

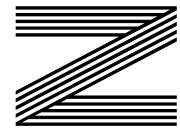
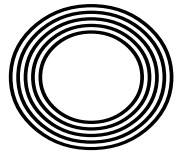
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

Emma
RADUCANU

The tennis star writing her name in the history books



FREE

Photo credit: Photo Image Press/Shutterstock



DID YOU KNOW THAT AN ELEGANT TIMEPIECE
CAN BE A VALUABLE ASSET?

BOTH PROPERTY & WATCHES CAN MAKE YOU MONEY.

THE KETTLE CLUB IS A MARKET LEADER IN THE LUXURY
WATCH INDUSTRY. WE CAN HELP YOU RELEASE THE
FINANCIAL POTENTIAL OF YOUR WATCH.



RICHARD MILLE




ROLEX




PATEK PHILIPPE
GENEVE

BUY 

SELL 

EXCHANGE



Editor's notes...

OCTOBER 2021



Brett Shohet, Editor

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

It's occurred to me this month how funny it is that we often don't notice what's right under our noses.

Recently, I visited a local business - a client of two years - to drop off copies of **VISION**. While we were having a chat, the owner said to me: "Did you used to live in Mawney Road?" I said yes, and it turns out he used to have a bathroom shop and refitted my parents' bathroom when I was a child. It's amazing the connections you can have without even realising it.

I also recently visited the Epping Ongar Railway. It was like taking a step back in time. After my visit, the vintage bus dropped me off at the stop right outside my house, which I didn't even realise was there. It was great to explore this local gem and I'd encourage others to do the same - you never know what you might discover.

Things are coming back to life in the business world, with the change of seasons heralding the promise of a new start even as we head into the darker months. Together with this has come a slew of invitations to weddings, gatherings and events. Let's hope that hospitality venues can now begin to recover and we can all look forward to spending more time with friends and family.

Brett Shohet

This is your town's hyperlocal 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 | 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



home hub group

NOW OPEN ON
EPPING HIGH STREET



We supply and install windows and doors.

01992 276 046
essex@homehubgroup.co.uk

homehubgroup.co.uk

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



A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929.

With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



Beke TO BASICS

He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC

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 • Web: www.empireupvcandroofing.co.uk



THE LONDON
AESTHETICS COMPANY

YOUR TRUSTED AESTHETICS CLINIC IN ESSEX

At The London Aesthetics Company we have the latest aesthetics treatments and courses to help ensure you get the best possible experience and results.

- PRP Hair Loss/Face • Anti-Ageing Treatments
- Microneedling • Aqualyx • Hi-Fu • Proffilo
- Fibroblasting • Hydro Facials

07756679882

@thelondonaesthetics

www.thelondonaestheticscompany.com

153 Queens Road, Buckhurst Hill, IG9 5AZ

Hours - 9am to 10pm



Invest in yourself

THE B7 MEDIA GROUP

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

ENQUIRIES@B7MEDIAGROUP.COM

0208 088 0386



BEAUTY

Beer beauty

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

Beer facial mask - to promote younger-looking skin

You will need: ½ tsp beer | 1 egg white | 1 drop of almond extract

How to make: Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

Beer nail soak - to strengthen brittle nails

You will need: 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

How to make: Mix all the ingredients together | Dip your nails in the solution for 15-20 minutes | Repeat two or three times a week.

Beer foot soak - to soften hard skin

You will need: A bowl of warm water | Half a bottle of beer
How to make: Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10-15 minutes | Dry your feet and apply foot lotion.

Beer hair rinse - to repair damaged hair follicles

You will need: 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

How to make: Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

Beer bubble bath - to soften and smooth skin

You will need: An olive-based liquid soap | Half a cup of beer

How to make: Mix the soap with the beer and add to running water | Soak for as long as you like.

Top tip: For optimum results, use an organic beer.



HOWDY COWGIRL

Spotting at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

DETERMINE YOUR BUDGET: As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

PICK A STYLE: Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

SELECT A MATERIAL: The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

CHOOSE A COLOUR: You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

CONSIDER EMBELLISHMENTS: The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

STYLE TIPS:

- > Nearly all cowboy boot styles match well with blue or black jeans
- > If you wear short dresses or shorts, choose a boot that stands lower on your leg
- > High- or low-standing boots look good with skinny jeans or leggings
- > Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.




Introducing EverWell Supplements



EverWell vitamin and mineral supplements are designed for the over 65+, offering clever combinations of key ingredients, carefully chosen to support your needs.

EverWell supplements are made in the UK and produced to the highest standard, for those wanting to enjoy their golden years!

NO CONTRACTS so order when you need!

Call us today for a free EverWell Supplements leaflet on **01708 688 644**. Or visit Oakhousefoods.co.uk, who supply EverWell Supplements.

YOUR CARE • YOUR HOME • OUR COMMITMENT



SeaShell is a local, family-run, premium domiciliary care company covering Epping Forest and Harlow.

We provide bespoke home care services to facilitate independent living whilst embracing a more socially conscious care model to give back to our carers and the community.

Our services include personal care, medication support, companionship, light housekeeping and more.

Contact us to discuss your needs or book an appointment via our website

info@seashellcare.com
01992 874688
seashellcare.com

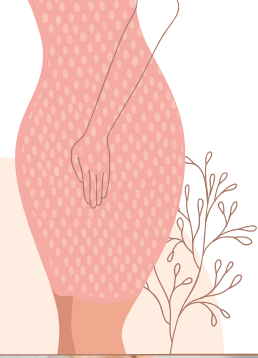
COVID-19 SAFE
 Our Carers undergo regular testing and symptom checks, wear full PPE and follow strict hygiene procedures.

Regulated by 



WHAT ARE pelvic floor EXERCISES?



Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.

They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.

Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.

Pelvic floor exercises include the following:

KEGEL EXERCISES: You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

SPLIT TABLE TOP: A basic move that can work your pelvic floor to help keep it strong.

- 1 Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
- 2 Tighten your core and ensure your thighs are touching.
- 3 Separate your legs outward towards the floor to a position that's comfortable for you.
- 4 Raise your legs back up slowly to their starting position, maintaining core stability.
- 5 Do three sets of 10.

BIRD DOG: Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

- 1 On the floor, get onto all fours in a table top position.
- 2 Tighten your core and draw your shoulder blades down.
- 3 At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
- 4 Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
- 5 Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.



Fed up with dentures?

Give us a call - and book your free consultation for dental implants.



020 8504 2704
improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST



FREE CARE NOW - INTRODUCTORY OFFER
4 HOURS OF CARE FOR FREE

**CALL FOR MORE
INFORMATION**



YOU DESERVE CARE THAT MAKES A DIFFERENCE

**Quality care you can trust, delivered
in the comfort of your own home**

Keeping you and your loved ones safe
without the need for residential care

- Our care is person-centred - we go the extra mile
- All CareGivers are introduced to Clients in advance
- We do not wear uniforms, unless requested to
- Our care calls are never rushed
- One-hour minimum up to 24/7 live-in care

**Call us for a
FREE care
assessment**



Our services include:

- Companionship
- Transportation & errands
- Meal preparation
- Light housekeeping
- Help with washing & dressing
- Personal care
- Medical reminders
- Post-operative support
- Holiday & respite cover
- Specialist dementia care
- Hospital to home
- Live-in care

and much more...

0203 983 5822

loughton@rightathome.co.uk
www.rightathomeuk.co.uk/loughton



**Right
at
Home**
Quality Care in Your Home

Are you SUFFERING with SAD?

Although many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > A lack of energy
- > Sleeping for longer periods of time
- > Struggling to get up in the morning
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgey foods.
- > Irritability
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping during the day
- > Weight gain

WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

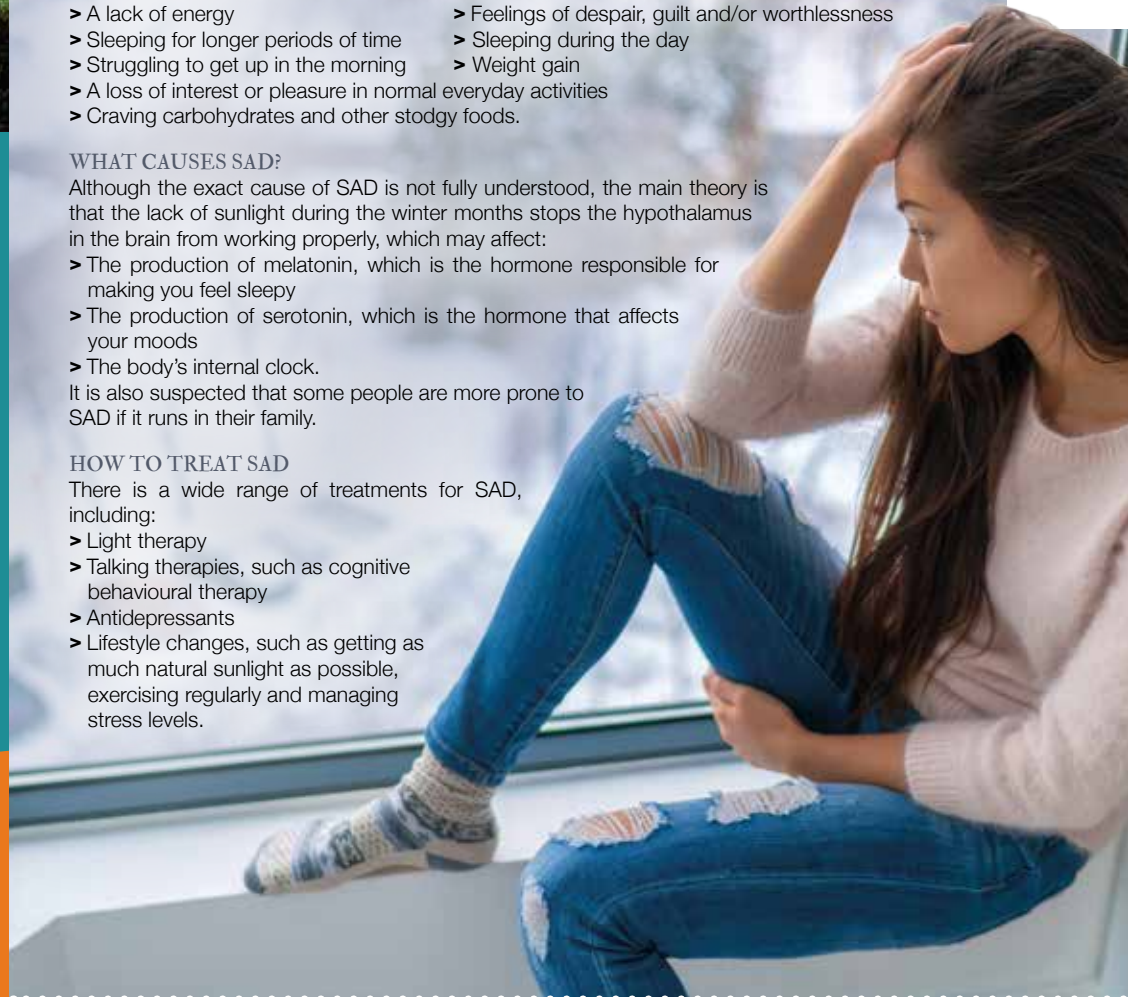
HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.



HEALTH & FITNESS



RED ALERT

CANCER SIGNS YOU SHOULD NEVER IGNORE

EXCESSIVE FATIGUE: There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.

SUDDEN BRUISING: Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

PAIN THAT DOESN'T GO AWAY: Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.

SKIN CHANGES: We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.

UNUSUAL TOILET ACTIVITY: Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.

CHRONIC COUGHING OR DIFFICULTY SWALLOWING: Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.

ABNORMAL PERIODS OR BLOATING: From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.



AUTHENTIC & FLAVOURSOME INDIAN FOOD

Recipes with our modern twist

Unique regional dishes made to the highest standard with local and ethically sourced ingredients prepared by highly trained professional chefs

Takeaway ✂ Delivery ✂ Private Parties
Catering for all Events

Opening hours: Lunch 12-3pm (WED - FRI) ✂ Dinner 5-9pm (WED - SUN)

25% OFF WEDNESDAY & THURSDAY

Order from our website or by phone www.haveli-indiankitchen.com

0208 088 2970 @HaveliKitchen haveli_indiankitchen

Unit 2-3 Cromwell Centre, Roebuck Road, Hainault Business Park, Ilford, IG6 3UG




www.lgfab.org

Discover our Artisan, Gluten-Free Bakery

- 🍷 safe for Coeliacs
- 🌱 Vegan
- 🥛 Dairy-free
- 🍷 Based in Buckhurst Hill, IG9
- 🍷 Free local delivery & shipping around the UK

email: info@lgfab.org
mob: 07766 705525

NEW!
Buy our bread in
Woodford Green's
Broadway Deli &
Grocery



UNUSUAL FRUIT OF THE MONTH:

Atemoya



If you like piña colodas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

Atemoyas are also very high in vitamin C, with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol.

HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good. For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.



Come & enjoy the authentic taste of the Mediterranean



Homemade Italian Food

- Pizza ● Pasta ● Meat ● Fish ● Antipasto ● Desserts
- Cocktails ● Wines ● Beers ● Spirits

...with terrific views!

Located at Hainault Golf Club



Contact us to book on 020 8500 1678

infoatlinguinerestaurant@gmail.com @hainaultgolfclub

Hainault Golf Club, Romford Road, Chigwell, IG7 4QW



Come & dine-in with us

MUMBAI MASKA
AUTHENTIC INDIAN RESTAURANT



DINE-IN • TAKEAWAY • DELIVERY
CATERING • PRIVATE PARTY

CALL US NOW ON 0208 088 2791
info@mumbaimaska.co.uk
42 Old Church Road, London E4 8DB



GET 10% OFF ON ALL FOOD ORDERS - COLLECTION ONLY

PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



FOOD & DRINK

Photo credit: familyfreshmeals.com



perfect Pasta Pairing



Have you ever wondered why there are so many different shapes of pasta? It's not just to jazz up the look of your dish, but also to hold onto the sauce and improve your dining experience. Find out which pasta to pair with which sauce below.

Long and skinny: Long and skinny pasta, such as spaghetti, linguine and vermicelli, is perfect for pairing with light seafood and cream- or oil-based sauces.

Long ribbon: Long ribbon pasta, such as tagliatelle, pappardelle and fettucine, suit rich and meaty sauces like ragu, as well as thick, creamy sauces like carbonara.

Shells: Conchiglie and lumache make a great pairing for heavy cream and meat sauces, while larger shells can be stuffed with tasty fillings such as minced meat or ricotta and spinach.

Twists: Twist pasta shapes, such as fusilli, gemelli and strozzapreti, should be served with light and smooth sauces, like pesto, which will easily cling to their shape.

Tubes: Tubular pasta, such as penne, rigatoni and macaroni, go well with hearty vegetable sauces, baked cheese dishes, bolognese and ragu.

Filled: Filled pasta, like ravioli, tortellini and cappelletti, tend to have a rich filling, so their accompanying sauces are traditionally light and either butter or oil based.

Mini shapes: Mini pasta shapes, such as orzo, fregola, canestrini and stelline, are great for bulking out soups and stews. They can also be used to make tasty pasta salads.

- Top tips for cooking pasta:**
- > Always cook pasta in a large pan with plenty of salted water.
 - > Do not add olive oil to your pasta when cooking – this doesn't prevent it from sticking
 - > Do not cook the pasta all the way through; leave it al dente and then add to the sauce for a few minutes
 - > Combine your pasta and sauce in the pan rather than pouring it over once plated up.

CRAFT BEER ORGANIC & NATURAL WINE FINE CIDERS ARTISAN SPIRITS COCKTAILS PRIVATE TASTINGS VENUE HIRE

Use 'VISION2021' for 15% off your first online order or instore

NEW BREED

Visit the shop in Loughton or our website for nationwide delivery
newbreedbottleshop.com | @newbreedbottleshop

287 High Road, Loughton, IG10 1AH | 0208 502 1388

great taste great taste great taste

Quality & Excellence Ltd

AWARD WINNING FAMILY BUTCHERS AND PIE MAKERS IN THEYDON BOIS

10 things you may not know about Us

1. Free local deliveries
2. Gluten & Allergen Free Products
3. Grass fed Beef from Yorkshire
4. Free range Pork from Great Garnets of Dunmow
5. Lamb from Essex & Hertfordshire
6. BBQ Events catered for
7. Range of English Newhall Wines & Brentwood Beers
8. Butchery Classes & Gift Vouchers available
9. An extensive range of Salad, Fruit and Vegetables
10. Mrs Darlington's Award winning range

12 Forest Drive, Theydon Bois, Epping, Essex CM16 7EY
01992 813283
www.qualityandexcellence.co.uk

f qualitybutchers i qualitybutchers 🎵 follow us on Tik Tok – find us at ///faded.lazy.pines

LEXUS ELECTRIFIED

ALL-ELECTRIC & SELF-CHARGING HYBRIDS

IT'S HOW IT FEELS



LEXUS WOODFORD

536/564 High Road, Woodford Green, IG8 0PR.

0208 559 7660

<https://www.lexus.co.uk/centres/woodford>



LEXUS WOODFORD

Self-Charging Hybrid range shown is UX 250h, ES 300h, NX 300h, RX 450h. Official fuel consumption figures in mpg (l/100km): combined mpg 34.4 (8.2) to 54.3 (5.2). Combined CO₂ 186 to 119g/km. EV Model shown is UX 300e. Official fuel consumption figures in mpg (l/100km): N/A. Combined CO₂ emissions: 0g/km. Zero emissions while driving. Electric range 190 to 196 miles. Figures are provided for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results. Fuel consumption and CO₂ produced varies significantly depending on a number of factors, including the accessories fitted (post-registration), driving style, conditions, speed and vehicle load. All models and grades are certified according to the World Harmonised Light Vehicle Test Procedure (WLTP). All mpg and CO₂ figures quoted are full WLTP figures. For more information on WLTP and specific vehicle types see <https://www.lexus.co.uk/wltp>. More information on WLTP in general can be found by visiting: www.vehicle-certification-agency.gov.uk/pcb/wltp.asp.

5 ALTERNATIVE USES FOR HAND

sanitiser

If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

1. TO CLEAN YOUR EYE/SUNGLASSES

Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.

2. TO POLISH SILVER

Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.

3. TO CLEAN YOUR KEYBOARD

Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.

4. TO REMOVE STAINS

If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.

5. TO REMOVE STICKER OR GLUE REMAINS

Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20–30 minutes, then rub the surface firmly until the glue comes off.



HOME & DIY



WARDROBES ■ BUILT IN WARDROBES ■ FITTED KITCHENS ■ SLIDING WARDROBES

LUXURY BESPOKE WARDROBES & KITCHENS

Made to order in the UK ■ 10 Year Product Guarantee

Soft Close Doors As Standard ■ We fit wardrobes in less than 2-3 weeks

CONTACT US

0208 088 0876 ■ 07961 070327

www.bestfittedwardrobe.co.uk

info@bestfittedwardrobe.co.uk  



PUMA

ESTABLISHED 1985

AIR CONDITIONING SERVICES

WILL YOUR GARDEN
ROOM BE COOL IN
SUMMER & COSY
IN WINTER?

Whatever style your room, a comfort cooling & heating system will make sure you are comfortable all year round.

CONTACT US FOR MORE INFORMATION ON OUR SERVICES



Tel: 0208 088 3506 ■ Mob: 07903 104549 ■ Email: services@pumabuilding.com

Web: www.pumabuilding.com   @pumabuilding



HOME & DIY

Find your

FLOORING



Are you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

CARPET: Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

PORCELAIN TILES: Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

SOLID TIMBER: Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

LAMINATE: Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

LINO AND VINYL: Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

CERAMIC TILES: Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

LUXURY VINYL TILE (LVT): A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.





MODERN CLASSICISM:

Making the old new again



Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

Use accessories to add detail: One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

Make your dining table an inspiring centrepiece: The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

Create texture without expensive architecture: Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

Don't forget the natural details: While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.

APCO

BATHROOM STUDIO PLUMBING & HEATING SUPPLIES

For Bathroom Inspiration Visit
APCO Bathroom Studio
52 Victoria Road, Romford,
Essex, RM1 2LA
Tel: 01708 578093
apcoplumbing@gmail.com

For all your Plumbing & Heating Supplies
Visit **APCO Trade Centre**
66 Victoria Road, Romford,
Essex, RM1 2LA
Tel: 01708 740055
apcotrade@gmail.com

BATHROOM CAD DESIGN SERVICE AVAILABLE



SHOWROOM 9am - 5pm MON -FRI SAT 9am-4pm | TRADE CENTRE 7am -5pm MON- FRI SAT 8am -12pm

Photo credit: Unsplash under Creative Commons, @lifeathomewithemma, @Nattuzzi



Photo credit: housebeautiful.com

DIVIDE and conquer

Room dividers are not only for sectioning off rooms; they can also be used to add privacy and character to a space. Plus, you don't have to opt for a traditional screen with these creative room divider ideas.

CURTAINS UP: Hanging curtains from the ceiling to create a canopy bed effect is a great way to add some privacy to a bedroom. This is a useful interior design trick for properties with high ceilings, as well as for creating sections in studio flats.

BIG BOOKCASE: A floor-to-ceiling bookcase offers a great alternative to a room divider and has the added advantage of providing extra storage and display space. It's ideal for breaking up a large open-plan living space or for separating a bedroom for siblings.

FLOATING ART: Another good choice for studio flats, hanging a curtain rail on the ceiling and then suspending a floating painting from it provides a highly stylish way to partition space. For example, if you are entertaining and you don't want a direct line of sight from the front door to your bedroom.

WOODEN SLATS: If you don't want to use a solid screen, wooden slats are a great alternative. Enabling you to keep a sense of flow and movement between two areas of your home, this room divider idea is ideal for separating the stairway and the living room or for sectioning off a home office.

DIY OPTIONS: For those who are feeling crafty, these DIY room divider ideas should get your creative juices flowing. Add texture and style with a DIY vertical jute rope wall, or craft a wooden folding screen and dress it up with macramé for a boho chic vibe. Alternatively, if you love to bring the outdoors inside, a fairy light and tree branches room divider is just what you need.

The beauty of DIY screens is that they can be moved from room to room with ease and, once made, you can attach anything you want to them, such as family photos or your children's artwork.



www.kitchenhaus.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

- SIEMENS
- nobilia
- NEFF
- AEG
- SILESTONE
- BOSCH
- Miele
- smeg
- DEKTON
- CORIAN

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

01277 204447
www.kitchenhaus.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)



Did you know that your washing machine can be used to clean a whole host of items other than just your clothes? Why not take these for a spin...

Mop heads: Have you smelt your mop head recently? If not, you may be in for a shock. Fortunately, removable mop heads can simply be popped in the washing machine on their own with a drop of bleach. Once clean, squeeze out any excess water and leave to dry.

Small toys and stuffed animals: It's surprising just how grubby your child's plastic toys and favourite stuffed animals can get, but before you decide to surreptitiously throw them out, why not give them a good clean in your washing machine? For plastic toys, place in a mesh bag and wash, and for stuffed animals, wash on a gentle cycle.

Patio furniture cushions: If your patio furniture cushions can fit in your washer and leave room for the machine to spin, then you can wash them in there. It really is that simple. If your machine is too small, you could take your cushions to a local laundrette instead.

Pillows: Although you may wash your pillowcases once a week, how often do you honestly wash the pillows themselves? Ideally you should be doing this twice a year and, although feather pillows need to be washed by hand, most foam-filled or synthetic ones will be just fine on a gentle cycle in the washing machine.

Reusable canvas bags: If you are doing your bit for the environment and using reusable shopping bags, you should know that these can be easily cleaned in the washing machine. If your bag is made of canvas or nylon, wash on a hot cycle before running through the dryer once clean.



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

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

Control your security
Be Absolutely 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

RADUCANU



TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock

LOCAL NEWS

from your neighbourhood

EMERGENCY PLUMBING, HEATING & DRAINAGE



- ▶ Drains Internal/External
- ▶ High Pressure Jetting
- ▶ Manual Rodding
- ▶ Pipe Laying
- ▶ Non Excavation Relining
- ▶ Insurance Work Undertaken
- ▶ CCTV Surveys
- ▶ No Additional Charges on evenings & weekends
- ▶ Fully Qualified Engineers covering your area!
- ▶ Emergency Plumbing Blocked Toilets & Leaks

SENIOR CITIZEN & NHS DISCOUNTS

BLOCKED DRAINS CLEARED FAST

CALL OUR FRIENDLY TEAM 24/7
020 8226 6201

NO1PHD PLUMBING HEATING & DRAINAGE

Trustpilot Rated: Excellent

FREE QUOTES & ADVICE

AMERICAN EXPRESS, MasterCard, Maestro, VISA VISA

Headquarters, Suite 11, Branksome Business Park, BH12 1ED




Boxing star visits leisure centre as part of Olympics campaign

Olympic boxing bronze medallist, Anthony Ogogo, visited Loughton Leisure Centre recently for a fun-filled afternoon in celebration of Team GB and Paralympic GB's new campaign, which aims to help children develop healthy habits.

As one of the all-star ambassadors for the Travel to Tokyo campaign, Anthony visited the centre, which is managed by Places Leisure on behalf of Epping Forest District Council (EFDC), to share his sporting experiences and inspire children and their families to try new activities.

Anthony said: "It was great to see so many young people getting active and trying out new activities at Loughton Leisure Centre. Whatever your ability, I encourage all young people and their families to try something new this summer."

The event centred around an aqua splash session, where children competed against the clock as they

navigated the gauntlet of inflatable spikes, drops and slippery slides on the centre's water obstacle course.

Afterwards, children and their families had an opportunity to ask questions as Anthony was put in the hot seat for an insightful Q and A session.

Mathew Nicholson, contract manager for Places Leisure, said: "We were delighted to welcome Anthony to Loughton Leisure Centre and support the Travel to Tokyo campaign. As a social enterprise, our aim is to encourage more children to develop a love of sports, opening up pathways and paving the way for our next future Olympians and Paralympians.

"Across the centres we operate in partnership with EFDC, we have developed a full range of activities designed to get children and their families active and moving more, including our staycation holiday activity, aqua splash, where swimmers attempt to get the end of the course without falling overboard."



NOBODY DOES IT BETTER THAN BODYWASH



Visit our showroom which is open Monday to Friday 9am to 5:30pm and Saturday 9am to 5pm. We close on Sunday's.

Bring along your room dimensions and let us help you plan your new luxurious bathroom.

01708 736700
www.bodywash.uk
sales@bodywash.uk
A12 Eastern Avenue, Romford, RM5 3AL



Lily celebrates birthday by raising money for Haven House

A nine-year-old girl who raised more than £40,000 for a children's hospice last year has completed another, even bigger challenge.

In September 2020, Lily, who has cerebral palsy and autism, captured hearts across the nation when she set out to raise £24,700 by walking 15 kilometres in a day with her walking frame.

Lily received an outpouring of support and raised more than £40,000 for Haven House Children's Hospice.

Lily says she found inspiration from the children and families at the hospice to complete a second walk on Saturday, September 18, 2021, her ninth birthday – this time walking 20km.

Her route passed the Haven House retail shop on Loughton High Street, where the shop manager and volunteers were there to cheer her on.

She said: "I met the nurses and some of the children in the hospice playground. The team at Haven House have been my biggest supporters and have given me the confidence I need. They have made me realise anyone can achieve anything and made me feel like a superhero."

The brave nine year old has also won support from a host of celebrities, including Leona Lewis, Harry Redknapp and reality TV stars Billie and Greg Shepherd.

Donate at www.justgiving.com/fundraising/lilyswalk2

Plaque unveiled at Holocaust survivors' home

A plaque has been unveiled at Holmehurst in Buckhurst Hill, which housed Holocaust survivors for two years after the end of the Second World War.

A lunch at the house was hosted by current owners, Wendy and Richard Higgins, to mark the end of *The Boys: Holocaust Survivors* exhibition at the Epping Forest District Museum in Waltham Abbey.

Among the guests at the lunch were Angela Cohen MBE, chairman of '45 Aid Society, a charity set up by the Holocaust survivors featured in the exhibition. Also present were Angela's son, TV personality Rob Rinder MBE; Lord Lieutenant of Essex, Jennifer Tolhurst; Rabbi Odom Brandman, of Buckhurst Hill Chabad; and Epping Forest MP Dame Eleanor Laing.

After the lunch, a blue plaque was unveiled on the front of the house to mark its unique history.

The Loughton Boys stayed in Holmehurst, a 19th-century mansion close to Epping Forest, between 1945 and 1947.

Three of those original Loughton Boys – Sir Ben Helfgott, Jan Goldberger and Harry Spiro – took part in the plaque unveiling.

Dame Eleanor Laing MP said: "It was a true honour to be at the plaque unveiling of Holmehurst and to meet some of the Loughton Boys and their families.

"It was a historic occasion to remember the boys who were brought to live in Loughton to escape the atrocities of the Holocaust."

ESSEX AUCTION HOUSE
FINE ART AUCTIONEERS

House Clearances
Free Valuations
Collection Service
Probate Specialists

Call for more information
01992 815 528
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

M&J Window Cleaning Services

MAKE A CLEAN DIFFERENCE
Windows • Fascias & Soffits
Gutters • Conservatory Roofs
25 Years Experience

WE OFFER FREE NO OBLIGATION QUOTES

CONTACT ANDY DIRECT
0208 088 2793

Electrician

www.electrician-in-loughton.co.uk

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

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

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

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

Call Karl on
0208 0880 775

Detective constable receives commendation



Detective Constable (DC) Steve Baker, formerly based in Loughton, has been commended by Essex Police Chief Constable Ben-Julian Harrington for his hard work and dedication.

With the recent easing of coronavirus regulations, Mr Harrington has been able to recommence his recognition of officers and staff for exceptional service. A Chief Constable's Commendation is one of the highest honours Mr Harrington can bestow.

DC Baker was commended for his dedication and professionalism during the investigation into a violent road rage incident in Epping, in which the victim was stabbed 15 times in his head, neck, back and face, leaving him with life-changing injuries.

The attacker had taken exception to being beeped at after he had closely overtaken the victim in his car.

The 37-year-old victim's wife and children were travelling in a car behind him and witnessed the attack, which nearly killed him.

DC Baker was at Loughton CID at the time and worked tirelessly with the Crown Prosecution Service to present a strong court case.

Following a nine-day trial, the offender was found guilty of attempted murder and sentenced to 16 years' imprisonment, with another five years on licence.

DC Baker said: "It was a hard case to investigate, but I felt a personal responsibility to get justice for the victim."

Staff take part in charity fitness competition

Loughton-based Haslers Chartered Accountants challenged its team to take part in STEPtember last month to encourage its staff to get moving and raise money for charity.

From September 4 to 11, Haslers' health and wellbeing committee hosted a competition to encourage the team to take 10,000 steps a day during the month of September.

The firm put together teams of up to 10 staff members from its workforce of more than 100 employees, who

competed against each other to walk the most steps. Prizes were up for grabs for the winning team and the money raised was donated to mental health charity, Mind.

Before the challenge, Haslers' HR partner, Christine Inch, said: "The events of the last 18 months have highlighted the importance of physical and mental wellbeing, not only in our personal lives, but also at work, and so we wanted to do something that would encourage our team to get moving, in addition to having a bit of fun and inter-team competition."

"Everyone is really behind the idea, especially as it is raising money for Mind – a charity focused on supporting people with mental health conditions."

Rotary club member nominated for award

A member of the Rotary Club of Loughton, Buckhurst Hill and Chigwell has been shortlisted in the finals of a national business award.

Salome Ahenkora has been shortlisted in the Consumer and Luxury Senior Leader category in this year's *Daily Telegraph* Black Business Awards.

Salome, who is severely visually impaired, is an award-winning entrepreneur, leader and manager with more than 30 years' experience in both private and public sectors.

She launched Chigwell Tours in 2012 and, since then, the business has grown from providing local tours to a national tour operator providing 35 unique tour experiences and a 13-day winter tour to Ghana.

As managing director, Salome has developed graduate internship programmes for students at University of East London, University College London, Kent and St Mary's Twickenham.

Sophie Chandauka, co-founder and chair of the Black Business Awards, said: "Our finalists have delivered tremendous commercial value across sectors in volatile markets, where entrepreneurs in particular have been decimated."

"They are global in their ambition and represent the very best of being British in a post-Brexit Europe."





News from

THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell





A massive thank you to everyone who donated and supported our 3SchoolSupplies4U appeal. You helped us to raise an incredible £1,800.

Having the right school supplies is essential for starting the new school year with confidence and helping children thrive in education.

During the week commencing August 23, we distributed more than 170 free backpacks filled with everything needed for the new school year for all ages

and gave them to those who need it most in our community. There were so many excited and happy kids (and parents) receiving the backpacks.

At our Waltham Abbey hub, Jane, mother of two young children, broke down in tears as she saw how happy the kids were when they received their backpacks.

She said: "This has meant the world to me; knowing the children will be able to go into school full of excitement and confidence is the best feeling."

Our schedule of drop-in community surplus hubs:

- > Monday, Waltham Abbey: 11.30am–1pm
- > Tuesday, Loughton: 11.30am–1pm
- > Wednesday, Chigwell Row: 5pm–6.30pm
- > Thursday, Ongar: 1pm–2.30pm
- > Friday, Waltham Abbey: 11.30am–1pm

For more information, contact us at info.3food4u@gmail.com or on 01992 842642. Alternatively, visit www.3food4u.org

New stand officially opened

Buckhurst Hill Football Club's new stand has been officially opened – on the day the club celebrated its first-ever appearance in the FA Vase with a 3–0 victory over Enfield.

Epping Forest District Council (EFDC) chairman, councillor Helen Kane, was invited to cut the ribbon to open The Simon Cornwell Stand, which is named after the club's chairman.

Among the guests were representatives from EFDC, Buckhurst Hill Parish Council, Buckhurst Hill Residents' Society, Loughton Town Council and the Thurlow Nunn Football League.

The stand marks the latest chapter in the club's history, with floodlights set to be installed in the next two weeks.

Club president, Ray Sherrin, said: "The stand is entirely down to the chairman of the club. He has worked and worked for the club and all thanks should go to him. He is a non-stop chairman who is never, ever away from the club."

Commenting on the decision to name the stand after Mr Cornwell, Mr Sherrin said: "It's just a small thank



you for everything that he has done over very many years."

Mr Cornwell said the naming had been "completely unexpected".

He added: "I feel very honoured, very humble, and excited about the future."



Photo credit: @Marvel Entertainment on Twitter

Former acting school student stars in Marvel film

Staff at East 15 Acting School in Loughton were delighted when they saw one of their former students at the Los Angeles premiere of her new film. Meng'er Zhang attended the University of Essex affiliated acting school before landing her dream role in Marvel's newest film, *Shang Chi and the Legend of the Ten Rings*, as the title character's estranged sister, Xialing. Meng'er secured the role after sending in a self-tape for an unknown role in an unknown film.

In a statement published on social media, the University of Essex spoke proudly of the actress's achievement. A spokesman said: "We are so excited to see East 15 graduate Meng'er Zhang on the red carpet ahead of starring in the new Marvel film. "Keep an eye out for more news about Meng'er's journey from Essex to Hollywood." *Shang-Chi and the Legend of the Ten Rings* was released in UK cinemas last month.

Blue plaques celebrate town's history

During the pandemic, one of the few events Loughton Town Council (LTC) has been able to continue with is its scheme to install heritage plaques around the town to inform residents of the rich history on their doorstep. LTC has installed 48 plaques so far, including the latest at Walnut Cottage, Stony Path, to celebrate Millican Dalton, environmentalist and 'professor of adventure'. Dalton was born to a Quaker family in Cumberland on April 20, 1867. When he was seven, his family relocated to Essex, where he enjoyed exploring the wild. As a young man, he worked in London as an insurance clerk and lived at Walnut Cottage, although he apparently spent much of his time sleeping under canvas in the garden. Aged 36, Dalton left Loughton and headed off to



Borrowdale in the Lake District in pursuit of a life of adventure. It was here that he enjoyed a simpler life of self-sufficiency, living in a cave on the eastern flank of Castle Crag. Dalton contracted pneumonia and died in Amersham Hospital on February 5, 1947, aged 79.

TRANSFORM YOUR KITCHEN IN JUST ONE DAY!

WITH NEW DOORS & WORKTOPS

LESS TIME - LESS MESS - LESS COST



Transform Doors
 KITCHENS - BEDROOMS - BATHROOMS
 RESTYLED & TRANSFORMED
 The Original Refurbishment Specialists Est - 1989

- The original kitchen refurbish specialist
- Established 1989
- Transforming first & probably still the best

VIEW OUR WEBSITES TO SEE OUR LATEST PROJECTS PLUS THE NEW FURNITURE RANGES!
www.transformdoors.co.uk • www.transforminteriors.co.uk
 Showroom visits are by appointment ONLY: CHESHUNT-EN8 0NJ
 Office: 01992 276 078 • Mobile: 07419 375040 • Email: sales@transforminteriors.co.uk



LEADING CONTRACTORS FOR THE DESIGN, INSTALLATION AND MAINTENANCE OF ALL TYPES OF AIR CONDITIONING SYSTEMS FOR:

DOMESTIC • OFFICE • RETAIL • LEISURE

FOR FRIENDLY CUSTOMER ADVICE OR A FREE SURVEY PLEASE CONTACT

01708 732700
www.mastercool.co.uk
Nigel@mastercool.co.uk



MASTERCOOL
 AIR CONDITIONING LIMITED

Showroom @ 220 Main Road Romford RM2 5HA

10% VISION DISCOUNT - Code MC/VIS 009

Transform your old conservatory!

...into a beautiful, all year-round living space!

WE ARE THE UK's leading specialist in conservatory roof replacements!

In a short space of time we will replace your old conservatory roof with a with a LEKA ultra insulated tiled roof. Your conservatory will now be warm in the winter, cool in the summer and quieter when it rains allowing you to enjoy your new extension in an ambient temperature 365 days of the year.



NO PLANNING PERMISSION REQUIRED



- Fully Insulated to meet latest building regulations
- 80% lighter than other replacement roof systems
- Local area building control certified
- Internal and external lighting options

Call 0208 088 2976

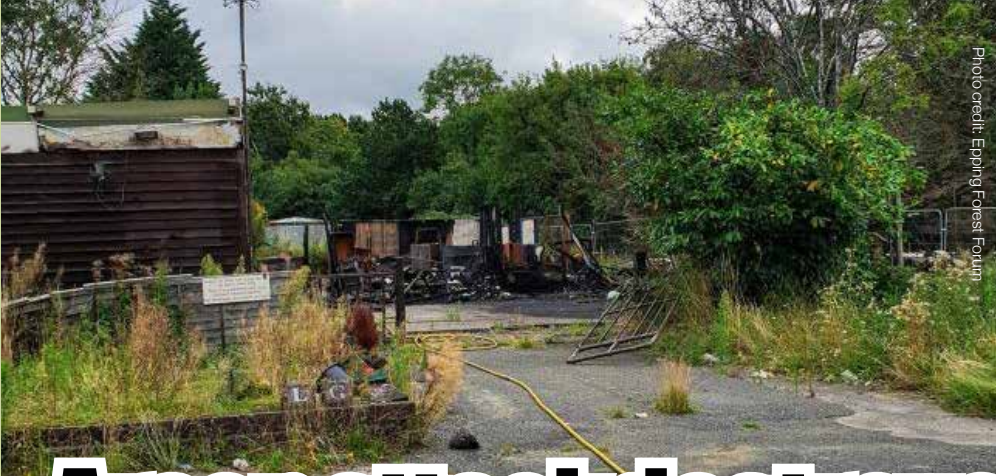
or email for details

Steve_white1@icloud.com



LOCAL NEWS

Photo credit: Epping Forest Forum



Arson attack destroyed parts of former golf course

A building and equipment at a former golf course in Loughton were destroyed in an arson attack, Essex Fire Service has confirmed.

Two fire crews rushed to the blaze at the derelict building site in Clays Lane, Loughton, on Tuesday, August 31, at 4.05pm.

Crews confirmed on arrival that around 30 per cent of the building was alight.

The fire was extinguished by 5.42pm. Images from the scene show a fire-damaged building at the former golf course.

Residents took to Facebook to post about their concern, with one saying: "I think that CCTV may be required."

A spokesman for Essex Fire Service said: "We believe this fire was caused deliberately."

Drink driver banned after crashing into milk van

A drink driver has been fined £219 and disqualified from driving for 14 months after crashing into a milk delivery van in Loughton in the early hours of the morning.

Paige Ramsay, 28, was driving a white Ford Fiesta on High Road shortly after midnight on August 18 when she crashed into the milk van.

The driver of the van was injured and taken to hospital for treatment. Two passengers in Ramsay's car were also injured and taken to hospital.

Ramsay initially told officers that a fictional friend, by the name of Joe, had been driving the car, but later admitted to being behind the wheel.

She provided a roadside reading of 62mg per 100ml of breath and was arrested on suspicion of drink driving.

Ramsay admitted driving a motor vehicle while above the legal alcohol limit when she appeared at Chelmsford Magistrates' Court on September 11.

Sergeant Will Willsher, of the South Road Policing



Unit, said: "I hope this serves as a reminder to anyone considering getting behind the wheel while under the influence of either drink or drugs. It is never okay to do this.

"Although legal limits are in place, I would always urge a group attending an event where there will be alcohol to decide upon a designated driver, who is not drinking, or arrange a taxi to get home safely."

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



BEFORE



AFTER

Eco-Friendly Artificial Grass

1m² is comparable to the air purifying effects of one mature tree

LAZYLAWN®

Contact London's Leading Artificial Grass Installers

0208 961 4722 eastlondon@lazylawn.co.uk www.lazylawn.co.uk



GARDENING

Build a bug hotel



Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

HOW TO BUILD:

Step 1: Choose your location: Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

Step 2: Build the framework: If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

Step 3: Fill the gaps: Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

Step 5: Plant flowers: If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.



Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12–18 inches:**
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18–24 inches**
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24–36+ inches**
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.



FAMILY-OWNED, FAMILY-RUN HOME IMPROVEMENT SPECIALISTS



- Established since 2010
- Superb Expertise & Craftsmanship
- Top Quality Results
- High Customer Satisfaction Rating

Contact us or visit our showroom

020 8502 7560 www.homeglaze.co.uk
info@homeglaze.co.uk

Homeglaze Home Improvements Ltd.
Unit 19-20 Taylors, Gravel Lane,
Chigwell, Essex, IG7 6DQ



PROFESSIONAL TREE SURGEON SERVICES

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

WE SERVE ALL OF HAVERING & THROUGHOUT ESSEX

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



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.kingscuttreeseervices.co.uk • info@kingscuttreeseervices.co.uk



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

Music TO OUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.

Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

Photo credit: Shutterstock.com
sokomni/Shutterstock.com

KEEP CALM AND ENJOY FIREWORKS

Although you and your family may love Bonfire Night, it can be an extremely distressing time for your pets. Fortunately, there are ways that you can keep your pets calm during firework season.

HOW TO CALM DOGS DURING FIREWORKS

- > Walk your dog during the day so that it does not need to go outside when fireworks are going off
- > Close your windows and curtains to muffle the sound of fireworks
- > Put on some music or the TV to help mask the loud noises
- > Create hiding spaces where your dog can feel safe.

HOW TO CALM CATS DURING FIREWORKS

- > Try to keep your cat inside when fireworks are being set off
- > Create hiding spaces in your home
- > Make sure your cat is microchipped so that if it does become startled and escapes outside, you can locate it if it goes missing.

HOW TO CALM SMALL PETS SUCH AS RABBITS AND GUINEA PIGS DURING FIREWORKS

- > Partly cover outside cages with blankets so that an area of their home is hidden and soundproofed
- > Provide bedding that your small animals can burrow into
- > Consider bringing them indoors – if you choose to do this, take your time and make sure you do so gradually, so that they can get used to the new environment.

HOW TO TREAT A FIREWORK PHOBIA

As many as 45 per cent of dogs in the UK suffer with a firework phobia. To desensitise your dog to fireworks, follow the below steps:

1. Play a recording of a fireworks display at the lowest possible volume several times a day
2. Pair the sound with things your dog likes, such as treats, cuddles or games
3. Slowly raise the volume and continue to offer rewards
4. If at any point your dog becomes scared, lower the volume until it feels comfortable.



FISHER & PAYKEL

Explore the range in-store & online
www.euronics.co.uk

euronics
the home of electricals

Price Match Guarantee* | Professional Installation | Local Expert Knowledge | Contact-Free Delivery

FISHER & PAYKEL

American Style Fridge Freezer
RF523GDX1



- Fridge 289 Litres, Freezer 147 Litres Capacity
 - Frost Free
 - Stainless Steel
 - Dimensiona: H179xW79xD68.8cm
- 5** Year Warranty
F Energy Rating

Only
£1,899.00



Broadway Music and Vision

8 The Broadway,
Woodford Green, IG8 0HL
0208 504 7500
broadwaymandv@aol.com



*Terms & 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 & radius applies. See in-store for full details. Images for illustration purposes only. Copyright Euronics 2021. E&OE August 2021.

euronics
the home of electricals

LIEBHERR

Now available

Liebherr refrigeration and freezing appliances in-store & online

3 Year Guarantee

Price Match Guarantee* | Professional Installation | Local Expert Knowledge | Contact-Free Delivery

LIEBHERR

Freestanding SmartFrost Fridge Freezer
CU3331



- 212 / 84 Litres Capacity
 - VarioSpace Feature
 - Front Ventilated
 - Dimensions: H181.2xW55xD63cm
- 3** Year Guarantee
F Energy Rating

Only
£479.99



Broadway Music and Vision

8 The Broadway,
Woodford Green, IG8 0HL
0208 504 7500
broadwaymandv@aol.com



*Terms & 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 & radius applies. See in-store for full details. Images for illustration purposes only. Copyright Euronics 2021. E&OE August 2021.

PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead? With many designs to choose from and ideas to suit all ages, see our favourites below.

FRANKENSTEIN PUMPKIN

YOU WILL NEED: Green, black and white acrylic paint | A paintbrush
HOW TO MAKE: Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



SPIDERWEB PUMPKIN

YOU WILL NEED: White and black acrylic paint | 1 large paintbrush | 1 small paintbrush
HOW TO MAKE: Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



MONSTERS INC PUMPKIN

YOU WILL NEED: Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue
HOW TO MAKE: Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



Photo credit: Pinterest, Wilkinson, www.wocdcharlotte.com

DOMESTIC BESPOKE CLEANING SERVICE

Let us do the dirty work!



Essex Maids specialise in reliable regular domestic cleaning across Epping and the surrounding areas. We believe in delivering personalised bespoke cleaning services to all our customers. Whether you are looking for a weekly, fortnightly or one off cleaning service we can cater to your requirements!

✦ Weekly ✦ Fortnightly ✦ Regular ✦ One Off

www.EssexMaids.co.uk

Call today: 01992 276083

Essex Maids are insured and our cleaners are vetted

We always have work available for good, reliable, trustworthy, hard working cleaners



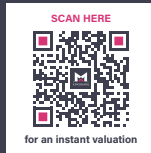
**AVON HOUSE
PREPARATORY
SCHOOL**

Working in partnership with Woodford Wells Club

ALL PUPILS RECEIVE JUNIOR MEMBERSHIP

For more information visit www.avonhouseschool.co.uk

490-492 High Road, Woodford Green, Essex, IG8 OPN
www.avonhouseschool.co.uk | 020 8504 1749 | office@ahsprep.co.uk



We move fast to get you moving

Our bespoke approach isn't just about great service, it allows us to move very quickly. By only taking on a small portfolio of customers at any one time, we are able to concentrate on your property. We don't rush the moments that matter: viewing your property, talking to you about your requirements, showing a potential buyer or tenant around your property. This means that we can drive a relevant strategic marketing campaign, recall all the little details about your home and communicate them with clarity on the phone and during viewings.

Kingsmarq Real Estate, taking a considered approach so that we can speed up results for you.

Call: 0208 088 0796
Email: info@kingsmarq.co.uk



WHY YOU SHOULD BE AWARE OF GAZUMPING

Buying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

1. LINE UP A SURVEYOR

Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.

2. OBTAIN A MORTGAGE IN PRINCIPLE

If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.

3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET

As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.

4. GET A LOCK-IN AGREEMENT

A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.



What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct

- > Increases employee retention rates
- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.



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

TTS SOLICITORS



YOUR PERSONAL CONVEYANCING SOLICITORS

We are on 60 lender panels including most high street banks, building societies and first tier lenders

We are CQS accredited and offer outstanding one-on-one service for

- Sales and Purchases – both leasehold & freehold
- Shared Ownership Right to Buys
- Affordable Housing
- Remortgages & Transfer of Equity
- Auction Sales and Purchases
- Lease extensions

- RESIDENTIAL & COMMERCIAL CONVEYANCING
- CORPORATE ACQUISITIONS
- GENERAL LITIGATION
- FAMILY WILLS & PROBATE



0208 088 2941 | www.ttslegal.com | info@ttslegal.com

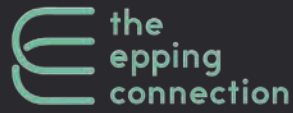
1-4 The Parade, Monarch Way, Ilford, Essex IG2 7HT

CITY OFFICE: 2nd Floor, Mezzanine, 53 New Oxford Street, London, WC1A 1BL

**Tired of WFH?
Missing working
with others?**



Try The Epping Connection.
Epping's first coworking space!



07852 983668
hello@theeppingconnection.co.uk
www.theeppingconnection.co.uk
196A High Street, Epping,
Essex, CM16 4AQ

flexible hot desks | meeting rooms
pet-friendly | friendly, creative & inclusive




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

**WE WANT TO BUY
YOUR CARS**

WE ARE CURRENTLY LOOKING FOR STOCK TO BUY OR S.O.R.

ROLLS ROYCE | BENTLEY | MCLAREN, AMG | M, ETC...

IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US

For more information contact

 email: mason@imperials.co.uk | Tel/WhatsApp: 0208 548 7830 

GB 

UK 



PLATING UP

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.



MOTORING



HILLS OF HAINAULT TOYOTA

£30 OFF ALL SERVICES*

Only applicable to Toyota models

CALL US NOW ON 0208 088 0873

hainaultservice@hillsmotorgroup.co.uk

*Toyota Relax warranty is a 1 year service-activated warranty available on vehicles after expiry of the original manufacturer's warranty up to 10 years old / 100,000 miles when serviced at an official Toyota Centre.

**Terms and Conditions apply



SPORT

COMETH *The hour*



Photo credit: Matt West/Shutterstock

Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.



BRITAIN'S GREATEST SPORTING MOMENTS...

SPORT

THE BARONESS

CELEBRATING THE FIRST
PARALYMPIC TRIUMPHS OF MANY
IN THE LIFE OF BARONESS TANNI
GREY-THOMPSON DBE, DL



There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.

LEXUS HAINAULT

£30 OFF ALL SERVICES*

Only applicable to Lexus models



CALL US NOW ON
0208 088 0873

hainaultservice@hillsmotorgroup.co.uk



HAINAULT

*Lexus Relax warranty is a 1 year service-activated warranty available on vehicles after expiry of the original manufacturer's warranty up to 10 years old / 100,000 miles when serviced at an official Lexus Centre. **Terms and Conditions apply.

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

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

CHESS CLUB

VICKI'S CHESS CLUB

Vicki's chess coaching - teaches and provides games of chess to children and adults in Ilford and Debden. Phone Vicki: 07849 435451 | Website: Vickschessclub.uk

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 & WHOLESALE

CH ELECTRICAL WHOLESALE

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

FURNITURE RESTORATION

ABBEEY 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

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

PLASTERERS

TF PLASTERING LTD

Professional quality workmanship, over 25 years' experience. Public liability insured. Skimming, coving, dry lining, rendering. Free quotes 07738 278036 | 01279 416311.

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

EMAIL LOUGHTON@VISIONMAG.CO.UK TO JOIN THE LISTINGS FOR £15 PER MONTH (+VAT)

PUT YOUR BUSINESS IN THE **VISION LISTINGS**...CALL **0208 888 0386** TODAY

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**.

ACROSS: 1. CARB, 3. CRUCIBLE, 9. NEPTUNE, 10. UMBRA, 11. RANTS, 12. UNTYING, 13. VESTRY, 15. ARCHER, 17. NOSTRIL, 18. LEAST, 20. ITALY, 21. FLIPPED, 22. NONSENSE, 23. DEWY
DOWN: 1. CONTRAVENTION, 2. RIPEN, 4. RUFFUL, 5. COUNTERCLAIM, 6. BABYISH, 7. EXAGGERATEDLY, 8. NURSERY RHYME, 14. SUSTAIN, 16. CLEFTS, 19. APPLE



PUZZLES & TRIVIA

PUZZLES

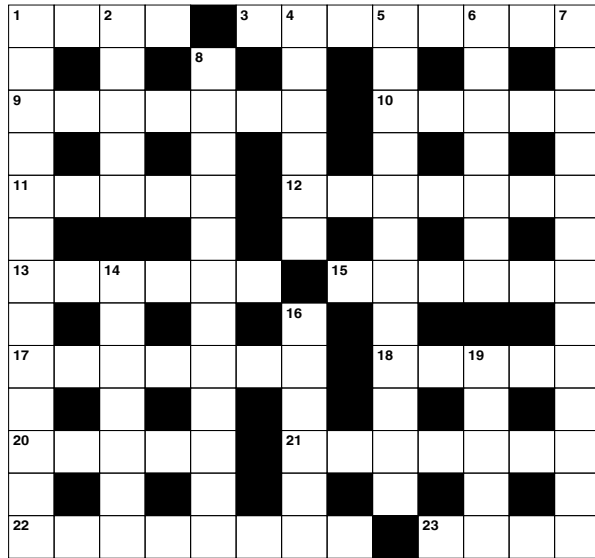
Answers: see end of The Vision Listings

ACROSS

- Four-wheeled vehicles (4)
- Vessel for molten metal (8)
- One of the planets (7)
- Shadow (5)
- Raves (5)
- Undoing a knot (7)
- Room attached to a church (6)
- Bow and arrow expert (6)
- Nasal opening (7)
- Smallest quantity (5)
- Where one finds Rome (5)
- Turned over; became very angry (7)
- Gibberish (8)
- Wet with condensation (4)

DOWN

- Violation (13)
- Become ready to eat (of fruit) (5)
- Expressing regret (6)
- Circle amount (anag) (12)
- Infantile (7)
- In an inflated manner (13)
- Short tale told to children (7,5)



- Support or strengthen (7)
- Common edible fruit (5)
- Fissures (6)

DID YOU KNOW?

- ▶ It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green
- ▶ It's estimated that there are more Indian restaurants in the UK than there are in Mumbai
- ▶ In 2015, NASA astronauts on the International Space Station sampled outredgeous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten
- ▶ It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted
- ▶ Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out
- ▶ White potatoes are around 80 per cent water.

SUDOKU

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

THE CITY PAVILION

Christmas

NIGHTS 2021

TICKETS
£49.95

10% OFF
for bookings
before 31st OCT
T&C apply

ATTIRE
LADIES & GENTS, SLEEK AND GLAMOROUS THE ATTIRE MUST BE ADHERED TO IN ORDER TO GAIN ENTRY TO THE EVENT

DJ TILL LATE



TRIBUTE NIGHT
BRUNO MARS

TAKE THAT & BRUNO MARS
SATURDAY
27TH NOVEMBER 2021



MAXIMUM
CHICK FLICKS

MAXIMUM CHICK FLICKS
FRIDAY
3RD DECEMBER 2021



FAYE HORNE
Divas Show

SATURDAY
4TH DECEMBER 2021



THE
MOTOWN SISTERS

MOTOWN NIGHT
LUTHER & FRIENDS
FRIDAY
10TH DECEMBER 2021



TRIBUTE NIGHT
NAVI
MICHAEL JACKSON

SATURDAY
11TH DECEMBER 2021



Blues and Soul

FRIDAY
17TH DECEMBER 2021

INCLUDES

- 4 COURSE MEAL
- SOFT DRINKS
- HOSTED IN OUR BEAUTIFUL SUITES
- LIVE ENTERTAINMENT

LOTS OF SURPRISES | COME AND MAKE YOUR CHRISTMAS A MEMORABLE ONE!!

• Age limit 18+ only • Full payment required before event date • Prices include VAT @20%

FOR TICKETS OR MORE INFORMATION PLEASE CONTACT OUR EVENTS TEAM ON: **020 8088 2812**

COLLIER ROW | ROMFORD | RM5 2BH | WWW.THECITYPAVILION.CO.UK OR WWW.MYTICKETGURU.COM



home
hub_{group}

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