

HOW TO
MAKE
A BIRD
BATH

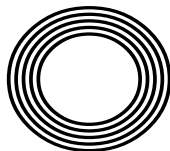
COVID-19
HEROES
honoured

6 UNUSUAL FACTS
about Valentine's Day

NATURAL WAYS
to boost your metabolism

Karren BRADY CBE

One of the UK's most inspiring businesswomen



FREE

Photo credit: BBC/Boundless/
Ray Burmiston



BOSCH
Invented for life

**1400 Spin 8kg
Washing Machine**
WAN28281GB



- EcoSilence Drive with 10 Year Parts Guarantee
- 15 Programmes inc: Delay Start
- LED Display, Reload Function
- Dimensions: H84.8xW59.8xD55cm

2 Year Warranty
C Energy Rating

Only
£449.⁰⁰

Free
Installation
& Recycle



Built In Single Oven
B1GCC0AN0B



- 71 Litres Fan Oven
- Fixed Intergral Grill
- LED Digital Display, Double Glazed Doors
- Dimensions: H58.5xW56xW55cm

2 Year Warranty
A Energy Rating

Only
£399.⁰⁰



Broadway Music and Vision

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



Broadway Music and Vision

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





Editor's notes...

FEBRUARY 2022



Brett Shohet, Editor

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

Many of us will have entered 2022 with a sense of renewed optimism and hope, and that has only been buoyed by the lighter mornings and evenings. Personally, I've been focusing on adopting healthier habits and, as a result, I feel better both physically and mentally. I'm able to think more clearly and go about my day with more energy.

Recently, I've been enjoying networking face-to-face with our local clients, without whom we wouldn't be able to grow our business as we have done. There are big things on the horizon for **VISION** in 2022, and it's

all down to our loyal clients and readers.

I've also been enjoying the latest series of *The Apprentice*, which never fails to inspire me to step up my game in the business world. Read our feature on the successful businesswoman, Baroness Karren Brady CBE, in which she talks about her journey to success, in this month's issue.

Now is the time when many people will start thinking about their summer holidays. After the uncertainty of the past two years, I'm certainly among those hoping that I'll be able to spend some time relaxing on a warm beach this summer. Let's all continue the drive to make 2022 a better year and make the most of the opportunities that come our way.

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, Christina Pantelly

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)



HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.

DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?



**WE GUARANTEE OUR CUSTOMERS
A FRIENDLY, RELIABLE AND
PROFESSIONAL SERVICE**



Empire UPVC and Roofing Specialists independently trade throughout Hertfordshire and a 40 mile radius from our office in Nazeing.

- | | |
|------------------------------|-------------------------------------|
| ✓ Felt, Tile & Slate Roofing | ✓ All Roofing Repairs & Maintenance |
| ✓ Liquid Rubber Roofing | ✓ Moss Removal |
| ✓ Fibreglass Roofing | ✓ Gutter Cleaning & Unblocking |
| ✓ Roofing Leadwork | ✓ UPVC Fascias, Soffits & Guttering |
| ✓ All Roof Windows | ✓ UPVC & Hardie Plank Cladding |

Office: 0208 088 3259

office@empireupvcandroofing.co.uk
www.empireupvcandroofing.co.uk

Visit Our Showroom at:

Unit 50 Hillgrove Business Park
Nazeing New Road, EN9 2HB



Checkatrade.com

FULLY INSURED



Big savings on the last 3 sculptures left!

Amazing movie sculptures you can own.

These incredible, one-of-a-kind movie themed sculptures are hand crafted from recycled motor parts. Both Predator and Alien are 3m tall.

Super cool for the garden or games room they can be displayed indoors or outdoors.

Attention grabbing for any venue or business. Viewing by appointment in Brentwood, Essex For more information call 07702 379538 / 07774 884887

METALLO DESIGN

www.metallodesign.co.uk Delivery and installation charge may apply depending on location.



The ONLY sculptures of their type for sale in the UK

SPONGES special



BEAUTY

If you struggle to get your foundation to look just right, it might be because you're not using the right make-up sponge or because you're not using it correctly.

THE TRIANGULAR SPONGE

One of the first make-up sponge shapes on the market, triangle-shaped sponges are usually disposable, making them ideal for people on the go. That being said, owing to their rigid lines and points, you can struggle to distribute your foundation evenly and you may find you are left with a streaky finish.

BEST BUY: Avon Triangle Make-up Sponge

THE EGG-SHAPED SPONGE

A favourite among make-up artists and beauty editors alike, the iconic egg-shaped sponge has the ability to seamlessly apply a coat of liquid, gel or cream formula without any clumps in sight. Once wet, this sponge can double in size, helping you to control coverage with ease.

BEST BUY: Beautyblender

THE EGG-SHAPED MINI SPONGE

About the size of an almond, a mini egg-shaped make-up sponge is designed to for smaller areas of the face, such as around the eyes and nose. It can also be used to apply cream or powdered highlighter to the cheekbone, brow bone and bridge of the nose.

BEST BUY: Beautyblender Micro Mini

THE TAPERED END SPONGE

It may appear as though someone has taken a chunk out of this make-up sponge, but the combination of a rounded side and tapered end make this option perfect for both basic application and detailing.

BEST BUY: Real Techniques Miracle Complexion Sponge

HOW TO CLEAN YOUR SPONGES

- > Soak in warm water
- > Using circular motions, rub the sponge in the palm of your hand until all excess make-up comes out
- > Leave to dry naturally.

You should aim to clean your make-up sponges regularly and replace after three months of use.

BANISH THE BALD

Male pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s. It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

BIOTIN

If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

VITAMIN D

A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

ZINC

Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

VITAMIN E

Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

HOW TO PROMOTE HAIR GROWTH:

- > Take a supplement
- > Eat zinc-rich foods such as meat, shellfish and legumes
- > Massage a vitamin oil into your hair
- > Use a vitamin-based shampoo and conditioner.



LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista

Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called *phellinus ellipsoideus*, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.



Get the hang of the HANDSTAND

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

THE HOLLOW HOLD

How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

THE PIKE HOLD

How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

THE WALL WALK

How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.



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

YO _ R ADVERT HE _ E...

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO START ADVERTISING

Your
Monthly
Lifestyle
Magazine



t: 0208 088 0386 m: 07967 079101
e: loughton@visionmag.co.uk
w: www.visionmagessex.com

EverWell Supplements

Designed with you in mind

What makes EVERWELL SUPPLEMENTS special?

Unlike other supplement businesses, every single product in our range has been made for those 50+ who want to live their life to the full. The nutritional experts behind EverWell Supplements carefully considered our customers' needs when choosing the clever formulations of key ingredients. It makes EverWell Supplements different because our supplements are literally 'designed with you in mind'.

SUPPLEMENTS SPECIFICALLY DESIGNED FOR 50+



To find out more about EverWell Supplements
or to request a FREE brochure call

01708 688 644 LOCAL RATE

Or visit oakhousefoods.co.uk/everwellsupplements



This winter it is more important than ever to look after yourself. That is why I recommend EverWell Supplements, to help you live your life to the full.

FROM OUR
NUTRITIONAL THERAPIST,
Natalie Lamb

RAYNAUD'S

Awareness Month

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK.

While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.



HEALTH & FITNESS



Not all
clear aligners
are the
same.



Book a **FREE CONSULTATION** with an experienced dentist for a straighter smile created with discreet, comfortable, clear aligners. We'll include a 3D scan of your teeth to show what we could do for you.

 **invisalign ELITE PLATINUM PROVIDER**

020 8504 2704
improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST



HOW TO boost YOUR METABOLISM



HEALTH & FITNESS

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is crucial for those wanting to boost their metabolism



Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.

F5 Transform yourself with featherbeats

Classes for all ages & all levels

EXPERIENCE THE BUZZ OF IN CLUB GROUP FITNESS CLASSES

- OVER 70+ IN HOUSE CLASSES • 50 ON DEMAND CLASSES
- NO JOINING FEE • NO SET UP FEE • NO CANCELLATION FEE
- 3 CLASSES PER DAY/GYM ACCESS

CHECK THE FEATHERBEATS APP FOR INFORMATION ON MEMBERSHIP, PRICE AND TIMETABLES

14-22 MILL LANE, WOODFORD GREEN, IG8 0UG

020 8505 9462 • INFO@FEATHERBEATS.CO.UK

WWW.FEATHERBEATS.CO.UK



Ookii SUSHI
Paradise in each grain of rice!

0203 4411 890

Who are we?

We are a proudly local-focused sushi takeaway

We are owned by the same parent company as

SAKURA (SUSHI & BUNS)

How do we work?

- Open Kitchen - All food made to order
- Extremely careful on hygiene
- Exceptional experience guaranteed
- Delivery service from Uber Eats
- Not part of a chain, just an independent takeaway

Order from our website ookiisushi.co.uk

(OR) Order Delivery from Uber Eats

Follow us on Instagram- @ookiisushi132

132, Hermon Hill, South Woodford, E18 1QH





BEAN bonanza

Dried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.



PINTO BEANS

Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.



CANNELLINI BEANS

Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.



CHICKPEAS (GARBANZO BEANS)

Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.



BLACK BEANS

A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.



KIDNEY BEANS

Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

HOW TO COOK DRIED BEANS

Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



Come & enjoy the authentic taste of the Mediterranean

Lunch menu

£17.00 two course
£20.00 three course

Monday to Saturday
from midday to 5pm

Live music every Friday

Sunday roast

We cater for any occasion
Private room for private parties

Contact us to book on 020 8500 1678

infoatlinguinerestaurant@gmail.com @hainaultgolfclub

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



AUTHENTIC & FLAVOURSOME INDIAN FOOD



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: Dinner 5-9pm (WED - SUN)

20% OFF ALL COLLECTIONS ON 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

Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:

125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

SUGAR-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

DAIRY-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



EAT WELL for less



If you are looking to cut back on your expenses and boost your savings this month, check out our top tips for eating well on a budget.

PLAN YOUR MEALS

Taking the time to plan your meals for the week – or even the whole month – can help to cut the cost of your food bill and stop you from ordering last-minute takeaways.

WRITE A LIST

If you tend to wander aimlessly around the supermarket, throwing whatever takes your fancy into your trolley, then this has to stop. When on a tight budget, it is vital that you make a shopping list of exactly what you need and stick to it.

WASTE NOTHING

Did you know that the average UK family throws away £60 worth of good food every month? Make sure you check the back of your fridge for forgotten foods and freeze any leftovers that you don't think you will eat right away.

STOCK UP YOUR FREEZER

Just because you are on a budget, it doesn't mean your family can't get their five a day. Frozen fruit and vegetables are highly underrated and are in fact even more nutritious than fresh produce as they are picked and frozen on the same day.

SWITCH TO CHEAPER BRANDS

Have you ever tried your preferred supermarket's own range? Many staples such as pasta, tinned veg and beans, and cereals taste just as good as premium brands and are significantly cheaper. Plus, most are made in the same factories.

GO MEAT-FREE

Meat and fish are typically the most expensive items on your shopping list, so why not try going veggie once or twice a week? Avoid expensive meat substitute products and instead fill up on seasonal veg and pulses such as beans, chickpeas, lentils and peas.

FILLING AND FRUGAL MEAL IDEAS

- > Jacket potatoes with chilli – opt for soya mince to save some money
- > Egg fried rice with frozen veg and/or ham
- > Sweet potato and chickpea curry
- > Spaghetti bolognese using red lentils.



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

Use 'VISION2022' 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

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

Control your security Be **App**solutely connected

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



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



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  



Your simple guide to WALL PANELLING



HOME & DIY

Wall panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

FIND THE IDEAL SPACE: Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

CHOOSE YOUR TYPE OF PANELLING: There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

GET YOUR MEASUREMENTS RIGHT: There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

BUY YOUR SUPPLIES: To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

TIP: You can get your MDF cut to size at your local hardware store.

ATTACH YOUR PANELLING: A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

FILL IN THE GAPS: Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

PAINT YOUR PERFECT FINISH: With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.



AN EASY GUIDE TO

distressing

FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpicks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

SAND AWAY

An alternative method to distress furniture with chalk

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?

Photo credit: bly.com, amessian.com, dotedanddesigned.com, ninered.blogspot.com



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



crosswater*



Burlington

ROPER RHODES

FLOVA



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

ONE HUNDRED & THREE DEGREES

At a hundred and three degrees cranberries and sugar blossom into a festive miracle.

A single millimetre is all that is needed for a flawless slice of Jamón Ibérico.

Sixty four degree water gives the most rich,

velvety poached eggs you've ever imagined.

When you're in the kitchen, perfection and joy come from precision. And it's the same when we're in the kitchen too — because we love what we do.

This is German Enjoyneering.

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

Tel : 01277 204447

küchenhaus
The **German** Kitchen

SINKselection

LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM

STAINLESS STEEL SINKS: By far the most popular type of kitchen sink in the UK, stainless steel offers unrivalled durability and practicality. Available in both traditional and contemporary styles, you can also find a wide range of matching taps and other appliances.

Benefits: Hard-wearing | Scratch-resistant | Versatile | Affordable

CERAMIC SINKS: Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

Benefits: Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours

BELFAST SINKS: Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

Benefits: Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent

COMPOSITE SINKS: As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

Benefits: Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

UNDERMOUNT SINKS: Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

Benefits: Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes

Photo credit: www.tapwarehouse.com





EASY PEASY Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.



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.



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

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

01992 276 046



@HomeHubGroup



Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."

floors-2u.co.uk

Bringing the
best to you

SPECIALISTS IN

- CARPETS • LAMINATE • VINYL
- LUXURY VINYL • REAL WOOD

Karndean

moduleo ivc

amtico

QUICK STEP

**FLOORS-2U ARE A LOCAL FAMILY BUSINESS
SPECIALISING IN FLOOR COVERINGS**

**CONTACT US OR BOOK AN APPOINTMENT
TO VISIT OUR SHOWROOM**

**1 MAWNEY ROAD, ROMFORD, RM7 7HH
01708 702494 • www.floors-2u.co.uk**



LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Ruby Ward @heartofflondon, Essex Police

Drink driver jailed for killing friends in crash

Following the conviction of a dangerous driver who caused a collision in Loughton which left two people dead, as reported in last month's **VISION** Loughton, the driver has now been sentenced to eight-and-a-half-years in prison.

While on routine patrol in the early hours of August 24, 2019, officers discovered a silver BMW M3 (pictured inset), which had left the road and hit a tree in Goldings Hill. The car was being driven by Kane Faulkner-Wild (pictured inset), 23, of St Johns Road, Epping, when it crashed.

Front seat passenger Sophia Khan, 16, and Max Halcrow, 21, both from Loughton, were fatally injured.

Two other passengers in the car – a 16-year-old girl and a 17-year-old girl – also sustained life-changing injuries in the crash.

Faulkner-Wild was charged with several offences, but denied all charges.

After a trial at Chelmsford Crown Court last month,

he was found guilty of two counts of causing death by dangerous driving and two counts of causing serious injury by dangerous driving. He was sentenced to eight-and-a-half-years in prison.

Speaking after the sentencing, Detective Sergeant Nason said: "Faulkner-Wild's actions killed two people and left two passengers with life-changing injuries.

"His actions also changed the lives of each of his victims' families in ways he cannot imagine.

"I can only hope that, although today's sentence will not bring back Sophia and Max, it provides some comfort for their families and for his victims."

He added: "This investigation has been incredibly thorough, and I would like to put on record my thanks to everyone who has played a part for their dedication and professionalism.

"From the moment we were called to this incident, our single focus has been on achieving justice for the victims and their families."



Good Samaritan praised for helping an injured pensioner

A student in Loughton was given an award last month after she sprang into action to help an elderly man who had fallen in the street.

Ella Payne, 17, from Buckhurst Hill, who is studying business at New City College's Epping Forest campus, was walking along near Debden Broadway on her lunch break when she saw the 74-year-old man lying injured on the ground.

She said: "I ran over to him because he looked to be in a bad way and I could see that his ring had cut into and injured his finger. I helped him up and started giving him first aid, which I had learnt from a course I had taken at college."

"As I helped him walk to sit down at a café, the teacher who led the first aid course at college happened to come along, but she said I was doing such a good job, she let me carry on."

Ella asked the café staff for tea towels and water

and held the man's injured hand up in the air while she rang for an ambulance and waited for the man's wife to arrive.

She added: "He'd knocked some teeth out and was upset, so I wanted to make sure he was all right."

Ella fortunately remembered the skills she had been taught on the all-day emergency first aid course she had previously attended at the college.

The course was taught by Mitus Castillo, the college's senior coordinator for personal development, welfare and enrichment.

Mitus said: "We were so proud of Ella. For her to help a stranger and have the confidence to give first aid treatment is amazing."

The college's deputy principal, Sue Clark, added that everyone at the college is proud of Ella. Last month, the school presented her with an award to recognise her superb citizenship.

Tributes paid to respected late WWII veteran

Tributes have been paid to a Second World War veteran from Loughton sadly passed away at the end of last year.

Albert George Foulser (pictured), who celebrated his 97th birthday last August, passed away on December 15. In January, a service was held at Forest Park Crematorium for those who wanted to pay their respects, followed by a wake.

The highly decorated veteran earned France's highest honour for his involvement in the D-Day landings, and he was particularly proud of his role in the Arctic convoys.

Terry Foulser, Albert's nephew, said: "In a life of 97 years, there are so many tales to tell, but he was particularly proud of his part in the convoys to Russia during the Second World War. In later life, this afforded him and his wife, Joan, the opportunity to visit Russia where they were treated like VIPs. He will be sadly missed by both family and friends."



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

MC MASTERCOOL
 AIR CONDITIONING LIMITED

Showroom @ 220 Main Road Romford RM2 5HA

10% VISION DISCOUNT – Code MC/VIS 009

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





Gang sentenced to 40 years in prison



Photo credit: Devon and Cornwall Police

Two men from Buckhurst Hill are among the members of an organised crime gang to have been jailed for a combined total of 40 years and 11 months.

Adi Lleshi (pictured left) and Mark Vasija (pictured right), of Buckhurst Hill, together with Steven Evans, John Minchinton and Tyler Harrison, were part of an organised outfit that saw drugs delivered from London to dealers in Brixham, Plymouth, Penzance and Bristol.

Some 3kg of cocaine and £185,000 of cash were seized in a single day following a surveillance operation led by Devon and Cornwall Police.

The five men were put behind bars at Exeter Crown Court last month, with one other, Michael Williams, due to be sentenced at a later date.

Minchinton, Lleshi and Williams were found guilty of conspiracy to supply cocaine following a month-long trial in October 2021.

Vasija, Harrison and Evans had all previously admitted the same charge.

Vasija, 40, of Buckhurst Hill, Essex, was jailed for 11 years and two months.

Lleshi, 25, of Buckhurst Hill, Essex, was sentenced to 10 years and six months in prison.

Minchinton, 42, of Kings Drive, Brixham, was also found guilty of obstructing a police officer and sentenced to nine years and four months in prison.

Evans, 43, of Mount Lidden, Penzance, was sentenced to five years and seven months in prison.

Harrison, 27, of Torridge Way, Plymouth, was jailed for four years and four months.

Councillor announces re-election plan

Long-serving Independent Loughton councillor, Stephen Murray has announced his intention to seek re-election in May.

He will once again be contesting to represent the

Loughton Roding Ward for Epping Forest District Council (EFDC).

Cllr Murray has been a Loughton councillor for nearly 40 years, having first been elected in 1982. He served as Loughton Town Mayor between May 2018 and May 2019.

He said: "I will be standing on my track record of dealing with local issues, acting along with others as a strong community voice, supporting a range of voluntary groups, and my active willingness to try to hold the majority EFDC group to account.

"I will continue to be a strong voice supporting the provision of decent local services and the campaign to retain Loughton Library as a vibrant community space for learning and other community activities.

"I hope the residents in Loughton Roding Ward might consider using their vote to support my re-election to EFDC. However, the beauty of elections is that the outcome can never be predicted."

Council elects new chairman after councillor resigns

Conservative councillor Ken Williamson (pictured below) has been elected as the new chairman of Buckhurst Hill Parish Council.

He replaces Green Party councillor Steven Neville, who resigned as chairman but is continuing as a councillor on both Buckhurst Hill Parish Council and Epping Forest District Council.

Cllr Williamson, who was nominated by councillor Marshall Vance, thanked cllr Neville and three other councillors who had also resigned, adding that the council would "act in the best interests of all of us in Buckhurst Hill".

Cllr Williamson, commenting about the resignations and the possibility of by-elections, told a council meeting last month: "It's something we have to live with and get over. It's such a short time since the last election in May 2021. We are where we are."



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

We're delighted to announce another local business partner, Balgores Estate Agents Loughton. They are accepting donations on our behalf, which is great news for the community and anyone who would like to support our service.

Daniel Charge, manager of Balgores Estate Agents in Loughton, said: "Balgores Estate Agents in Loughton are delighted to be working with Pesh Kapasiawala from 3Food4U, and as of today have turned our Balgores Loughton office into a full-time donation hub for anyone who may have any of the following items to donate: canned/tinned/jarred food, toiletries, clothes, sweets and confectionery, and toys.

"The work these guys do to support the local community is outstanding and we want to help make it a little easier. They cover a number of areas and are not always available to take donations on a daily basis, so now that we have a location open six days a week from 9am to 6pm (closed Sundays), please feel free to come in and drop any donations you have, and we will pass them on. We are located at 110 Loughton High

Road, IG10 4HJ."

Our 3Food4u Hubs continue as normal:

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

To find out more, please see our website at www.3food4u.org or email info.3food4u@gmail.com or call 01992 842642.



Investigation regarding theft

Essex Police would like to speak to a Loughton man in connection with an aggravated burglary that took place in Ongar.

The investigation is in relation to a disturbance at the home of Olympic cyclist, Mark Cavendish, which took place at around 2.35am on Saturday, November 27.

A Louis Vuitton suitcase and two high-value watches were stolen, and Mark and his wife were threatened.

Three people have been arrested and one person charged in connection with the investigation.

Officers now wish to locate two men they would like to speak to in connection with the incident: George Goddard (pictured left), 26, from Loughton, and Jo Jobson (pictured right), 25, from Plaistow. Goddard also has links to the Isle of Dogs, London.

Romario Henry, 30, of Bell Green, Lewisham, has been charged with two counts of robbery in connection with the incident. He has not yet entered a plea.

Two other men are due to answer bail this month.

Detective Inspector Tony Atkin, who is leading the investigation, said: "The investigation is ongoing and, so far, three people have been arrested."

Anyone who knows the whereabouts of Jobson and Goddard should call the police immediately on 101, citing Operation Chamber.



Photo credit: Essex Police



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



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



LOCAL NEWS

Boxing academy's classes boost kids' fitness

Through dedicated boxing classes offered at local schools, a Loughton-based boxing academy has helped students improve their health and fitness.

Dennis & Dyer Boxing Academy has held classes at Roding Valley High School and Davenant Foundation School, and it hopes to offer them at Debden Park High School later this year.

Co-founders and top boxing teachers, Marc Dennis and Liam Dyer, have now welcomed more than 300 monthly members to the academy.

Speaking about the classes at the school, Marc said: "It's important for the kids' physical and mental health. To have the academy as a local hub for kids to come and let off steam while learning to defend themselves and getting fit is a win on many fronts. They are calmer, they build confidence and they develop forms of discipline."

Dennis & Dyer Boxing Academy also provides classes for the community, including classes for under-10s, ladies' classes and mums' classes.

Resident receives MBE in New Year Honours List

A Loughton resident was "blown away" to have been made a Member of the Order of the British Empire (MBE) in the Queen's New Year Honours.

Mitesh Sheth was awarded an MBE for services to diversity and inclusion within the financial services sector.

Mitesh, who has long been an influential force championing inclusion and diversity across financial services, stepped back from his role as Redington CEO at the end of 2021 following eight years at the firm and five years as CEO.

During his time as CEO, Mitesh helped create a culture of equality and inclusion at the company, where people of different backgrounds can speak up and feel like they belong.

After receiving the MBE, Mitesh said: "I was blown away by the recognition of the important work we have been doing in diversity and inclusion. I am determined to use the platform for sharing our experiences and best practice in making change for good."

Mitesh added that he believes leaders have a responsibility and the opportunity to change "ourselves, our teams, our organisations and, over time, the world".

He continued: "We must begin with empathy and compassion for our fellow human beings, create a safe space to talk and learn openly, and build bridges for all those who are being left behind. I am inspired every day by the many incredible people, past and present, who are creating a more sustainable and equitable world for our children."





Hospice's fundraiser raises more than £17,000

A Loughton-based vehicle hire company provided vans to support a hospice with its Christmas tree recycling campaign.

St Clare Hospice held a successful Christmas tree recycling fundraiser last month and raised more than £17,300 from donations residents gave to have their tree collected.

Vehicle rental companies Loughton Self Drive and Harlow-based Alley Cat allowed the use of their vans for the tree collection, while the Rotary Club helped by collecting trees. Uttlesford Council provided disposal points in the Uttlesford area and Dunmow Waste Management provided skips at the hospice in Hastingwood, while Tesco in Bishop's Stortford donated food and drink for volunteers.

Ellie Gale, St Clare community fundraiser said: "It was an incredibly busy weekend. This year, 1,269 trees were booked in for recycling, which was up on last year. Every tree we collect is recycled by turning it into wood chippings and compost, so saves them going into landfill.

"The money raised from this campaign could cover the cost of 73 home visits by one of our nursing assistants. Having a night-sitter to stay with a patient overnight can be an absolute lifeline for people with a life-limiting condition, and their family."

The hospice provides specialist free, compassionate care and support to adults who are living with a life-limiting illness, facing the end of life or experiencing bereavement in West Essex and East Herts.

Young people urged to sign up for Youth Council

Loughton residents are being invited to sign up to join Epping Forest Youth Council.

The council, which is an ideal opportunity for budding politicians, is looking for young people aged between 12 and 17 to stand in the next council election.

Being a youth councillor provides the opportunity to have a say in how local services are run, to represent young people and their views and to meet with councillors from across the district.

Epping Forest youth councillor Sammy Miller said: "This was something that enabled me to voice my

opinions and enjoy new experiences with passionate and knowledgeable people.

"It's an excellent opportunity to make a change in the community and be involved in projects which will teach you life lessons, and help you learn about the real-life problems which we must face and oppose to make the community a better place."

Youth elections will be held in local schools from Monday, February 21, to Friday, March 18.

Once elected, a youth councillor serves in office for a term of two years.

Dolly's INTERIORS

Designing Interiors since 1987

WE HAVE MOVED!



We specialise in

Made to Measure Curtains, Blinds & all Soft Furnishings
(Upholstered Headboards, Pelmet, Coordinating Bedding & Cushions)
Curtain Alteration Service • Fabric & Wallpaper Sampling Service
Inspiring Range of Poles, Trims & Accessories
Remote Controlled Track Systems
Plantation Shutters

We offer a measure & design service.

To arrange a home visit call us on 020 8523 9600
or go to www.dollysinteriors.co.uk for inspiration!

Up to 20% discount on all fabrics for February
Visit our new showroom!



No. 14, Crate Business Park, Oakwood Hill,
Loughton, IG10 3TZ





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

After

**COME TO
TRANSFORM INTERIORS
FOR GREAT STYLE
AND A NEW LOOK!**

Transform Interiors are based in Cheshunt, Hertfordshire, and have been there over 32 years, established in 1989.

The company is owned and run by John and Carol Wood, together with their expert team of designers & installers.

They have built up an unsurpassed reputation for lasting customer satisfaction and high quality workmanship. They take pride in each and every project that they design, supply and install.

Transform Interiors only use the finest quality materials including bespoke made-to-measure kitchen & bedroom cabinet doors in a choice of over 400 different styles and colours, plus additional bespoke cabinets and matching accessories to transform your kitchen at half the cost of a complete new fitted kitchen and completely installed in a day or two.

Transform also offer Quartz- Overlay- Worktops which is real Quartz Stone at 8mm thick and fitted on top of your old existing worktops together with re-fitting your hob, sink & tap or supply you new appliances which can all be completed within one day.

So many kitchens are already perfectly

designed as a room layout, but just need an revamp and up-to-date new look.

Transform offer you a very personalised service with great attention to your individual requirements which you can experience right from your initial contact.

You are very welcome to take a look at the products & ranges in the Transform Kitchen showroom in Cheshunt, or phone 01992 276 078 to discuss your requirements and book a home survey.

Or for an initial estimate guide just email 4/5 photos of your existing kitchen together with a brief description of what you would like to have done, then Transform will send you an approximate estimate guide price.

Email us at sales@transforminteriors.co.uk or take a look at www.transformdoors.co.uk to see the latest new kitchen & bedroom ranges, plus many videos & photos of actual projects completed.

Transform are a WHICH TRUSTED TRADER.




After

**TRANSFORM
YOUR KITCHEN
IN JUST ONE DAY!
WITH NEW DOORS &
WORKTOPS**

LESS TIME - LESS MESS - LESS COST!

**QUARTZ
OVERLAY
WORKTOPS
FITTED IN JUST
ONE DAY!**




OUR FURNITURE BRANDS INCLUDE:

Bella Zurfiz Pronto Valore

WE SUPPLY APPLIANCES FROM ALL THE MAJOR BRANDS.

NEFF SIEMENS BLANCO FRANKE

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.transformkitchendoors.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



BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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

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**

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**

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



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.kingscuttreeservices.co.uk • info@kingscuttreeservices.co.uk





ASHLYNS
GARDEN CENTRE

- **SEASONAL BEDDING PLANTS**
- **SPRING BULBS**
- **HANGING BASKETS**
- **READY-MADE PLANTERS**
- **& MORE...**

Come and visit us
Tel: 01992 XXX XXX
www.ukwholesaleplants.co.uk
@Ashlyn's farm garden centre
Ashlyn's Farm, North Weald, CM16 6RZ

Your local plant specialists
BEDDING PLANTS
SHRUBS • TREES



Residential Extensions
Refurbishment & Remodelling



CONSTRUCTION

We are a well established
Epping based family contractor
providing design to completion
for both residential & commercial

Please do not hesitate to contact us:
Telephone: **01992 276 032**
Email: info@sclconstruction.co.uk
www.sclconstruction.co.uk

Accreditations   Constructionline

Salmon Construction Ltd



How Charlie Dimmock blew a path through our approach to gardening

There was a time when gardener and presenter Charlie Dimmock was almost solely responsible for putting a sense of sexiness back into sage, saffron and sunflowers.

That reputation came about during her time as a presenter on the BBC's hit gardening show, *Ground Force*, alongside Alan Titchmarsh and Tommy Walsh, among others.

From 1997 to 2005, the show revolutionised our love of outdoor space, with previous gardening programmes usually making for rather serene viewing.

Just 30 at the time, Dimmock struck gold after meeting TV producer John Thornicroft at Romsey Garden Centre, where she worked.

Dimmock and her team revved up the adrenalin on the popular programme, transforming people's spaces with a punchy format that, at its peak, had more than 12 million viewers each week.

The show is also thought to deserve credit for

accelerating the trend for garden decking.

"If in doubt, deck it," laughs Dimmock. "It was certainly in trend back then, and we became a bit renowned for throwing some planks of wood at a problem; though of course the show was about much more than that, and we were sad to see it go."

Dimmock moved on to other projects, including presenting the BBC's Chelsea Flower Show coverage and the ITV series, *River Walks*. And *Ground Force* was revived, in part, when *Garden Rescue* brought the idea of home transformations back to terrestrial TV in 2016.

While the screen laps up her 'girl next door' approach to horticulture, Dimmock is an independent soul who has never married nor had children.

"There is a solitude to gardening and I think that has permeated through to the rest of my life," she says. "I value that and find it very important, and I'm at the age now where I don't think I'd want it any other way."

The Rotary Club of Loughton Buckhurst Hill & Chigwell
and The Rotary Club of Roding

Free Memory Café

SUPPORTED BY



Join us 10am to 12pm every First Friday of the Month at the Loughton Club, 8 Station Rd. Loughton IG10 4NX

Enjoy refreshments, entertainment, memorabilia, informal chats, singing, bingo etc.

for further info call: Pesh or Fran.
07973 166940 - pesh@londonresidential.co.uk
07984 100379 - franmaskell@gmail.com

ADVERTISE

your company here call
0208 088 0386

ask for Brett



PHOTOGRAPHY STUDIO IN THE HEART OF EPPING HIGH STREET

We can't wait to welcome you:

- Family Shoots
- Headshots
- Child Portraits
- Cake Smash
- Pet Photography
- Product Photography
- Maternity
- Weddings/Events
- Newborns
- Content Creation



SO STUDIOS

PHOTOGRAPHY - FILM - STUDIO HIRE

07368466310
@so_studios_essex
www.so-studios.co.uk
156 High Street Epping Essex CM16 4AQ

70 YEARS

THE ACCESSION TO THE THRONE FOR QUEEN ELIZABETH II



HISTORY

The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.

Photo credit: Glasshouse Images/Shutterstock

How to make a homemade kite

No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
 - > Tie one end of the string around the wooden dowel at the bottom of the kite
 - > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.





**AVON HOUSE
PREPARATORY
SCHOOL**

ART ACTIVITIES
FOR CHILDREN

OPEN MORNING

Wednesday 23rd February 2022

9.00 – 11.00am

Head's Talk at 9.15am

Please email admissions@ahsprep.co.uk to book your space

490-492 High Road, Woodford Green, Essex, IG8 OPN

www.avonhouseschool.co.uk | 020 8504 1749 | office@ahsprep.co.uk



TTS



SOLICITORS

**YOUR PERSONAL
CONVEYANCING
SOLICITORS**

RESIDENTIAL & COMMERCIAL CONVEYANCING

CORPORATE ACQUISITIONS

GENERAL LITIGATION

FAMILY WILLS & PROBATE



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

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



BRUCE KING

on 'The convincer'

Parrot PHRASING



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

FACES CORPORATE & PRIVATE HIRE

Our famous, iconic, legendary venue is available for private hire, brunch events and corporate bookings

Events can include food, drinks and a reserved area with state-of-the-art visual screens and lighting. Our stylish Essex venue is within walking distance of Gants Hill Central Line station.

Our experienced team will help to create the perfect event exceeding your expectations.

- Brunch Events
- Cocktail Parties
- PR Launches
- Corporate Events
- Client/Team Building
- Product Launches
- Networking Parties
- Celebratory Lunches
- Special Occasions
- Birthday Party



For more information and bookings, please get in touch

LEEONEIL@FACESLEISURE.CO.UK

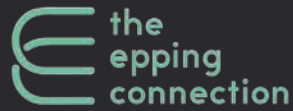
0203 827 7839



WFH? Choose Better, Today.

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

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

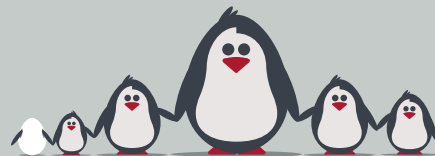


07852 983668
hello@theeppingconnection.co.uk
www.theeppingconnection.co.uk
196A High Street, Epping,
Essex, CM16 4AQ



Specialist family lawyers.

RAYDENSOLICITORS



There might be challenging times in your life when a family law solicitor can help:

- Have you decided your marriage or relationship is over, are you unsure about your family's future?
- Do you need to protect your children, or understand the options to resolve arrangements for your children?
- Do you need a pre nuptial or post nuptial agreement to protect assets?
- Are you moving in with your partner and need a cohabitation agreement?

Choosing the right family lawyer for your circumstances is crucial. Rayden Solicitors are family law specialists with many years' experience; we provide tailored and practical solutions in all areas of family law - divorce, relationship breakdown, child arrangements and financial settlements.

Bespoke advice from Rayden Solicitors in Loughton.

Contact us, enquiries@raydensolicitors.co.uk

Loughton
127 High Road
Loughton
IG10 4LT
Tel: 0203 773 3919

RAYDENSOLICITORS
www.raydensolicitors.co.uk

We are available on



STEP-BY-STEP GUIDE TO **BUYING** A **HOUSE**



BUSINESS & PROPERTY

As one of the biggest purchases you'll ever make, the stakes are high when it comes to buying a house. But until you've been through the process yourself, you'll likely have a lot of questions about how it works and what you need to do.

Take a look at our step-by-step guide for first-time buyers.

STEP 1. Work out how much you can afford to spend on a property. You'll need to factor in costs such as legal fees, stamp duty, mortgage application fees, and the costs of moving and furnishing your property.

STEP 2. Save for your deposit. You could buy a property with a five per cent deposit as a first-time buyer, but you may be asked to provide 10 or even 20 per cent.

STEP 3. Find a mortgage that meets your needs and get a 'mortgage in principle' – this will show the vendor that you are serious and will give you an advantage when placing an offer. Your mortgage should be enough to cover your ideal property, with affordable monthly payments. A mortgage broker could help you out.

STEP 4. Start looking for properties. You may want to browse websites like Rightmove, or sign up with

estate agents to make sure you're the first to be told about the latest properties.

STEP 5. Find a property you like and put in an offer. It can be a tense wait to see if your offer is accepted.

STEP 6. Apply for your mortgage. Mortgage applications require a lot of paperwork, so you'll need to get bank statements, ID and other documents ready for your application.

STEP 7. Get the property surveyed. This will help identify structural issues or repair work that needs to be carried out.

STEP 8. Engage with a solicitor to take care of all of the legal work involved in buying your property.

STEP 9. Exchange contracts to pay your deposit and get your completion date agreed.

STEP 10. Complete and get the keys. Once you complete, the mortgage arrangement is put in place, and you will own the property.

There's a lot to learn about buying a house, but there is a lot of great advice out there to help you find and buy your dream home.



"IT'S BEEN A TOUGH YEAR AND WE COULDN'T HAVE SURVIVED IT WITHOUT YOU"

Calvin Gomes, Bronze Age

WHAT ARE YOUR BUSINESS GOALS?

DO YOU HAVE THE PLANS IN PLACE TO ACHIEVE THEM?

WHAT COULD A PROFESSIONAL HELPING HAND DO FOR YOU?

When it comes to the day to day tasks like tax returns and book keeping, Argus Accounting can certainly help. However, those tasks are just the starting point of what we can do for you and your business.

LET US:

- Analyse your figures to show you gaps in the market, and growth opportunities.
- Tell you how to spend more efficiently.
- Show you a clear path toward the successful growth of your business.

Argus Accounting
ULTIMATE BUSINESS SUPPORT

020 3026 1251 | 07791 260 443
sharon@argus-accounting.co.uk
f ArgusAccountingUK

FINANCIAL EXPERTS WHO ARE PASSIONATE ABOUT YOUR SUCCESS

**Only £895 for
a fully fitted
electric door.**

Gotta get a Garolla.



Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER
SHUTTER
DOORS
GOTTA GET A GAROLLA

NOW ONLY

£895 WAS £1,354
INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

FREE EXPERT MEASURING & FITTING
TWO REMOTE CONTROLS
ACOUSTIC & THERMAL INSULATION
AVAILABLE IN 3 COLOURS
FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to
2.6m wide & inc: 2 remote
controls, 55mm white slats,
internal manual override.

CALL US TODAY ON
01992 830 024

MOBILE
07537 149 128

www.garolla.co.uk

How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.

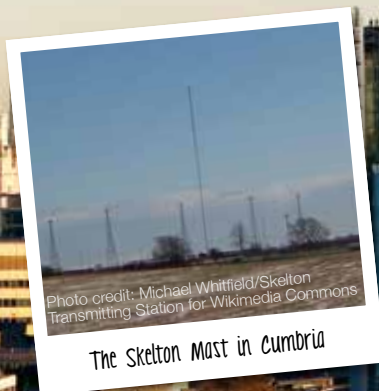


Photo credit: Michael Whitfield/Skelton
Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria



50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called 'supermini' with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model's launch price in the UK was £4,149 – that's around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly, Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



Lifestyle & Mobility

lifestyleandmobility.co.uk

ESSEX LARGEST SHOWROOM



Motability
offers you the
ability to enjoy
worry-free
mobility

Available
through
weekly lease
payments

A new
product
every
3 years

To find out how
Motability can help
you, talk to our
Specialist today



HARLOW 01279 420600
67-68 HARVEY CENTRE, CM20 1XP

WELWYN GARDEN CITY 01707 247200
3 MUNDELLS COURT, AL7 1EN

BASILDON 01268 520233
45/49 MARKET SQUARE, SS14 1DE

SOUTHEND-ON-SEA 01702 417088
THE VICTORIA SHOPPING CENTRE, SS2 5SP



Checkatrade.com
Where reputation matters



Chase Hattan was established in 2014. We have built our business on reputation and word of mouth. Customer satisfaction and repeat business are of utmost importance to us. Whether you are buying or selling we are committed to guiding you through all of your watch requirements.

We stock vintage, modern, new, pre-owned watches from brands including:

Rolex, Tag Heuer, Breitling, Omega and many more.




All of our watches come with next day delivery, 12 month guarantee and 14 day return policy.



Rated 'Excellent' on ★ Trustpilot

Call Us on 0207 510 1756 or email info@chase-hattan.com

Make an appointment to visit us at: 5 Indescon Square | Lightermans Road | London E14

 ChaseHattanLondon
 ChaseHattanWatches
 www.chase-hattan.com

SCAN THE QR CODE
TO SEE OUR STOCK!



BRITAIN'S GREATEST SPORTING MOMENTS...

ANFIELD 1989



SPORT

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

Photo credit: Coloursport/shutterstock



THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

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

ACUPUNCTURE

HONG WEI CHINESE MEDICAL

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

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 Babtac insured and approved. 07961 462672

SPECIAL NAILS

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

THE NAIL STUDIO

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

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. 07824 153880 | 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

ABBEY GROUP

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

KINGS UPHOLSTERY

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

GARDEN SERVICES

JOHN HEARNE

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

KINGS CUTS TREE SERVICES

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

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

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

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

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

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 088 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. IGNITE, 7. TOWERING, 8. NAB, 9. BRIDAL, 10. JAVA, 11. EJECT, 13. PENCILS, 15. LIFT OFF, 17. ASSAY, 21. INCH, 22. BERLIN, 23. NUT, 24. STANDARD, 25. EARTHS
DOWN: 1. IGNORE, 2. NIBBLE, 3. ETUDE, 4. SWELTER, 5. PROJECTS, 6. SNIVEL, 12. CATCHING, 14. OFFBEAT, 16. INNATE, 18. SONNET, 19. YOUTHS, 20. BRIDE



PUZZLES & TRIVIA

PUZZLES

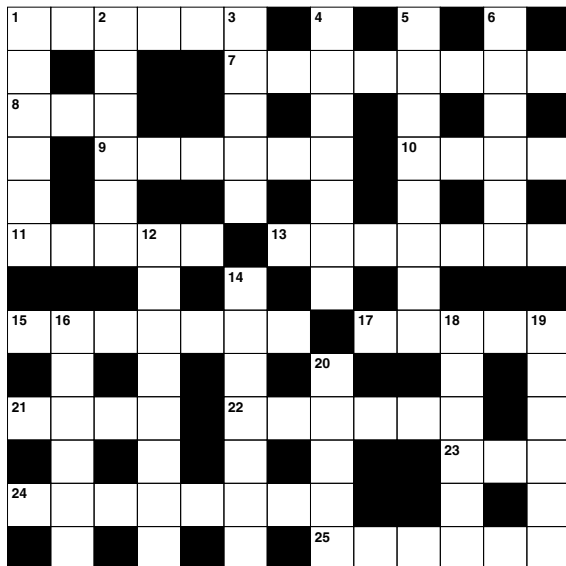
Answers: see end of The VISION Listings

ACROSS

1. Set fire to (6)
7. Extremely tall (8)
8. Arrest (3)
9. Relating to a wedding (6)
10. Main island of Indonesia (4)
11. Discharge (5)
13. Writing implements (7)
15. Rise into the air (of an aircraft) (4,3)
17. Determine the quality of an ore (5)
21. Unit of length (4)
22. Capital of Germany (6)
23. Pecan, for example (3)
24. Reference point; norm (8)
25. Hearts (anag) (6)

DOWN

1. Refuse to acknowledge (6)
2. Take small bites out of (6)
3. Composition for a solo instrument (5)
4. Be too hot (7)
5. Protrudes (8)
6. Cry and sniffle (6)
12. Infectious (8)
14. Unconventional (7)
16. Inborn (6)
18. Poem of fourteen lines (6)
19. Young people (6)
20. Newly-wed (5)



DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

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

The Blue Boar

Valentines Day

MONDAY 14 FEB '22

7PM TIL LATE

with **ANDRÉ SAXMAN BROWN**

LIVE MUSIC FROM ANDRÉ THE SAXMAN
£44.95 (3 COURSE MEAL + GLASS OF MOËT)

THE BLUE BOAR
MARKET PLACE, ABRIDGE, ESSEX, RM4 1UA
01992 812 110 | WWW.THEBLUEBOARABRIDGE.CO.UK

BRICKS.
ESTATE AGENTS

Would You
like to Know
How Much
**YOUR
PROPERTY
IS WORTH?**



CALL US TODAY:



0203 634 9998

LET | SALE | LAND



**OUR SEASONED AGENTS
ARE HERE TO GUIDE YOU**

rightmove



ZOOPLA

OnTheMarket



0203 634 9998



hello@bricksestateagents.co.uk
bricksestateagents.co.uk



Bricks Estate Agents
Create 29
Oakwood Hill Industrial
Loughton Essex, IG103TZ

