

VISIONLoughton | Edition 56

WINTER SALE NOW ON



- . Fridge 375 Litres, Freezer 230 Litres
- · Frost Free
- · Stainless Steel
- Dimensions: HI79xW90.5xD68.8cm
- **5** Year Warranty

Now Only £2,750 Was £3,300.00













- · Smart Cook System
- Interchangeable Grill and Flat Plate
- 7 Cooking Functions • Inc. Bake, Roast, Reheat
- 1 Year Guarantee

Now Only £249.00







- 15 Programmes, Delay Start
- . Soft Dial Tounch Controls
- EcoSilence Drive, LCD Display Dimensions: H84.8xW59.8xD59cm
- 5 Year Warranty C Linergy Rating

Now Only £489.00 Was £549.00 Save £60











- Voice Actived Bluetooth Remote Control
- 1366x768 Screen Resolution
- RMS Power Output, 2 x 6 Watts • 3 × HDMI
- 2 Year Guarantes

dyson Cordless Bagless



- 3.5 Hour Charge Time, 60 Minute Run Time
- 3 Power Levels, Washable Filter
- Crevice Nozzie, Reach Under Tool
- 14 Cyclones, 3 Modes
- 2 Year Worranty

£100 Save







- 71 Litres Fan Oven
- Variable Intergral Grill
- LCD Digial Display. Double Glazed Doors Dimensions: HS9.5XWS9.4x054.8cm
- 2 Year Womanty
- A Energy Roting

£569.00

WINTER

SA

NOWON























Broadway Music and Vision

- ♠ 8 The Broadway. Woodford Green, IG8 OHL
- t. 0208 504 7500
- a broadwaymandv@aol.com





Broadway Music and Vision

- ♠ 8 The Broadway, Woodford Green, IG8 OHL t. 0208 504 7500
- 10 broadwaymandv@aol.com



Editor's notes...

Hello and welcome to this month's edition of VISIONLoughton.

This last month has been difficult as I said goodbye to my best friend David, who passed away aged just 46 after becoming ill at the start of last year. He leaves behind his family, three children, his beloved friends and lots of happy memories. As well as being a Southend United season ticket holder, he loved the Southend area. Recently, his family and friends gathered together to pay tribute to David, wearing scarves and t-shirts we had specially printed. It was a lovely way to celebrate his life.

Brett Shohet, Editor I'm lucky, at my age, not to have lost many people close to me. It was especially difficult in the lead-up to Christmas. Suddenly, the gifts and the idea of all the festive treats on offer pale into insignificance when I think about how important it is to spend as much time as possible with our friends and family while we can.

I hope you enjoyed the Christmas break. The new year offers the chance for us all to make a fresh start. Whatever trials and tribulations it throws our way, we know we have survived the unprecedented challenges of the last few years, and we can take that strength and courage into 2023.



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

Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Jacob Collick

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

All pages are recyclable



NOW OPEN ON **EPPING HIGH STREET**

We supply and install windows and doors.

01992 276 046 essex@homehubgroup.co.uk homehubgroup.co.uk f O @HomeHubGroup





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

196 High Road, Woodford Green, Essex IG8 9EF





Tel: 020 8504 1765 Email: info@bath-works.co.uk www.bath-works.co.uk

SPARE?

AMID THE RELEASE OF HARRY AND MEGHAN'S TRIO OF PROJECTS, WE LOOK AT HOW THE 'SPARE' AND HIS WIFE HAVE BEGUN TO TELL THEIR TRUTH

since their unexpected flight from both British shores and the working Royal Family in January 2020, Prince Harry and his wife Meghan have caused quite the stir, constructing a new narrative that neither they nor the Royal Family can be certain of recovering from.

First came a biography of the pair, *Finding Freedom*, written by close confidante Omid Scobie, which hinted at unease within the royal ranks. Then, in March 2021, their shock interview with TV talk show maven Oprah Winfrey aired to global comment on both sides of the Atlantic.

Since then, things have been reasonably quiet and calm as the Sussexes have settled into their Los Angeles lifestyle and adjusted to family life with their two children, Archie, aged three, and 18-monthold Lilibet. However, as several multimillion-dollar deals reach their point of fruition, our red-headed prince and his raven-maned wife are once again back in the spotlight.

Last month, their six-part Netflix documentary *Harry & Meghan* was released, which saw the Duke and Duchess of Sussex attempt to tell their side of the story. Capturing the couple from their earliest days together right up to the period after Prince Philip's death, the series has certainly split opinion. While some find it to be insightful and informative, others believe it to be shocking and villainous. Or in some cases, opinions have flipped completely, and those who might not have supported them before have now gone to the other side and have begun to empathise with the pair.

'I'VE HAD TO MAKE PEACE WITH THE FACT THAT WE'RE PROBABLY NEVER GOING TO GET GENUINE ACCOUNTABILITY OR A GENUINE APOLOGY'

To add to any nerves the Royal Family may have already been experiencing, Harry's book, *Spare*, is released this month. The title alone conveys the Duke's deep disconnection from his own family, one that doesn't appear as if it will be healed anytime soon.

All things come in threes, and Netflix has announced it is also behind the couple's other new project, entitled *Live to Lead*. It showcases inspirational figures – from climate change activist Greta Thunberg to New Zealand Prime Minister Jacinda Ardern, to South Africa rugby star Siya Kolisi, the first-ever black captain of the side. Harry was inspired by the efforts of Nelson Mandela, and true to the former president's lifelong aspirations, the series of interviews is positioned to offer hope, vision, perspective and understanding... arguably at a time when the world needs it most.

Hopefully Harry himself will find in 2023 ways to reconcile what has been a turbulent and heart-wrenching year for the royals. He and Meghan's latest moves won't have done much to repair relations, but his transparency and clarity over how he feels hard done by may indeed act as a line in the sand, from where a new vista may emerge for the outliers, even if he questions the possibility of that.

"I've had to make peace with the fact that we're probably never going to get genuine accountability or a genuine apology [from my family]," says Harry in the documentary. "My wife and I, we're moving on. We're focused on what's coming next."

Such sentiments have been uttered by many of us regarding our own families, and unequivocally this shows us that when it comes to matters of the heart, the Windsor family, for all their wealth, prestige and glory, really are just like the rest of us. But is this family's broken relationship past the point of repair?







E GUARANTEÈ OUR GUSTOMERS 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
- Liquid Rubber Roofing
- Fibreglass Roofing
- Roofing Leadwork
- ✓ All Roof Windows

Office: 0208 088 3259

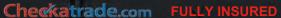
office@empireupvcandroofing.co.uk www.empireupvcandroofing.co.uk

- All Roofing Repairs & Maintenance
- ✓ Moss Removal
- Gutter Cleaning & Unblocking
- UPVC Fascias, Soffits & Guttering
- UPVC & Hardie Plank Cladding

Visit Our Showroom at:

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









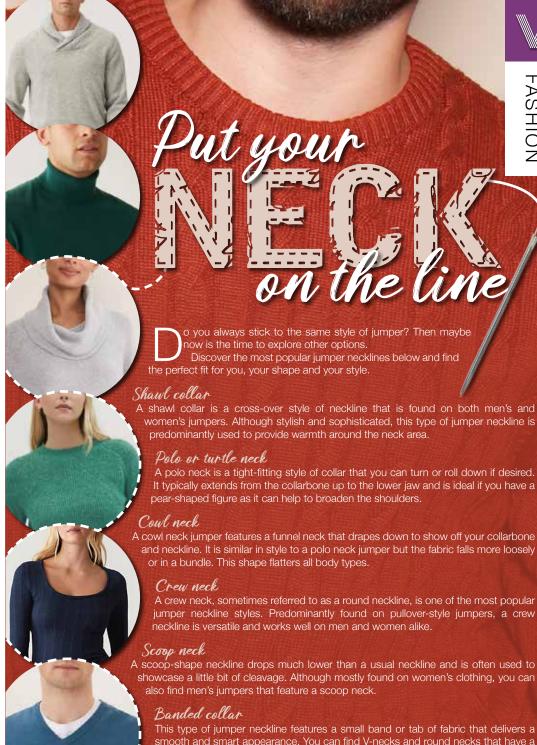




FASHION







HEALTH ∞ FITNE S ഗ

MEN'S HAIR

FOR WINTER 2023

TOP TIPS FROM AWARD-WINNING MEN'S HAIRDRESSER AND OWNER OF TONI&GUY BILLERICAY, JIM SHAW

here will be one stand-out hair colour trend for men this winter bleached hair. Men will look to lighten their hair and have it toned for a clean, platinum hue or an icv white/grev tone that's fitting for the season.

We will also see cooler-toned brights becoming popular, such as dark greens, blues and purples for men who want to add a pop of colour to their look.

Disconnected cuts have been in and out of fashion over recent vears, and this season they're back on trend. This means we'll see men requesting their hair to be super short on the sides with longer length on top.

The military-inspired regulation cut will also be popular. This is a very sharp and fresh style whereby the hair is trimmed down on the top but kept longer than the sides, which are tapered and gradually cut shorter before reaching the nape of the neck, where the hair can be shaved off completely to help reflect a true regulation cut.

> For those looking for a haircut that's longer in length, mullets will be the textured haircut of the season. Hair should usually be cut shorter and choppier towards the front and sides and left longer at the back. However, for 2023, we will see a more modern take on this trend, with men looking for the gradation of different lengths to be

a lot softer.

give your hair a neater, more polished appearance.

In terms of styling for winter 2023, this all depends on the cut you have. If you have a shorter haircut, sleek styles will be very on trend. Incorporate a pomade with a shine finish, gel or wax into your styling routine to



re you looking for a new hobby? Sales of adult colouring books have surged since the pandemic as people look for ways to relax, de-stress and enjoy some much needed me-time. Not convinced that colouring should be your new pastime? Discover five benefits of picking up pens and pencils below.

colouring relaxes your brain

Does your brain often feel frazzled by the end of the day? As colouring is a focused activity, it can

help to relax your mind and keep worries at bay. It has also been shown to improve brain function as it activates the creative part of your mind.

Colouring improves your motor skills

Adult colouring books often feature complex designs which require you to hone your handeye coordination and motor skills. This can be particularly beneficial if you spend a lot of time looking at screens.

As many as one in three people suffer with insomnia, which is characterised as not being able to get to sleep or not staying asleep for a sufficient amount of time. Colouring before bed, rather than being exposed to blue light from your phone or tablet, can help to release melatonin and enable you to easily drift off to sleep.

Colouring reduces anxiety

Studies have shown that colouring can help to reduce anxiety in adults. Simply by colouring for 20 minutes a day, you can lower your heart rate and decrease feelings of stress or anxiety. Colouring can also help to improve your mood.

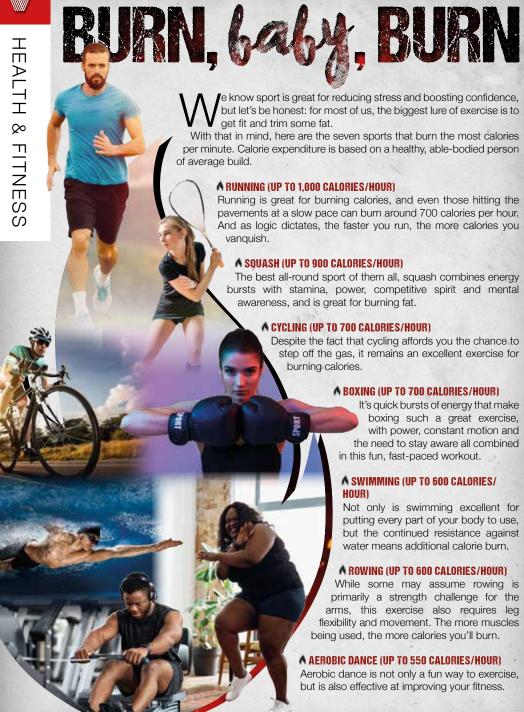
colouring can be therapeutic

Similar to art therapy, colouring can be therapeutic as it helps to put your mind into a meditative state. This enables you to focus purely on the present and remove any negative thoughts from your mind.



VISIONLoughton edition 56 | to advertise call 0208 088 0386





e know sport is great for reducing stress and boosting confidence, but let's be honest: for most of us, the biggest lure of exercise is to

With that in mind, here are the seven sports that burn the most calories per minute. Calorie expenditure is based on a healthy, able-bodied person

A RUNNING (UP TO 1.000 CALORIES/HOUR)

Running is great for burning calories, and even those hitting the pavements at a slow pace can burn around 700 calories per hour. And as logic dictates, the faster you run, the more calories you

A SQUASH (UP TO 900 CALORIES/HOUR)

The best all-round sport of them all, squash combines energy bursts with stamina, power, competitive spirit and mental awareness, and is great for burning fat.

A CYCLING (UP TO 700 CALORIES/HOUR)

Despite the fact that cycling affords you the chance to step off the gas, it remains an excellent exercise for burning calories.

A BOXING (UP TO 700 CALORIES/HOUR)

It's quick bursts of energy that make boxing such a great exercise, with power, constant motion and the need to stay aware all combined in this fun, fast-paced workout.

A SWIMMING (UP TO 600 CALORIES/

Not only is swimming excellent for putting every part of your body to use, but the continued resistance against water means additional calorie burn.

A ROWING (UP TO 600 CALORIES/HOUR)

While some may assume rowing is primarily a strength challenge for the arms, this exercise also requires leg flexibility and movement. The more muscles being used, the more calories you'll burn.

A AEROBIC DANCE (UP TO 550 CALORIES/HOUR)

Aerobic dance is not only a fun way to exercise, but is also effective at improving your fitness.

WOODFORD HOUSE DENTAL PRACTICE

Don't wait till something hurts.





Regular dental check-ups are a wise investment. Keep your mouth healthy-

BOOK AN APPOINTMENT TODAY.

020 8504 2704 f improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST









improve

DANIEL ROBINSON & SONS



The funeral professionals...



Bespoke funerals to meet your wishes, including simple, traditional and green funerals, direct cremation, specialist vehicles and horse-drawn.

Preneed Funeral Plans

Dedicated 24 hour support to the community in our local funeral homes.

> Funerals as unique as the loved ones remembered



www.drobinson.co.uk

Because sometimes, only the very best service & care will do



Get in touch with me, Holly Simon, to arrange your free 10 minute consultation now

07931 585312 info@queenscounselling.co.uk www.queenscounselling.co.uk

2nd Floor, 28 Queen's Road Buckhurst Hill, IG9 5BY









I am an Integrated Therapist, specialising in trauma, addiction and relationship therapy.

Trauma can include Post Traumatic Stress Disorder, historical experiences, abuse or memories, which impact on the body and mind on a regular basis, causing symptoms such as sleep deprivation, overthinking, alter-ego's, dissociation, phobia's, anxiety or panic attacks.

Addiction can include alcohol, drugs, sex, porn, exercise, shopping, eating or anything else that you feel you cannot do without but wish to change.

Relationships are any relationship of significance, and may be couples, siblings, parent/child, open, polyamorous and more.

None of these lists are limited and nothing is excluded. Please do not feel that you need to continue trying to manage alone. Sometimes just sharing your thoughts and feelings are a start to feeling supported, understood and able to visualise changes...





n January 12, it's Kiss A Ginger Day the perfect time to show redheads some love. But you might need to take a good look around - because red hair is rare. Only two in every 100 people are natural redheads, making it the rarest hair colour in the world. And the rarest people of all are redheads with blue eyes.

The genes responsible for red hair are recessive. This means that to have a red-haired baby, both parents must carry a red-haired gene. If both parents carry the gene but don't have red hair themselves, they'll have around a one in four chance of having a red-haired baby. If one of

the parents is a redhead and the other is a carrier of the gene but doesn't have red hair, the chances go up to around one in two. And if both parents have ginger locks, chances are that all their children will have red hair too.

Hundreds of years ago, redheads were thought

to be witches and were shunned by society. These days, things have thankfully improved although some people still think natural gingers are brash and hot-headed. That's not true, of course. But recent studies have shown that redheads require more anaesthetic than people with other hair colours. Their response to painkillers is also different – for the medication to work, they need more of some types of painkillers and less of others.

So how are you going to celebrate on January 12? If you've got a natural ginger among your family and friends, show them how much you appreciate their extraordinary tresses. And if you're not that lucky, listen to some music by redheads - Ed Sheeran or Florence and the Machine, anyone? Or how about a film starring Julianne Moore or Jessica Chastain? The choice is yours.

yes please TO CHESE

JANUARY 20. IS NATIONAL CHEESE LOVER'S DAY - HERE'S HOW TO CELEBRATE

eeling a little cheesed off? Well don't despair, for Friday, January 20, is National Cheese Lover's Day, giving you carte blanche to celebrate and indulge in all your favourite dairy delights.

Not surprisingly, Britain is a nation of cheese lovers. Whether it's a humble cheddar sarnie, a saucy slice of Welsh rarebit or a fancy fondue dip, the average Brit eats 30g of cheese a day and there are more than 700 cheeses produced in the UK.

Around half of sales are cheddar - named after the famed Cheddar Gorge caves in Somerset where the cheese was once stored to ripen - but we're still partial to more exotic fromages such as mozzarella, parmesan and feta.

HOW TO CELEBRATE

With such a thriving cheese industry in this country, it couldn't be easier to indulge in this Wookey Hole-iest of days. Most major supermarkets now boast English-made gems such as Wensleydale Blue and Red Leicester, but it's also worth seeking out some lesser-known treats from your nearest speciality cheesemonger. Or, if you're really enthusiastic, you can head to your local dairy farm where they will likely have a shop selling their creations.

Not only is cheese incredibly tasty and diverse, it's also highly nutritious. A great source of protein, it contains vitamin B12 (which is vital for red blood formation), and a matchbox-sized slice provides one-third of an adult's daily calcium requirement.

So don't be sheepish - make like a mouse and treat yourself to a little of what you fancy. Whether red, yellow or blue, in moderation, cheese is very good for you.

BRITAIN'S TOP 10 CHEESES*:

- 1. Cheddar
- 2. Red Leicester
- 3. Brie
- 4. Mozzarella
- 5. Parmesan
- 6. Stilton
- 7. Cream cheese
- 8. Wensleydale
- 9. Camembert
- **10.** Feta

Branston Pickle in



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



f you're thinking about staying in this Valentine's Day, shellfish offers a decadent and delicious centrepiece for a romantic meal for two. However, if you're unsure what to serve for that special someone come February 14, here are five of the most popular types of shellfish, as well as how to serve them.

Oysters are the most nutrient-rich shellfish available and also the most expensive. With a reputation as an aphrodisiac, oysters have a gooey texture and a salty flavour. Most commonly served raw on ice, you can fill their shells with lemon, butter, hot sauce or a zingy mixture made from shallots and vinegar. Alternatively, they can be grilled, baked or fried.

One of the easiest shellfish to prepare and cook, mussels are usually steamed in flavoured broth or sauce. Mussels need to be kept alive before they are cooked and can only be refrigerated for one or two days. Any mussels with broken shells or ones with open shells and that don't close when tapped should be discarded. Enjoy moules frites (steamed mussels and fries), served with a huge chunk of crusty bread.

Crabs take a bit more effort to prepare and cook, but it's definitely worth it as you'll be rewarded with tender, delicious meat. You can boil, roast, steam or grill crab and this shellfish is commonly used in dips, pastas, seafood dishes and salads. White crab meat boasts a meaty texture and a more delicate flavour, whereas brown meat is softer with an almost pâté-like consistency.

Another highly tender and succulent type of shellfish, scallops make the perfect starter. Boasting a rich, buttery flavour, you can choose between small and sweet bay scallops or big and bold sea scallops. Pan-seared scallops with peas and mint are our go-to recipe at any time of year.

Known for its melt-in-the-mouth texture, lobster is the epitome of elegance. Lobster can be cooked whole, and the most succulent meat is found in the tails, legs and claws. Try garlic herb butter lobster tail as a delicious starter or lobster risotto as a main course.





GOLF CLUB

Celebrate at **Woolston Manor Clubhouse**

The Special Venue for all your **Weddings & Parties**

You can celebrate in style in one of our stunning event spaces. The Clubhouse, set in 200 acres of beautiful grounds and lakes, boast a sweeping driveway, high ceilings and elegance.

Enjoy the benefits of Woolston Manor Golf Club

With our Individual, Joint & **Corporate Membership options**

Woolston Manor Golf Club membership provides you with access to the superb championship golf course, modern clubhouse, fixtures, competitions, social calendar and top class catering.









Woolston Manor Golf Club, Abridge Road, Chigwell, IG7 6BX 📞 0208 500 2549 🖪 info@woolstonmanor.co.uk 🏔 woolstonmanor.co.uk

Home Storage Trends for 2023

he New Year is synonymous with fresh starts and, of course, the big January house declutter which gets us all thinking about how we can make changes to the way we organise our homes. If 2023 is the year you plan to give your home a stylish lift, here are some top home storage trends from Sliderobes, that are set to dominate the world of interiors in the months ahead.

Home office order

With the shift to home working, people have been looking at ways to create an organised home office that's free from distraction. The new trend for home offices is storage solutions that are built in and bespoke, when it comes to their shelving, drawers and desks. Not only does this give it a personal touch but also makes the area feel like a functional workspace, to promote productivity.

Sustainable storage

2023 will be the year for sustainable storage. Ecofriendly options aren't anything new but this trend is gaining momentum and it's likely that more people will be opting for natural materials and aesthetics such as rattan and bamboo, glass and wood for their storage, whether it's baskets, boxes, shelves or wardrobes.

Crittall doors

In terms of styles, Sliderobes have seen a huge increase in crittall style doors for their customers' wardrobes and this trend is here to stay. It's easy to see why, as it's chic and minimal but has a bit of a modern edge. It's also versatile enough to suit any room style; from mid century to Scandi.



Blue is back

Grey has long been the interiors shade of choice but colour is making a comeback. Last year saw the resurgence of green but this year blue will be the perfect pick. Depending on the shade, blue can suit any room and style.

Rich deep blues will look luxurious, whilst grey toned denim blues can create a sense of peace and calm.



Bespoke for you

The ultimate trend for storage in 2023 will be personalised design. Everyone wants their home



to feel unique and reflect their character and this will be integrated into storage solutions too. After all, everyone has individual storage needs. Whether it's a bookworm who wants a library of shelving

or a shoe lover who needs a built-in shoe-rack in their wardrobe to protect, show-off and store their collection, storage that's fit for your lifestyle and your belongings, makes it much easier to keep a space calm and organised, as everything will have its own place.

For fitted storage solutions in any area of the home, from bathrooms and bedrooms, to living spaces and home offices, visit www.sliderobes.com

SLIDEROBES

0%
INTEREST FREE
CREDIT
AVAILABLE

SLIDEROBES

ING BEDROOM HOME OFFICE UNUSUAL SPACES



Book a free, no obligation design appointment at **sliderobes.co.uk** or call our free phone number **0800 454 465**

*Credit is subject to status and affordability. Terms & Conditions Apply. Reddington Jordan Limited FRN: No. 728723 trading as Sliderobes Maidstone is a credit broker, not the lender and is authorised and regulated by the Financial Conduct Authority. Credit is provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC. Authorised and Regulated by the Financial Conduct Authority.

MAKE THE MOST OF YOUR HOME

ASSISTED LIVING & ELECTRICS & HOME SECURITY

Glade Energy Services can solve your lifestyle and mobility challenges with a range of devices, budgets and connectivity options.

- ◆ Home Consumer Units ◆ Landlords ◆ Smart Living
- 🖊 Sockets 🖊 Outdoor Power 🖊 Fault Finding





GLADE ENERGY SERVICES LTD

Website: www.gladeenergyservices.com Office phone - 020 3906 2863











onti-freeze

ost car owners have a can or two of anti-freeze in their boot, especially during the winter months, but did you know that there is more than one use for this must-have motoring product?

WHAT IS ANTI-FREEZE?

Anti-freeze is an additive that is used to decrease the freezing point and increase the boiling point of any water-based liquid. It is made by combining any of the following with water: methanol, glycerol, ethylene glycol or propylene glycol.

WHAT ARE THE MAIN USES FOR ANTI-FREEZE?

AS A CAR ENGINE COOLANT

The most common use for anti-freeze is to prevent an engine's cooling system from freezing or overheating. It stops the water in your car's engine from freezing during cold weather conditions and from becoming overheated when temperatures are high.

TO PROTECT HVAC SYSTEMS

Heating, ventilation and airconditioning (HVAC) systems are an integral part of most residential homes and commercial properties. Anti-freeze can be used to help prevent the pipes within these systems from freezing, bursting and causing damage. It can also help to reduce the risk of scale build-up and corrosion.

TO MAINTAIN SOLAR ENERGY SYSTEMS

As more and more UK households embrace solar energy, it is important that you know how to properly take care of these types of energy systems. Anti-freeze can be used as a heat transfer fluid to provide protection from freezing in colder weather. Always hire a professional to do this for you as solar energy systems are pressurised.

HOW TO DISPOSE OF ANTI-FREEZE

Due to its toxic nature, you must make sure you dispose of anti-freeze in the right way. Never pour it down the drain as it can damage the environment and kill animals. Instead, contact your local recycling centre as they should be able to properly dispose of it for you.









FOR DECORATION AS UNIQUE AS YOU







■ PAINTING & DECORATING ■ KITCHEN SPRAYING I WALLPAPERING I FREE QUOTATIONS

0208 088 2976

info@platinumdecorating.co.uk

- platinumdecorating
- platinum.decorating





















EPPING & SURROUNDING AREAS

CALL US ON 07581 003 935 TO LEARN MORE

www.beboilersafeuk.co.uk







HCME TRENDS

THE SMALL DÉCOR CHANGES YOU CAN MAKE TO YOUR HOME FOR 2023

Outdoor indoor: With all the stresses of modern life, the natural hues of the great outdoors are a perfect way to de-stress. So bring the outside in with wood, lush plant life and a colour scheme rooted in nature.

Aqua calm: Similarly, anything reminiscent of the sea works to ground those of us who are in thrall to modern life. Turquoise, tranquil blue and anything suggestive of the azure depths will soothe and calm the busy mind.

> Homely habitat: Another trend expected to be prevalent in 2023 is being sympathetic to your local community. So rugs shorn from local sheep, furniture crafted from upcycled wood and art, and sculptures from resident

Gorgeous gold: Neither garish nor flashy, this trend is warm, earthy and classy. Think gilded mirrors, glowing lanterns and burnished

candlestick holders. Anything that exudes warmth will work.

Largesse lampshades: Does anything tie a room together guite like a lampshade? Looming over us in all their glory, larger lampshades are having a moment. Beautiful brass or the purest paper, some are even crafted from nothing but feathers, and yet the impression they leave endures.

Craving curves: Sensuous, soft and languid, straight lines are eschewed in 2023 and replaced by curves. Sofas, tables, chairs and mirrors everything needs to have that gentle touch and slightly out-of-focus edge.

Lavender love: According to predictions, the Colour of the Year in 2023 is going to be Digital Lavender. This is a light shade of violet which expresses two sets of emotions: cheerfulness and calmness. By applying this colour to the home, you can create a relaxing yet moodlifting ambience.









n light of the huge rise in energy bills, households up and down the country are being more frugal with their central heating and looking for more creative ways

to stay warm.

WHAT ARE THE DIFFERENT TYPES OF HEATED **BLANKETS?**

Unlike electric blankets, which operate much like mattress toppers and come with elasticated straps or as a fitted sheet, heated blankets are designed for you to curl up under. Much more versatile and visually appealing, heated blankets can be used on the sofa, on the bed or even at your desk.

WHAT ARE THE BENEFITS OF HEATED BLANKETS?

There are many reasons why you may want to invest > Best for energy efficiency: Dreamland Velvety in a heated blanket, such as the fact that they are comfy, can be carried from room to room, and come > Best budget buy: Silentnight Luxury Heated in a variety of colours and designs. However, it is the cost-cutting aspect that is the most attractive element.

HOW MUCH MONEY CAN YOU SAVE? Both heated blankets and electric blankets are highly cost-effective and cost only pennies to run. In fact, if you choose to invest in a heated blanket, it can cost you as little as 1p for around seven hours on the minimum heat setting. To put this into perspective, it costs on average of £2.76 per hour to run your central heating based on a 24kW boiler. Plus, you can control how much electric you use by adjusting the various heat and timer settings and the automatic shut-off function.

BEST HEATED BLANKETS ON THE MARKET

- > Best for wearing around the house: Lakeland Electric Heated Poncho

- > Best for ease of use and convenience: Homefront Electric Heated Throw





Kitchen - Bedroom - Flooring

♦ 0208 472 1144 ∰ www.chduk.com



♥120 Woodgrange Road, London E7 0EW ⋈ info@chduk.com









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 🔞 🗿



The fastest way to book local tradespeople in Epping



Register to receive £20**

off your first order





e's not the most aesthetically pleasing member of the household cleaning family, nor the most powerful, and as far as cutting-edge technology goes, he pre-dates even the era of the mobile phone and internet connectivity.

Yet despite all of that, our love affair for Henry lives on, more than 40 years since the compact and affordable vacuum cleaner was launched by Numatic International.

Its founder, Chris Duncan, first started toying with his vacuum cleaner concept back in 1969, when he dressed up one of his standard vacuum cleaners with a Union Jack, hat and smiley face during a particularly long night at a trade show.

The response from visitors was a revelation for the inventor, who discovered that taking an inanimate object and giving it a personality enchanted people who were looking for something different from the standard

too, using large-capacity microfibre dust bags encased in a shell that is built for longevity and durability. Since the machine was officially launched in 1981, sales continue to accelerate and now frequently exceed the one million mark each year. While Numatic has never

Of course, the cleaner plays its part where performance is concerned

advertised the machine, nor does it employ the services of a PR agency, an estimated 20 million have been sold in the UK to date.

Henry isn't the only named machine in the range. Previous versions have been called James, Charles, Nuvac, George, David, William, Edward, Basil, Wendy, Harry and Jack, while limited-edition models have been launched

for B&Q, Screwfix and John

It has also led to spinoff designs, notably the Henry and Hetty Spray Mops. In 2023, it is the only mass-

produced consumer vacuum cleaner still made in Britain. and has made its founder a millionaire many times over.



ENERGY HOME DIY

ure, you can save energy by investing in a new boiler, solar panels or roof insulation. If you've got the funds, they'll make a real difference. But these days, most of us don't have the money upfront. And what if you rent your home? Here's our round-up of the best ways to reduce your energy bills - without shivering like crazy or going broke.

CHECK YOUR HEATING

Turn your thermostat down a degree or two and see if the temperature's still okay. Turn down radiators in any room you don't use much. And don't have the heating on when you're out.

If it's not too chilly, put on some warm slippers and a jumper before reaching for the heating switch. If you're reading or watching TV, curl up under a cosy throw.

DON'T LEAVE APPLIANCES ON STANDBY

Don't keep your electrical appliances on standby mode. This goes for TVs, game consoles, laptops, printers, microwaves, electric cookers and phone chargers. And remember, devices with an LED panel, clock or light still use electricity even when they're switched off.

IN THE KITCHEN

Wait till you've got a full load to use your washing machine and run your programme at 30°C. Avoid using your tumble dryer whenever possible – it'll use a lot of electricity even in eco mode.

> Only put on your dishwasher when it's full. And don't overfill the kettle - just boil the amount you need for your tea, coffee or cooking.

IN THE BATHROOM

If you can, take showers rather than baths and limit them to four minutes. You'd be surprised how much less water you'll use. And don't leave taps running - that goes for the kitchen, too.

CHECK THE LIGHTS

Choose energy-efficient LED lightbulbs. They cost a bit more, but they save energy and money in the long run because they use 90 per cent less energy than conventional halogen bulbs. Oh... and don't leave lights switched on when you don't need them.



Bringing the best to you

SPECIALISTS IN

- CARPETS
 LAMINATE
 VINYL
- LUXURY VINYL
 REAL WOOD

Karndean



moduleo



amtico





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 NE





Reality TV celebrity accused of revenge porn

Reality TV star and Loughton resident Stephen Bear (pictured left) has been convicted of posting revenge porn of his ex-girlfriend on the OnlyFans content-sharing website.

Bear, 32, posted the three-minute video of himself having consensual sex with his former girlfriend Georgia Harrison (pictured centre), who waived her right to anonymity, after the footage was caught on a garden CCTV camera.

In December 2020, four months after the footage was recorded, Ms Harrison discovered the video was available to watch for \$9.99 on Bear's OnlyFans. The video was taken down, and around this time Bear posted a video on Instagram suggesting the woman in the video was another person.

Although Bear denied the charges, the jury at Chelmsford Crown Court on December 13 found him

guilty of one count of voyeurism and two counts of disclosing private sexual images.

Following the verdict, Ms Harrison said: "The only way to describe how I am feeling now is relieved. The last two years have been absolute hell and this verdict will allow me to start to put the pain I have suffered in the past and start embracing the future.

"Bear's behaviour was completely unacceptable and those who choose to commit such crimes should and will be prosecuted."

Andrew Young, senior crown prosecutor from the Crown Prosecution Service East of England, said: "Stephen Bear exploited his relationship for his own gratification by sharing a private video without the victim's consent. Bear understood his actions were wrong and showed an utter disregard for the victim."

Bear will appear for sentencing on January 31.



Bathing a problem? We can help

- Stiporesistant safety fleogrimor bidet loos
- Walk in showers and baths
- Waterproof wall panelling
- Slißlipsietästasafsatfeflobdogng personnel
- Grab rails, shower seats
- Zero VAT on disabled bathrooms
- Discounts for over 60s and EX Service
- Disabled Facilities Grants
- Charity work and grants



Call for our friendly advice, free survey and quote

020 8622 5331

info@ahminstallations.co.uk www.ahminstallations.co.uk *Terms and conditions apply, visit our website for more details.







www.FullCircuitSolutions.co.uk

Serving Loughton, Buckhurst hill and the surrounding areas



- **Fuseboard Upgrades**
- Fault Finding
- Call Outs
- New Lights
- EV charger points
- **Full and Partial**

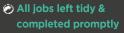
Call Mitch now on 01992 276 108





Google
Business Review Checkatrade.com





- 85% of all rubbish is recycled & saved from landfill
- No job too big or too small - single items taken
- Same day service available
- Residential & Commercial

Call for a FREE quotation 07754 454666



WE GIVE YOU YOUR SPACE BACK!

PUT THE SPARKLE BACK INTO YOUR KITCHEN



Domestic Oven Cleaning Specialists

Est. since 2007

Pr	ices

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











Aman and a teenage boy have been arrested after three people were assaulted on Loughton High Road last month.

A man in his 20s sustained a cut to his face and required medical treatment after he and two of his friends were assaulted on December 5.

A 52-year-old man and a teenage boy have both been arrested on suspicion of public order, grievous bodily harm (GBH) and common assault.

The man was also arrested on suspicion of

possession of an offensive weapon, though no knife was involved in the incident and no one was stabbed. Both have been bailed until January 20.

A police spokesperson said: "We have arrested two people in connection with an assault that occurred in High Road, Loughton, at around 3pm on Monday, December 5.

"A 52-year-old man and a teenage boy have been arrested on suspicion of public order, GBH and common assault and bailed until January 20."

Football club announces new improvements



Duckhurst Hill FC have made improvements to their home ground Dat Myrak Park in Roding Lane, following their recent success.

The Stags are enjoying their first season in the Essex Senior League, sitting comfortably mid-table, and have also taken their first foray into the FA Cup. It is hoped that the facility improvements will allow the club to build on their success and continue their upward trajectory.

The improvements have included the installation of new goals for the club's youth teams, and they will soon be installing new dugouts.

Club chairman Simon Cornwell said: "These are incredibly exciting times for the club across all our age groups and we look forward to sharing more great news in the future."

The club also recently finished building a new stand and are looking for a sponsor to help continue to fund improvements for the club.

If you would like the stand to be named after you or your company, get in touch with Simon at simon.comwell@bhfc.co.uk

OCAL

NEWS



LOUGHTON TILING ...

SUPERIOR ... EXPERT... AFFORDABLE...





...ALWAYS HERE TO GIVE ADVICE



- ◆ Family run business ◆ Tiles from £11.50
- ◆ Grouts from £7.00 ◆ Chrome trims cheapest in the area
- ◆ Adhesives from £10.00 ◆ Tools ◆ Cleaners
- We also know plenty of skilled fitters

JUST POP IN, CALL OR EMAIL FROM OUR WEBSITE WITH THE MEASUREMENTS & TILES YOU REQUIRE, & WE'LL GET A QUOTE BACK TO YOU AS QUICK AS POSSIBLE.

020 8502 1811 Showroom: 70 The Broadway, Loughton, IG10 3ST







Women's running team named as champions

Awomen's running team from Loughton Athletic Club (AC) were crowned champions at the Essex Veterans Cross-Country Championships.

The competition saw athletes from across Essex compete against the best in their age brackets over a muddy and gruelling 8.3km course.

Building on a third-place finish for their V40 team in 2021, Loughton AC's V40-49 team beat local rivals Orion Harriers to claim first place.

Meanwhile, Zoe Oldfield (pictured left) ran the course in just over 36 minutes, finishing first in the V45+ bracket and winning two gold medals - one for her individual achievement and another for the club's V40

Zoe said: "I only joined Loughton AC in October 2021 and now, thanks to the club training sessions, great coaches and with the help of my super teammates. I managed to win two Essex gold medals."

Gerry O'Doherty, president of Essex Athletics, said: "In my last event as president of Essex County Athletics Association, spanning the last three years, I was delighted to present the individual county gold medal to Zoe and the team gold to the victorious Loughton AC V40 ladies.

"Their delight at winning this title was a joy to see." Loughton's men also had a good showing, with a particular standout being Jon Whitehouse, who finished ninth of 144 finishers in the V50 bracket.

Seven arrested in class A drug crackdown

even people have been arrested as part of an Dessex Police operation aimed at tackling the supply of class A drugs in Loughton.

Four people were arrested on December 14 after officers executed warrants in West Essex and London.

The warrants were part of an ongoing investigation into a group believed to be responsible for supplying £600,000 worth of drugs in London and Essex.

Three of those arrested - Qasir Afzal, Kailash Gunsaseelan and Ballayat Sayeed - have been charged with conspiracy to supply class A and B drugs, money laundering and possession with intent to supply class A and B drugs.

They appeared at Colchester Magistrates' Court on December 15 and were remanded in custody to appear at Chelmsford Crown Court on January 12.

The fourth person arrested has been released on bail while enquiries continue.

A further three people were arrested on December 16 in connection with the investigation. They are being questioned on suspicion of drug offences and money

LOCAL NEWS



We're very pleased to announce the launch of another new service in Loughton. The free social and warm places hub is open to anyone who would like to socialise, and is also suitable for people with memory issues and those who love and care for them. The hub is activity-based with singing, puzzles, bingo and more, with free light refreshments.

The hub launches on Thursday, January 12, from 2pm to 4pm, at Loughton Club, 8 Station Road, IG10 4NX, and will run every second Thursday of the month.

We also have free social and warm places at Ongar, Waltham Abbey and Chigwell Row. Please contact us for more details.

Our community surplus hub runs every Tuesday from 11.30am to 1pm at The Loughton Club.

You can donate to our fundraising page at www. stewardship.org.uk/partners/20356308

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

On-demand bus appannounced

Anew travel app has been launched for Epping Forest District Council's (EFDC) minibus service, with the aim of making travel simpler and hassle-free.

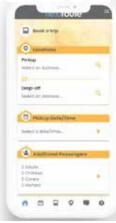
The Flexiroute Passenger App for the DaRT87 (Demand Responsive Transport) allows passengers to book vehicles and track their bookings. The service must be booked at least 24 hours in advance for one-off trips or block bookings.

Concessionary bus passes are accepted from 9.30am onwards, with a flat-rate fare of £2 a journey for up to seven miles and £5 thereafter.

There is no fixed timetable, though journeys are shaped by demand. The route runs from Debden, through Loughton and Theydon Bois, into Epping, and to Princess Alexandra Hospital.

Councillor Nigel Bedford, deputy leader of EFDC and place portfolio holder, said: "The launch of the new Flexiroute Passenger App streamlines the registration and booking process for the DaRT87 and delivers an improved passenger experience alongside the new simplified fare structure."

Download the Flexiroute Passenger App from the Apple Store or Google Play and select Epping Forest from the list of regions.









MADE IN BRITAIN

01992 948 980 essex@homehubgroup.co.uk 137-139 Epping High Street

fo

@HomeHubGroup

With no pressure sales, transparent pricing and exceptional service levels you'll feel right at home with Home Hub. Come and see us at our beautiful lifestyle showroom in Epping - call 01992 948989 to book an appointment.

homehubgroup.co.uk

Windows • Sliding Doors • Bifold Doors • Roof Lights



HOW TO GET THE BEST OUT OF YOUR GARDEN IN THE COLD WINTER MONTHS

ome of us may regard winter as the season when our desire to venture out into the garden wanes completely. Yet whether we're negotiating a path across a frosty lawn, or simply viewing nature from the warmth and comfort of the indoors, making your garden into a winter wonderland is a rewarding task.

So while you may not have the summer sorcery of flower sprays, sun loungers and an abundance of fruit and produce, these tips will help keep your outside space special even in the depths of winter.

STRUCTURAL STATEMENTS

A winter garden is one that's lighter on detail, so create new space and interest with some cool man-made structures. From trellises to metalwork, benches to rockeries, winter provides a great opportunity for man-made materials to enter the fray.

CALL FOR COLOUR

The assumption that the colour drains out of our gardens in winter is, ultimately, wrong. There are many stem-like winter plants that are radiant and

beautiful – consider the pinky purple of dogwood, evergreen rhododendrons and the shining white trunks of a birch tree.

TAKE FORWARD TRADITION

Planting a number of hardy winter varieties will give your garden presence as well as helping to carry forward the legacy of a traditional English garden. Use hellebores and snowdrops to create a classic, elegant effect.

TREMENDOUS TREES

Stripped of their summer decoration, let skeletal trees stand out against a snowy backdrop. Mixed up with evergreens, you can create a brilliant contrast.

FANTASTIC FEASTS

Finally, don't assume your winter garden can't put produce on the table. Carrots and fava beans will still thrive throughout the winter, and you can extend the growing period of a number of other varieties of fruit and veg if you keep your greenhouse operational throughout the cold months.









Did you know your smartphone can now control your alarm





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





Designing Your Home Into Reality

Virtue Architecure has been providing home owners full design services for over 10 years. With over 200 approved projects we are Loft and **Extension Specialists.**

Contact us now for a Free Quote or Advice

0208 088 2958

bilal@virtuearchitecture.co.uk www.virtuearchitecture.co.uk



VIRTUE ARCHITECTURE

NEW SYSTEMS SUPPLIED & FITTED FROM £450.00

(OR WE MAY BE ABLE UPGRADE YOUR EXISTING SYSTEM)

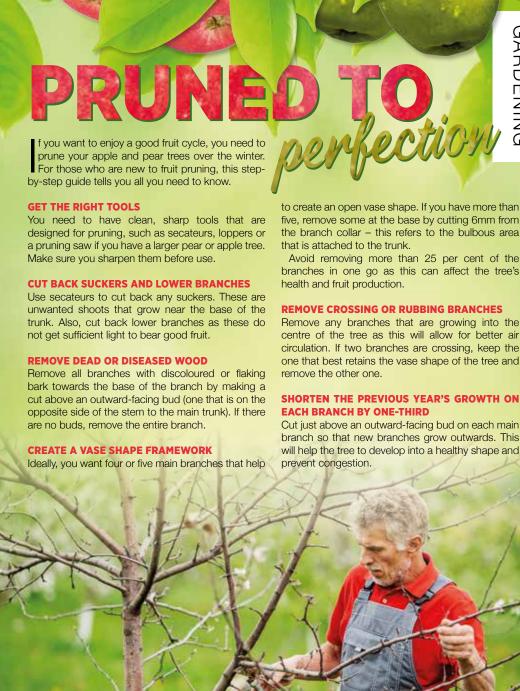
to create an open vase shape. If you have more than five, remove some at the base by cutting 6mm from the branch collar - this refers to the bulbous area that is attached to the trunk.

Avoid removing more than 25 per cent of the branches in one go as this can affect the tree's health and fruit production.

REMOVE CROSSING OR RUBBING BRANCHES

Remove any branches that are growing into the centre of the tree as this will allow for better air circulation. If two branches are crossing, keep the one that best retains the vase shape of the tree and remove the other one.

Cut just above an outward-facing bud on each main branch so that new branches grow outwards. This will help the tree to develop into a healthy shape and



GARDENING

Mational Eye Care Month

■ anuary is National Eye Care Month, so what better time to learn how to take care of your pet's eyesight? Sight is an essential sense that enables your pet to navigate their environment, communicate with other animals and even express emotion, so find out how to look after your pet's

WHAT CAUSES EYE PROBLEMS IN PETS?

Sadly, eye problems are relatively common in pets and can be caused by many different things such as exposure to chlorinated water or saltwater, fungal infections from a change in climate or humidity, genetics, and ageing. Some breeds are also more susceptible to certain eve conditions than others.

HOW TO LOOK AFTER YOUR PET'S EYE HEALTH 1. Regular maintenance

One of the easiest and most effective ways to keep vour pet's eves in good condition is by preventing any issues before they occur. You can do this by periodically cleaning their eyes with a soft, damp cloth or a specially formulated rinse and regularly trimming the hair around their eyes. Also check for any debris or contaminants in and around the eyes.

2. Purchase eye vitamins

You can help to support your pet's eye health by giving them eye vitamins. A more long-term approach to eye health, these are packed with antioxidants that work hard to fight harmful free radicals. Research shows that these can help to prevent the onset of agerelated and hereditary macular degeneration.

3. Use gentle grooming products

While it is important that you keep your pet clean and well groomed, some grooming products can irritate their eyes. Use chemical-free shampoos and soaps and avoid air fresheners in the home if your pet has sensitive eyes.

4. Be vigilant

Many eye problems cause watery or mucus discharge, so make sure that you look out for this as well as any swelling or redness. Sensitivity to light, rubbing at the eve and holding the eve closed are also signs of a potential infection or issue.

Jim Barr's **Gutter Cleaning**

I'm available in your area to clean and repair your gutters.

I can also supply and fit new guttering, upvc, fascias & soffits.

If you need my services, please call

Tel: 01708 874816 Mobile: 07833 572459

I also clean upvc, fascias, soffits, window frames & conservatories





e: loughton@visionmag.co.uk



Loved by thousands of families since 2007 RUGGERBUGS is a multi award winning, FUN & Exciting motor skills development programme based around non-contact rugby for children from Walking to 7yrs.

Saturday mornings from 9am **Woodbridge High School Woodford Green, IG8 7DQ**





Classes available in Loughton, Theydon Bois, Ongar,

tutor

Abridge, Chigwell, Harlow, Highams Park & Brentwood

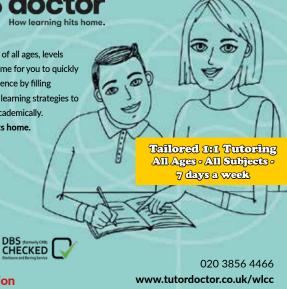
EVERYONE CAN LEARN WITH THE RIGHT APPROACH

Tutor Doctor provides 1:1 tutoring services to students of all ages, levels and subjects. We come to your home at a convenient time for you to quickly identify where your child is struggling, help build confidence by filling missing building blocks, and provide the right tools and learning strategies to enable them to catch up with their studies and thrive academically.

- At their pace. On their terms. This is how learning hits home.
- ✓ Tutors carefully matched to personality and needs of each student
- ✔ Regular weekly session reports to monitor goals and milestones

✓ Y1 to Y13 | All Subjects | Online or Face to Face

- ✓ All tutors have a clear Enhanced DBS check
- ✓ Tutor Match Guarantee
- ✓ 60-Day Money Back Guarantee



Wanstead Loughton Chingford Chigwell



is year, Chinese New Year falls on January 22, marking the beginning of the Year of the Rabbit. Chinese communities throughout the world celebrate the New Year with family meals and outdoor events featuring firecrackers, fireworks and dragon puppets. And at the end of the festivities,

there's a lantern festival to welcome the full moon.

Linese New Year

To mark the occasion, why not create some beautiful paper lanterns? Plain ones can look gorgeous, but choose rabbit-printed paper or add some decorations for a bit of extra festive fun. You could even adom your lanterns with homemade bunny features, such as ears, eyes and noses.

YOU WILL NEED:

- Some sheets of paper (A4 paper makes a lantern about 20cm tall, and A5 paper makes a lantern about 14cm tall). You can use different coloured or patterned paper
- > A ruler, pencil and eraser
- A glue stick
- Scissors
- Extra decorations such as stick-on shapes. sequins, braid or ribbon (optional)

- Fold your paper in half lengthways so you have a long, slim rectangle.
- 2 Draw a line parallel with the long edge, where the two sides of the paper meet. This line should be about 2.5cm away from
- Starting about 2.5cm in from one of the short edges, draw a series of parallel lines across the rectangle, from the folded edge up to the long line you've just drawn. These lines should be about 2.5cm apart.
- Cut along each of the short lines.
- Erase any noticeable pencil marks, then unfold the paper.

- 6. Run your gluestick along one short side of the lantern. Form the paper into a tube shape, then glue the two short sides together.
- 7. If you like, decorate your lantern or add a ribbon. or paper handle.

The lanterns look great strung along a piece of ribbon



No-Obligation Free 1 Hour Consultation

Complimentary Assessments

S



GARDEN GETAWAYS

f you love gardening, then you are going to love our suggested destinations that are just perfect for green-fingered travellers.

Whether you want to explore gardens in the UK or go further afield, here's something for every gardening enthusiast.

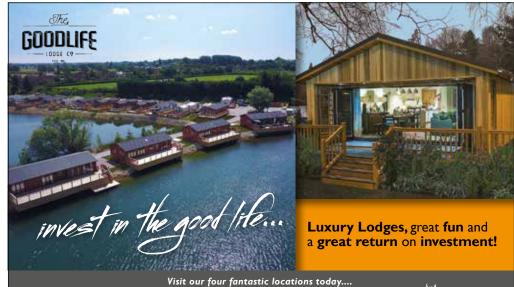
Italy: Whether you choose to explore its formal gardens or simply enjoy the abundance of breathtaking blooms around the country, Italy is a great destination for garden enthusiasts. The gardens that overlook the Italian lakes are a must-see, with the botanical gardens of Villa Taranto overflowing with azaleas and rhododendrons.

Japan: This East Asian country is renowned for its pink cherry blossom and Zen gardens which have to be seen first-hand to be believed. Head to the Hama-rikyu Gardens in Tokyo in March, and don't forget to also schedule a trip to Japan's most popular Zen garden at the Ryōan-ji Temple.

Somerset: If you are looking for a gardening getaway that is closer to home, Somerset is the perfect choice. Visit country houses such as Hestercombe House, Kilver Court and Lytes Cary Manor and marvel at their impeccable grounds and stunning natural surroundings.

Madeira: Boasting a sub-tropical climate, Madeira is a haven for a whole host of rare species that guarantee to impress. From North American sequoia trees to pretty ponds filled with koi carp, there are many colourful sights for you to enjoy. Don't miss the Flower Festival in April 2023, where you can see some of Madeira's finest gardens and landscapes.

Isles of Scilly: The Isles are famous for their unspoilt natural beauty, with an abundance of beaches, rugged landscapes and wildlife. Head to Tresco Abbey Garden, where you can marvel at 20,000 plants from more than 80 different countries.





Thorney **GC**



www.goodlifelodge.com • info@goodlifelodge.com • 0800 564 2266

HANDCRAFTED WEDDING FLOWERS



The Romford Flower Shop are the local specialists in handcrafted wedding flowers. We can help plan, design and create truly breath-taking arrangements for your wedding day using either fresh, silk or dried flowers. We are also an award-winning business.

For a FREE no obligation quotation please call 01708 912102 or email shop@romfordflowershop.com

- Wedding Flowers
- Funeral Flowers
- Birthdav Flowers
- Anniversary Flowers
- Fresh Flower Delivery

V53

Day to Day Flowers

Romford Flower Shop, The Hubb, 351 Rainham Road South, Dagenham, Essex, RM10 8QR www.romfordflowershop.com/wedding-flowers

VISIONLoughton edition 56 | to advertise call 0208 088 0386 VISIONLoughton edition 56 | to advertise call 0208 088 0386



id you overspend during the festive period? Is your bank balance looking a little bleak? Then nospend January could be just what you need to get your finances back on track for 2023 and beyond.

WHAT IS NO-SPEND JANUARY?

No-spend January is a money-saving challenge that is designed to help people get their finances back in order after splurging over Christmas. It can also help you to reset your budget, reassess where your money is going and break bad spending habits. Although called no-spend January, you are allowed to cover the cost of essentials.

WHAT YOU CAN SPEND MONEY ON:

Mortgage/rent | Credit card repayments | Utilities such as gas, electricity and water | Urgent maintenance costs for your home or car | Food shopping | Pet supplies

WHAT YOU CANNOT SPEND MONEY ON:

Takeaways/eating out | Clothes shopping | Entertainment such as the cinema or bowling | Beauty expenses such as the nail salon or hairdressers

OUR TOP TIPS FOR NO-SPEND JANUARY:

- Cut down on non-essential food and drink items such as alcohol and treats
- Use up store cupboard and freezer food before going to the supermarket
- 3. Don't use your credit or debit card; instead, use cash only
- 4. Visit your local library for free books
- 5. Consider a car share to cut down on petrol costs
- 6. Declutter your home and see if there are any items you can sell
- 7. Ask family and friends to participate
- 8. Visit free local attractions such as museums and parks
- 9. Organise a clothes swap with friends

HOW TO MOVE ON FROM NO-SPEND JANUARY:

If you don't want to revert back to unhealthy spending once January is over, it can be a good idea to introduce a no-spend week or no-spend day once a month. Also, avoid rushing out to buy new things right away as this can undo all your hard work – wait until the sales instead.



Work your way in Epping.

Make a home for your business with a Regus private office. Our fully-equipped workspaces have everything taken care of - from the furniture to the high-speed WiFi - so you can focus on driving your business forward.

Coworking desks available for a 12 month term at £239 + VAT.

Offices, coworking, meeting rooms, virtual office and memberships.



01992 9248000

The Civic Building. 323 High St, Epping CM16 4BZ regus.com









YOUR PERSONAL CONVEYANCING SOLICITORS

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

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

Sales and Purchases – both leasehold & freehold

Shared Ownership Right to Buys

- Affordable Housing
- Remortgages & Transfer of Equity
- Auction Sales and Purchases
- Lease extensions



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 Epping.

Contact us, enquiries@raydensolicitors.co.uk

323 High Street Epping Tel: 0203 773 3919

RAYDENSOLICITORS www.ravdensolicitors.co.uk

We are available on







ACQUISITIONS

FAMILY

WILLS &

PROBATE

GENERAL LITIGATION













PERFECT **OFFICE**

> Inhether you're on the hunt for your first office for a new start-up or you have an established enterprise needing to relocate or upsize, we can help you to find the perfect commercial property for your

> TRANSPORT AND PARKING: Is the office located in an area that boasts good transport links? Is it convenient for you, your employees and your clients? Do you need office parking? If yes, how many spaces do you need? Is it included in the price or available at an additional cost?

VISIBILITY AND PASSING TRADE: Is the office easy to find? How much foot traffic does it get? Depending on the nature of your business, you may need an office space that offers both visibility and passing trade.

REPUTATION OF THE AREA: Although you may want to try to cut costs, if your chosen office space is in an area that is not considered to be attractive or safe, this could have a detrimental effect on your business.

LOCAL AMENITIES: It is unlikely that you want an office space that is in the middle of nowhere with no local amenities such as cafés, restaurants and shops - especially if you love to wine and dine your clients.

SOUARE FOOTAGE: Another crucial factor is the size of the office space. You need to think not only about how many employees you have but also whether or not you need to store supplies on site. Remember to consider the long-term as well as the immediate future.

OFFICE FACILITIES: Make sure you know what is included in your rental agreement. For example, will the space be fully furnished? Is there a reliable and fast internet connection? Are utility bills and business rates included?

CONTRACT LENGTH: Are you looking for a long-term lease or a more flexible, short-term contract? Long rentals often work out cheaper, but only if you are able to commit to the agreed length of time.





Thile no one expects to be involved in a car accident, these types of incidents can happen in the blink of an eye and, if you don't know what to do next, can cause you untold stress and expense.

Here's everything you need to know about DOIHAVE TO MAKE A CLAIM AFTER AN making a claim following an accident.

WHAT INFORMATION DO I NEED TO MAKE A CLAIM?

If you are involved in a motoring incident with another person, you should do your best to obtain the below information on the scene:

- > Their full name
- > Their vehicle registration
- > A contact telephone number

It can also be a good idea to find out their address and details of their insurance provider. If there are any witnesses, try to get their details as well. When you phone your insurance company, they are likely to ask you for your policy number, so make sure you have this to hand.

WHEN DO I NEED TO MAKE A CLAIM?

Although it can vary from one insurance provider to the next, typically you have 24 to 48 hours to inform them if you are involved in a motoring accident. This is regardless of whether the incident was your fault or caused by another party. Where possible, you should call them while still at the scene.

ACCIDENT?

There is no rule that says you have to make a claim after a road accident, but you are required by law to tell your insurer about what has happened.

DO I NEED TO CALL THE POLICE AFTER A CAR ACCIDENT?

According to the Road Traffic Act, you must report a car accident to a local police station within 24 hours. You can do this using the nonemergency number 101. If there is an injury or the road is blocked, call 999 immediately.

WHAT HAPPENS IF I DON'T WANT TO MAKE A CLAIM?

You may choose not to make a claim. This will allow you to keep your no-claims discount intact, although you will have to pay for any necessary repairs to your vehicle yourself. It is worth knowing that, even if you do not make a claim, the other driver involved may still do so.



*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.

Main Dealer Servicing without Main Dealer Prices



Specialist in Prestige & Performance Vehicle Repairs

Our Services include:

Diagnostics | Clutches | Servicing | Oil Changes | Gear Boxes | Vehicle Air Conditioning Electrical Systems | Engines | Fleet Maintenance | Fault Finding

GRAVEL LANE AUTO

T: 020 8502 6868 E: gravellaneautos@gmail.com W: www.gravellaneauto.com Unit 2 Brownings Farm, Gravel Lane, Chigwell, Essex IG7 6DQ









EXPERIENCE GOLFING EXCELLENCE
ALL YEAR ROUND



5 DAY MEMBERSHIP

2 MONTHS FREE & NO JOINING FEE JOIN NOW

01708 688396 WWW.ABRIDGEGOLF.COM







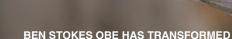
SUPERB COURSE - LOVELY PEOPLE - A PROPER GOLF CLUB











HIMSELF AND THE GAME OF CRICKET

t's only five years since Ben Stokes OBE found himself facing not just exclusion from the sport he loved, but also potentially a prison sentence, having been charged with affray outside a Bristol nightclub.

ENGLAND'S

The incident – in which the brilliant all-rounder was defending a homosexual couple – cost Stokes his place in the 2017/18 Ashes team, and sent the Durham cricketer on a journey of self-discovery that, ultimately, has led him to the heights he finds himself at now.

Stokes roared back from the Bristol incident, inspiring England's 2019 World Cup win, batting sensationally at Headingly in that year's Ashes to win the third Test when all seemed lost, and being named Player of the Series in South Africa that winter.

Last year, Stokes was instrumental in bringing England T20 World Cup glory, yet it is his ascent as Test captain that is truly captivating a nation at the moment

England clinched an away Test series in Pakistan – a country in which they had only ever won two matches in their entire history – yet it is the manner of the cricket being played that truly reflects a new dawn for the sport.

'Bazball', as it is referred to, is a driven, dynamic and outlandishly positive method of playing the game, the like of which five-day Test cricket has never seen. This cricket revolution epitomises not just Stokes' captaincy, but also his approach to life itself.

As inspirational English sportspeople go, there are few who can rival Stokes' efforts.

Further proof of this was offered when Stokes was named as runner-up in the 2022 BBC Sports Personality of the Year Award. Though he didn't win, his nomination is evidence enough of his incredible success.



BRITISH BUSINESS

FIVE AGE-OLD BRITISH COMPANIES STILL WITH US TODAY

taggeringly, between 350,000 and 400,000 British businesses close their doors for good every year. But some companies have been up and running for

The oldest surviving British company is The Royal Mint. It opened in 1279 and, for several hundred years, was based at the Tower of London. In the early 1800s, it moved over the road. But by 1975, it had completed its move to its current home in Llantrisant, Wales. The Mint makes more than 3.3 billion coins and blanks yearly - for the UK and more than 30 other countries.

With the dwindling use of cash, the Mint has expanded into other areas, including precious metals investment, historic coins and luxury collectibles. And it's doing pretty well.

Cambridge University Press, the world's first publishing company, was founded in 1534 and publishes academic and educational texts.

Moving down the years, Royal Mail, as it's now known, was founded in 1586. For almost 500 years, it was owned by the state. But by 2015, it was fully privatised. At one stage in the early 20th century, the company had 22,000 pigeons. And someone's gone to the trouble of counting how many elastic bands it currently uses to bundle mail - apparently 342 million a year.

Barclays Bank was founded in London in 1690. The institution's long history is contained in an archive of photos, letters and curiosities housed in the Barclays Group Archives in Manchester.

In 1706, Thomas Twining bought a coffee shop in London's Strand and began to sell tea. Back then, tea was very costly. But Twining spotted a trend. And when he started selling loose tea leaves, as well

as cups of the beverage itself, business boomed. By 1717, he'd bought additional space next door - and the shop's still open for business today.





www.imperials.co.uk

WE WANT TO BUY YOUR CARS



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

ROLLS ROYCE | BENTLEY | MERCEDES | BMW ASTON MARTIN | PORSCHE | MCLAREN

TOP PRICES PAID DURING THIS CURRENT CLIMATE FOR THE RIGHT CAR

IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US

For more information contact email: mason@imperials.co.uk | Tel/WhatsApp: 0208 548 7830





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: Vickischessclub.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 0203 637 6688

ELECTRICAL & WHOLESALERS

CH ELECTRICAL WHOLESALERS

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

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

THE VISION LISTINGS

ELECTRICIAN

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

GLADE ENERGY SERVICES LTD

We cover all types of electrical work in your home. LED lighting, Fusebox upgrades, CCTV & Home automation. Please call 020 3906 2863

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. 0208 504 2704

LOCKSMITHS

KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 020 3897 2686 | Quote: 15079

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 GROUP

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, outters cleared/repaired, insurance work, PLI, 07917 870879

ROOFING

JIM BARR ROOFING

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

WEB DESIGN & PRINTING

SWIVEL CREATIONS

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

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

To advertise call VISION on 0208 088 0386



PUZZLES & TRIVIA

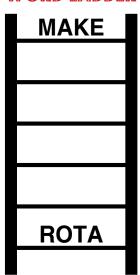
- AGATE
- AMETHYST
- AQUAMARINE
- DIAMOND
- ▶ FELDSPAR
- JADE
- JASPER
- LAPIS LAZULI
- MALACHITE
- MOONSTONE
- OBSIDIAN
- OLIVINE
- OPAL
- QUARTZ
- ▶ RUBY▶ SAPPHIRE
- TANZANITE
- TOPAZ
- TOURMALINE
- TURQUOISE

Α	Ε	Α	В	٧	Z	J	T	U	Q	U	Α	R	Т	Z
M	X	Т	J	U	Α	V	0	В	S	1	D	ı	Α	N
Ε	V	Р	ı	S	Α	J	U	Р	Р	Ε	R	Z	В	D
T	R	L	R	Н	Α	G	R	Ο	L	I	٧	ı	N	Е
Н	Α	Т	N	S	С	Q	M	Т	Т	L	Α	Ο	Q	Т
Y	U	N	Р	М	Υ	Α	Α	Т	Α	R	M	Р	U	Т
S	R	E	Z	S	X	L	L	Р	U	Α	S	R	0	0
T	R	Т	L	Α	Z	D	ı	Α	ı	J	Q	Ε	R	Р
Α	N	N	G	Α	N	S	N	D	М	U	R	R	Α	Α
Н	X	Α	Р	I	L	I	Ε	Ε	0	Υ	T	ı	Р	L
L	Т	0	G	Α	G	Q	Т	ı	Α	В	Α	Н	S	Е
Ε	Т	ı	Z	Z	R	G	S	E	S	U	W	Р	D	н
L	ı	U	R	R	U	Ε	D	Α	J	R	٧	Р	L	U
Α	L	E	Ν	0	Т	S	N	0	0	М	В	Α	E	N
I	X	E	N	I	R	Α	М	A	U	Q	Α	s	F	G

DID YOU KNOW?

- ► More than one million animal species have been identified on Farth.
- There is only one species of koala in the world.
- ▶In the wild, red pandas are mainly active during the twilight period and until the early hours of the morning. Otherwise, they are usually found resting.
- Like domestic cats, giant panda bears have vertical slits for pupils.
- ▶It's thought there are more tigers in captivity than are left in the wild.
- Lions can eat up to 40kg of meat in a single meal. That's around a quarter of their body weight.
- You can tell the species of an elephant by the shape of its ears.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

OVER 30 YEARS OF EXCELLENCE



Life is Beautiful

At City Bathrooms we believe everyone deserves a beautiful bathroom that's why our passion for luxury products, first-class customer service and expert bathroom advice is at the heart of everything we do.

citybathrooms.com





City Bathrooms

11 Raven Road, South Woodford E18 1HB 3-5 Hermon Hill, Wanstead E11 2 AW

Telephone: 020 8504 5152



THE FUNKY MONK HOTEL AND RESTAURANT

ENJOY A LUXURY EXPERIENCE

RESTAURANT



HOTEL



BAR



LOUNGE



DELICIOUS FINE DINING

SPECIALISING IN SEAFOOD

ECLECTIC WINES « CHAMPAGNE

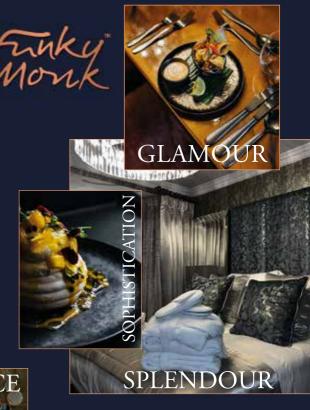
COCKTAILS « CANAPES

EVENTS 🔷 LIVE MUSIC /DJ

CHRISTMAS MENU







NINE SUMPTUOUS SUITES

GET IN TOUCH FOR MORE INFORMATION & TO BOOK 01992 276063

www.funkymonkhotel.com

funkymonkhotel

236 High Street, Epping, CM16 4AP

