing adventure in the Swiss Alps, and that much-needed beach vacation in Croatia, safe in the knowledge that the legacy of Brits abroad is here to stay, for now at least.

Photo credit: Lisa Kolbasa/Shutterstock.com



APPRENTICESHIP
SCHEME MANAGEMENT
& CAREER DEVELOPMENT
STRATEGIES

DISCOVER HOW LEARNING AND DEVELOPMENT CAN HELP YOUR STAFF AND BUSINESS THRIVE BY INCREASING EMPLOYEE SATISFACTION AND REDUCING STAFF TURNOVER

An apprenticeship Scheme Management is a productive and forward-looking way for a business to grow talent and develop a motivated, skilled and qualified workforce as apprenticeships gain traction across the UK.

Employers who have an established apprenticeship programme have seen productivity in their workplace improve by 76%, with 75% reporting that apprenticeships have improved the quality of their product or service.

Sue Potter from S Potter Talent has over 10 years' experience in leading apprenticeship programmes from creating, launching new schemes, remodelling ones, as well as rolling out mentoring programmes to support the apprentice on their journey. Sue can work with any size company from SME to large corporate. Sue has received accreditations from the appropriate professional body on all the schemes she has worked on. Her breadth of experience spans identifying the skill gaps within the business and the impact of these in the

short, mid and long term. With this knowledge she creates workable training strategies to support the current and future needs of the business.

S Potter Talent offers bespoke consultancy and programme management for apprenticeship schemes including:

- Auditing apprentice opportunities within your business
- Providing business advice on employer responsibilities and legislation covering all aspects of apprentice schemes
- Utilising available funding, for example the Apprenticeship Levy
- Setting up and supporting apprenticeship schemes.

Sue can also offer:

- Training needs analysis to identify where the gaps are
- Design and implementation of training programmes and courses aligned to the needs of the business and individuals
- Co-ordination of an organisation's L&D strategy and plan, utilising internal and external training providers as appropriate.



CONTACT SUE ON
0208 088 3067

email info@spottertalent.com
www.spottertalent.com

If you are interested in learning more about apprenticeships and how they can benefit your business growth, contact Sue on: 07486 073844, email: info@spottertalent.co.uk or visit: www.spottertalent.com



LLOYDS
RESIDENTIAL

www.lloydsres.com



bluebaring
RECRUITMENT LTD



Construction & Industrial Recruitment Specialists

Established since 2008

- We are a local business and we are looking to work with other local businesses
 - We can supply staff all over Essex & London
- We offer Temporary, Fixed Fee Perm & Temp to Perm (£0 End Fee) options
 - Our core beliefs are Honesty and Transparency

**So if you are looking for staff – look no further
Get in touch with Bluebaring today!**

“We recruit so you don’t have to”

info@bluebaring.com • 01708 524332 • www.bluebaring.com • Follow us on @

We are looking for consultants to join our team. If you are looking for a new role in recruitment, email our Director Scott Hart on scott@bluebaring.com

SOLE TRADER VS LIMITED COMPANY

SETTING YOU UP TO

FLOURISH IN BUSINESS

So, you've got an idea, you've honed in on a potential market, and you possess all the enthusiasm and endeavour that's going to make you the next Richard Branson. But what sort of legal entity is best for your fledgling enterprise?

The decision of whether to set up as a sole trader or limited company really depends on the sort of business you're running and your aspirations behind it. Many starting out want to feel their way into the business world, and operating as a sole trader enables just that. In essence, you are your business. It's simple and quick to set up, and affords you the chance to start earning immediately, perhaps even alongside a full- or part-time job. At the end of each tax year you or an accountant will crunch the numbers and you can keep whatever profits you make. There are also a variety of deductions available, such as benefits for use of home and car, provision of electricity and other elements that contribute towards the running of your business.

The appeal of starting a limited company is slightly different. In the first instance, that 'limited' refers strongly to the liability – namely that you and the company are two separate entities. If the worst should happen and the business accumulates debt or runs into operational issues, the culpability is purely with the organisation and doesn't fall on your shoulders.

Limited companies also benefit from better tax breaks, but payroll is more structured and formal. There are set wage terms, and beyond that comes a whole raft of admin and filing tasks to HMRC and Companies House.

Finally, in terms of customer perception, the idea of operating as a limited company is seen to be of loftier status than a sole trader, while bringing in other directors and stakeholders and applying for commercial resources (such as business credit) is easier too.



BUSINESS & PROPERTY





Release the PRESSURE

EQUITY RELEASE – WHAT IS IT AND WHAT ARE YOUR OPTIONS?

Equity release, on the face of it, sounds like a great idea. You've worked hard, invested in a home that you own, and are of an age where you'd like to start monetising some of what's contained in those bricks and mortar.

In the simplest terms, it's the action of taking out a cash loan on your house. You don't pay anything back until your property is sold, usually when you die.

cent of the value of a £1million home might mean giving up 65 or 70 per cent of it.

Lifetime Mortgages

A much more popular option is a Lifetime Mortgage. The loan comes with a fixed interest rate, and while there are no payments to make, the interest charged is 'rolled up' and deducted from the final sale price of your home.

That means a £50,000 loan will see the repayment amount increase every year. You'll not only pay interest on the initial loan, but on the interest itself. These lenders do protect against negative equity – where

the size of the debt is actually greater than the value of the home – but it could well be the case that very little of the asset is left to pass on to loved ones by the time the house is sold.

Summing up, equity release is often viewed as an expensive way of liquidating your biggest asset, and is typically only available to those aged 55 and above.

THERE ARE TWO TYPES OF EQUITY RELEASE:

Home Reversion Scheme

This is where a company buys a slice of your property (say, 25 per cent). It makes its money on the profit made from that investment when the property is sold, with an (expected) uplift in value. For the investor this is obviously a long-term investment, so the price offered for that quarter of your property will be well below market value.

Looked at the other way round, to monetise 25 per



We will write **YOUR WILL**
£49.99 +VAT
 Subject to T&Cs

**FIXED
PRICES**

**FOR
ONLY**



PARAGON LEGAL SERVICES LTD

Affordable Excellence Endorsed by Over 18,000 Satisfied Clients

Let one of our local professionals offer expert advice & create your Will in the privacy of your home, at a time to suit you, day or evening

WE CAN ADVISE YOU ON CARE FEES

Call Free 0800 0747 642 or 01206 544919

8am-10pm weekdays, 9am-5pm weekends

Call us for a free home appointment and request our free information pack on Wills, Lasting Powers of Attorney, Trusts, Probate, Care Fees and Guaranteed Funeral Plans

Regulated by the Society of Will Writers
and Estate Planning Practitioners

www.paragonlegal.co.uk



PROFESSIONAL TREE SURGEON SERVICES

We serve all of Loughton and throughout Essex

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

Our Services

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

Concerned about your trees after high winds?

Free ground tree check & Quotation with this advert



Kings Cuts
Tree Services

www.kingscuttreeservices.co.uk

Call us: 0208 088 8733

Mobile: 07467 944671

info@kingscuttreeservices.co.uk

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





PLANT OF THE MONTH:

Asparagus

Asparagus is a highly sought after and popular vegetable owing to its subtle flavour, array of health benefits and the fact that it is only in season for a short period of time. Unfortunately, this also means that it can be quite expensive. However, it is surprisingly easy to grow your own.

How do I plant asparagus?

Although you can grow asparagus from seeds, it is much easier to plant one-year-old dormant plants, known as crowns, which you can buy from your local garden centre or online. The ideal time to plant these is in March or April.

- Choose a sunny spot for your crowns, with well-drained soil
- Do not replace an old asparagus bed with new plants
- Clear away any weeds and add garden compost to the area
- Dig a trench that is roughly 30cm wide and 20cm deep
- Add some organic matter to the bottom of the trench
- Soak the crowns in compost tea for 20 minutes before planting
- Place crowns in the trench 40cm apart
- Top with 5cm of organic matter, such as well-rotted manure

When can I harvest asparagus?

Unfortunately, you have to be patient when growing your own asparagus and you should not harvest them for the first two years after planting.

Once you reach the third year, you can harvest your spears from mid-April for six weeks by cutting each individual spear with a sharp knife, roughly 2.5cm below the soil, when they are no more than 18cm tall.

If the weather is warm, you should be able to harvest new spears once every 2-3 days.

Pests to look out for include:

- Slugs and snails. Control these pests using eggshell barriers, copper tape and biocontrol.
- Asparagus beetle. Pick off adult beetles and larvae by hand and drop in warm, soapy water to kill them.



LAZYLAWN®

London's Leading
Artificial Grass Installers

BOOK A FREE SITE SURVEY

☎ 0208 961 4722
✉ eastlondon@lazylawn.co.uk
🌐 www.lazylawn.co.uk



Wonder Yarn

Your local friendly Architects
Designing Dream Homes

**Architectural Hub****T: 0208 088 3147****M: 07749 122058**

info@architecturalhub.co.uk
www.architecturalhub.co.uk

**Have a FREE consultation call today
with your local expert Architect**

On the call you will learn how to save money, time & stress by
mapping out the correct steps for your specific project.

Please
Follow us:





COMPLETE WASTE SERVICES
LONDON - ESSEX - KENT - HANTS

info@completewasteservices.co.uk • www.completewasteservices.co.uk

CALL FOR A FREE QUOTE

- COMMERCIAL & DOMESTIC WASTE
- BUILDERS WASTE
- HOUSE CLEARANCE
- OFFICE CLEARANCE
- GARDEN CLEARANCE
- GARAGE CLEARANCE
- WAIT & LOAD SERVICE
- SAME DAY SERVICE
- STRIP OUT
- HARDWARE LOADS
- WEEKLY COLLECTION

0203 686 3204 • 07506 350 285

24 hr PLUMBING

Technical Gas
Heating & Plumbing Ltd

TRUSTED. QUALIFIED.

BOILER FITTING & REPAIR
BOILER SERVICE, REPAIR & INSTALLATION
COOKER & HOB INSTALLATION
UNDERFLOOR HEATING INSTALLATION
LANDLORD SAFETY CERTIFICATES
BATHROOM INSTALLATION
PLUMBING

FULLY QUALIFIED GAS SAFE REGISTERED
OVER 12 YEARS EXPERIENCE

CALL US 24/7 ON 07715 693444
www.technicalgas.co.uk
info@technicalgas.com



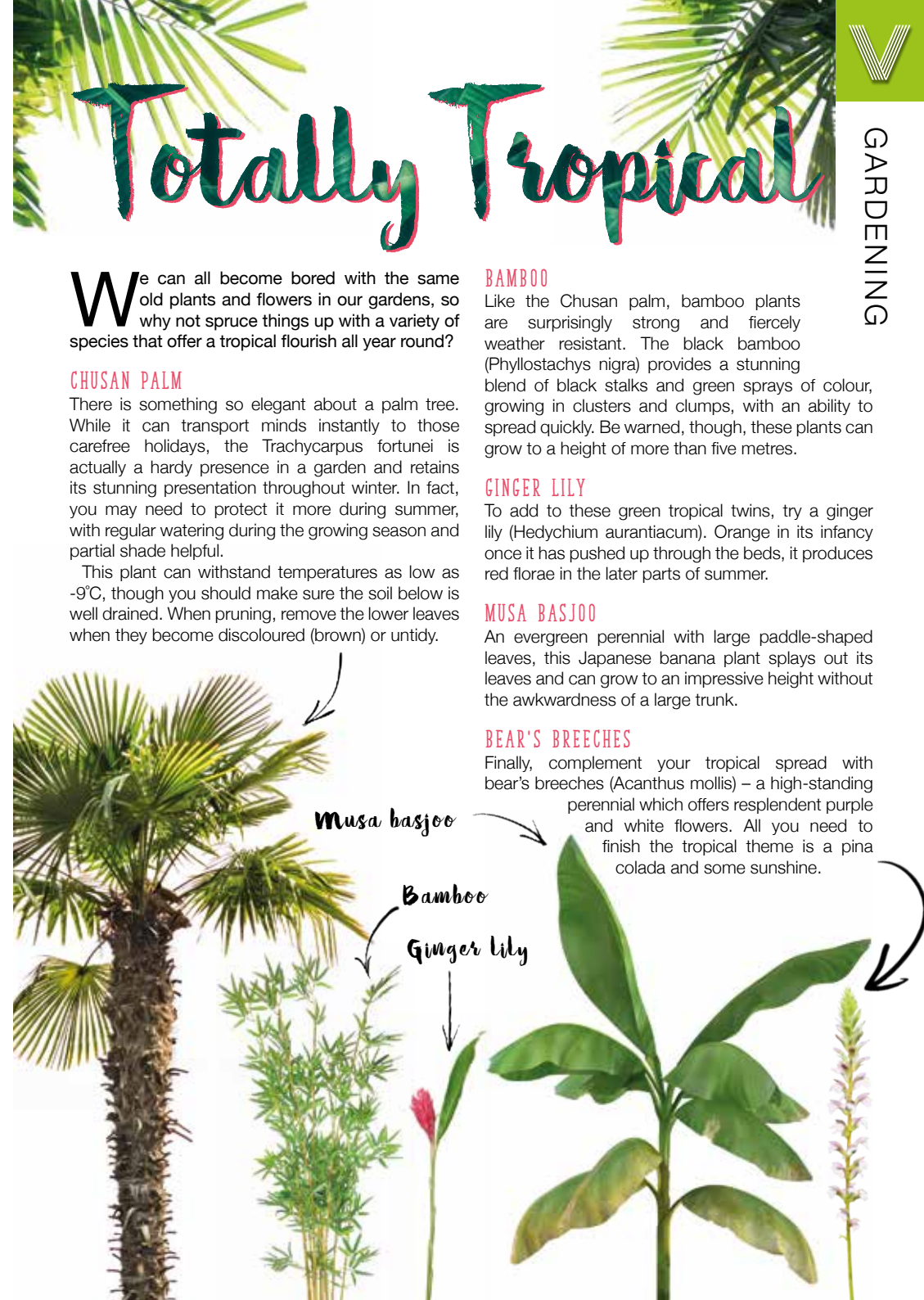
EMERSON
LIFTING SAFETY STANDARDS

CRANE HIRE | CONTRACT LIFT
TRAINING | TRANSPORT





0203 637 0242
info@emersoncranes.co.uk
www.emersoncranes.co.uk



Totally Tropical

GARDENING

BAMBOO
Like the Chusan palm, bamboo plants are surprisingly strong and fiercely weather resistant. The black bamboo (*Phyllostachys nigra*) provides a stunning blend of black stalks and green sprays of colour, growing in clusters and clumps, with an ability to spread quickly. Be warned, though, these plants can grow to a height of more than five metres.

CHUSAN PALM
There is something so elegant about a palm tree. While it can transport minds instantly to those carefree holidays, the *Trachycarpus fortunei* is actually a hardy presence in a garden and retains its stunning presentation throughout winter. In fact, you may need to protect it more during summer, with regular watering during the growing season and partial shade helpful.
This plant can withstand temperatures as low as -9°C, though you should make sure the soil below is well drained. When pruning, remove the lower leaves when they become discoloured (brown) or untidy.

GINGER LILY
To add to these green tropical twins, try a ginger lily (*Hedychium aurantiacum*). Orange in its infancy once it has pushed up through the beds, it produces red florae in the later parts of summer.

MUSA BASJOO
An evergreen perennial with large paddle-shaped leaves, this Japanese banana plant splays out its leaves and can grow to an impressive height without the awkwardness of a large trunk.

BEAR'S BREECHES
Finally, complement your tropical spread with bear's breeches (*Acanthus mollis*) – a high-standing perennial which offers resplendent purple and white flowers. All you need to finish the tropical theme is a pina colada and some sunshine.

Musa basjoo

Bamboo

Ginger Lily

How to make an EGGCELLENT Easter bonnet

With Easter just around the corner, now is the ideal time to start preparing some fun and simple Easter crafts for you and your children to enjoy making together over the holidays. With four different designs to choose from, your kids are guaranteed to want to create one of these showstopping Easter bonnets.

1. The Traditional Bonnet

Perfect for those who want a simple design that will not be too difficult to make. Simply take a plain straw hat and then staple or glue on a variety of paper flowers, baby chicks, feathers and felt Easter eggs. You can be as OTT with the decorations as you like, but ensure that the glue has completely dried before attempting to wear your bonnet.

2. The Easter Nest Bonnet

If your kids love making those chocolate Easter egg nest cakes, then they will be absolutely besotted with this quirky bonnet that only requires a few materials to make. All you need is some shredded yellow tissue paper, some small speckled Easter eggs and the hat itself.

3. The Flower Bonnet

This beautiful bonnet boasts an array of multicoloured tissue paper flowers that can be as big and bold as you like. You can make these flowers by cutting out and layering circles of different-coloured tissue paper and then connecting them together with a pipe cleaner.

4. The Easter Bunny Bonnet

If you have some felt lying around then this is the bonnet for you. Simply cut out a selection of different-coloured bunnies from your felt using a stencil and then glue them around the crown and the brim of the hat. You can also write an Easter message in felt letters if you wish.

Photo credit: www.netmums.com



AVON HOUSE PREPARATORY SCHOOL
GIRLS AND BOYS 3-11



Avon House is a small school where children are nurtured in a caring, happy environment, enabling them to realise their full potential.

Avon House School
490 High Road
Woodford Green
Essex IG8 0PN
020 8504 1749

Please register your interest at registrar@ahsprep.co.uk



**At Redbridge Tuition we follow
our mission to bring out the
best in your child's ability**



Primary • Secondary • Holiday Courses • 7+ • 11+ • GCSE • Mock Exams • 1-2-1

**Get in touch to find out how we can
help your child achieve their goals**

Ofsted Registered
0208 088 3083
www.redbridgetuition.co.uk
loughton@redbridgetuition.co.uk
156 High Road • Loughton • IG10 4BE



**Think beyond
Act beyond
Be beyond.**

BRITISH BULLDOGS

TYSON FURY PROVES HE'S THE BEST IN THE BUSINESS IN A GOLDEN ERA FOR BRITISH BOXING

A late night, an early morning, a highlights package – however you consumed Gypsy King Tyson Fury's catastrophic defeat of Deontay Wilder in Las Vegas on Saturday night, the seventh-round stoppage ranks as one of the most memorable boxing contests in history.

Our British heavyweights are now the undisputed bulldogs of the sport. With Anthony Joshua holding the IBF, IBO, WBA and WBO titles and Fury not just taking Wilder's WBC belt, but swiping it off him with such ferocity that the American must wonder if he can ever mentally recover himself from such a beating, our reputation as supreme kings of the ring is assured.

Fury will look back on his efforts and view them less as a victory and more as a total demolition. Having controversially been denied victory in the first drawn fight back in December 2018 – a contest he dominated despite having to dramatically pull himself up off the canvas in the final round – this was arguably the most hotly anticipated rematch since his namesake Mike battled Evander Holyfield for a second time in 1997.

While Fury came close to a sensational upset in that first fight, many regarded him as still being on the path back to full competitiveness. He had dropped out of the sport in the preceding two years, battled drug addiction and depression, and ballooned to 29 stone. In hindsight, if Wilder's unbeaten record was shown to have been under such severe threat in the first match, it was hanging by a thread in the second, particularly when he was floored in the third round by a right hook to the side of the head.

The American, slipping and flailing repeatedly in the minutes that followed with a suspected burst eardrum most likely affecting his balance, then suffered the ignominy of being put down by a body shot in round five; and when the white towel was lobbed pleadingly into the ring in the 99th second of round seven, history had been made... and how.

Fury may be brash, eccentric, and with a level of showmanship that can verge on uncomfortable – his rendition of 'American Pie' in the ring afterwards left many shoe-gazing and happy to stay away from the camera lens – he retains a level of humility perhaps only rivalled by Joshua. "What a fighter you are," he said to Wilder as they hugged after the contest, even if, in truth, his opponent had been totally schooled on the path to a first, devastating, professional defeat.

Fury is a devout Christian who thanks a higher source for getting him back on the road to salvation. In return, he is philanthropist, reportedly donating huge sums to charity.

Of course, no sooner had Fury's arm been lifted by referee Kenny Bayless, was the talk of a showdown with AJ, a bout that would rank as the most lucrative in the history of the sport, and, certainly from a British boxing perspective at least, the most anticipated ever.

It is a division rich in talent, with Dillian Whyte, Dereck Chisora, Andy Ruiz Jr, Oleksandr Usyk and Joseph Parker all waiting in the wings. Whether any dare risk reputation and health against the might of Fury, and whether any will be granted the opportunity, remains to be seen.



Photo credit: Dave Shopland/BPI/Shutterstock



Manufacturers of Quality
Bespoke Joinery

Doors, Windows, Stairs
& Cabinetry



0208 526 7020 info@kandd.org www.kandd.org

LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Police act swiftly to prevent disturbance

Police again carried out extra patrols and used additional stop and search powers in roads in Loughton following another disturbance last month.

Uniformed officers were allowed to search people for dangerous objects and weapons without the need to have a reasonable suspicion.

The use of these powers was in place on Monday, February 17, until 7.20pm on Tuesday, February 18.

The powers are being exercised by Essex Police to protect the community and prevent incidents of crime and disorder.

Police brought in the special powers after officers were called to reports of a disturbance in The Broadway, Loughton, just before 6pm on February 17.

It was reported to involve around 15 people, some of whom were thought to have had weapons, and two people were injured.

The order covered a 1,000-metre area around the junction of Forest Road and High Road.

Police initially received reports of a disorder involving up to 15 people, some of whom were thought to have had weapons, and identified two suspects.

Harley accused too ill to attend court

The man charged with murdering Loughton schoolboy Harley Watson was too ill to appear at a formal plea hearing at the end of January.

Terence Glover, 51, was due to appear at Chelmsford Crown Court.

The hearing was cancelled as Mr Glover was too ill

to attend in person or appear via video link.

He was also charged with the attempted murder of 10 other people injured in the collision outside Debden Park High School and one count of dangerous driving.

At the time of writing, Mr Glover is next due to appear in court on April 20.



'Use it' plea over community bus service serving Debden

People in Debden are being encouraged to make use of a free community bus service.

Epping Forest Community Transport runs on Mondays and Wednesdays from The Broadway (10.35am) to Epping High Street (arriving at 10.45am).

Epping Forest community transport manager Angela Canham said: "We would like to raise awareness of the Chigwell bus service – route CP03 – which

provides easy access transport for people from the Chigwell area both to the Epping Forest Retail Park in Langston Road and to Epping.

"With the service running on a Monday, as well as a Wednesday, shoppers can be in Epping for the town's weekly Monday market."

Passengers can 'hail and ride' between stops if required.

Author uncovers dark secrets of WWII

An author from Loughton has released a new book about the dark secrets of the Second World War.

In *Secret Casualties of World War Two*, Simon Webb reveals the casualties that 'friendly fire' from heavy artillery inflicted upon British and American civilians.

The book claims that, in the case of the British, these deaths were part of a quite deliberate policy devised to ensure that those living in big cities remained there, despite the dangers of enemy bombing. There were times during the German bombing of London when it's believed more people were being killed by British shells than were dying as a result of enemy bombs.

The description of the book on Pen and Sword, the publisher's website, describes the London Blitz and the Japanese attack on Pearl Harbour as "iconic myths for Britain and America".

It reads: "Few in either nation realise, however, that these artfully constructed narratives of heroic resistance to aerial bombardment both conceal appalling massacres of their own citizens. In Britain, thousands of civilians were killed when the army shelled London and other cities in an effort to prevent those living there from fleeing the German bombs."

SECRET CASUALTIES OF WORLD WAR TWO

UNCOVERING THE CIVILIAN DEATHS FROM FRIENDLY FIRE



COMPLETESHUTTERS

Beautiful Plantation Shutters & Blinds

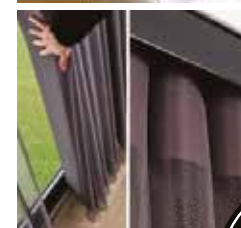


UK MANUFACTURED
SHUTTERS NOW AVAILABLE
IN 4 WEEKS, IN ANY PAINT
FINISH AND STYLE

SALE
Now On
35% OFF
all products



NEW SHUTTER
& WINDOW
BLIND
COLLECTIONS
OUT NOW



FREE Survey,
FREE Fitting
Evening & Weekend
Appointments
available



Tel: 0208 088 0970

Email: sales@completeshutters.co.uk

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

www.completeshutters.co.uk



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

Our Burns Supper on January 25 in aid of Epping Forest Foodbank was a great success.

Huge thanks to Kay Morrison, Leigh Hamilton and Cathy Lawrence, along with Jean Cooper, Howard Platt from Loughton Amateur Dramatic Society, for thoroughly entertaining us.

Our next fundraising event is Youth Makes Music, in aid of local charities, on Friday, March 6 at 6pm at Chigwell School.

There will be performances by Avon House School, Chigwell School, Loyola Preparatory School, St. Aubyn's Preparatory School, West Hatch High School and Woodford Green Preparatory School.

Call 07973 166940 for tickets (adults £5 and students free).

Our next schedule of speakers are:

- > March 12: John Newman, St John Ambulance
- > March 19: Charity Networking Soup Event

The next free monthly Memory Café in Loughton is Friday, March 13, 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 from 10am to noon 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.

LADS brings Dickens to the Lopping Hall stage

After playing to sell-out audiences in November with *Pressure*, Loughton Amateur Dramatic Society (LADS) is tackling another historical epoch in March when it brings Charles Dickens' *A Tale of Two Cities* to the Lopping Hall stage from March 26 to 28.

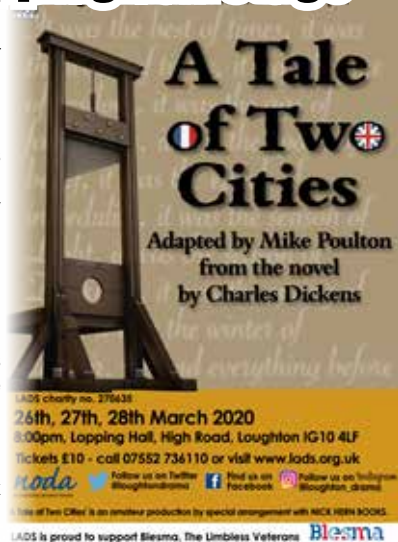
One of Dickens' most popular and well-known stories, *A Tale of Two Cities* is a story of love, redemption and sacrifice set in London and Paris before and during the French Revolution.

Over the course of the play, 21 different actors will be on stage, many playing multiple roles, with some even working backstage.

Director Jean Cooper is excited to take on this challenge.

She explained: "It is an absolute delight to revisit *A Tale of Two Cities*. Rereading the novel with a view to staging Mike Poulton's adaptation has been both inspirational and terrifying. However, Poulton's expertise in finding the storyline of a huge novel and following it through makes this play compelling watching, although some of his stage directions have caused both me and my set designer sleepless nights."

At the performances, LADS will continue to make collections in aid of The Limbless Veterans charity BLESMA, its charity for the season. Tickets are on sale now. Priced £10, they are available from the box office – 07552 736110 – or by visiting www.lads.org.uk



Control your security Be **App**solutely connected

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

CALL US TODAY TO INSTALL OR UPGRADE YOUR SECURITY SYSTEM



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

**020-8529-5710 • www.cobra-ss.co.uk • sales@cobra-ss.co.uk
155 Station Road, Chingford, London, E4 6AG**



Electrician

www.electrician-in-loughton.co.uk

Do you find it difficult to get someone to come & do a small job?

Extra Lights ♦ Additional Sockets ♦ Fuse Board Upgrades ♦ Rewires
New Installations ♦ Landlord & Homebuyer Inspections
Fault Finding & Repairs

Qualified ♦ Electrician ♦ Fully Insured ♦ Reliable Service ♦ Tidy Work
Free Quote ♦ Flexible Hours ♦ Reasonably Priced
Satisfaction Guaranteed

When you want a local, family firm, who care for your home electrics like their own, and give a personal service

**Call Karl on
0208 0880 775**





CLASSIC ROOFING CONTRACTS LTD

NO CALL OUT CHARGE • NO JOB TOO SMALL • FREE QUOTES

All your roofing problems solved
with *Classic Roofing Contracts Ltd*

- Fibreglass Flat Roofing (20 year guarantee)
- Flat Roof Felting
- Profile Sheetting
- Skylights/Lanterns
- Tiling & Slating Repairs
- Leadwork
- Liquid Plastic
- Fascias & Soffits
- Cladding
- Insurance Work

SATISFACTION 100% GUARANTEED

Checkatrade.com
Proud members of
Where reputation matters

Find us on:
f t i

NEW FLAT ROOFS
SKYLIGHTS/LANTERNS
15 YEAR GUARANTEE!
CLADDING

For more information call or go online!
classicroofingcontracts.com

0208 088 3230
info@classicroofingcontracts.com

GAROLLA

ROLLER SHUTTER DOORS

Great For:
Space Saving
Kerb Appeal
Ease of Use
0800 468 1982

THERMALLY INSULATED ELECTRIC GARAGE DOORS



Garolla saves you space inside your garage as the Garage Door rolls vertically into a box. This design requires just 8 inches of headroom and allows you to park closer to the door. Remotely control the Door from the comfort of your car with a hold to run remote.

LIMITED OFFER - was £1354
NOW ONLY £895
INC. VAT & FULL FITTING

Save £459

MADE TO MEASURE, CALL US TODAY

Free Disposal of your Old Door!

Acoustic & Thermal Insulation
Brush Sealed Rails
Pay on Completion
Two Remote Controls
18 Colours Available

CE Approved

01277 800 142
Phone Lines Open 7 Days a Week

07537 149 128

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -



HM Lord-Lieutenant opens new luxury care home in Chigwell

The doors to a new care home in Chigwell have been officially opened by its first resident, together with HM Lord-Lieutenant of Essex, Jennifer Tolhurst.

The art deco-styled Lambwood Heights on Lambourne Road is the new addition to Oakland Care's portfolio. The company also runs Woodland Grove in Loughton.

Lambwood Heights is already home to residents, including Pat Maidman, who cut the ribbon with HM Lord-Lieutenant Jennifer Tolhurst to the applause of invited guests including local councillors, local business representatives, residents and their families.

The Great Gatsby themed event featured entertainment from Lambourne Primary School Choir and singers from West Hatch High School. Guests

were invited to tour the home and see the facilities while enjoying canapés and champagne.

HM Lord-Lieutenant, Jennifer Tolhurst, commented: "It was a huge honour to be invited to come and open Lambwood Heights. A lot of work has gone into the design of the building and the rooms, and there are many things here that encourage residents to be stimulated and happy."

Guests were welcomed to the event by Oakland Care's chief executive officer, Joanne Balmer, and the registered Home Manager, Sonia Kasese.

As part of the celebrations, Oakland Care made a charitable donation to Mary's Meals, a charity chosen by the Lord-Lieutenant that provides chronically hungry children with one meal every school day.

Commemorative blue plaque unveiled

A blue plaque has been unveiled in memory of William Dawson, who gave The Loughton Club to the people of Loughton in 1901.

Deputy town mayor, councillor Tessa Cochrane, hosted the dedication ceremony, and councillor Chris Pond, chairman of the environment and heritage committee, informed those present of Reverend Dawson's life and connection to the town.

William Dawson was the son of the vicar of East Harling in Norfolk.

He came to Loughton in about 1892 and built a house for himself, Susancroft, in Upper Park, on what had once been the yard of the Crown Inn, before it moved. He assisted, unpaid, at St Mary's Church and continued working as warden of the Finsbury and East London Polytechnic.

Dawson was an anti-drink campaigner. He said that the men and youths of Loughton in their leisure time had nothing to do but go to the pub. So he gave to Loughton a place where men and boys could gather, in a dry building, at minimal cost, for games and recreation. In 1901, he arranged for the present clubhouse to be built, and supported it for the rest of his life.

William Dawson died at Susancroft on November 1, 1927, and is commemorated by the large oil painting in the stairwell of the club.

A Loughton Town Council spokesman said: "He is one of Loughton's great benefactors and it's entirely appropriate that this plaque to his memory has been provided by Loughton Town Council, to remind passers-by of this man and his gifts."





5 *surprising* USES FOR DISHWASHER TABLETS

Whether you have bulk bought enough dishwasher tablets to clean your whole street's washing-up three times over, or if you have mistakenly purchased the wrong brand for your dishwasher, it can be handy to know what else you can do with these clever little tablets.

CLEAN YOUR OVEN

Your oven is one of those kitchen appliances that always seems to need cleaning, but oven cleaning kits can be expensive, so why not use a dishwasher tablet instead?

Simply soak the oven with warm water for 10 minutes, rub the tablet across the surface to remove stubborn grease and stains and rinse.



REMOVE CRAYON MARKS

Unfortunately, children love to draw on the walls, and if they do so with crayons, you are in for a tough job trying to remove the marks. Fortunately, dishwasher tablets are perfect for this task. Just crumble a tablet into water to make a paste and gently rub the affected area.



ELIMINATE COFFEE CUP STAINS

If your beloved coffee cup has seen better days but you are adamant you don't want to throw it away, then a dishwasher tablet could be your saviour. All you need to do is fill your cup three-quarters full with warm water, add a dishwasher tablet, leave for one hour and then rinse with hot water.



GET RID OF CAR OIL STAINS

If your vehicle has the nasty habit of leaking oil stains onto your driveway or in your garage, then simply make a thick paste using a dishwasher tablet and some warm water, scrub into the stain and rinse with a garden hose.



CLEAN YOUR TOILET

Dishwasher tablets contain bleach so are ideal for making your toilet bowl sparkle. Just drop in a tablet, wait for it to dissolve and scrub as normal.

★euronics

Broadway Music & Vision

COME & VISIT US AT OUR NEW STORE

8 The Broadway Woodford Green, Essex IG8 0HL

SPECIAL OPENING OFFERS IN STORE



0208 504 7500
broadwaymandv@aol.com



WE ARE A FAMILY RUN BUSINESS
 WITH OVER 30 YEARS EXPERIENCE IN
 CARPET & FLOORING

- Dedicated Teams for Moving, Removal, Installation and Cleaning
 - All domestic & commercial works under taken
 - Fully insured & certificated LVT specialists
- Office & Outlet open 7 days a week from 09.00 to 16.00
 - Regular New Remnants Available
- End to End Service - Ensuring a Perfect Finish Every Time
- We Won't be Beaten on any Like for Like Written Quotes



ARRANGE YOUR **FREE** NO OBLIGATION QUOTATION
01992 276123

WWW.LITTLECARPETCOMPANY.COM QUOTES@LITTLECARPETCOMPANY.COM
 UNIT 14B WOODSIDE INDUSTRIAL ESTATE, THORNWOOD, EPPING, ESSEX, CM16 6LJ

DIY

Mother's Day GIFTS

HERE ARE SOME GREAT HOME-MADE MOTHER'S DAY GIFTS THAT ARE SURE TO PUT A SMILE ON MUM'S FACE...

Inspirational Tea Towel

You will need: A stencil • Washed and ironed tea towel • Access to a printer
 • Acrylic paint • Dura-Lar/Mylar • Foam brush • Masking tape • Iron • Craft knife • Cutting surface, e.g. cardboard

How to make:

- Decide what the tea towel will say. Perhaps an inspirational quote or mum's iconic catchphrase? Then, print from your computer to use as a stencil.
- Tape the stencil onto the cutting surface. Put a piece of Dura-Lar on top of your stencil. Then, cut out using a craft knife. Children should always be supervised by an adult whilst using the knife.
- Place the cut Dura-Lar stencil over the towel. Using a foam brush, dab the stencil with acrylic paint.
- Once completely dry, heat-set with an iron on a cotton setting for 10–15 minutes.

- To make this more child-friendly so the whole family can get involved, use fabric pens instead, and decorate the tea towel with messages and drawings.

Ombre Tie Dye Tote

You will need: Plain white tote bag • Rit dye • 1 cup of salt • Gloves • Clamp
How to make:

- Pour the Rit dye into a clean bucket of hot water. Add salt and stir.
- Wet the entire bag with water. Then, lower it into the dye about halfway, or as far as you want the ombre to start.
- Clamp the tote in position, and leave for a few minutes to set. Move the clamp up 1–2 inches every few minutes to create the ombre effect.
- Rinse with cold water until the water runs clear. Then, machine wash.

Mason Jar Photo Vase

You will need: A photo • Mason jar • Paint and brush • Painter's tape • Clear spray paint • Paper cup

How to make:

- Put painter's tape on the area of the jar you don't want painted. Then, paint your desired colour.
- Remove the tape before the paint dries.
- Attach your picture to the inside of the jar using painter's tape.
- Spray the jar with clear spray paint to seal the paint.
- Place a paper cup inside the vase and fill with real or artificial flowers.





GGC LTD
GLAZING CONTRACTORS



THE COMPLETE GLAZING SERVICE

DOORS ♦ WINDOWS ♦ GLASS SCREENS ♦ ROOF LIGHTS
CONTRACT GLAZING ♦ ALL TYPES OF GLASS PROCESSING

Replacement of misty double glazed units ♦ Traditional leaded light windows
Upvc & window maintenance ♦ Mirrors cut to any size or shape
Wood, aluminium & Upvc worked on ♦ Kitchen splash backs

Contact us on 0208 088 3093 ♦ admin@ggclondon.com

Find us at 69 George Lane, London E18 1JJ

Unit 1, New House Farm, Vicarage Lane, North Weald, Essex CM16 6AP



WHY 'En Provence' IS EN VOGUE

It's peculiar how interior design tastes evolve and rearrange themselves, to the extent that what probably counted as 'thrown together' a couple of decades ago is now the very height of seductive chic.

In the 1990s, when patterned wallpaper and friezes were all the rage, the sight of some exposed brickwork would lead most homeowners to call in a plasterer.

Wind forward 30 years and the En Provence trend is based so much in that rustic, 'just arrived', minimum-fuss ethos that it's difficult to look beyond the simple, stylish beauty that's on show.

Of course, flaky brickwork and some old, semi-scrubbed paintwork isn't the sum total of this trend, which, predictably, is inspired by the holiday homes and rustic outbuildings of southern France. Away from the walls, rooms take on a sense of detail within simplicity. A table and chairs provide an honest focal point; rugs, towels and throws

adorn walls and furniture, while bamboo, flowers and sprigs of pattern force the eye away from the distressed elements and into the beauty of interior excellence.

The En Provence look takes inspiration from shades, designs and styles of the 1970s. Imagine driving through the night to arrive at a semi-dilapidated farmhouse buried deep in the foothills that give way to vistas over the Mediterranean. Imagine brushing away the cobwebs to find a space untouched by modernity and contemporary tastes, where furniture is placed dramatically and the smell of freshly uncorked red wine begins to fill the air.

It is a design style almost out of wartime innocence – where comfort comes in the essentials, not the excessive.

Try it yourself – simple furniture, exposed brickwork and splashes of pattern; unmatched fabrics, wrought iron and wood; and most definitely no fluffy carpets.



HOME & DIY

Photo credit: Livingetc.com

A Design for Life



He is the interior designer seemingly plucked straight out of the Georgian era; he decorates himself in velvet, Merlinesque sleeves and looks like an upper-class Dave Grohl. And yet, amid silly comparisons and quiet scoffing, we all owe Laurence Llewelyn-Bowen a huge debt of gratitude.

Laurence Llewelyn-Bowen had a wealthy upbringing around south-east London, albeit not one free of challenges and heartache – his father died when he was just nine years old. “I think the shock of that really propelled in me a sense of wanting to achieve something special,” he says. “It made me realise how finite life was.”

“My father was an orthopaedic surgeon, so making a difference was a big incentive and made me feel as if I could follow him.”

Exploring needlework and fine art, he graduated from Camberwell College of Arts and started his own design agency in 1989. The success of that coincided with the first fragments of reality TV on our screens, and, coupled with a surge in homebuyers which, by association, meant an increase in people wanting to apply perfect, personal artistic elegance to their homes, the interior designer inadvertently turbo-charged a ‘home entertainment’ revolution.

To be fair to the now 54-year-old, there was no one else who could lead out interior consultancy in the way he did... and continues to. From voluptuous to dynamic, detailed to deep, he has managed to evolve with the times – his contemporary collections now are a world away from anything he’d have been seen to be championing in the early days of *Changing Rooms*, even if his go-to shades are still of the darker variety.

Add in flair, finesse, and that must-have presenting quality of being quite comfortable with telling people they’re wrong – “I would only ever use the word ‘mistaken’” – and Llewelyn-Bowen’s seductive appeal spans both genders, countless demographics and various tastes – one of our true, British design champions.



SPECIALIST TESTING ■ ADVICE ■ COMPLIANCE AND MANAGEMENT

20% OFF
FIRST ORDER



Viscount Fire Safety will undertake an assessment of your property free of charge, list your existing stock and establish your servicing requirements and then to make recommendations.

We bring a unique approach when it comes to Health & Safety policies and regulations within businesses. Our team will share with you our vast knowledge, not only on current Health & Safety procedures, but also future upcoming regulations. This means that your business will now and always be compliant with Health & Safety legislation. We have a simple yet effective method to ensure the correct Health & Safety policies are in place, thus safeguarding your business and workforce.

- Fire Extinguishers
- Service and Installation
- Fire Alarm
- Testing / Servicing & Installation
- Work Place Safety
- Fire Risk Assessments
- Fire Warden Training
- Fixed Wire Testing
- Portable Appliance Testing (PAT)
- Commercial and Domestic Installers



Telephone 020 8755 0946

www.viscountfiresafety.co.uk email: info@viscountfiresafety.co.uk

Suite 1B, Business Mews Advance House, Central Road, Harlow, Essex CM20 2ST



APPLIANCE REPAIRS AND SALES

We repair all makes and models

Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods

New appliances in stock for
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk

ATCL LOCKSMITHS

FOR ALL YOUR HOME & BUSINESS SECURITY NEEDS

YOUR LOCAL MOBILE LOCKSMITHS

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

01708 453 168
07515 519 971



ESSEX PITCH

STRUCTURAL CARPENTRY

15 YEARS EXPERIENCE | DESIGN | CONSTRUCTION

PROJECT MANAGEMENT | LOFT CONVERSIONS

BESPOKE CARPENTRY | JOINERY SERVICES

STRUCTURAL CARPENTRY | SPECIALIST ROOF

CARPENTRY | TIMBER FRAME BUILDINGS

Lee Markham: 07929 736960 | Charlie Tarten: 07807 031118

info@essexpitch.co.uk | www.essexpitch.co.uk

PUZZLES & TRIVIA



PUZZLES

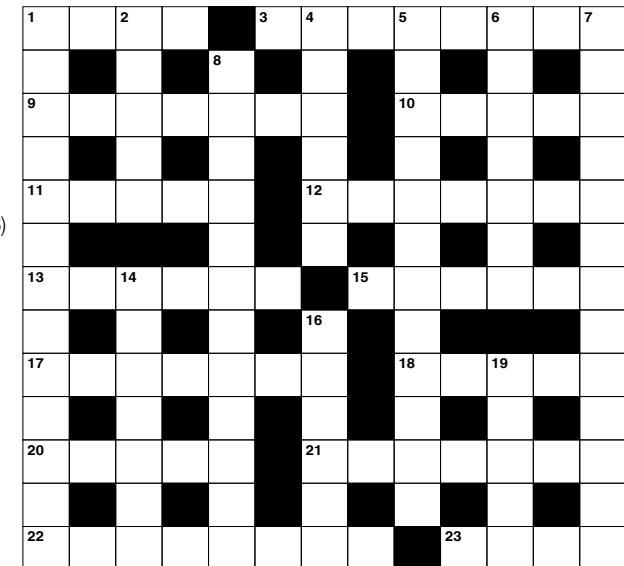
Answers can be found on the Contents Page 4

ACROSS

- Unwell (4)
- Coming out of (8)
- Freezing (3,4)
- Italian cathedral (5)
- Herb (5)
- Mode (7)
- Make tidier (6)
- Adjust in advance of its use (6)
- Sharp tooth (7)
- Shady spot under trees (5)
- Ornamental stone (5)
- Chanted (7)
- Overabundances (8)
- Dairy product (4)

DOWN

- Perfect likeness or double (8,5)
- Requiring much mastication (5)
- Change (6)
- Reallocate (12)
- Traditional piano keys (7)
- Amiably (4,9)
- Despair (12)
- Antiquated (7)



16. Reach a destination (6)

19. Lifting device (5)

DID YOU KNOW?

- ▶ Hong Kong has more skyscrapers than any other city in the world
- ▶ Australia is the only country that covers an entire continent
- ▶ Canada's lakes and waters contain about 20 per cent of all fresh water on Earth
- ▶ There are more than 60 languages spoken in Kenya
- ▶ The United States of America is made up of 50 states and the District of Columbia
- ▶ Brazil has won the most World Cup titles
- ▶ Queen Elizabeth II is the Head of State of St Lucia
- ▶ Papua New Guinea speaks the most languages in the world, with more than 851 individual languages listed

SUDOKU

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


GRANGEWOOD HOUSE

PREMIUM WORKSPACE
& VIRTUAL OFFICE FACILITIES


Enquiries: 020 8505 0550
investments@grangewood.co.uk



Oakwood Hill Industrial Estate
Loughton, IG10 3TZ



“The area’s
best kept
secret.”



CR@TE
LOUGHTON

T: 020 8508 0550 E: INFO@CRATELOUGHTON.COM
FOLLOW US @CRATELOUGHTON

THE B7 MEDIA GROUP

PRINTING • SOCIAL MEDIA • LOGO DESIGN • LEAFLETS
WEBSITES • DISTRIBUTION • I.T. SOLUTIONS • BUSINESS STATIONERY
WORKWEAR • CARBON PADS • RETAIL PACKAGING • SIGNAGE
VEHICLE WRAPPING • EXHIBITION BOARDS & BANNERS • WINDOW VINYLs
BRAND ALIGNMENT • MENUS & BROCHURES



ENQUIRIES@B7MEDIAGROUP.COM



01708 578049



WORLD WIDE WEB REACHES 30

What started out as an idea for scientists to share information went on to change the world 30 years later.

Sir Tim Berners-Lee's initial idea, called Mesh, was originally described by his boss as, "Vague but exciting."

It wasn't for another year, in 1990, that he started writing code for the project, which had taken on a new name: the World Wide Web.

Thirty years on, and Berners-Lee's invention has more than justified the lofty goals implied by its name. But with that scale has come a host of troubles, ones that he could never have predicted when he was building a system for sharing data about physics experiments.

He is well aware of the problems. In his annual letter marking the anniversary of the WWW he writes: "While the web has created opportunity, given marginalised groups a voice and made our daily lives easier, it has also created opportunity for scammers, given a voice to those who spread hatred and made all kinds of crime easier to commit."

"It's understandable that many people feel afraid and unsure if the web is really a force for good. But given how much the web has changed in the past 30 years, it would be defeatist and unimaginative to assume that the web as we know it can't be changed for the better in the next 30. If we give up on building a better web now, then the web will not have failed us. We will have failed the web."

He has a solution, but it is radical: a sort of refoundation of the web, creating a fresh set of rules, both legal and technical, to unite the world behind a process that can avoid some of the missteps of the past 30 years.

Photo credit: Debby Wong/Shutterstock.com



HISTORY

5 ALIVE

5G technology – what is it, how does it work, and what impact will it have on your life?

The days when mobile phones were used to simply phone people are gone... and they're not coming back.

Our portable connectivity has advanced so far, so fast, that we now find ourselves in a place where, seemingly, anything is possible.

The vast majority of the UK currently operates on 4G technology – or 3G if you're having a bad day. Where simple phone mechanics have morphed into full web and app connectivity, 5G will offer users the kind of burst in speed that would make even Usain Bolt appear slow.

Users will need a 5G device – no software update to a 4G phone is going to bring you the bursts of acceleration you're hoping for. The 5G network is built on millimetre waves, and while that means a higher frequency, it also means a smaller range. The end result is that these waves don't travel as far as 4G waves, so the installation of huge quantities of nodes for maintaining the signal are the reason why there's such a slow rollout of tech.

While the experts circumnavigate those problems, what the technology means for us is rapid functionality. Say goodbye to buffering of any sort, enjoy an entire download of the Fortnite game in 10 seconds, or a whole hour-long Netflix show in four seconds... and that's HD too, obviously.

As for its arrival, the whole of the UK is expected to be 5G ready by 2022, with various mobile networks 'switching on' cities a few at a time.

As with any early adoption of tech, the secret is probably to hold off at first. Early 5G handsets are expensive, and creases in the system are still being ironed out. Within a couple of years the nation's internet connectivity not only be at the very peak of optimum performance, but it will be affordable too.



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.

So whatever your questions are, we have the experience and knowledge to help you get the right vehicle, at the right price.



planetleasing

07539 413 132 / 0208 508 6668

andrew.fox@planetleasing.co.uk



FIAT 500 HATCHBACK
1.2 LOUNGE 3dr
from £116.54
per month excluding VAT
£1,048.86
initial rental
48 month duration



RANGE ROVER EVOQUE
2.0 D150 5dr 2WD
from £246.94
per month excluding VAT
£2,222.46
initial rental
24 month duration



VAUXHALL MOVANO 35 L3 FWD
2.3 CDTi H2 130ps VAN
from £223.22
per month excluding VAT
£2,008.98
initial rental
48 month duration

Planet Leasing Ltd is a credit broker and not a lender and is authorised and regulated by the Financial Conduct Authority (FCA) - Reg No. 668093.
All prices are based on the following business contract hire profile: 9k monthly amount as the initial rental / 8000 miles per annum / Driver maintained.
Prices shown exclude VAT. For personal rates add 20% VAT to above prices. E&OE.
All prices correct at time of going to print. Images for illustration purposes only. Finance availability subject to credit status. Terms & Conditions apply.



DASHCAM

REC TO THE RESCUE

The rise of dashcams, and why more motorists are installing them

If you're familiar with the phrase 'where there's blame, there's a claim', you'll know we're living in an era when most people in most areas of society are being held accountable for their actions.

And on the roads, that's certainly the case, with £1.2billion of car insurance claims paid out in just the first quarter of last year.

Many of us have found ourselves in a position where an event on the road becomes the subject of dispute, and more and more now motorists are protecting their side of the story with dashcams. From just £20, and available front and back, footage can prove invaluable in the event of a claim needing to be made.

Typically, dashcams have been plugged into car cigarette lighters, but increasingly now, compatible cams can be wired into the

battery, meaning that even when parked and with keys out of the ignition, the camera will start recording whenever it detects movement.

More expensive models can offer immediate playback, increased file storage and GPS, but whether investing heavily or just setting something up to get you covered when zipping in and around town, protecting yourself – and your story – could end up saving you thousands.

And who knows, if you catch something really remarkable, your subsequent YouTube upload could go viral, landing you enough to drive something new off the forecourt... dashcam pre-fitted.

The ultimate question behind dashcams ends up being this; rather than asking, can you afford to install one, can you actually afford not to?

00:02:38:05

IMPERIALS
ESSEX
Celebrating over 35 years in prestige car retail
www.imperials.co.uk

We Would Like To Buy Your Prestige Car



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

OUR LOCATIONS ACROSS ESSEX

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

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

[/imperials.co.uk](https://www.imperials.co.uk)

[@ImperialsLtd](https://twitter.com/ImperialsLtd)



CHIGWELL GOLF CLUB
FOUNDED 1925

MEMBERSHIP AVAILABLE

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

156 High Road | Chigwell | Essex IG7 5BH
T. 020 8500 2059
chigwellgolfclub.co.uk

GIANT

AT GIANT LOUGHTON
WE'RE JUST LIKE YOU -
WE'RE RIDERS. WE LOVE
CYCLING AND WE WANT
YOU TO ENJOY IT JUST
AS MUCH AS WE DO.

- 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2020 (EXCLUDING MY21 RANGE)
- FREE PUNCTURE REPAIRS FOR LIFE RANGE (Ts&Cs APPLY ORIGINAL OWNER ONLY)
- FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES
- PRICE MATCH PROMISE- FIND IT CHEAPER ANYWHERE ELSE & WE WILL MATCH THE PRICE
- FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

GIANT LOUGHTON, 235 High Road, IG10 1AD

T: 0208 508 1384 W: giant-loughton.co.uk E: info@giant-loughton.co.uk



TOKYO 2020
THE NEW SPORTS



SPORT

3. KARATE

In the latest instalment showcasing sports set to debut or return at the Olympics in Tokyo later this year, we take a look at karate.

During the Ryukyu Dynasty, martial arts were banned by King Sho Shin, but they continued to be practised in secret. By the 20th century, Japanese universities had karate clubs, and in the 1960s and 1970s, martial arts movies were bringing this unique form of combat to popular culture.

It's perhaps surprising, then, that it's taken until 2020 for karate to make its Olympic debut, and even now is being presented as a non-permanent addition.

The sparring discipline of Kumite will feature three weight classes for male (67kg, 75kg and +75kg) and female (55kg, 61kg and +61kg) competitors, and there will be no mixed-gender contest. There will be 10 entrants in each category.

Rules in Kumite state that opponents face each other on an 8x8m mat, for three minutes or until one has an eight-point lead over the other.

Three points are awarded for ippon (a technique with clean connection and good form), two points for waza-ari (throwing opponent with control and accuracy, but not to extent of ippon) and one point for Yuko (a throw that places the opponent on their side).

There will also be a Kata discipline, in which judges will award points for technical (techniques, focus, correct breathing, stances, timing, transitional movements and conformance) and athletic (speed, strength and balance) performance. A total of 10 female and 10 male athletes will compete for gold, silver and bronze medals.

Karate has previously been an event at four leading athletic competitions – the 2018 Asian Games, and the 2019 African, European and Pan American Games.

It is apt, then, that the sport will be making its Olympic debut in its homeland.

RIGHT PLACE

right time



HOW, EVEN AT 35, CRISTIANO RONALDO REMAINS A CONSTANTLY EVOLVING MODERN-DAY SPORTING ICON

The enigma that is Cristiano Ronaldo continues to enchant, endear and entertain at every turn.

A seemingly ageless talent whose presence in the sporting arena is as strong as his appeal is ubiquitous, the Portuguese has always made the almost insurmountable task of remaining impactful appear largely effortless.

The secret to staying relevant occupies a strand picked up by so many great stars... of sport, the big screen, music, fashion and more: don't outstay your welcome.

"I have always been of the mind where I know when it is time to go," he says. "We can all do things for too long and that is when the gloss begins to fade a little."

Ronaldo's perception of when to stick and when to twist can be measured with the same exemplary precision as his leaps, salmon-like, that end with a header being powered past the flailing dive of an opposition keeper. Growing up as a kid in the system at Sporting Lisbon, he was only 18 when he switched to Manchester United, but as a career progression the time was right to step up.

Arguably, he did the same thing again when, in 2009, and at the peak of his powers in the Premier League, he left to join Real Madrid for a then world record fee of £80million.

And just as it appeared he would see out a glittering career in the Spanish

capital, a surprise switch to Juventus in the summer of 2018 flawed any notions that the player capped 164 by his country didn't still have within himself the passion and desire to freshen things up again.

Ronaldo, the man, is both effortlessly simple and hopelessly complicated. He is a brash, brazen, power-driven personality who, by the same token, will frequently be reduced to tears in interviews.

He is a man who has put a barrier between himself and the mother of his first son Cristiano Jr, yet whose dedication to all four of his children – Eva, Mateo and Alana all followed in 2017 – is unrelenting.

He is a man demerited and scorned on social media as much as he is admired and praised... someone who thrives on the spirit of competition and never backs away from bestowing his personal image on anyone who will listen; and yet, in almost the next breath, he offers humility, charity, compassion, the like of which some will tell you is apparently absent from the modern game.

Ronaldo's defining impact will always have to be that made on the pitch, of course. The legacy of a sportsman should be centred precisely in sport itself, but it is indisputable that he has played a defining role in enriching our perception, understanding and appreciation of modern entertainment culture, and for that, no matter what our sporting allegiances, we have to applaud him.

RONALDO IN STATS

(FIFA) Ballon d'Or: winner in 2008, 2013, 2014, 2016, 2017

FIFA World Player of the Year: 2008

Holds the record for the most goals in... Champions League (129), European Championships (nine), FIFA World Cup (seven), Nations League Finals (three)

League title wins: 6 (in 3 different countries: England, Spain, Italy)

Champions League wins: 5

European Championships wins: 1 (Portugal, 2016)

Total number of goals scored for club and country: 724

Photo credit: MIGUEL A LOPES/EPA-EFE/Shutterstock, cristiano barni/Shutterstock.com



SPORT



THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation.

ACUPUNCTURE

HONG WEI CHINESE MEDICAL

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

BEAUTY & NAILS

BEAUTY BY NATASHA KATIE

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

SPECIAL NAILS

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

THE NAIL STUDIO

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

BESPOKE TAILORING

ROSS CARRINGTON BESPOKE TAILORING

Bespoke suits, shirts, jackets, wedding attire, evening wear. Alterations undertaken and visiting service available. 07824153880 & 0207 898 0599

CAR & VAN HIRE

SCENIC SELF DRIVE

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

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

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

CLEANING SERVICES

SPOTCLEAN LTD

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

COMPUTER REPAIR & I.T.

MAPTEC IT

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

DRAINAGE

UNITED DRAINS

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

ELECTRICAL & WHOLESALERS

CH ELECTRICAL WHOLESALERS

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

ELECTRICIAN

CAPITAL ELECTRICAL SERVICES LTD

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

TACK ELECTRICAL

When you want a local, family firm, who care for your home electrics like their own, and give personal, professional service. 0208 088 0775

FINANCIAL SERVICES

PARAGON LEGAL SERVICES LTD

We will write your will for only £49.99+Vat subject to T&Cs. Call FREE on 0800 0747642 or 01206 544919 Call us for a FREE home appointment. www.paragonlegal.co.uk

FURNITURE ASSEMBLY

FLAT PAC KING

Assembly of all flat pack items. London and Essex areas covered Collection and delivery service is available call Jo on 0208 088 2976

FURNITURE RESTORATION

ABBEY GROUP

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

KINGS UPHOLSTERY

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

GARDEN SERVICES

JOHN HEARNE

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

KINGS CUTS TREE SERVICES

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

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

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

HOME IMPROVEMENTS

TOTAL HOME UK

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

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

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

LOFT CONVERSIONS

HIGH END LOFTS LTD

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

MOBILE PHONES & ACCESSORIES

HORNCHURCH MOBILE PHONES & ACCESSORIES

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

MOTORING

BMS CAR PARTS

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

PAINTING & DECORATING

PGA DECORATING SPECIALIST

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

TRADITIONAL DECORATIONS

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

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

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

KINGS PLUMBING & HEATING

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

PROPERTY MAINTENANCE

STUART GREEN PROPERTY SOLUTIONS

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

ROOFING

JIM BARR ROOFING

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

WHITE GOODS & APPLIANCES

T.E.J. DOMESTIC APPLIANCES

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

WINDOWS & GLAZING

MAJOR GLASS & GLAZING

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

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

WHAT'S ON

in your area

Simon Targett

Loughton Library, Traps Hill, Loughton, IG10 1HD
March 10, 7pm – 8.30pm



co.uk/e/mind-body-spirit-fair-22nd-march-2020-250-entrance-pay-on-day-tickets-87001127715

Practically Pink Tribute Act

Forest Tandoori, 12 Forest Road, Loughton, IG10 1DX
March 26, 8pm

No set menu on the night. Order anything you'd like from the menu.

Pink tribute at 8pm and party from 9.15pm.
 Booking is essential. Call 0208 508 7185.

Therapy Dog Storytime

Loughton Library, Traps Hill, Loughton, IG10 1HD

April 4, noon – 1pm

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

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



Kitty Cat Fun

Loughton Library, Traps Hill, Loughton, IG10 1HD

April 8, 2pm – 4pm

Hear a fun cat-themed story and watch it come alive as you explore what you need to care for cats.

Join in with fun activities and take home free goodies.

This free event is for children aged three to 12. Parental supervision required.

The MBs

Loughton Club, 8 Station Road, Loughton, IG10 4NX
March 21, 8pm

From stax soul to rock 'n' roll, ska and reggae.

Tickets are £5 each and available at the bar. They will also be sold on the night subject to availability.

Doors will open at 7pm.

Mind Body Spirit Fair

Loughton Club, 8 Station Road, Loughton, IG10 4NX
March 22, 11am – 4pm

Pampering treatments, healings, 1-2-1 psychic readings, retail stalls and free workshops.

Lots of stalls selling a variety of products, from Crystals to healing jewellery.

£2.50 for adults on the door or free for those aged 16 and under.

For more information, visit www.eventbrite.

HAVE YOU VISITED

THE OAK-TREE SCHOOLS?



BRAESIDE SCHOOL

Buckhurst Hill

www.braesideschool.co.uk



COOPERSALE HALL SCHOOL

Epping

www.coopersalehallschool.co.uk



NORMANHURST SCHOOL

North Chingford

www.normanhurstschool.co.uk



OAKLANDS SCHOOL

Loughton

www.oaklandsschool.co.uk

Four privately-owned local independent schools make up the Oak-Tree Group: Braeside, Coopersale Hall, Normanhurst and Oaklands. The schools are known for their outstanding teaching and excellent pastoral care. Visit the school websites for further information and to book a personalised tour.

EARLY YEARS • INFANTS • JUNIORS • SENIORS

Book a place at www.oaktreeschools.co.uk

@OakTreeSchools



Loft Conversion Specialists

Beautiful Lofts, Expertly Built

Extensions ■ Home Improvements ■ Kitchens ■ Bathrooms



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

www.newlevelloftconversions.co.uk



Call us on:
0208 088 2805

Chingford London E4

