

FREE

Photo credit: Everett/Shutterstock

HRH  
**PRINCE PHILIP**

Celebrating the life of the Duke of Edinburgh, June 1921 – April 2021



Want to save some money on your bills and live a more energy-efficient lifestyle?

With Tutum Home you can control your home remotely, or set-up automated schedules from your smartphone, no matter where you are!

Set rules to switch off your lights, heating or home appliances directly from your phone.

Our aim is to keep your home **safe, smart** and **secure**.

 **0208 088 3659**

**[www.tutumhome.store](http://www.tutumhome.store)**

Exclusive 20% off our packages for Vision readers with code

**VISION20**

+ FREE VIDEO DOORBELL





# Editor's notes...

MAY 2021



Brett Shoet, Editor

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

It's been great to see people face to face again as we venture out of lockdown. I've had proper conversations with readers and clients again, many of whom have said they were very pleased to see us still up and running during the pandemic.

What's more, I'm seeing so many local businesses that have been in the community for as long as I can remember continuing to move forward despite the pandemic - it truly is uplifting.

I'm expecting there will be enough local events lined up that we'll soon be able to reintroduce our 'What's On' page, which is hopefully as exciting for our readers as it is for us.

With the weather improving, I've been able to enjoy my garden a lot more, which is exciting both because it's encouraged me to finally cut the grass and because it's provided me with the opportunity to buy gardening goods from local businesses.

I wanted to say a quick "happy birthday" to my girlfriend, Kirstie, who recently turned 30. It's the support of people like Kirstie around me that helps make **VISION** the success that it is.

*Brett Shoet*

This is your town's hyper-local magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

**CONTACT US:** [www.visionmagessex.com](http://www.visionmagessex.com) | [loughton@visionmag.co.uk](mailto:loughton@visionmag.co.uk) | 0208 088 0386

[@visionmagessex](https://twitter.com/visionmagessex) | [@visionmagessex](https://www.instagram.com/visionmagessex) | [f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Inside pages recyclable



The bathroom you have always dreamed of



## YOUR DESIGNER BATHROOM

Visit our showroom and see the latest bathroom ranges  
Bathworks can offer supply only, or arrange supply & fit

**Opening hours:** Monday – Friday 9.30am - 5.30pm Saturday 10.00am - 4.00pm

198 High Road, Woodford Green, Essex IG8 9EF Tel: 020 8504 1765 [www.bath-works.co.uk](http://www.bath-works.co.uk)



home hub group

NOW OPEN ON  
EPPING HIGH STREET



We supply and install windows and doors.

**01992 276 046**  
[essex@homehubgroup.co.uk](mailto:essex@homehubgroup.co.uk)

[homehubgroup.co.uk](http://homehubgroup.co.uk)

[f](https://www.facebook.com/HomeHubGroup) [@HomeHubGroup](https://www.instagram.com/HomeHubGroup)



# WILLIAM & KATE:

*Ten years on*

**Looking back to celebrate William and Kate as they reach the milestone of their 10<sup>th</sup> wedding anniversary.**

When asked, Prince William and Kate Middleton, the Duke and Duchess of Cambridge, would doubtless suggest their first decade together as husband and wife has been wonderfully happy, uplifting and rewarding... albeit not without its challenges.

To most couples in the early throes of wedded bliss, the faint cry of babies and the bringing on of previously untapped levels of tiredness is a challenge enough. Yet it is to the couple's unending credit that they have never swayed away from their other royal duties, while having the ambition to pursue new challenges and initiatives. They are every bit the exemplars of people wanting the best for themselves, their family and those around them.

In isolation, those challenges of early parenthood – when we saw the arrival of Prince George in 2013, Princess Charlotte two years later and, most recently, Prince Louis in 2018 – are considerable, yet in recent years family events have compounded further the complications of life. The Prince Harry and Meghan Markle spat, notably, has left a devastating scar across how we perceive the Royal Family; then there's been the controversy of Prince Andrew and his links to Jeffrey Epstein; while the recent passing of William's grandfather, Prince Philip, Duke of Edinburgh, has further shrouded the institution at a time when the rest of the nation is finally managing to pull away from the darkness.

Regardless, the April 29, 2021, anniversary reaffirms the couple as a modern inspiration. The ceremony, 10 years ago, was a typically lavish affair, albeit laced with the style and individuality that William and Kate have wanted to imprint in the way they go about their duties.

Former Archbishop of Canterbury Rowan Williams conducted the ceremony, as 26 million UK viewers watched it live. The Royal Family and the Middletons picked up the bill for almost 2,000 guests, with 300 special invitees going on to an evening dinner hosted by Prince Charles.

Naturally, the day went off without issue, and their work as a couple was only just beginning. Few would disagree now that, during an era when criticism of the royals has been fervent, William and Kate uphold the value and purpose of the Royal Family, even if others in the clan are less proactive.

Over the past decade, the prince has committed huge amounts of time to mental health issues, as well as opening up to a more mainstream audience with his love of sport; while the Duchess of Cambridge's elegant embracing of the mum role model is notable for the familiarity it has with Princess Diana and her boys.

More than anything else, William and Kate speak to the world with the shutters up. Rarely have a royal couple been so close to the people, with honesty, humility and even the ability to laugh at themselves.

It gives all of us hope that not only will the Windsors overcome this recent spate of negative events but, more than that, with William and Kate excellent exemplars, the institution of marriage – itself in decline – once again has those to uphold its values.

"We have always loved being married," says William. "I think we are more in love now than before, and we both truly feel we have found a soulmate who will be there forever."

# BETTER THAN *Just O-kay*

## Vernon Kay and 25 years on camera

There's something unmistakable about people from Bolton – think Peter Kay, Paddy McGuinness, Amir Khan. Perhaps it's the accent, perhaps the exuding of confidence, or maybe it's just an ability to look on life with uplifted energy.

Whatever the mechanics are, Vernon Kay, like so many of his Greater Manchester contemporaries, has them in abundance.

The husband of Tess Daly, Kay has just celebrated 25 years on screen – no mean feat for someone once described in the Nineties by Mark Lamarr as “a lanky indie kid with bad taste in clothes”.

That's ironic, given that Kay was actually first spotted at Clothes Show Live when he agreed to strut some clothes in return for free drinks. He went on to model for several years before using the catwalk as a platform to launch a TV career.

One of the many to emerge through the T4 stable, he has gone on to present *All Star Family Fortunes*, *Beat the Star* and *Splash!*, among others. Yet it was his appearance in *I'm a Celebrity... Get Me Out of Here* last year that truly reacquainted the watching public with someone who has also spread his talent across radio DJing (notably on Radio 1) and even movie cameos (in *Shaun of the Dead* and *Keith Lemon: The Film*).

A father of two, Kay famously talks down his talents, but has become one of terrestrial TV's go-to faces. Most recently, his *Game of Talents* show has allowed him to rediscover some of the spontaneity so associated with those T4 days.

“A lot of entertainment is very sanitised these days and I want to bring energy and unpredictability back to it,” says Kay, who said recently he blames the sterility of autocue for ruining so much live programming.

“Having fun is difficult when you're reading words off a script, so I'd love us to get back to really immersive TV that throws off the shackles.”

The shackles are off, Vernon.

Photo credit: Kieron McCarron/ITV/Shutterstock

Checkatrade.com



City & Guilds  
Qualified

## EMPIRE UPVC & ROOFING SPECIALISTS LTD

We guarantee our customers a friendly, reliable & professional service



### The UPVC and Roofing Experts in Hertfordshire

Empire UPVC and Roofing Specialists are an independent business trading throughout Hertfordshire and a surrounding 40-mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ ALL Roofing Repairs
- ✓ Roofing Maintenance
- ✓ Roofing Leadwork
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ Roof Moss Removal
- ✓ 15 - 20 Year Guarantee
- ✓ Highest Quality Materials Used

COME AND VISIT OUR SHOWROOM AT HILLGROVE BUSINESS PARK



CALL OUR FRIENDLY TEAM TODAY FOR YOUR FREE QUOTATION

Office: 0208 088 3259

FULLY INSURED

Email: [chris@empireupvcandroofing.co.uk](mailto:chris@empireupvcandroofing.co.uk) • Web: [www.empireupvcandroofing.co.uk](http://www.empireupvcandroofing.co.uk)



BEAUTY

# RICE, RICE baby

When you rinse rice before cooking, chances are you let the water simply run down the drain. However, you may think twice about wasting this leftover liquid when you discover its many beauty benefits below.

### WHAT MAKES RICE WATER BENEFICIAL?

Rice water is packed with vitamins, minerals and amino acids which are all needed for maintaining healthy skin, hair and nails. It contains ferulic acid, an antioxidant that helps to nourish skin and nails, as well as allantoin that has healing properties. For your hair, rice water contains inositol, which strengthens your follicles and reduces surface friction.

### BEAUTY USES FOR RICE WATER

**Facial cleanser:** Give your skin a boost of goodness by pouring rice water onto a cotton pad and massaging over your face, both in the morning and before bed.

**Acne treatment:** Apply to spots to help reduce redness to act as an astringent and to prevent future breakouts.

**Age spot treatment:** If you suffer with age spots or skin discolouration, mix 1 tsp of rice water with

two drops of fractionated coconut oil and massage into your face and neck.

**Hair conditioner:** For those with dry or brittle hair, apply rice water and a few drops of lavender essential oil after shampooing, leave for 10 minutes and rinse with cold water.

**Nail treatment:** To help your nails grow faster, soak them in a bowl of rice water for five minutes once a day. This can also help to reduce the signs of ageing on your hands.

### HOW TO MAKE YOUR OWN RICE WATER

- > Rinse ½ cup of uncooked rice to remove any dirt or impurities
- > Place the rinsed rice in a bowl and cover it with two cups of water
- > Swirl and leave to soak for 30 minutes
- > Strain the rice and set aside the water
- > Store the rice water in an airtight container. It will keep for one week in the fridge.



WOODFORD HOUSE DENTAL PRACTICE

# SPRING INTO ACTION

for the world of friends, holidays and special occasions!



## WE CAN IMPROVE YOUR SMILE

Book your free virtual consultation for dental implants, facial aesthetics, teeth straightening with invisalign, plus teeth whitening and more.



020 8504 2704  
improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST



# WANT YOUR ADVERT HERE?

CALL TODAY ON  
0208 088 0386  
TO BOOK

## feel **one-to-one**derful with Janine

THE 1:1 DIET  
by Cambridge Weight Plan



This is me -  
I lost  
7 stone on  
the 1-2-1  
Plan!



Contact me today  
and I will help you  
reach your goals

The 1:1 Diet by Cambridge  
Weight Plan with Janine  
0208 088 0873 : 07496 837873  
www.one2onediet.com/Janine  
Find me on



## SKN·ESTI *By Parveen*

Parveen has over 11 years experience as a medical aesthetician and working in high-end medical clinics. During her years of practice, Parveen has developed her expertise in helping clients to improve their skin health, including ex-cancer patients and clients who suffer from conditions such as pigmentation and Polycystic Ovary Syndrome.

The skin is the largest organ of the human body. Our skin is constantly exposed daily to many free radicals that can damage our skins overall health. So, it is imperative we take care of skin concerns such as: Acne, Pigmentation, Ageing, Post cancer care, psoriasis, excema, or general skin health

Getting a specialised, tailor made skin management programme will ensure that what you are using to gain your goals are right for you.

The range of medical grade skincare at Peauperfect Skin and Laser Clinic is the highest and most effective in the aesthetics industry.



BOOK IN FOR A VIRTUAL SKIN CONSULTATION WITH SKN ESTI BY PARVEEN AT PEAPERFECT SKIN AND LASER CLINIC AND GET STARTED ON YOUR SKIN CARE JOURNEY.

peauperfect\_clinic www.peauperfect.co.uk Contact: 0208 088 0876



FASHION

# REACH FOR *Retro*

Forget spending a fortune on a new wardrobe this season – simply dig into your cupboards and pull out some pieces that are back in fashion.

### SUPER-STATEMENT TROUSERS

Ditch your skinny jeans and leggings, because this season it is all about the high-waisted, wide-legged trousers. A huge trend in the Eighties, this is the perfect style for anyone who likes to feel comfy in their clothes while also being fashion-forward.



### ALL THAT GLITTERS

If you were a huge fan of disco, then you will be thrilled to know that glitter is back! From Louis Vuitton's stunning silver suits to Balmain's super slinky sparkle dresses, the catwalk will be lit up with glitzy, glittery glam.

### TOP OF THE CROPS

Not for the faint-hearted, crop tops are making a huge comeback. Best matched with a loose blazer and high-waisted skirt or jeans – ideal if you love your tum, but not your hips! – this is the ultimate throwback look for when the heat rises.



### POWER PUFF SLEEVES

You may have to reach right back into your wardrobe to find this look; the ultimate symbol of Eighties glam. That's right – puffy sleeves are back, and this time they mean business. Whether summery and voluminous or structured to create that classic silhouette, this is a big, bold trend that's here to stay.



### SHEER LUCK

Incredibly versatile, this is a fantastic trend for almost every body shape. Whether you want to emulate Seventies beach chic with patterned maxi-dresses and a bikini peeking through, Nineties grunge with a see-through loose layer over a tight minidress and chunky boots, or simply a semi-sheer camisole under a blazer, this is a great way to reveal a little extra flesh while still remaining modest.

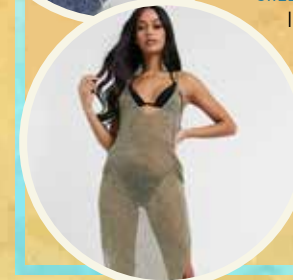


Photo credit: ASOS.com



# Hello hay, FAREWELL FEVER

As the weather gets warmer and the pollen count grows, hay fever sufferers across the nation lament. If you are already in the throes of a hay fever attack, you don't have to turn to over-the-counter medications. Instead, try one of the below natural remedies.

## VITAMIN C

A natural antihistamine, vitamin C can be found in oranges, lemons and grapefruits, as well as red bell peppers. As vitamin C cannot be stored in the body, you need to offer consistent and low doses to support your nasal lining and minimise the effects of hay fever.

## HONEY

If you know anyone who sells local honey, then this is the perfect hay fever remedy for you. With the ability to desensitise your body to other pollens, the bee pollen found in honey can help to significantly reduce the most common hay fever symptoms, including a runny nose and persistent sneezing.

## GARLIC

Known for boosting your immune system, garlic can also act as a decongestant which can help to alleviate minor hay fever symptoms. This potent plant is also an anti-inflammatory and a good source of quercetin, a natural antihistamine.

## PETROLEUM JELLY

Not just a lip saviour when the weather turns cold, petroleum jelly has been praised by hay fever sufferers for its ability to trap pollen before it enters the nose. Simply apply a thin layer inside your lower nostrils to prevent your symptoms from becoming any worse.

## CHAMOMILE TEA

High in antioxidants, as well as being a natural antihistamine, chamomile tea can be drunk to act as an anti-inflammatory agent. Alternatively, choose to place cooled teabags on swollen, red eyes for an instant calming effect.

## CHILLI PEPPERS

Chilli peppers contain capsaicin which, when eaten, opens up the nasal passages, helping to reduce congestion caused by hay fever.



KASECARE

## DO YOU NEED ASSISTANCE WITH DAILY TASKS OR SPECIALIST SUPPORT?



- We are a family-owned home care organisation, dedicated to providing the finest care for our clients
- Our values are based on integrity, compassion & community engagement

### WE CAN HELP WITH

- Personal care • Shopping • Houskeeping
- Social companionship • Hospital to home
- Holiday care • Palliative care
- 24 hour care & live-in care
- Night care • Hospital to home transition



**CONTACT US: 0208 088 2958 | info@kasecare.co.uk | www.kasecare.co.uk**  
Suite 7, High Beech House, 8-10 High Beech Road, Loughton IG10 4BL

# YOU'RE NOT ALONE



OVER 135,600 OTHER PEOPLE IN ESSEX READ **VISION** MAGAZINE'S MONTHLY

Your Monthly Lifestyle Magazine **VISION**

### CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS

See all our magazines at [www.visionmagessex.com](http://www.visionmagessex.com)  
BillericayShenfieldBrentwoodOngarChelmsfordBeaulieuEppingTheydonFrinton-on-Sea  
HornchurchLeighThorpeBayLoughtonRayleighWickfordSouthWoodford



# LUXURY LIVING WITH THE *highest quality care*



Exceptional Luxury Care Home

## Bespoke Residential, Nursing, Memory and Respite Care

Offering the highest quality, personalised care, with luxury living facilities and the freedom to explore and enjoy a range of hobbies, Woodland Grove will give residents the independence and support to continue living life to the fullest together.

*Love, Love and Be Loved*



**NOW OPEN - BOOK YOUR VISIT TODAY**

Call: 0300 303 5445 | Email: [clientrelations.wg@oaklandcare.com](mailto:clientrelations.wg@oaklandcare.com)  
[www.oaklandcare.com/our-homes/woodland-grove-loughton](http://www.oaklandcare.com/our-homes/woodland-grove-loughton)  
 Woodland Grove | Rectory Lane | Loughton | Essex IG10 3RU

# REBUND REGRET

*how to move on properly after a failed relationship*

**W**hen a relationship comes to an end it can be a traumatic and sad experience, with statistics showing that most of us will experience the feeling at some point in our lives.

While time is undoubtedly the greatest healer, there are a few useful techniques and ideas that can let light come through on even the very darkest days of a relationship break-up:

**1. Draw a line:** It's easier said than done, but the thing that makes failed relationships so painful is the brain's desire to relive happier times. While assessing what went wrong is something you will probably need to do at some point, if you feel the relationship is beyond repair you should save the soul-searching for further down the track, instead looking to draw a line in the sand.

When you can tackle the ins and outs, avoid viewing history with rose-tinted glasses by writing a list of both the bad and the good aspects of the relationship.

**2. Sever ties:** The temptation when a relationship goes bad is to attempt to stay in touch in the hope of repairing or, worse still, staying friends. Both can be tricky – things happen for a reason – and you may find yourself not just prolonging that yearning for your ex, but also holding back on meeting someone new.

**3. Stay busy:** Keeping the brain active and distracted is an important route towards moving forward. Look for new challenges or embark on a fresh project as a way of distracting the mind away from painful thoughts.

**4. Focus on your own health:** The dopamine buzz we receive from exercise is a great antidote to feelings of despondency that might arise out of a split. Exercise and other steps towards building health and strength will aid recovery as well as serving to focus on 'the you', which after a painful split is important and, undoubtedly, what you deserve.



HEALTH & FITNESS



# HAVE A *brew-tiful* DAY

**C**offee lovers rejoice, your morning cuppa can not only help kickstart your day but it can also help your health in more ways than you can imagine.

### ENHANCED LONGEVITY

Recent studies have found that coffee drinkers are less likely to die from some of the most leading causes of death, including heart disease, stroke, diabetes and kidney disease.

### REDUCED RISK OF ALZHEIMER'S AND PARKINSON'S

Drinking two or three cups of coffee a day can reduce your risk of developing dementia and Parkinson's disease. Plus, for the latter, it can help you control your movements.

### INCREASED FAT-BURNING ABILITIES

There is a reason why caffeine is found in nearly every fat-burning supplement, and this is because it has the ability to boost your metabolic rate by between three and 11 per cent and potentially increase fat-burning by up to 29 per cent.

### IMPROVED PHYSICAL ABILITIES

Caffeine increases epinephrine, also known as adrenaline, in your body, which can help to improve physical performance by between 11 and 12 per cent.

### DECREASED RISK OF DEPRESSION

The drinking of coffee is linked to positive emotions such as pleasure, satisfaction, calmness and happiness. In fact, a study by

Harvard found that the risk of depression in women decreased as their caffeinated coffee consumption increased.

### WHAT IS THE COFFEE DIET?

Popularised by the book *The Coffee Lover's Diet* by Dr Bob Arnot, the coffee diet is based around the idea that health and longevity is enhanced by a high intake of antioxidant-rich coffee. The diet is said to help boost your metabolism, burn fat, block calorie absorption and decrease your appetite.

### HOW IT WORKS

- Drink a minimum of three cups of light-roast coffee per day
- Avoid adding milk or sugar
- Replace one meal with a home-made, high-fibre, green smoothie
- Stick to 1,500 calories per day
- Avoid highly processed foods



*Brexit, travel and your*

# PASSPORT

## ENSURING YOUR PASSPORT IS FIT FOR OVERSEAS TRAVEL IN 2021

**W**e've become used to the uncertainty suffered from the drawn-out Brexit process and what our departure from the EU ultimately means for the UK; yet gradually the intricacies of us operating as an independent nation are becoming clear.

A hot topic has been the use of our passports when going abroad, although the intensity of this discussion has been held back by COVID-19 and a general inability to travel anywhere in the world.

In essence, there are two main points to take into consideration: from January 1, 2021, anyone leaving the UK needs to have six months left on their passport in order to be able to travel throughout Europe. Not only that, but your passport will need to be less than 10 years old.

The one exception here is when travelling to Ireland. Although this is still part of the EU, you

are able to use your passport any time up until its expiry date.

While these are the immediate changes when it comes to travelling to Europe, throughout 2021 we will continue to be issued with new blue passports. These are a throwback to the old-style British passports which were in use until 1988, before the burgundy EU passport came into play.

As far as visiting EU countries goes, no visas are required when travelling to mainland Europe, and stays are permitted for 90 days in any 180-day period. Again, there are some exceptions – when travelling to Bulgaria, Croatia, Cyprus and Romania, for instance – so it's best to check the finer details on the Foreign Office portal of the gov.uk website to ensure your deserved holiday doesn't come unstuck before you've even made it to the aircraft.



# Jicama

The jicama, also known as a Mexican yam bean, is a starchy root vegetable that is recognisable by its thick, brown skin and turnip shape. Low in calories and sweet in taste, this veg makes a great alternative to the humble potato.

**WHAT DOES JICAMA TASTE LIKE?**  
The jicama has been described as a cross between a potato and a pear owing to its distinctive flavour which is both nutty and sweet. Its flesh is juicy and crunchy and, because it has a fairly mild taste, it blends well with other flavours.

**WHAT ARE THE HEALTH BENEFITS OF JICAMA?**  
The perfect vegetable for people with diabetes, the jicama is naturally low in sugar but still sweet to taste. It is also high in fibre, a great source of vitamin C and low in fat and calories.

**IS JICAMA SAFE TO EAT?**  
It is worth noting that only the root vegetable of the

jicama plant is safe to eat, as the rest, including the beans and flowers, contain rotenone, a natural insecticide that can be toxic to humans in high doses. You should also remove the brown skin before consuming.

**HOW TO USE JICAMA**  
> Slice thinly and add raw to a vegetable salad or Mexican fruit salad for added crunch  
> Sauté with other veg such as broccoli and carrots  
> Use as a substitute for water chestnuts in a stir-fry  
> Bake in the oven or place in an air fryer for healthy chips

**HOW TO STORE JICAMA**  
The most important thing to remember when storing jicama is that you must keep it dry, as any moisture can cause rot and mould. Store unwrapped at room temperature if still whole or, once cut, wrap tightly in cling film and store in the fridge for up to one week. Alternatively, wrap a whole jicama in foil and freeze for up to one year.

**OPEN EVERYDAY**  
2.30pm to 11.00pm

**DELIVERY WITHIN 7 MILE RADIUS £2**  
All major credit cards accepted

**IMPORTANT INFORMATION**  
Allergen statement: Please enquire before ordering as many of our products contain known allergens.



**01992 874 134**  
[www.cakeicecream.co.uk](http://www.cakeicecream.co.uk)  
**ICE CREAM & CAKE, High Road, Epping, MC16 5HW**

## QUALITY & EXCELLENCE LTD

AWARD-WINNING  
FAMILY BUTCHERS & PIE MAKERS



**COOKING AT HOME WITH SHAUN**  
Restaurant quality meals created by a qualified professional chef for you to cook at home

**ORDER YOUR MEAL BOX NOW!**

**Bringing Restaurant Quality Food to your Home**

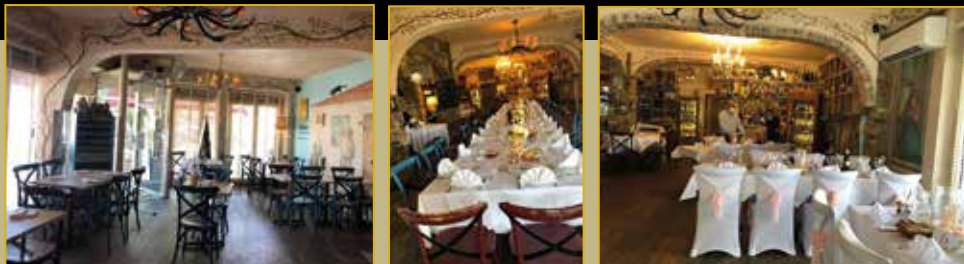
**Free Local Delivery service booked through our website**  
Grass Fed Beef ■ Free Range Pork ■ Locally Sourced Lamb  
Award-Winning Pies & Sausages ■ Fresh Fruit & Seasonal Vegetables  
Allergen Free & Gluten Free Products Available ■ Gift Vouchers Available

**Call us today for a full list of our range 01992 276049**



**WITH BOTTLES OF ENGLISH WINE IF YOU WISH**

# IL BACIO THEYDON BOIS



## The Finest Authentic Sardinian & Italian cuisine

Our unique menu offers innovative & contemporary fresh homemade food prepared using the very finest ingredients

**CONTACT US** 01992 276063 † [www.ilbaciotheydonbois.co.uk](http://www.ilbaciotheydonbois.co.uk)  
[info@ilbaciotheydonbois.co.uk](mailto:info@ilbaciotheydonbois.co.uk) † 19b Forest Drive, Theydon Bois, CM16 7EX  
**OPENING HOURS** Mon-Fri: 5.00pm-10.30pm † Sat-Sun 12.00pm-10.30pm

## PUT THE SPARKLE BACK INTO YOUR KITCHEN



### Domestic Oven Cleaning Specialists

Est. since 2007

#### Prices

Single oven incl. shelves & grill pan.....	£43.00
Double oven incl. shelves & grill pan.....	£54.00
Range incl. shelves & grill pan.....	From £54.00
AGAs.....	From £90.00
Hobs.....	From £14.00
Extractors.....	From £15.00
Microwaves.....	From £20.00

*No VAT to pay*



## PLEASE CALL FOR A FREE QUOTATION

**01279 432444** \* [www.ovenbright.co.uk](http://www.ovenbright.co.uk)



**BEFORE**



**AFTER**



# B B B Q

## THE DOS AND DON'TS OF GRILLING OUTSIDE

**DO** expand your repertoire beyond sausages and burgers. From slow-roasted delectable cuts of beef to a delicately grilled entire sea bass, there really is no limit to what can be cooked on the barbecue provided you get your temperature and technique right.

**DON'T** only barbecue in the summer. It is almost criminal that we limit our grilling to just one season when so many other meals could benefit from being barbecued. Whether slow-roasting pork belly for a sumptuous Sunday lunch or smoking ribs for a night in front of the footie, your barbecue is waiting to bring that added wallop of flavour, whatever the season.

**DO** let the flavour linger. Another plus of the outdoor grill is that it requires little maintenance. During periods of regular use, you can simply heat it up and brush off any food debris with a steel brush – this will also help preserve your non-stick seasoning.

**DON'T** leave it to the elements. Barbecues may be hardy, but they aren't invincible, so cover them up when not in use.

**DO** your research. Just as you wouldn't blast every cut of meat with heat in the oven, the key to successful grilling is to adapt your barbecue accordingly by having areas with and without coal underneath. For example, steaks benefit from a few minutes over really high heat before being taken off to rest, whereas chicken thighs need a few minutes over a direct heat and then a longer period with indirect heat to cook properly.

**DON'T** go full caveman. Grilling may seem like a primitive cooking method, but using the right tools will really enhance your experience and the food you produce. Whether using chimney fire starters to expertly preheat coals, or heatproof gloves for effortless handling of utensils, or a meat thermometer for supreme cooking accuracy, these nifty gadgets are more than just a gimmick... although the "kiss the cook" apron remains optional.



# Shish Meze

ABRIDGE

Beauty blossoms from humble beginnings...  
Welcome to the home of rich Turkish cuisine,  
unbelievable dishes and unforgettable moments

Shish Meze Abridge is blessed with the finest artisanal chefs in the kitchen preparing delicious, fresh food available for dining in and delivery. From mouthwatering, premium meats to delicious homemade desserts – this is a real, unique eating experience.



BOOKINGS & TAKEAWAY: 01992 946 704

18, MARKET PLACE, ABRIDGE, RM4 1UA

www.shishmezeabridge.com info@shishmezeabridge.com @shishmezeabridge

MONDAY TO SUNDAY 12PM TO 12AM

## FOOD ALLERGY

**AWARENESS WEEK: May 9 - 16, 2021**

An annual event, Food Allergy Awareness Week aims to raise awareness of different food allergies and to improve public understanding of what can sometimes be a life-threatening condition. From cow's milk to peanuts, eggs to shellfish, discover the most common food allergies in the UK below.

### Peanuts

Peanut allergy affects around one in 50 children and has seen a significant increase in cases in recent decades. Typically developed in early childhood, symptoms of a peanut allergy usually occur within minutes of contact and can include nausea, shortness of breath and skin reactions such as hives, redness and swelling.

### Cow's milk

Affecting mostly babies and young children, a cow's milk (protein) allergy is usually outgrown by the age of five. Common symptoms include swelling of the lips or tongue and breathing difficulties, and these can occur within minutes or many hours after ingesting.

### Eggs

Another allergy that is much more common in young children than adults, an egg allergy can mean being allergic to all forms of egg, or only to loosely cooked and raw egg. Egg allergy symptoms include skin inflammation, sneezing, runny nose and shortness of breath and/or chest tightness.

### Shellfish

The most common allergy in adults, around 60 per cent of people experience their first allergic reaction to shellfish once they have reached adulthood. Shrimp is the most prevalent shellfish allergen for both children and adults. Allergic reactions to shellfish can be unpredictable, with common symptoms including swelling of the lips, mouth, tongue, throat and face.

### What is an anaphylactic shock?

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger, such as an allergy. Symptoms include:

- > Feeling faint
- > Wheezing
- > Clammy skin
- > Collapsing or losing consciousness
- > Difficulty breathing
- > A fast heartbeat
- > Confusion and/or anxiety

If someone has symptoms of anaphylaxis, you should use an adrenaline auto-injector if they have one and call 999 immediately.



FOOD & DRINK

YOUR VISION  
IS OUR VISION

NOW OPEN ON EPPING HIGH STREET



Home Hub Group is now open on Epping High Street. We supply and install windows, doors, bifold doors, sliding doors and rooflights.

137-139 High St  
Epping CM16 4BD  
essex@homehubgroup.co.uk  
homehubgroup.co.uk

01992 276 046



CALL US TO BOOK AN APPOINTMENT AT OUR STUNNING NEW LIFESTYLE SHOWROOM.



@HomeHubGroup

# HOW TO CLEAN YOUR *Curtains*

**D**id you know that you should be cleaning your curtains at least once a year and preferably once every three to six months? Although this may not sound like a lot, can you honestly remember the last time you gave yours a good wash? If not, don't worry. Discover below how to clean your curtains in five simple steps.

**STEP ONE:** Remove all the hooks and curtain weights and loosen the heading tape. If you are worried about the fabric shrinking, you may want to let down the hem. Take outside and shake well to remove any dust.

**STEP TWO:** Check the washing label of your curtains to see if they are machine washable. If they are made using a lightweight fabric such as cotton, they probably are. However, if they are large and heavy you may want to have them dry cleaned or wash them by hand. This is also the case for curtains made from velvet, wool, silk or chenille.

**STEP THREE:** If machine washable, place your curtains in your washing machine and add your usual detergent. Set the machine to either a "delicates" cycle or a cool wash with a slow spin to avoid damage.

**STEP FOUR:** If you want to iron your curtains, you should do this while they are still damp. Work lengthways, on the wrong side, stretching the fabric gently to prevent seams from puckering. If not, simply hang to dry either outside if the weather permits or inside until they are at least 95 per cent dry. Do not rub or wring out your curtains.

**STEP FIVE:** Thoroughly dust and clean your curtain tracks, windows and sills before hanging your clean curtains back up. You should also try to incorporate a weekly curtain vacuum into your cleaning schedule to keep them in tip-top condition for longer.

NEXT MONTH WE'LL TELL YOU HOW  
TO CLEAN YOUR BLINDS

# 5 alternative uses for nail polish remover

Did you know that nail polish remover is not just for nails? Oh no, it can be used for a whole myriad of other purposes around the home.

## 1. To shine your shoes

Although you may be wary about using acetone on your prized shoe collection, as long as you only use it on patent shoes, you are completely safe. Simply dip a piece of kitchen towel in nail polish remover and gently buff to remove unsightly scuff marks.

## 2. To clean your china

If you are an avid tea drinker, your china may be prone to the odd mark or two. Remedy this by scrubbing these stubborn stains with a cotton bud soaked in nail polish remover. Wash as normal before using.

## 3. To remove paint from your windows

Painting your windows can inject a new lease of life into the interior and exterior of your home. However, flicks of paint on your glass are a hazard of the job. Remove any wayward paint by applying acetone, letting it settle for five minutes and then rubbing away with a damp cloth.

## 4. To dissolve superglue

Got a bit overenthusiastic with the superglue? Don't stress. Nail polish remover will quickly and easily unglue your hands or unclog the cap of your glue. Just apply to the affected area for instant results.

## 5. To get rid of ink stains

Whether you have spilt ink on your fabric sofa or your child has come home from school with their shirt covered in pen marks, acetone will save the day. Mix one part nail polish remover with two parts water and dab at the stain with a soft cloth.

## Other uses:

- > To sanitise your beauty tools.
- > To clean blades – dip a cotton bud in the remover, apply and rinse with soap and water.
- > To smooth minor watch scratches – drop a tiny amount onto a cloth and gently buff affected area.

# WHY BUY A beanbag?

If you are wanting to update the furniture in your home without breaking the bank, you may want to consider investing in bean bag furniture. Synonymous with comfort and cosiness, the benefits of bean bags are numerous.

## 1. LOOKS STYLISH

Furniture for your home needs to look the part as well as feel it. Luckily, bean bags come in a wide variety of colours and designs, meaning you are guaranteed to be able to find one that complements your home's interior. Plus, you can accessorise your bag with cushions and throws in the same way you would a sofa.

## 2. OFFERS PORTABILITY

If you have a small home or limited space in your living room, a bean bag is a great option as it can be moved from one room to another with ease, owing to its lightweight nature. It can also be stored away when not in use.

## 3. EASY TO MAINTAIN

Bean bags come in a wide variety of different fabrics, meaning you can pick the perfect one for

your needs. Choose from faux leather that is super-easy to clean, cotton that is long-lasting, and even waterproof and UV resistant material for outdoor use.

## 4. SAVES YOU MONEY

Even with the seemingly never-ending furniture shop sales, it is still expensive to buy a new three-piece suite for your home, with prices potentially running into the thousands. Fortunately, bean bag furniture is extremely cost efficient and you can choose from single chairs, loungers, three-seaters and more.

## 5. IMPROVES YOUR HEALTH

If you suffer with either muscle or joint pain, then bean bag chairs can help you by moulding to your individual shape and offering optimal support. They can also help to relieve tension headaches and correct poor posture.



**nail polish remover**  
strengthening  
gelatin helps add nail strength and resiliency for natural nails  
Delete & repeat  
up&up  
WARNING: EXTREMELY FLAMMABLE  
• KEEP AWAY FROM FLAME  
6 FL OZ (177 mL)



# INVINCIBLE houseplants

If you are looking for a hassle-free houseplant, either for yourself or as a gift for a friend, we have got you covered. Discover the below five houseplants that are virtually indestructible, even for those with a history of plant abuse.

### 1. DEVIL'S IVY

Incredibly popular, this hardy houseplant is stunning to look at with its unmistakable marbled leaves, and it has the added advantage of not needing much water or light. A great choice for popping on a bookshelf to brighten up your next Zoom meeting, but make sure you keep it away from children and pets as all parts are toxic.

### 2. SNAKE PLANT

Also known as mother-in-law's tongue, this houseplant is incredibly forgiving and therefore ideal for beginners. In the wild, snake plants can go a long time without seeing rain so they do not need frequent watering. Available in a range of different sizes, choose to place one on your home office desk or in a more impactful position in the hallway.

### 3. CAST IRON PLANT

This aptly named houseplant thrives on neglect and can even be grown in the dark, making it an excellent choice for rooms that do not provide much natural light. Recognisable by its deep-green glossy leaves, unfortunately, when grown indoors, you are unlikely to see its creamy purple flowers.

### 4. ZZ PLANT

The ZZ plant, or zamioculcas, is used to putting up with long periods of drought and can therefore survive if given to a frequent forgetful waterer. A graceful and elegant plant, place in a white-walled room for maximum impact.

### 5. CORN PLANT

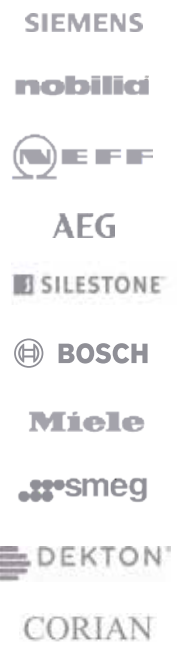
If you are after a commanding but undemanding houseplant, then look no further. The corn plant, aka dracaena fragrans, grows tall and strong, even without your help, and may even deliver small, white flowers.



www.küchenhaus.co.uk  
The German Kitchen

## Why choose Küchenhaus luxury German kitchens?

- Beautiful kitchen showrooms across the UK
- Direct from the factory prices
- Full installation service or supply only
- Kitchens designed and built to order
- Free in-showroom design consultation
- Finance options available



VISIT OUR WEBSITE OR SHOWROOM  
6, The Baytree Shopping Centre,  
Brentwood, Essex CM14 4BX

01277 204447  
www.küchenhaus.co.uk

Credit is subject to status and affordability. Terms and Conditions apply. German Kitchens Limited trading as Küchenhaus, 1007 London Road, Leigh-on-Sea, Essex SS9 3JY (Register no. 811494) is a credit broker and is authorised and regulated by the Financial Conduct Authority. Credit provided by Hitachi Personal Finance, a trading style of Hitachi Capital (UK) PLC, authorised and regulated by the Financial Conduct Authority (Register no. 704348)





**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](http://www.spindoctoruk.co.uk)

**ND BLINDS**



**FREE NO OBLIGATION QUOTES**

**MADE TO MEASURE BLINDS & CURTAINS**

Rollers Blinds | Venetian | Vertical  
Perfect Fit | Velux & more

Call or visit

0208 088 2791 | 07841 356557

@ndm2mblinds

**10% DISCOUNT FOR KEY WORKERS AND OAPs**



*Natural style*  
Flower Design & Gifts



**Fantastic Service ❁ Beautiful Flowers ❁ Cute Gifts**

@constansflowers05 ❁ 0208 088 3475 ❁ constansflowers@gmail.com



**A PRINCE**  
*among men*

**CELEBRATING THE LIFE OF HRH PRINCE PHILIP, DUKE OF EDINBURGH**

**M**eticulous, measured, majestic and more than a little eccentric... and that was just the funeral procession – HRH Prince Philip departed these strange shores just two months short of his 100th birthday, leaving behind a partner so hopelessly and publicly bereaved, and a nation of admirers wondering who could live up to the Duke of Edinburgh's lofty lovability.

Rarely is someone's passing met with almost universal solemnity and respect. It appears we all admired Prince Philip for different reasons – his faithful devotion to Queen Elizabeth II; his stolid determination to affect positive change; his humorous tendency to stray over the boundary of political correctness; or perhaps simply because he embodied so wholly that 'grandad' figure. Whatever it is, whatever it was, he had it, and in the stuffy silliness of modern media, he was exactly the antidote so many of us needed.

On Saturday, April 17, Prince Philip was laid to rest. In a ceremony he planned and choreographed himself, his coffin was lifted onto the back of a modified Land Rover Defender. Decorated in a stunning matt

Photo credit: Tim Graham/Shutterstock



Photo credit: Tim Rooke/Shutterstock

bottle green, the hearse was Philip's own creation, while various other touches clearly bore the mark of a man who wanted to slip away with energetic, original reflections of life, not the formal bleakness of most ceremonies.

There was the empty seat on the carriage, decorated with his blanket, flat cap, whip, brown gloves and pot containing a sugar cube for the ponies; then his military cap and sword on a coffin adorned with the most beautiful personal standard flag which referenced his overseas roots, family name and Edinburgh Castle. Meanwhile, various other marine references were present during the ceremony, each a nod to his cherished naval career, which came to an end in 1951.

In truth, there was so much of this special life to be celebrated. He was born on June 10, 1921 in Corfu, his family holding both Greek and Danish royal heritage. Banished from their homeland, he spent parts of his early life in France and Germany before settling in Britain.

It wasn't an easy childhood – his mother was admitted to a psychiatric institution, and he was separated from his family after landing in the UK. He studied at Cheam School before relocating to Scotland. He served in the British Navy during the Second World War, despite members of his family effectively fighting for the opposition as part of the Axis.

He denounced his Greek and Danish titles and adopted the surname Mountbatten – from his mother's side – so he could marry Princess Elizabeth in 1947 at Westminster Abbey, eight years after they had first met.

He was doted on by his four children – Prince Charles, Princess Anne, Prince Andrew and Prince Edward (Prince Edward will now take his title) – and never wavered from his role as the Queen's consort... in fact, the longest in royal history. A passionate supporter of everything she did, he also undertook his own projects, notably the Duke of Edinburgh's Award which, to this day, continues to promote youth achievement across many different disciplines.

He enjoyed polo, boat racing, piloting aeroplanes, painting and antiques, and while deteriorating health in recent years proved concerning, it was supposed he had recovered from a recent stay at St Bartholomew's Hospital; yet he slipped away peacefully on April 9, 2021 at Windsor Castle.

In total, almost 14 million of us watched the Duke of Edinburgh's funeral, and even the staunchest anti-royal must have pitted the senior Windsors being forced to display their grief in public. Such are the realities of a state funeral, and so it is conditioned that the only follow-on from a life played out in the public eye is a memorial on the same terms.

Prince Philip was born of a different time and a different generation of royalty, yet he fit so wonderfully into modern-day society and brought joy to many.

His unique, charismatic, eccentric take on the world is something we just don't see very often these days, with most public figures keeping their cards close to their chests for fear of repercussions.

His truly one-of-a-kind presence will be sorely missed by the Royal Family, the nation and the world.

**FISHER & PAYKEL**

**American Style Fridge Freezer**

RF8050DVX1



- Fridge 375 Litres, Freezer 230 Litres Capacity
  - Frost Free
  - Stainless Steel
  - Dimensiona: H179xW90.5xD68.8cm
- 5 Year Warranty  
F Energy Rating

Only  
**£1,999.00**



**Broadway Music and Vision**

8 The Broadway,  
Woodford Green, IG8 0HL  
0208 504 7500

[broadwaymandv@aol.com](mailto:broadwaymandv@aol.com)



\*Terms and Conditions apply. Sold as an agent of Euronics Limited. All rights reserved. All offers are subject to availability while stocks last. Delivery & Installation charges may apply Exclusions and Radius Apply. See in store for full details. Images for illustration purposes only. Copyright Euronics 2021. EBOE 2021.

# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Student named as Young Citizen of the Year

A Sixth Form student at Roding Valley High School in Loughton has received Epping Forest District Council's COVID-19 recognition Young Citizen of the Year award.

Patsy Stow, 17, was nominated by the school's sixth form administrator, Natalie Sellears, who described Patsy as an "outstanding" student.

Patsy is a young carer for her parents but has not let her caring responsibilities – which have included cooking, shopping and collecting medication – get in the way of her A Level studies.

Patsy added: "Through GCSEs and A Levels my parents have been ill, and I've needed to take the responsibility of being a young carer for them at times.

I've been helping them at home as well as having to deal with some pretty intense situations.

"I never considered myself a young carer as I was doing what came naturally to me in trying to help in the best and only ways I could."

Two years ago, Patsy was among several Roding Valley High School students who helped launch a Wellbeing Wednesday group at school.

Patsy said: "Any student can talk about their problems and stresses, no matter how big or small, with one of us and we listen and give advice.

"The project has been a great success and it has been great to be able to help people and get such a positive reaction."



# Town mayor cuts the ribbon at nursery opening

Loughton Town Mayor, councillor Stella Murphy, was the guest of honour at Monkey Puzzle Loughton's official opening in April.

The mayor, joined by Mark and Rebecca Crosby, founders of Monkey Puzzle Day Nurseries, took a tour of the nursery rooms and facilities. She also joined the Monkey Puzzle team for refreshments and cut the ribbon to unveil the newly refurbished nursery.

The mayor said: "The level of care and thought that has gone into the nursery is incredible. You can see that everything has been done with the children in mind."

Stuart Graham, operations director at the nursery, was asked if the building and opening process was

difficult owing to COVID-19.

He replied: "We have been wanting to do something for the families of Loughton for quite some time, waiting for the right location and building. The refurbishment works went well. Our building sites are well-controlled places anyway and COVID-19 measures did not hamper us greatly.

"We are busy welcoming visiting parents, showing them what we have created for them. Even with social distancing and face masks being worn throughout the visit, you can tell they are smiling at the thought of their child having such a place to play, learn and grow."

For more information contact the nursery on 0208 502 5802 or [manager@monkeypuzzeloughton.co.uk](mailto:manager@monkeypuzzeloughton.co.uk)

# Tributes paid as missing teen found dead

A teenager who was last seen in Loughton has tragically been found dead in Epping Forest. On Monday, April 5, at approximately 2.01pm, Essex Police informed colleagues at London Metropolitan Police that the body of a man had been found in a lake. Formal identification confirmed that the body was that of 19-year-old Richard Okorogheye.

Richard went missing from his home in Ladbroke Grove on Monday, March 22. He was reported missing on Wednesday, March 24.

Richard's death is being treated as unexplained and police do not believe, at this stage, that there was any third-party involvement. A forensic post-mortem took place on Wednesday, April 7. No evidence of physical trauma or assault was found. The cause of death is pending while further investigations are carried out.

Detective Superintendent Danny Gosling, head of the Met's Central West Public Protection Unit, said: "My deepest sympathies go out to Richard's family at this incredibly difficult time. This was not the outcome that any of us had hoped for and we will ensure that his grieving family are well supported by specially trained officers."




**ESSEX AUCTION HOUSE**  
FINE ART AUCTIONEERS





House Clearances  
Free Valuations  
Collection Service  
Probate Specialists

Call for more information  
01992 815 528  
[info@essexauCTIONHOUSE.COM](mailto:info@essexauCTIONHOUSE.COM)

**Ample Free Parking**  
Open 7 days  
Mon - Fri 9.00 - 17.30  
Sat 10.00 - 13.00

Forest Lodge  
Commercial Complex Epping  
Road CM16 5HW

## Steamed Up Double Glazing?



### Are Your Windows Steamed Up, Misted or Broken?

### Why Replace The Frames?

We can carry out the repairs to any Timber, Aluminium or uPVC Window, Door or Conservatory

Handles • Hinges • Locks • Cylinders • Rubber Seals  
Silicone • Letter Boxes • Cat Flaps • Dropped Doors  
Conservatory Roofs • Soffits, Fascias & Guttering

We also supply & fit new energy rated windows & doors

### Elite uPVC Repairs

0800 0830 428 or 07412 766665

Find us on [f](https://www.facebook.com/Elite-UPVC-Repairs) Elite-UPVC-Repairs

## RAISING BRITAIN'S CLEANING STANDARDS




Professional, reliable, affordable cleaning services

ANTIVIRAL SANITISATION FOGGING  
KILLS 99.9999% OF ALL BACTERIA

OFFICE CLEANING • COMMERCIAL CLEANING  
ANTIVIRAL SANITISATION CLEANING • CARPET CLEANING

CONTACT US TODAY 0203 733 2165 [info@cleango.co.uk](mailto:info@cleango.co.uk)  
[www.cleango.co.uk](http://www.cleango.co.uk)



## New boxing academy opens its doors



LOCAL NEWS

A long-awaited boxing academy in Loughton, founded by leading boxing coaches, Marc Dennis and Liam Dyer, was finally able to open its doors for the first time in April.

Dedicated to providing boxing training to members of the community across all age groups, the new Dennis & Dyer Boxing Academy has a clear vision to become one of Loughton's leading fitness establishments.

Backed by local entrepreneur and property investment expert, Reece Mennie, who has sponsored the former WBC World Champion, Charlie Edwards, for a number of years, the Dennis & Dyer Boxing Academy will also offer training for aspiring professionals.

Marc Dennis, co-founder of the Academy, said: "I have been providing boxing training for more than five years now, whether that's for individuals looking to have fun and improve their fitness or for individuals looking to take boxing more seriously.

"I am delighted to have partnered with both Liam and Reece and am incredibly excited to finally be able to open the gym. We have ambitious plans for it to become a leading fitness hub within the Loughton and wider Essex community, while working with new talent to produce the UK's next elite boxing professionals."

## Officer required seven stitches after assault

A man from Cheshire has been charged following a disturbance on the M11 hard shoulder in Loughton.

An officer from Highways England and several police officers were assaulted on Thursday, March 25.

Robert King, 37, of New Road, Childer Thornton, has been charged with:

- > Two counts of possessing an offensive weapon in a public place
- > Possession of a knife blade in a public place

> Four counts of assault by beating of an emergency worker

> Failure to provide a specimen for analysis

> Driving without due care and attention.

The Essex Roads Policing team revealed on Twitter that one officer needed seven stitches after the assault.

The tweet read: "Great teamwork this evening when one of ours was badly assaulted, needing seven stitches, along with staff from Highways England on the M11 at Loughton.

"Driver arrested and taken to custody. Thanks to those who blocked the hard shoulder as well."

## Fly-tipper given hefty fine and community order

Household items left on a grass verge in Loughton landed a man in court facing hefty penalties.

Salinder Minhas initially pleaded not guilty to the offences of depositing controlled waste in Loughton without having a waste management permit, and failing to take reasonable measures to ensure the waste was transferred to an authorised person.

Mr Minhas was found guilty in his absence at Southend Magistrates' Court in December 2019.

As it was later discovered that Mr Minhas had been in hospital on the day of the trial, a retrial took place on March 12. Having heard evidence from one of the council witnesses, Mr Minhas changed his plea to guilty.

Mr Minhas was given a community order with 200 hours of unpaid work to be completed within 12 months and ordered to pay £600 towards the council's prosecution costs, together with a victim surcharge of £85.

Magistrates told Mr Minhas: "We understand there were neighbourhood issues and that you are sorry, but you did not plead guilty at the earliest opportunity and caused a great many people to spend time trying to enforce matters.

"Laws are there to ensure waste is deposited safely to protect the public and to ensure the environment is not harmed. We hope you now understand the consequences of your actions."



News from

# THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell

LOCAL NEWS

We're so proud of and grateful to all our wonderful, tireless volunteers who run the vital community surplus hubs, who organise the critical logistics of collecting and distributing food and clothes, who sort and stocktake, who organise fundraising events including operating our charity shop, who write grant applications, and who support with administration, PR, communications, website and social media.

We couldn't deliver our lifeline service without you all. Huge thanks to all our volunteers in making us the largest emergency food agency in Epping Forest District, all within six months.

Here are just some of our volunteer comments:

Christine Brooker (pictured): "This is the best volunteering I have ever done, the most enjoyable volunteering post of all time."

Suzy Hearn: "It is so wonderful to be part of this caring charity. It has enriched my life. I thoroughly recommend it."

Danielle Bagshaw: "Thank you for letting me volunteer. It doesn't just help the people who come for support; it helps us volunteers to be humble and realise how lucky we are."

Rose Kearin: "It is the most fantastic atmosphere. The people are very friendly and very generous. More importantly, the whole ethos of 3food4u is something that really fits in with what I believe."

Georgia Maltese: "It's been good for structure,



routine and meeting people. I really like the ethos of the brand. It's very much a non-judgmental zone."

Councillor Stephen Murray: "Volunteer team work so well together. There's also a lovely atmosphere of mutual support between users and volunteers. The Loughton hub is always welcoming and buzzing."

We're always grateful for volunteers to help support the increasing demand and join our amazing team.

To donate, visit our fundraising page at [www.give.net/3food4u](http://www.give.net/3food4u)

Please contact Pesh if you would like to get involved in Rotary or 3food4u in any capacity. Email [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com) or call 01992 842642.

## The show must go on for residents



Two elderly residents who first joined Loughton Amateur Dramatic Society (LADS) in the 1950s and thought they had retired from acting are once again treading the boards.

Babs Oakley, 90, and Roger Barker, 85, started acting with LADS in 1951 and 1956 respectively.

Now they are using YouTube to showcase their talents in a LADS production of *A Walk On The Wild Side* for the Epping Forest Festival of Culture 2021.

Babs admitted that, at 90, she is hardly "an easy technology adopter", but that she loved performing again.

She said: "It was lovely being part of the drama society again and being with people who enjoy performing."

Babs and Roger added: "LADS have been so good to us. They've opened so many doors, not only for friendships and people, but [also] the world of theatre.

"It's been absolutely blissful when we think about all the productions that we've seen and been involved in."



MAY BIRTH FLOWER OF THE MONTH:

# Lily



The May birth flower is the delicate and sweetly scented lily. Available in a wide range of vibrant colours, each shade conveys a different meaning. Planted as bulbs, lilies are perfect for containers and flower borders, making them a great choice for small and large gardens alike.

### What does the lily symbolise

As mentioned above, the lily holds many different meanings which are dependent upon its colour:

- > Pink lilies symbolise femininity and admiration
- > Red lilies represent love and passion
- > Orange lilies convey confidence and energy
- > Yellow lilies are used to say thank you
- > White lilies portray purity and rebirth

### What does this birth flower say about you

If your birth flower is the lily, you are said to be practical, with the ability to tackle even the most challenging situations. Contrary to the toxic lily flower, you are sweet, tender and with a huge capacity to love, meaning that others always feel safe in your company.

### How to grow lilies

Lilies are planted as bulbs and are ideal for placing in containers or in sunny borders. There are two main types of lily that you can choose from: Oriental lilies and Asiatic lilies. The former give off an intense aroma and are large in stature, whereas the latter are available in a wide variety of vibrant colours but are sadly unscented.

Lily bulbs thrive in moist, acid soils, so if placed in a container, be sure to add ericaceous compost.

### Do lilies come back every year

Lilies are perennial flowers which mean that they will return year after year. Requiring minimal care if planted correctly, make sure you do not overcrowd your bulbs and place in full sun where possible.

## Electrician

[www.electrician-in-loughton.co.uk](http://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**



From contemporary designs  
to traditional styles...  
woodburning to gas and electric...



[www.ashandembers.com](http://www.ashandembers.com)



For current opening times see  
[www.ashandembers.com](http://www.ashandembers.com)

**CALL US ON 01992 815972 / 0207 118 3030**  
**VISIT US AT THE COACH HOUSE, MARKET PLACE, ABRIDGE RM4 1UA**

## Control your security Be **App**solutely connected

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

**NEW SYSTEMS SUPPLIED & FITTED FROM £450.00**  
(OR WE MAY BE ABLE UPGRADE YOUR EXISTING SYSTEM)



**CCTV Systems ● Alarm Systems**  
**Fire Alarms ● Door Entry Systems ● Safes**  
**Vehicle Alarms & Tracking ● Ghost Immobilizers**

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



## DO YOU NEED SPACE TO...

- ◆ WORK ◆ CREATE
- ◆ PLAY ◆ ENTERTAIN
- ◆ SOCIALISE ◆ EXERCISE

Contact us for advice & to discuss your requirements  
**T: 01992 619169 ◆ M: 07971 609332**  
[www.hepworthtimberwork.co.uk](http://www.hepworthtimberwork.co.uk)  
[info@hepworthtimberwork.co.uk](mailto:info@hepworthtimberwork.co.uk)

[hepworthtimberwork](https://www.instagram.com/hepworthtimberwork) **Checkatrade.com**  
Where reputation matters



## HEPWORTH TIMBER WORK

BESPOKE HOME OFFICES, GARDEN ROOMS  
& ENTERTAINING AREAS



GARDENING

GARDEN OF LIFE

# MOISTURE *in the air*

In the final part of our series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of moisture in this wondrous ecosystem.

While we may bemoan the washing getting wet when we forget to bring it indoors, the cycle of moisture in our gardens is perhaps nature's greatest wonder of them all. Consider it – we've all gazed out across our lawns or poked around a plant on a window ledge and known that when nature either dries out or floods, the end is nigh.

On a local level, moisture in our plant soil is the difference between a flowering plant and a wilting one; or perhaps a ripe, juicy tomato and one that fails to develop.

On a national, mass-market scale then, getting the moisture content right means looking after the production of every variety of crop, for both human

and animal consumption.

And yet, controlling moisture goes far beyond even that, because the density of water in the soil is vital in regulating the exchange of water and heat energy between plants and the atmosphere, via evaporation. This leads to the production of weather patterns all across the world, and especially determines levels of precipitation.

Even on its way into the atmosphere, moisture is stabilising our climate, plus helping animal life that's dependent on perspiration to regulate internal body temperature – something that's key to survival.

It all adds up to the fact that the humble bit of soil around your petunias is, in the most minute of ways, contributing towards the maintenance and welfare of the flora and fauna and of people's lives in towns, villages and cities all across the world, whether their fear is flash floods, droughts or even potential starvation.





# GUIDE TO GARDEN GAZEBOS



Thinking about putting up a gazebo in your garden? Before you rush to your nearest DIY store to buy one, there are several factors that you first need to consider.

### 1. SURFACE AREA

The surface area of a gazebo is determined by its length and width and needs to be calculated before you make a purchase. As well as working out how much space you have in your garden, you need to consider what equipment and furniture you intend to place under it. Typically, gazebos tend to be at least two metres wide, although you can find smaller ones for more compact gardens.

### 2. FRAME MATERIAL

- There are several options to choose from for the main frame of your gazebo. These include:
- > Powder-coated steel. Fairly heavy and inexpensive.
  - > Aluminium. Resistant to rust and lightweight.
  - > Wrought iron. Strong and durable.
  - > Resin. Very lightweight and good value for money.
  - > Wood. Attractive and fairly long-lasting.

### 3. CANOPY MATERIAL

Gazebo canopies are typically made out of either polyethylene or polyester, with the former being the most commonly used material for budget gazebos. Polyester, on the other hand, is more expensive but offers superior quality and is less permeable. You may also wish to purchase gazebo curtains for even more protection against the elements, and these are available in the same materials as the canopy itself.

### 4. TYPES OF GAZEBO

- There are several different types of gazebos that you can choose from, including:
- > Freestanding gazebo. These typically have a metal framework that is topped with a fabric canopy.
  - > Lean-to gazebo. These require a wall to lean against for support and are popular on decking.
  - > Pop-up gazebo. Ideal for temporary use, pop-ups tend to be more cost-effective and basic in their design.

## IBBco RESIN

☎ 01992 276190  
 ✉ office@ibbco.co.uk  
 🌐 www.ibbco.co.uk



## Resin Bound Natural Aggregate

Based just outside Epping, IBBco have been providing surfacing solutions to Essex and Hertfordshire for the past 24 years. Resin Bound natural aggregate allows us to create beautiful designs for your drive, patio, paths or even swimming pool surrounds! Please call us to discuss all the options or to request a free survey.

- 46 Bespoke Colours
- Fully Permeable
- No Drainage Required
- Total Flexibility of Design
- Long Lasting Results
- Easy to Maintain
- Tested to BS EN 13892
- UV Colour Stable

Unit 11, Esgors Business Centre, High Road, Thornwood Common, Epping, CM16 6LY



# PROFESSIONAL TREE SURGEON SERVICES

CONCERNED ABOUT YOUR TREES AFTER HIGH WINDS? FREE GROUND TREE CHECK & QUOTATION WITH THIS ADVERT

TREE PRUNING • TREE REMOVAL • TREE REPORTS  
HEDGE TRIMMING • SITE CLEARANCE  
STUMP GRINDING • EMERGENCIES  
SEASONED HARDWOOD DELIVERY AVAILABLE

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

WE SERVE ALL OF HAVERING & THROUGHOUT ESSEX



**Kings Cuts**  
Tree Services

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

ALL OPERATIVES ARE COVID AWARE AND WILL BE TAKING STEPS TO KEEP SOCIAL DISTANCING AT ALL TIMES AND TRAVELLING TO SITE IN SEPARATE VEHICLES TO SITE. PLEASE DON'T BE OFFENDED BUT WE WILL NOT BE ACCEPTING DRINKS FROM CUSTOMERS AT THIS CURRENT TIME

Call us: 0208 088 8733 • Mobile: 07467 944671

www.kingscutstreeservices.co.uk • info@kingscutstreeservices.co.uk



# SUPPORT LOCAL BUSINESSES



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



PETS

# FIRST AID for pets

Knowing what to do in an emergency can be the difference between life and death when it comes to your beloved pets. From what to put in your pet first aid kit to the benefits of undertaking a pet first aid course, keep reading to ensure you are equipped to help your pet when they need it most.

## PET FIRST AID CHECKLIST

All pet owners should have a pet first aid kit, for use both at home and when out and about. You should also keep your vet's number stored in your phone in case of an emergency. Your kit should contain:

- + Bandages
- + Blunt-ended scissors
- + Wound wash and dressing
- + Cotton wool
- + Tweezers (standard and tick)
- + Self-adhesive tape
- + Vinyl gloves
- + Foil blanket
- + Antiseptic wipes
- + A blanket (to be used as a stretcher)

## WHAT CAN I EXPECT TO LEARN ON A PET FIRST AID COURSE?

Although not intended as a replacement for professional veterinary care, a pet first aid course can give you the skills needed to deal with an

emergency should it arise.

During a pet first aid course, you can expect to learn:

- + Overall pet health
- + Tips on examining your pet
- + Pet digestion
- + Signs of dehydration
- + How to treat burns
- + How to treat a choking pet
- + Basic CPR for pets
- + Signs of frostbite
- + What to do if your pet goes into shock
- + Drowning first aid
- + How to approach an injured animal
- + How to check vital signs

The exact course material may differ from one course to another.

## WHERE CAN I GET FREE PET FIRST AID INFORMATION?

The People's Dispensary for Sick Animals offers a free downloadable pet first aid guide on its website [www.pdsa.org.uk/get-involved/our-campaigns/free-first-aid-guide](http://www.pdsa.org.uk/get-involved/our-campaigns/free-first-aid-guide)

It also offers local pet first aid courses, although you will need to check if these are up and running again after a temporary suspension of service owing to the COVID-19 pandemic.





KIDS

**Safe Distance**

**Childcare Choices**  
WE NOW OFFER TAX-FREE CHILDCARE!

Helping children believe they can do anything

Singing, dancing and acting classes for 4-16 year-olds

We're back in person from the **17th April**  
Enrol Online today!  
Places strictly limited.

Venue: Debden Park High School, IG10 2BQ

stagecoach.co.uk/loughton  
loughton@stagecoach.co.uk  
07582 222 472

**STAGE COACH**

Creative Courage For Life

LETRAFALGAE ENTERTAINMENT COMPANY

BACK TO SCHOOL

SUPER excited



# CHECKING IN

WHY PROTECTING THE YOUNG PEOPLE AROUND YOU MEANS INSISTING ON THE RELEVANT CHECKS

In the past decade or so, Criminal Record Checks (CRCs) have become commonplace in situations where organisations need to safeguard the welfare of children, young people and vulnerable adults. And this can be the case in everything from 9-5 employers ensuring their staff have been honest in job applications, to volunteers working for charities, right through to local sports teams safeguarding the welfare of young players.

The checks are done by the Disclosure and Barring Service (DBS) and take the form of a simple and relatively cheap process that takes a couple of weeks. The application can be submitted by the individual or an employee (but only after an offer of employment has been made – in other words, for a successful applicant, not for an interview candidate).

The request goes to the DBS, where a criminal background check will be made. A certificate is subsequently issued that lists any convictions.

The process has become an essential part of

verifying people who are in positions of responsibility where young and vulnerable people are concerned, and replaces what was previously a somewhat more convoluted process between the Criminal Records Bureau and the Independent Safeguarding Authority. By merging these two organisations into one entity, the DBS, in 2012, the government was able to streamline welfare checks, which meant not only a safer and more comprehensive system, but also one where people could begin helping and assisting youngsters without having to go through swarms of red tape.

Of course, while a DBS check will list noted convictions, organisations can and do undertake additional protection, welfare and safeguarding training. And as ever, as parents, the most effective reference to those helping our children comes through our own communication with both our loved ones and the organisation – it always pays to be vigilant.

Photo credit: Ascarnio/Shutterstock.com

1865

**AVON HOUSE PREPARATORY SCHOOL**

**Well done to Year 6 for their fantastic 11+ results!**

For more information and to book a personal tour please email [registrar@ahsprep.co.uk](mailto:registrar@ahsprep.co.uk)

490-492 High Road, Woodford Green, Essex, IG8 OPN  
[www.avonhouseschool.co.uk](http://www.avonhouseschool.co.uk) | 020 8504 1749 | [office@ahsprep.co.uk](mailto:office@ahsprep.co.uk)



# SMART savings

As well as offering convenience, did you know that smart technology can actively help you to save money?

Check out the best budget-busting smart gadgets for your home below.

### BLINK – The Mortgage Magnet

Launched this spring, Blink is a free fridge magnet that flashes to let you know about better mortgage deals. Simply sign up to Dashly, a mortgage comparison site with a difference, and your new magnet will alert you when a better deal becomes available.

Possible savings: £2,620 per year

### LEAKBOT – The Leak Detector

Did you know that one in three households experiences a leak each year? Avoid this costly occurrence by investing in a LeakBot, a handy device that clips to your mains water supply pipe and detects leaks. If you have insurance with Neos, Aviva or Legal & General, you can get a LeakBot for free. Retail price of £149.

Potential savings: £633 per detected leak

### HYDRAO – The Water-Saving Shower Head

If you love a long shower but don't like the high water bills that come with one, the Hydrao shower head is the smart gadget for you. Using water more economically than a standard shower head and with a light that changes from green to red when you've used 50 litres of water, this device costs £62.

Potential savings: £135 per person per year

### DRY:SOON – The Heated Aired

For those who rely heavily on their tumble dryer, this money-saving smart device is exactly what you need. Costing just 6p per hour to run, compared to 36p per hour for a tumble dryer, the Dry:Soon heated ailer has the ability to slash your drying costs. Retail price of £149.99.

Potential savings: £51 per year based on twice weekly usage

### TAPO – The Smart Plug

Only £8.99 to buy, the Tapo plug allows you to remotely turn on and off appliances such as fans, electric heaters and dehumidifiers, saving you money and helping the environment.

Potential savings: £128 per year



## Plan your finances with precision

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Inheritance Tax Planning
- Intergenerational Planning
- Mortgage Planning

Your home may be repossessed if you do not keep up repayments on your mortgage.

For further details please contact:

**DB** | DAVID BEAN  
WEALTH MANAGEMENT

Tel: 0208 088 0594  
Email: david.bean@sjpp.co.uk  
www.davidbeanwealth.co.uk



SCAN HERE  
for instant valuation

## How focused is your agent on helping you sell or let your property?

**Kingsmarq Real Estate** has launched in the Essex area to provide a fresh approach to property sales, lettings and management. Offering boutique levels of service throughout the process, Kingsmarq focusses on helping a small portfolio of clients achieve the best outcome quickly, efficiently and with personal, relevant guidance.

With excellent customer service at the heart of Kingsmarq Real Estate's ethos, you can be assured of a warm welcome from the very first call to discuss your property needs.

kingsmarq.co.uk | 0208 088 0796 | info@kingsmarq.co.uk Powered by KELLERWILLIAMS



# COASTAL HOTSPOTS

for home buyers

With summer staycations being on the cards for many families this year, homes by the sea are attracting more interest than ever before.

But if you are thinking of making a more permanent move to a coastal location, check out the below hotspots that are proving to be popular with home buyers across the UK.

### SWANAGE, DORSET - average asking price £394,762

Only six miles from Bournemouth, Swanage was recently named as one of the best places to live in the South West by *The Sunday Times*. Offering an old-fashioned seaside charm, this town is your best bet for affordable family homes with sea views.

Choose from Victorian terrace houses, bungalows and modern sea-view apartments.

### ROTTINGDEAN, EAST SUSSEX - average asking price £596,699

Another highly popular spot for home buyers, Rottingdean combines a picturesque village with a beautiful beachfront and boasts a lively community. Explore a mix of Georgian town houses, Edwardian family homes and character cottages.

### ST MAWES, CORNWALL - average asking price £963,398

For those with a larger budget, the small fishing village of St Mawes, near Falmouth, is the perfect coastal location. With more than five million searches on Rightmove in February, Cornwall has now overtaken London as the most searched for place for home buyers.

Popular for boating and yachting, if you want to do a bit of daydreaming, check out its selection of stunning sea-view mansions.

### THORNHAM, NORFOLK - average asking price £223,898

A small coastal village situated in the Norfolk Coast Area of Outstanding Natural Beauty, Thornham's attractive and traditionally styled properties make it a highly sought-after location for home buyers. Ideal for those looking for a more remote place to live; if you work from home, you won't find a more idyllic setting.



# QUIDS IN

*How to make money back on your online purchases*

While the three lockdowns we've endured since March 2020 may not have done much for our mental health, they have at least, as very small consolation, given new energy to consumerism. From shops and online retailers needing to find new ways to connect with a marketplace unable to act in the same way as before, to huge quantities of dormant pre-lockdown stock needing to be shifted, it's a good time to be on the lookout for deals.

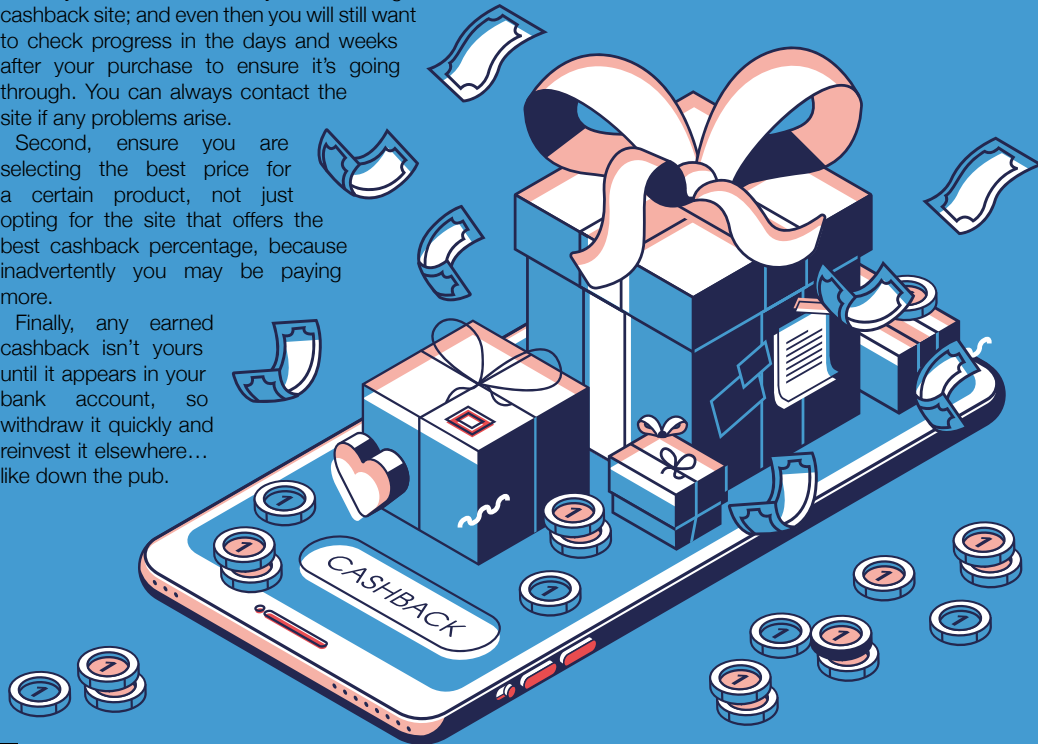
Sure enough, in a world that is more driven than ever towards consumerism, online tracking of purchases through cashback sites can provide an additional useful bonus to purchases – they might even determine which retailer you buy from in the first place.

Sites such as Quidco and TopCashBack advertise cashback offers from thousands of retailers. Simply follow the link to Nike, Next, New Look or whoever has a product you desire, and make a purchase, which will be tracked using cookies. You will have been given a percentage cashback level – usually between one and 10 per cent. A few weeks later, that cashback will appear on the platform, ready to be withdrawn into your bank account or converted into a gift card.

There are a couple of operational points worth noting. First, the tracking process isn't 100 per cent fail-safe – you must make sure you link through the cashback site; and even then you will still want to check progress in the days and weeks after your purchase to ensure it's going through. You can always contact the site if any problems arise.

Second, ensure you are selecting the best price for a certain product, not just opting for the site that offers the best cashback percentage, because inadvertently you may be paying more.

Finally, any earned cashback isn't yours until it appears in your bank account, so withdraw it quickly and reinvest it elsewhere... like down the pub.



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 are proud to announce that we have been approved by the DWP to work as a Kickstart Gateway meaning you can now take full advantage of the scheme with our full support.

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**

**We.Recruit**

**We.Outsource**

**We.Consult**

**KINGSWOOD GROUP**  
HR SOLUTIONS  
RECRUIT • OUTSOURCE • CONSULT

Providing expert, fully tailored HR Solutions to businesses across Essex

For a confidential discussion, please email us at: enquiries@kingswoodgroup.org, alternatively call us on:

**Loughton 0208 088 3126 | London 0203 984 6677**

www.kingswoodgroup.org

★ THE STORY OF ★

# BONNIE & CLYDE

Two destructive lives combine to fuel a potent love story



The glamorisation of Bonnie and Clyde in modern culture is certainly at odds with the murder and robbery spree that led to the FBI pursuing them and, ultimately, effecting their fatal end in 1934.

Having first met four years earlier, Bonnie Parker and Clyde Champion Barrow had both already been on the wrong side of the law, and the signs were there of the peril they could cause to the unsuspecting, not least when Bonnie helped Clyde smuggle a gun into prison in 1930, when he was locked up for a robbery charge. He escaped but was recaptured, yet remarkably was released just 18 months later.

Their crime spree began in earnest in 1932. Joined by three other criminals, they undertook a number of robberies, escaping capture by any means possible. Indeed, by the time their criminal lives were brought to a halt, it's said they had murdered at least 13 people.

As well as seeking financial gains, the couple sought to break convicts out of jail, notably cohort Raymond Hamilton from Eastham State Prison Farm at Waldo, Texas, who was serving sentences totalling in excess of 200 years.

By the middle of April 1934, the FBI had traced the pair to a remote part of Louisiana following the couple's theft of a motor vehicle. Posters were distributed to police staff throughout various states and the hunt was on.

Intelligence suggested they were due to return to the location of a party that was held near Sailles in Louisiana two days previously. On May 23, 1934, officers from the county and neighbouring Texas converged to create an ambush on the side of a highway, concealing themselves in bushes. Bonnie and Clyde appeared in a motor car and, unable to turn and flee, were killed instantly as more than 100 shots rained through the front windscreen of the vehicle.

Photo credit: Everett/Shutterstock



## THERE'S NO BEATING BLACKMORE

*How modest but magnificent jockey Rachael Blackmore made history*

On April 10, Rachael Blackmore stood aloft Minella Times, triumphant in becoming the first female jockey to have ridden a horse to victory at the Grand National.

In 182 years of the world's most famous horse race, never before has a member of the fairer sex come home victorious, though in Blackmore, who hails from Killenaule in County Tipperary, there is a jockey of prolific character, determination and future potential.

Already 10 years on the circuit, having ridden her first winner as an amateur back in February 2011, she truly announced herself at Cheltenham in 2019 when she came home first on A Plus Tard in the Close Brothers Novices' Handicap Chase.

That year she also had her second taste of riding at Aintree and, with each passing iteration, enhanced a game plan that would help her take home the big prize.

"I think as a jockey you are always learning; and although the courses and the horses are different, every race for me has felt like a rehearsal for a big victory."

Cheltenham success this year on favourite Honeysuckle reaffirmed the jockey's status to perform when the pressure was on, though starting out at 11/1 at Aintree in the Grand National left plenty of room for doubt. Those who bet on her to bring home the greatest victory of her career needn't have worried – Blackmore rode an impeccable race as the eight-year-old horse came through in style, winning by six and a half lengths.

"It fell right for me on the day, and that's all you can ask as a jockey," she said with immaculate modesty. "I never at any point thought I had a divine right to win, and nor will I in future – I've always regarded myself as being in the right place at the right time; and I'll hopefully continue to be."

Photo credit: Steven Cargill/racingphotos.com/Shutterstock



SPORT

# Masterful MATSUYAMA



Photo credit: Gregory Bull/AP/Shutterstock

## HOW A SHY JAPANESE GOLFER MADE HISTORY AT THE MASTERS

In all honesty, golfer Hideki Matsuyama probably isn't cut out for a life in the spotlight of the sporting world. The 2021 Masters champion, who originates from the place in Japan that gave him his name – Matsuyama is a city in the Ehime region on the island of Shikoku – claimed victory at the iconic Augusta course in April, finishing a shot clear of American youngster Will Zalatoris.

"I am relieved," he said afterwards. "It looked good coming into the final day – the course was playing well for me and I knew I just had to hold my nerve.

"It is the proudest moment of my sporting life." Success hasn't come quickly or easily. Indeed, Matsuyama has had to wait four painful years to make amends for a catastrophic loss of confidence on the back nine of the 2017 PGA Championship when he seemed set to take the title.

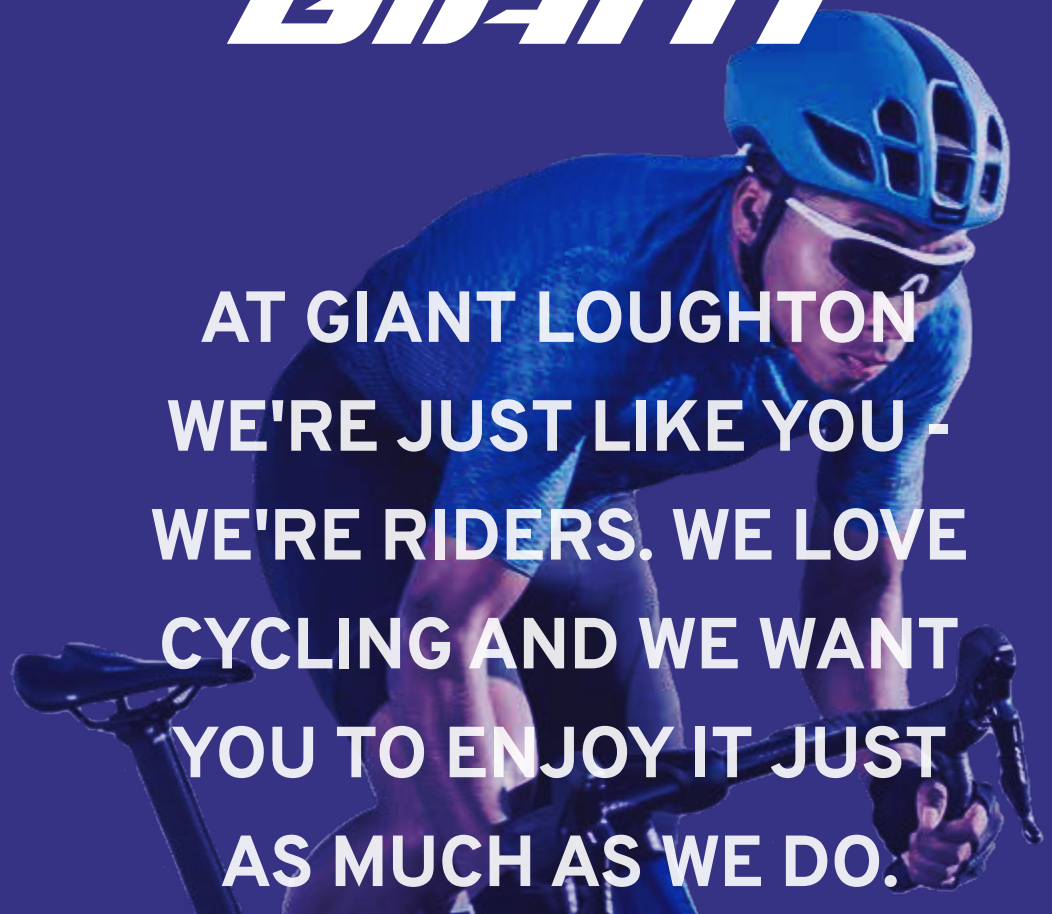
Recovering from hitting five bogeys in the final

trappings that cost him that victory has taken the 29-year-old time, and although he again wobbled on his way to finally setting the record straight as he posted an overall 10 under par, this time he held on to the clamours of delight emanating from his homeland.

Japan is a golf-mad country and finally it has a golfing champion to call its own; not just that but a man who values respect and humility. He bowed to the 18th fairway at Augusta as a mark of respect and, despite pocketing the \$2million first prize, still flew back to his homeland alone, on a standard flight. Indeed, perhaps the most iconic image of the whole weekend was Matsuyama sitting at Augusta airport on the Monday, dressed down, checking messages, and that famous green blazer casually draped over a neighbouring seat.

Japan has a champion to be proud of, as does the sport of golf.

# 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.

NEW STOCK ARRIVING WEEKLY

- 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2021 (EXCLUDING MY21 RANGE)
- FREE PUNCTURE REPAIRS FOR LIFE RANGE (T&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

**ADVERTISE**  
 your company here call  
**0208 088 0386**

ask for Brett



**WANT TO ENHANCE YOUR VEHICLE?**

- ★ Window tinting
- ★ Vehicle wrapping/styling
- ★ Wheel refurbishment /colour change
- ★ Calliper respray
- ★ Detailing/valeting mobile

Please contact 0208 088 0940  
 info@tommytintsltd.co.uk  
 to book or for a quote

**FULLY FITTED ROLLER GARAGE DOORS**  
 FROM **£895** \* WAS £1,054 INC VAT

**WHAT'S INCLUDED:**

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

**GAROLLA**  
 ROLLER SHUTTER DOORS  
 www.garolla.co.uk

Made To Measure...  
**ROLLER GARAGE DOORS**

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY  
 Phone: **01277 800 142**  
 Mobile: **07537 149 128**

CE Approved

# Buy or Lease?

The ins and outs of buying versus leasing, and which one you should choose

The trend in modern motoring, certainly where new cars are concerned, is to lease rather than buy. The advantages of leasing speak for themselves – you'll need to put down only a small amount of money upfront, your monthly payments can be configured according to the budget you set out at the start, and you have the option of upgrading the car every few years so you're always rocking about town in the latest model.

There's also the reassurance of knowing that if something goes wrong with the vehicle, you'll be covered by the manufacturer's warranty; and that fear of the unexpected, when you hear that horrible, grinding sound... well, it's someone else's problem!

You'll also find that road tax can be covered, and you may even get the vehicle delivered to your door.

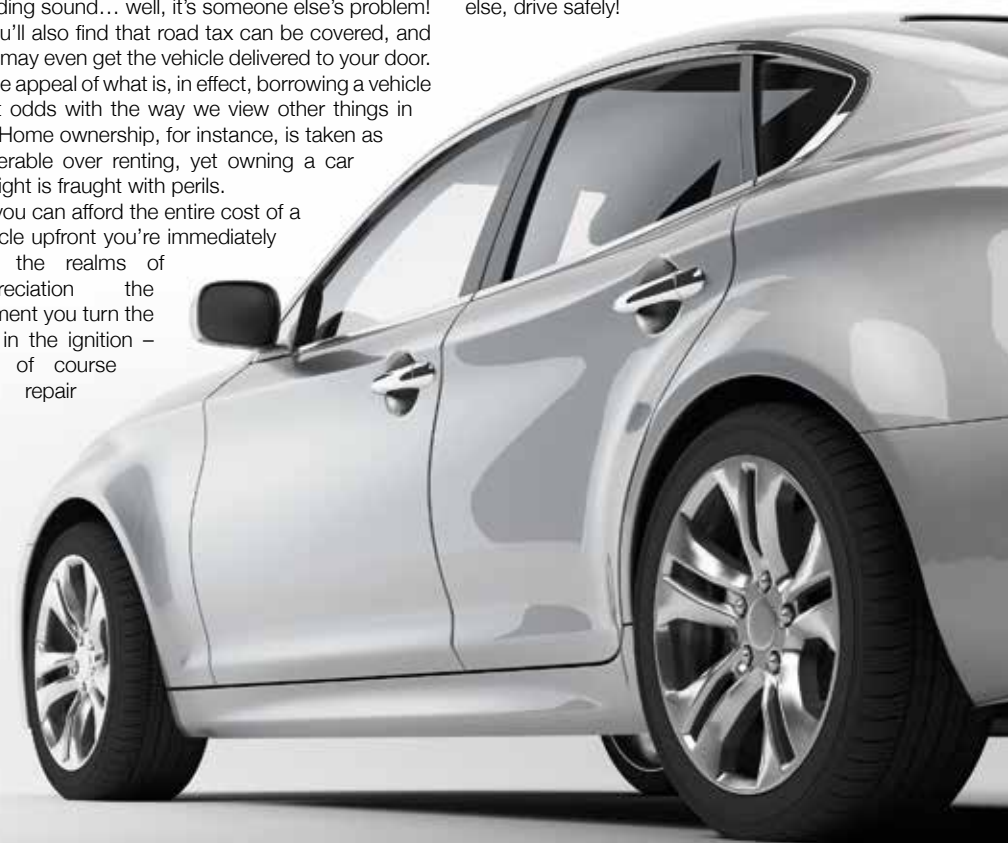
The appeal of what is, in effect, borrowing a vehicle is at odds with the way we view other things in life. Home ownership, for instance, is taken as preferable over renting, yet owning a car outright is fraught with perils.

If you can afford the entire cost of a vehicle upfront you're immediately into the realms of depreciation the moment you turn the key in the ignition – and of course any repair

bills fall to you and you only.

That said, you won't have to subscribe to any mileage limitations, nor will you be dealing with broker fees. And while many pay for new cars through PCP (personal contract purchase) or HP (hire purchase) finance, you do have a potentially substantial asset ready to be cashed in when you decide you want to switch to another vehicle.

Buying over leasing very much comes down to personal circumstances – what's right for you will be wrong for someone else. As ever, do the maths and, more than anything else, drive safely!





## 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

## ANXIETY AND SLEEP DISORDERS

### HYPNOTHERAPYDEBONO.COM

Promoting good mental health and well-being, Helping make the change you want in your life for that inner peace. 07504 919721

## ARTS, DANCE & FITNESS

### STUDIO 1 UK

"Creative space simplified" - Performing arts | Dance | Fitness | Wellbeing | Hire | Adults and kids classes based in Loughton Essex 07914 667909

## BEAUTY & NAILS

### BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babcac 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

### WICKED WAXING LTD

Male and Female specialist waxing using hot and strip wax. 20 years' experience. Based in Epping with free parking. epping@wickedwaxing.com. 07368 684377

## BESPOKE TAILORING

### ROSS CARRINGTON BESPOKE TAILORING

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

BOOK VIA [LOUGHTON@VISIONMAG.CO.UK](mailto:LOUGHTON@VISIONMAG.CO.UK)

## BUILDING & CLAIMS

### CONCEPT BUILDING SOLUTIONS

We are builders specialising in water & fire-damaged properties. We put your home back to how it should be. 0208 088 3418

## 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. 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 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

## 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

## MASTICS AND SEALANTS

### QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information. Call 01245 520981

## 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

## PROPERTY MAINTENANCE

### LILLYWHITE PROPERTY SERVICES

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

### STUART GREEN PROPERTY SOLUTIONS

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

## ROOFING

### JIM BARR ROOFING

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

## WEB DESIGN & PRINTING

### SWIVEL CREATIONS

25+ yrs exp, we are specialists in web, print, clothing and embroidery. Professional, affordable, reliable. 01992 570383 | 07736 879233 | www.swivuk.co.uk | info@swivuk.co.uk

**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**.

To advertise call **VISION** on **0208 088 0386**

WORLDADDER: BACK, BARK, BARN, DARN, DAWN, DOWM

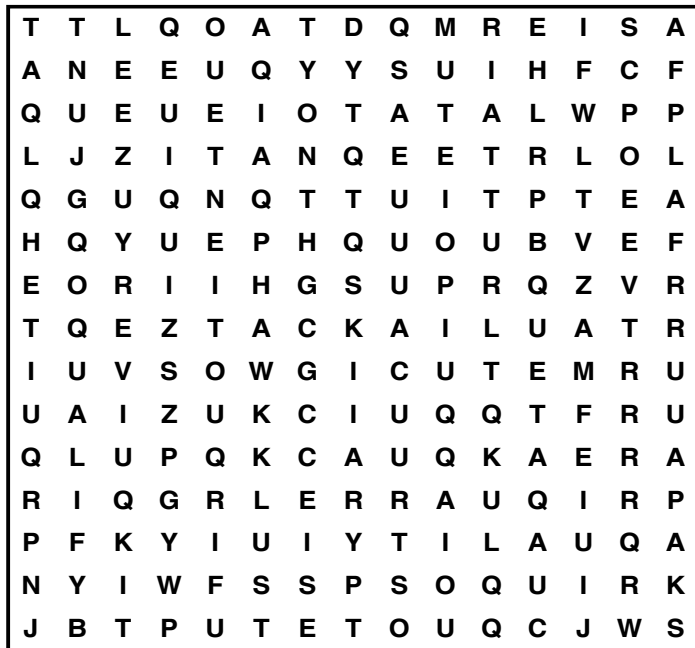


# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

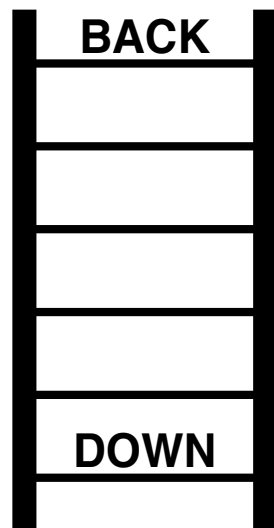
- ▶ QUACK
- ▶ QUALIFY
- ▶ QUALITY
- ▶ QUARREL
- ▶ QUARTER
- ▶ QUASH
- ▶ QUEEN
- ▶ QUEUE
- ▶ QUICHE
- ▶ QUICK
- ▶ QUIET
- ▶ QUINTUPLE
- ▶ QUIRK
- ▶ QUITTE
- ▶ QUITTER
- ▶ QUIVER
- ▶ QUIZ
- ▶ QUORUM
- ▶ QUOTE
- ▶ QUOTIENT



## DID YOU KNOW?

- ▶ Lots of plants are used as dyes. For example, teabags and stewed onion skins
- ▶ According to Guinness World Records, the tallest planted tree was a Eucalyptus regnans planted in Dunedin, New Zealand. It measured 82.25 metres on November 15, 2018
- ▶ Pollen from trees provides essential food for bees in the early spring
- ▶ Orange carrots were created by crossing various other colours of the vegetable
- ▶ Seeds can be dispersed in several ways. Some of the most common are the wind, water and animals
- ▶ The stem of a plant is used to transport water and nutrients to different areas
- ▶ Mushrooms have their own immune system

## WORD LADDER



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

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

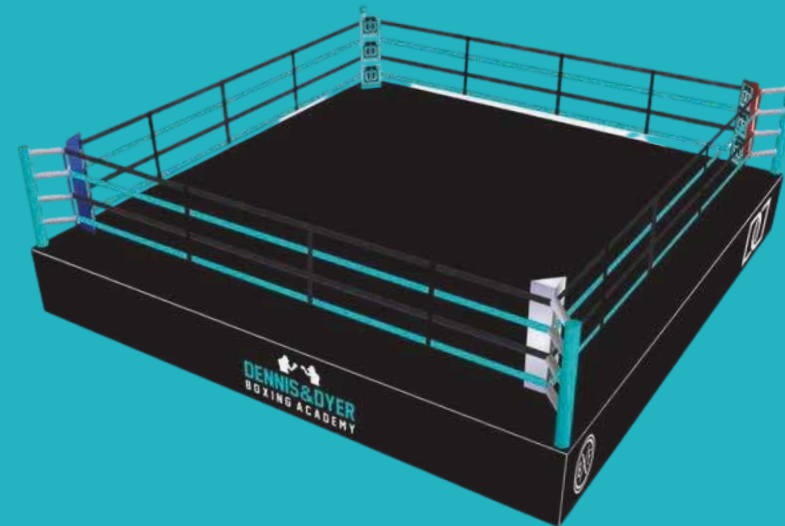
DO NOT rearrange the order of the letters.

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



THE NUMBER ONE BOXING ACADEMY FOR ALL ABILITIES

- ▶ BOXING ACADEMY
- ▶ 1-ON-1 SESSIONS
- ▶ KIDS LESSONS
- ▶ LADIES GROUP SESSIONS



## Dennis & Dyer Boxing Academy

The Landmark, 30 Barrington Green, Loughton, Essex, IG10 2BA  
[www.dennisanddyerboxingacademy.co.uk](http://www.dennisanddyerboxingacademy.co.uk) | 0208 088 3491  
[info@dennisanddyerboxingacademy.co.uk](mailto:info@dennisanddyerboxingacademy.co.uk)

Follow us on Instagram @dennisanddyerba to stay up to date!





**Your Partner in  
Home Improvements**

# Loft Conversion Specialists

- ◆ **Extensions**
- ◆ **Home Improvements**
- ◆ **Kitchens**
- ◆ **Bathrooms**
- ◆ Combined experience of over 30 years
- ◆ Team of highly qualified experts
- ◆ Project handling from ideas to completion
- ◆ Fully compliant with Building Controls  
& Covid-19 Government Guidelines



**Contact us on 0208 088 2805**

[www.TheAscensionPartnership.co.uk](http://www.TheAscensionPartnership.co.uk)

[Chris@TheAscensionPartnership.co.uk](mailto:Chris@TheAscensionPartnership.co.uk)

