

A portrait of Susanna Reid, a woman with long brown hair, smiling and wearing a red lace dress. She is positioned on the left side of the page. The background is a mix of white and light grey with some orange and teal accents.

**MEET THE
WORLD'S
LARGEST
DINOSAUR**

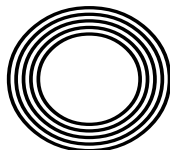
SPRING REFRESH
Tips for the season

Celebrating the life of
JOHN MOTSON OBE

COBALT BLUE
How to wear the on-trend colour

SUSANNA REID

Breakfast TV presenter celebrates 20 years on screen



FREE

Photo credit: ITV/Nicky Johnston/
Shutterstock



AEG

Single Oven
BPK748380B



- 77 Litre Fan, 17 Programmes
 - TFT Display, Pyrolytic Cleaning
 - 2 Shelves, Quadruple Glazed Glass
 - Dimensions: H59.4xW59.5xD56.7cm
- 2 Year Warranty
A++ Energy Rating

Only
£989.⁰⁰

FISHER & PAYKEL

American Style Fridge
Freezer
RF60S0DVX1



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

Only
£3,300.⁰⁰



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...

APRIL 2023



Brett Shohet, Editor

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

It amazes me how small the world is and how we are all connected, especially when I am out and about. For example, I have known one of my contacts for ages and he has a famous comedian in his family, along with another contact who used to be a drummer for The Clash.

We just all seem to be more connected, especially with the six degrees of separation with social media and platforms like **VISION**.

I am consistently looking for ways to invest in our communities and support local businesses. To aid in our mission to do so, I recently

purchased an established business exhibition. The event will be held in Hertfordshire in October and is sponsored by London Stansted Airport. It will feature more than 60 stands and offers local businesses the chance to showcase their services. If you would like to know more, please contact me on the details below.

Finally, May 6 will see the coronation of King Charles III. There are many events being held to mark this historic occasion, and I'd encourage everyone to get involved with the celebrations.

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:



loughton@visionmag.co.uk | 0208 088 0386

www.visionmagessex.com | www.visionmagherts.com

[@visionmagessex](https://twitter.com/visionmagessex) | [@visionherts](https://twitter.com/visionherts) | [@visionmagessex](https://www.instagram.com/visionmagessex) | [@visionmageastherts](https://www.instagram.com/visionmageastherts)

[f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex) | [Vision Magazine East Herts](https://www.facebook.com/VisionMagazineEastHerts)

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Darius Morgan

All pages are 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

196 High Road, Woodford Green, Essex IG8 9EF

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

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)



THE VOICE OF FOOTBALL

JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.

MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

Life as the Biggest Dinosaur is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit www.nhm.ac.uk



**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





BEAUTY

GUIDE TO False eyelashes

Would you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.



INDIVIDUAL lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.



CLUSTERS, which are sometimes referred to as flares or accents, are ideal for those who do not want to apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.



STRIPS are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.



MAGNETIC lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

EXTENSIONS are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.

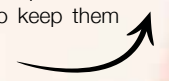


Photo credit: lolilashes.co.uk



WOODFORD HOUSE DENTAL PRACTICE



**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



DANIEL ROBINSON & SONS

INDEPENDENT FAMILY FUNERAL DIRECTORS



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



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



How to wear COBALT blue

FASHION

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

MAKE IT MONOCHROME

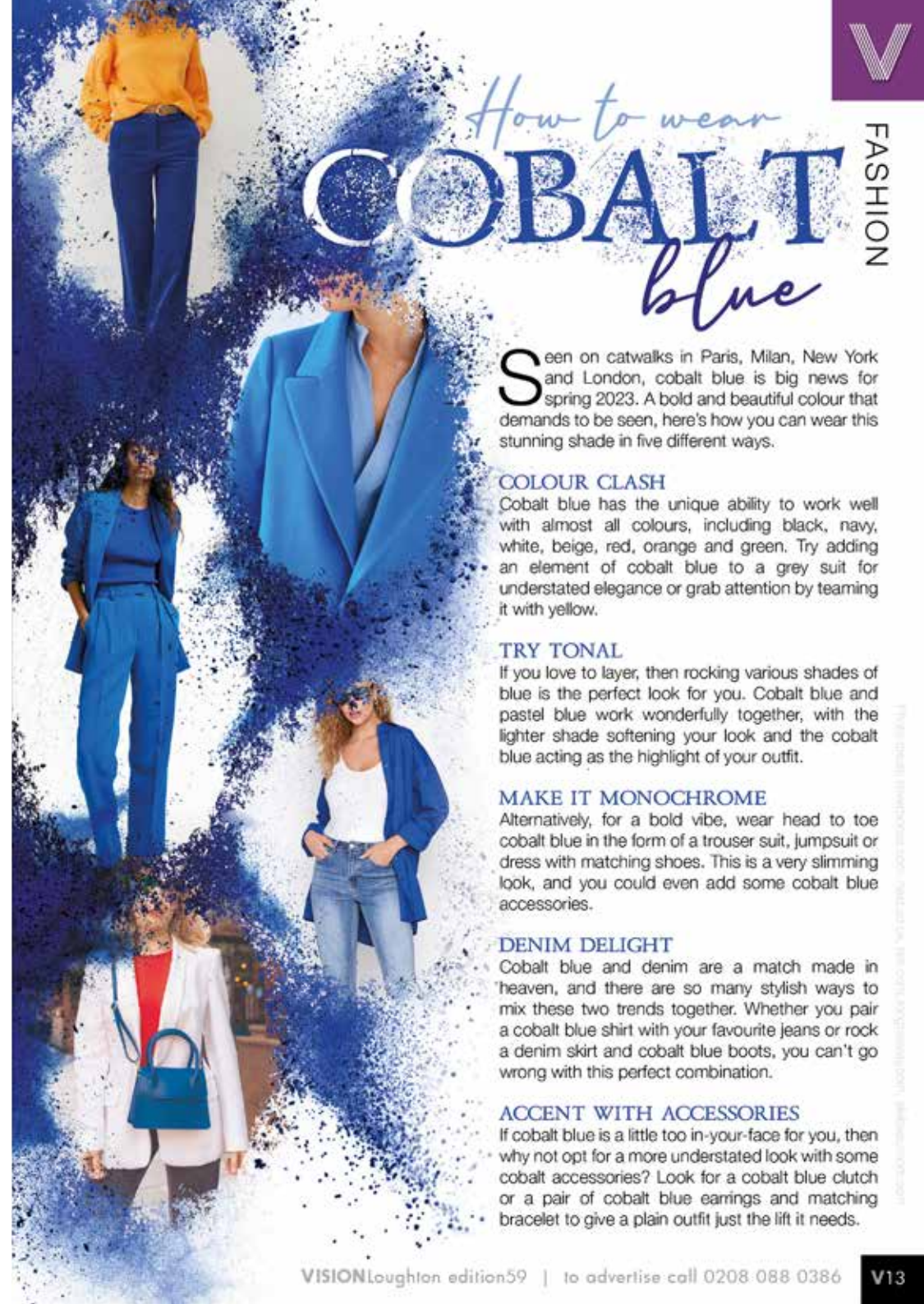
Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.



WHY Spring Cleaning IS GOOD FOR YOU

It sounds like a line to make us splash out on new dusters and mops, or perhaps a government message to promote hygienic homes. But according to psychologists, cleaning our homes in spring really can boost our mental health.

First of all, most of us feel our energy levels increase as the days become brighter and longer. We want to pack away our winter clothes, get outdoors, and clean and reorganise our homes.

Many people find that cleaning their home makes them feel good and gives them a sense of mastery over the world around them. While many of us profess to hate housework, regularly cleaning your home is known to have positive effects.

"A lot of people do find cleaning to be very satisfying, but also to be a very good way of managing stress or anxiety," explains Dr Dawn Potter, a

clinical psychologist from Cleveland, USA.

When people are facing problems they can't solve or feel overwhelmed, she continues, cleaning can help restore a sense of control and calm.

Whether vacuuming your carpet wiping or your kitchen counter, household chores are also easy-to-achieve acts of mindfulness. While you're doing them, you naturally concentrate on the task and your worries take a back seat, at least for a while.

There are also more obvious benefits to keeping your home clean and tidy. Who doesn't want to wake up somewhere clean and bright – and return home to it at the end of the day? If you work from home, this is even more important.

On the flip side, if your home environment is a mess, it can make you lose confidence and feel unorganised.

So now you have no excuses. Roll up your sleeves, grab your Marigolds and get stuck in this spring.



WOOLSTON MANOR

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



Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?

LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.



TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.



AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.



IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.



BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.



Manjal

SOUTH INDIAN & SRI LANKAN CUISINE

RESTAURANT | BAR | EVENTS

Langston Road, Loughton, IG10 3TQ

Restaurant Hire

Sports Bar | Field Hire | Football & Cricket



Follow Us

[f](#) [@](#)manjalrestaurantuk

visit: manjalrestaurant.com

Email: info.loughton@manjalrestaurant.com

020 7132 2777



SCAN HERE



Funky Monk™

RESTAURANT

HOTEL

BAR

LOUNGE

NEW LUNCH MENU & HEATED OUTSIDE SEATING



9 LUXURY HOTEL ROOMS AVAILABLE

GET IN TOUCH FOR MORE
INFORMATION & TO BOOK
01992 276063

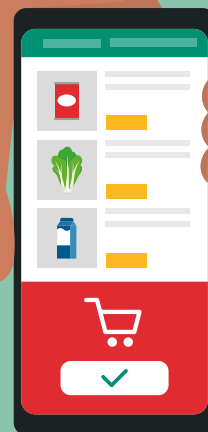
www.funkymonkhotel.com

📍 funkymonkhotel

236 High Street, Epping, CM16 4AP



SCAN ME



WASTE NOT Want not!

THE BEST APPS TO CUT DOWN ON FOOD WASTE



The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around.

Check out these top four apps that promise to help you cut down on food waste and save money in the process.

TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.

OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.

KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.

NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.



A SLICE OF HISTORY

Simnel Cake

There are some stories you wish were true – and the myth behind Simnel cake, the marzipan-covered fruitcake popular at Easter, is one of these.

Back in the mists of time, a certain Simon and Nelly apparently fell out while making a fruitcake. One said it should be boiled; the other wanted to bake it. After a squabble, they settled on using both cooking methods. The resulting cake was named after both of them.

Simnel cake dates back to the 17th century when live-in staff returned to their families around Lent, often bringing food with them. By the 19th century, Simnel cakes looked like the cakes we know today, complete with 11 balls of marzipan to represent Jesus' apostles – minus Judas, the traitor.

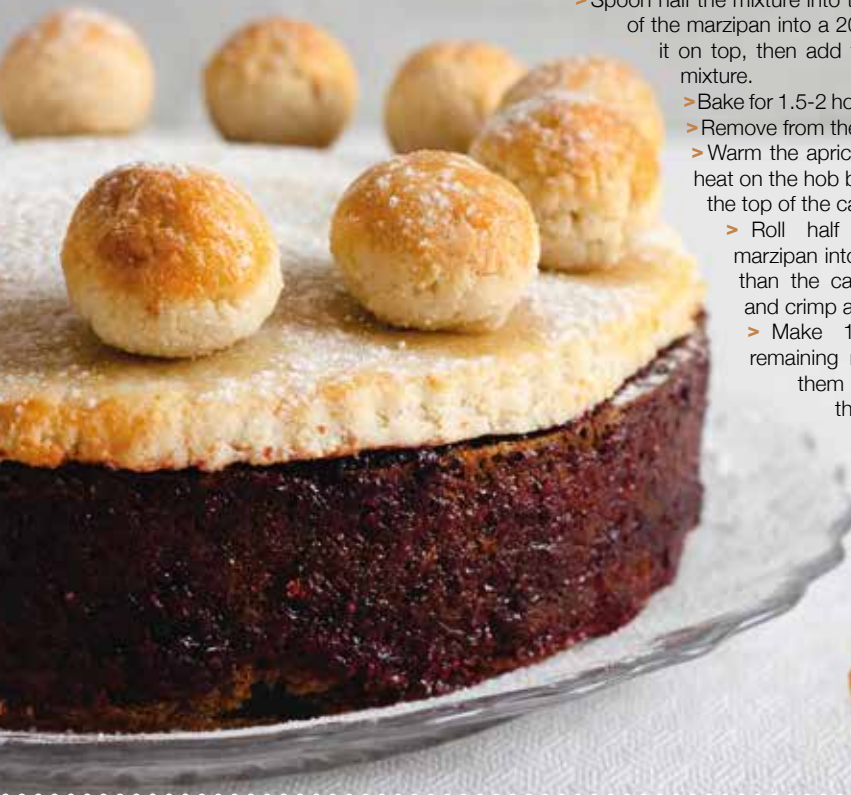
INGREDIENTS:

FOR THE CAKE: 175g light brown soft sugar | 175g soft butter (plus extra for greasing) | 175g self-raising flour | 3 large eggs | 50g ground almonds | 3 tbsp milk | 200g mixed dried fruit | 100g glacé cherries, quartered | 2 tsp mixed spice powder

FOR THE TOPPING: 450g golden marzipan | 3 tbsp apricot jam | 1 egg, beaten

HOW TO MAKE:

- > Preheat the oven to 160°C/Fan 140°C/Gas 3.
- > Grease a deep 20cm/8in cake tin and line it with baking paper.
- > Put all the cake ingredients into a large bowl and beat well.
- > Spoon half the mixture into the tin. Roll one-third of the marzipan into a 20cm/8in circle. Place it on top, then add the rest of the cake mixture.
- > Bake for 1.5-2 hours till golden brown.
- > Remove from the tin and cool.
- > Warm the apricot jam over a gentle heat on the hob before using to brush the top of the cake.
- > Roll half of the remaining marzipan into a circle, just bigger than the cake. Place it on top and crimp around the edges.
- > Make 11 balls from the remaining marzipan and place them around the edge of the cake.
- > Lightly brush the marzipan with the egg and grill carefully for about five minutes.



FILIKA

Filika restaurant is a smart, comfortable and cosy restaurant with a relaxing Mediterranean atmosphere.

Welcoming and friendly, we serve modern and the best traditional Turkish cuisine.

We offer a good choice of freshly prepared seasonal food – mezzes, a generous selection of marinated steaks, chicken, vegetarian dishes and lots of fish & seafood dishes.

Opening hours

Monday-Saturday: 12pm - 10pm

Sunday: 12pm - 9pm

FILIKA RESTAURANT THEYDON BOIS

13 Forest Drive, Theydon Bois, CM16 7EX

www.filikarestaurant.co.uk

theydonbois@filikarestaurant.co.uk

Tel: 01992 812000



FILIKA RESTAURANT WANSTEAD

62 High Street Wanstead, E11 2RJ

www.filikarestaurant.co.uk

info@filikarestaurant.co.uk

Tel: 020 8530 1333



BOILR offers comprehensive service plans to homes throughout Essex, Hertfordshire & London.

★	★★	★★★	★★★★★
£7.50 / MONTH	£15.50 / MONTH	£19.50 / MONTH	£23.50 / MONTH
Annual boiler service ✓	Annual boiler service ✓	Annual boiler service ✓	Annual boiler service ✓
Landlord safety record ✓	Landlord safety record ✓	Landlord safety record ✓	Landlord safety record ✓
Heating/Gas/Plumbing ✓	Heating/Gas ✓	Heating/Gas/Plumbing ✓	Heating/Gas/Plumbing ✓
Electrical Faults & Emergencies ✓	Electrical Faults & Emergencies ✓	Electrical Faults & Emergencies ✓	Electrical Faults & Emergencies ✓

Servicing | Installation | Plans

CALL OUR TEAM TODAY FOR MORE INFORMATION

📞 0203 576 2386

✉ hello@boilrltd.co.uk 🌐 boilrltd.co.uk



T&C's Apply

FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

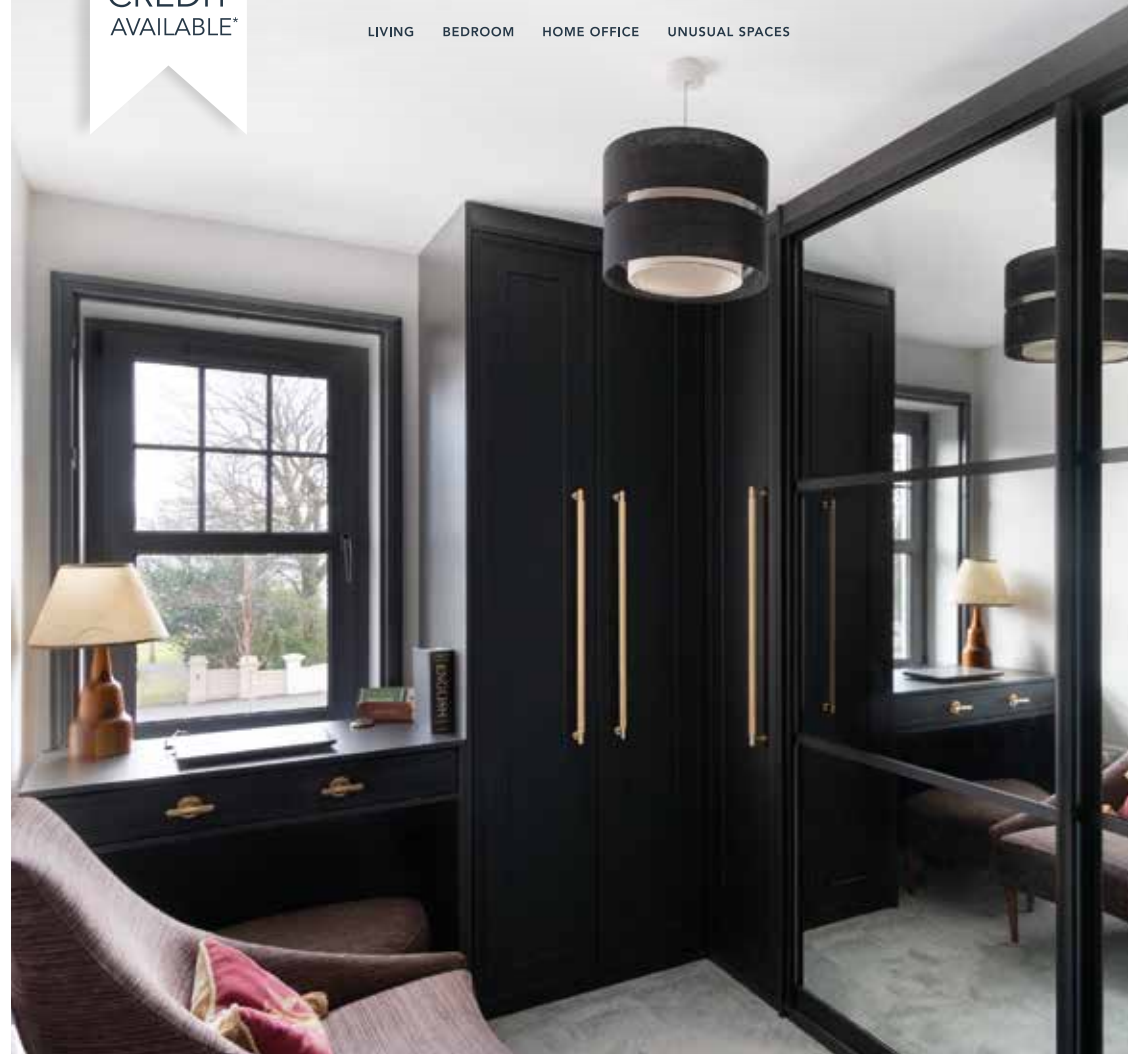
5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

0%
INTEREST FREE
CREDIT
AVAILABLE*

IT HAS TO BE
SLIDEROBES®

LIVING BEDROOM HOME OFFICE UNUSUAL SPACES



Experts in bespoke fitted furniture.

Book a free, no obligation design appointment at [sliderobes.co.uk](https://www.sliderobes.co.uk)
or call our free phone number **0800 454 465**

*All finance offers are subject to eligibility criteria. Applicants for finance must be 18 years or over. Credit is subject to status and affordability. Terms and conditions apply. Reddington Jordan Ltd T/A Sliderobes, Unit 3C Deacon Trading Estate, Forstal Road, Aylesford, Maidstone, Kent, ME20 7SP, Register No. 728723 is a credit broker not a lender and is authorised and regulated by the Financial Conduct Authority. Credit provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC, authorised and regulated by the Financial Conduct Authority (Register no. FRN 704348).



PLATINUM
DECORATING



**FOR DECORATION AS
UNIQUE AS YOU ARE**

- PAINTING & DECORATING
- KITCHEN SPRAYING
- WALLPAPERING
- FREE QUOTATIONS



0208 088 2976

info@platinumdecorating.co.uk

platinumdecorating

platinum.decorating



ELECTRICIAN

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 rewires

Call Mitch now on
01992 276 108



LOFT CONVERSION AND REMODELLING SPECIALISTS

PROVIDING BESPOKE CONVERSION SOLUTIONS

DORMER • HIP TO GABLE • MANSARD • ROOF LIGHT
HOME REMODELLING AND INTERIOR DESIGN

LET US DELIVER YOUR DREAM

VISIT OUR WEBSITE: WWW.LOFTCARE.CO.UK
or call 0208 088 3015 • 0800 002 9411



Morning. nune and night



HOME & DIY

Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions

and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.

The nune style is an easy one to recreate in your own home and can be budget-friendly.

Photo credit: nunenune.com

Shake your POMPOM

Forget weird little pompom creatures with googly eyes.; these fuzzy balls of fun have just got a whole lot cooler.

Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

How to make:

Traditionally, pompoms are made using two cardboard circles.

- For a 6cm diameter pompom, draw and cut out two cardboard circles, each 5.5cm diameter.
 - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
 - Place the two circles together.
 - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
 - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
 - Tie a length of yarn very tightly around the middle then remove the circles.
 - To finish, just give your pompom a neat haircut.
- To speed things up, get hold of some pompom makers from your local craft shop or online; they only cost a few pounds.

Pompom ideas:

- Use your pompoms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pompom or three smaller ones onto the corners of a plain cushion
- Attach them around the top of a plain basket
- For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pompoms on each.

Photo credit: thehomeshavenmade.com



LIVE LIFE LUXURY

Kitchen - Bedroom - Flooring

☎ 0208 472 1144 🌐 www.chduk.com

📍 120 Woodgrange Road, London E7 0EW ✉ info@chduk.com

**BRINGING THE HOME OF THE FUTURE
TO YOUR HOME NOW**



GLADE ENERGY SERVICES LTD
020 3906 2863 ● GLADEENERGYSERVICES.COM



ASSISTED LIVING



ELECTRICS



HOME SECURITY

- Your local Electrician ● Highly recommended by many local residents & businesses
- All types of electrical work ● CCTV & Alarm systems ● Heating controls
- WiFi & Home Internet networks ● Smart lighting & Home automation
- Specialists in LED lighting







Cloudy2Clear, A Local Service, Saving You Money.

As a leading domestic glass replacement company for more than 16 years, Cloudy2Clear windows are the leading name in the industry. There is no need for you to risk your windows by using the dreaded double glazing cowboy down the street. You can join over 336,000 happy customers and replace your glass ethically and affordably. If you have a failed glass unit, it may not provide you with the protection you need or be as energy-efficient as it once was. Take a minute to check your home to see if any double glazing has failed? Taking action now can prevent future financial problems.

values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help once again".

"Ask me about our fantastic Energy Saving Glass."



When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these

For a free quotation please call 0800 61 21 118 or visit www.cloudy2clear.co.uk.




BEBOILERSAFE
GAS | HEATING | PLUMBING

WE UNDERTAKE ALL BOILER WORK

SERVICE | REPAIR | INSTALL

UNVENTED INSTALLATION

LANDLORD CERTIFICATION

EPPING & SURROUNDING AREAS

CALL US ON 07581 003 935 TO LEARN MORE

enquiries@beboilersafeuk.co.uk
www.beboilersafeuk.co.uk





Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our

25

YEAR

GUARANTEE

"I really liked the fact that they were a local community run business"

Janet Beard



We are a Checkatrade Member



Get a FREE Quote

Social distancing in operation

Faulty locks, handles or hinges?



0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money






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  



BEST FITTED
WARDROBE

The fastest way to book local tradespeople in Loughton & Buckhurst Hill

Register to receive £20**
off your first order




JustFix
www.justfix.app



HOME & DIY

ALTERNATIVE USES FOR

KIT LITTER

If you have a feline friend, then chances are you always have a bag or two of cat litter in your cupboard. But did you know that this pet essential also has many other uses in the home?

TO ABSORB ODOURS FROM SHOES

If you or anyone in your household suffers with smelly feet, then you may be interested to know that cat litter is highly effective at absorbing unpleasant odours. Simply sprinkle a small amount in the offending footwear, leave for 30 minutes and then pour out.

TO MOISTURISE PLANTS

Cat litter is great at retaining moisture, which means it is perfect for use in the garden. When planting shrubs, trees or new flowers, add cat litter to the hole in the ground and then fill with soil. You can also use cat litter to keep houseplants hydrated.

TO PREVENT SLIPPING ON ICE

Icy pathways and steps are incredibly hazardous, but can easily be remedied with just a sprinkling of cat litter. It is very similar to the grit that is used on roads; pour anywhere where you see ice to help prevent accidents.

TO DRY FLOWERS

If you have some cut flowers that you would like to preserve, then all you need to do is place them in a tray of clean cat litter and then wait for all the moisture to be absorbed. Take note, this can take several days.

TO SALVAGE A MOBILE PHONE

If you have dropped your phone in the bath – or worse, the toilet – then cat litter is even more effective than rice at stopping the liquid from getting into the device. Simply slide your phone into an old sock, fill with cat litter and leave for one or two days.



A SPRING REBOOT

for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

terrariums. If you want to be super-thrifty, a bunch of wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

LIGHT UP YOUR LIFE: You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

GET MOVING: Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

Above all, have fun!

ADD A SPLASH OF COLOUR: The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

BRING IN THE GREEN: Not the colour this time, but foliage. Think fresh flowers, potted plants and



Alf Onnie

Curtains, blinds and plantation shutters

- ✓ Bespoke made to measure curtains
 - ✓ Sheers & Voiles
- ✓ Window blinds – manually operated or motorised
 - ✓ Plantation shutters
- ✓ Pole and track fitting service
 - No obligation quote
- Friendly & enthusiastic family business **Est 1920**
- Experienced consultation & installation team
- Commercial projects also undertaken

Showroom based in Essex/London
020 8472 4658 07956 818477
AlfOnnie.co.uk @AlfOnnie1920
Alf Onnie Curtains and Blinds

On enquiry mention **Vision** for a special offer

LOUGHTON TILING LTD

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

SCAN ME

GOOD MORNING

from Susanna Reid

LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”



FROM YOUR AREA

Citizen of the Year award winner announced



A woman from Loughton won the Citizen of the Year 2023 award at the council's annual presentation on March 15.

Heidi Chow (pictured above left) was presented the award by Loughton Town Mayor councillor Barbara Cohen (pictured above right) in recognition of her dedication and voluntary work within the community.

Heidi said: "I am humbled and honoured to receive the Loughton Citizen of the Year award. I am really passionate about doing all I can to make my town an inclusive, caring and connected community."

"Launching the mutual aid network, organising campaigns to save local public services and running Grow Community Garden are all things that I couldn't have done on my own and so I want to express my gratitude to all the other amazing volunteers that I have had the privilege to work alongside."

Councillor Nigel Bedford, EFDC's portfolio holder for place, said: "This is an important milestone for the council. We can begin to deliver much-needed new homes and jobs while ensuring that we protect the important natural and built environment which makes Epping Forest district so special."

Find out more by viewing pages 134 to 140 of Epping Forest District's Local Plan which can be found at bit.ly/3KeZs6S

TV personality jailed for posting revenge porn

An infamous Loughton man has been sentenced after being found guilty of voyeurism, disclosing private sexual images without consent, and breach of bail conditions.

Former *Big Brother* winner Stephen Bear, 33, was sentenced to 21 months behind bars on March 3 after he posted a video of a sexual nature with his ex-girlfriend, Georgia Harrison, as reported in **VISION** Loughton January 23 edition.

In December 2020, Bear posted a video of him having sex with Georgia on his OnlyFans account and charged subscribers a further \$9.99 to view it.

Georgia recently starred in an ITV documentary, *Revenge Porn: Georgia vs Bear*, which aired on March 20, 2023.

On Instagram, Georgia said: "I was silenced for so long. This documentary is about my personal revenge porn story, and how this crime is affecting individuals and society in general."

Revenge Porn: Georgia vs Bear is available to watch on the streaming service ITVX.

Plan reveals proposals to build more than 450 homes

Epping Forest District Council (EFDC) has approved a new Local Plan that includes proposals to build more than 450 new homes in Loughton by 2033.

At an extraordinary EFDC meeting on March 6, the final adopted plan was voted in by councillors.

The plan includes proposals for 455 new homes in Loughton, building on aspirations for the town to continue to be a major hub of the district and provide retail, education and employment opportunities.

Approximately 217 of these new homes could be built on Borders Lane Playing Fields.



Photo credit: MultiStory Media

WOODTHORPE JOINERY

WOODEN SHUTTERS

London 0203 589 4879
E: info@wjoinery.co.uk • www.wjoinery.co.uk

12 YEARS
EST. 2011

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

Member of The Association of Approved Oven Cleaners

Federation of Small Businesses MEMBER

Trading Standards Approved

PLEASE CALL FOR A FREE QUOTATION
01279 432444 * www.ovenbright.co.uk

BEFORE

AFTER

DAME ELEANOR LAING MP

Epping Forest



Dame Eleanor Laing, MP for Epping Forest, attended the Women in Westminster (WiW100) event on Tuesday, March 7, where she made a short speech in tribute to Betty Boothroyd.

Betty was the first woman to have served as a Speaker in the House of Commons and served from 1992 to 2000. She passed away in February.

The event was held as part of International Women's Day, with the MP honoured to have made *The House* magazine's 100 Women in Westminster list again. You can view the list at www.politicshome.com/thehouse/partner-content/wiw.htm

The MP also supported Marie Curie UK's National #DayOfReflection to support everyone who has been bereaved and to encourage the Epping Forest community to talk about loss and to break down barriers around grief.

With the announcement of the budget in March, the Dame took to her role of chairman of Ways and Means to chair the budget debate in the House of Commons.

Ahead of Global Recycling Day on March 18, the MP spoke in the House of Commons about the launch of the Global Recycling Foundation's 2030 Vision for a Green Africa.

The MP also posted online about Buckhurst Hill



Photo credit: Dame Eleanor Laing MP

being recognised as one of the best places to live in 2023 after the town was named as one of the best places to live in Essex and the UK by *The Times* and *The Sunday Times*.

Read about why the town was nominated at www.thetimes.co.uk/article/buckhurst-hill-essex-best-place-to-live-uk-2023-008qbr36f



Charity no 1192310

3Food4U is delighted to be working with Essex County Council and partner training organisations to offer free maths training courses for everyone in the community.

The courses are designed to be practical, activity-based and focused on building skills around money, personal finance and building confidence in the use of numbers in everyday life, including supporting children to develop their skills and help with homework.

Everyone attending will receive a £20 Tesco voucher on completion of any of the courses.

To register, email Colette.3food4u@gmail.com or WhatsApp 07553 033939.

The Community Surplus Hub runs every Tuesday from 11.30am to 1pm at The Loughton Club, 8 Station Road, IG10 4NX.

Our message is treating and supporting people humanely with dignity and respect.

Visit our fundraising page at www.stewardship.org.uk/partners/20356308

Contact us at www.3food4u.org or via email at info.3food4u@gmail.com or call 01992 842642.

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



ENDLESS POSSIBILITIES



0208 088 0920 info@infiniteglass.co.uk

Infinite Glass

BUILDING TRUST
WITH QUALITY
WORK



EFFECTIVE SOLUTIONS FOR YOUR HOME

- SPECIALISTS IN REFURBISHMENTS & RESTORATIONS
- BRICKWORK & REPOINTING • REMEDIAL WALL TIES
- FULLY INSURED • 25 YEAR GUARANTEE

We work with the DOFF system. Developed to clean stonework and masonry using high pressured steam. Will even remove decades old paint without any damage to the surface

CONTACT US FOR MORE INFORMATION

0208 088 2793 • asgard.hi@hotmail.com
www.asgardhomeimprovements.co.uk

Member of the
Wall Tie Installers Federation



SCAN ME

ALL ASPECTS OF ROOFING WORK



NEW ROOFS ■ ROOF REPAIRS ■ TILES & SLATES ■ LEAD WORKS & WELDING
VELUX WINDOWS & SKY LIGHTS ■ CHIMNEY REPAIRS & REMOVALS
GUTTERING ■ FASCIAS & SOFFITS

10 YEAR WARRANTY ■ FULLY INSURED ■ PRICE MATCH GUARANTEED



0208 088 3085

WWW.NIGHTINGALEROOFING.CO.UK

INFO@NIGHTINGALEROOFING.CO.UK



SCAN ME

YOUR LOCAL EVENTS

EXPERIENCE THE ROYAL GUNPOWDER MILLS

Royal Gunpowder Mills, Beaulieu Drive,
Waltham Abbey, EN9 1JY
Saturday, April 15, 10.30pm – 2pm



Experience an in-depth guided tour of the fascinating historical and archaeological site of the Royal Gunpowder Mills in Waltham Abbey, which includes ancient monuments and listed buildings as well as bird, animal, tree and plant life.

Your ticket includes a guided tour of out-of-bounds areas, a ride on The Gunpowder Railway – a narrow gauge railway running roughly 1km along the perimeter of the Royal Gunpowder Mills site – and much more.

To purchase tickets, visit www.royalgunpowdermills.com/experience-the-royal-gunpowder-mills

BAMBOOZLE

Waltham Abbey Town Hall, Waltham Abbey,
EN9 1DE
Saturday, April 15, 7pm

Known for their musicianship and high-energy performances, Bamboozle combine influences from the swinging Twenties to the Fifties with today's popular music, in a way that mesmerises both retro-loving and modern audiences.

To buy tickets, which cost £10, please visit bit.ly/40jndAI

HAUNTED HOUSE

Gardens of Hanbury, 2 Pynest Green Lane,
Waltham Abbey, EN9 3QL
Saturday, April 22, 7.30pm – 10.30pm

If you love haunted stories and you love magic, come for an evening at Gardens of Hanbury. Hear some of the spooky stories about Epping Forest and watch the fantastic magic show by Ben Hartley. For those aged 18 and over only.

To purchase tickets, visit bit.ly/42GRIBI

HISTORY WALK: RADICALS AND BOHEMIANS

War Memorial, Kings Green,
High Road, Loughton, IG10 1RJ
Sunday, April 23, 11am – 1.30pm

Join your guide and local historian, Oona Kelly, who will reveal the history behind the rich and varied architecture of this historic part of Loughton. You will also hear about local radicals, artists and bohemians, some of whom played important roles in shaping the lives of local people.

To buy tickets, visit www.bit.ly/3nqjylH

FITZWILLIAM STRING QUARTET

Copped Hall, Epping, CM16 5HR

Sunday, April 23, doors open at 3pm, starts 4pm

The Fitzwilliam was founded in 1968 by four Cambridge undergraduates and is now one of the longest-established string quartets in the world. The concert will feature music by Johann Strauss II, Mozart and Tchaikovsky. Tickets cost £20 per person. Doors open at 3pm for a 4pm start. There is no late entry to the concert.

To buy tickets, visit www.ticketsource.co.uk/whats-on?q=fitzwilliam



JAZZ AFRICA QUINTET

Loughton Methodist Church, 260 High Road,
Loughton, IG10 1RB
Saturday, April 29, 1.30pm

The quintet's show promises to tell the story of jazz and its origins. Expect breathtaking musicianship, driving rhythms and some inevitable in-the-aisle dancing.

Tickets cost £22 and can be purchased from bit.ly/3FZp84K



An ancient forest with sinister secrets

Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



Photo credit: LucasRanger/Shutterstock.com



home
hub_{group}



01992 948 980

essex@homehubgroup.co.uk

137-139 Epping High Street



@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

A guide to GARDEN OBELISKS

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy | Morning glory | Climbing roses

HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.

Photo credit: sarahavenroom



NEED AN ELECTRICIAN?

NO JOB IS TOO BIG OR TOO SMALL

We provide the following electrical services & more across Loughton, Buckhurst Hill & surrounding areas.

- CALL OUTS • CONSUMER UNIT UPGRADES
- EV CHARGER INSTALLATION • FAULT FINDING
- FULL & PARTIAL REWIRES • LANDLORD CERTIFICATES
- LIGHTING INSTALLATIONS

- WHY CHOOSE US? • LOCAL & RELIABLE
- GREAT CUSTOMER SERVICE • QUALITY WORKMANSHIP

CALL NOW FOR OUR FRIENDLY EXPERT
ADVICE, A FREE SURVEY OR QUOTE

0208 088 2970

www.beales-electrical.co.uk

hello@beales-electrical.co.uk



Specialist GARDEN COMPANY

MAINTENANCE • TREES
LANDSCAPING

- Garden Maintenance
- Paving • Turfing
- Pressure Washing • Driveways
- Weed Control • Irrigation
- Decking & Fencing
- Ponds & Water features
- Tree & Hedge Care
- Garden Clearing
- Large Area Mowing

0208 088 0873

enquiries@specialistgarden.co.uk

[SpecialistGardenCompany](https://www.facebook.com/SpecialistGardenCompany)

www.specialistgarden.co.uk



WE CARRY OUT ALL HOME RENOVATIONS

Garage Conversions | Bathrooms | Kitchens | Full Decorating
New Flooring | Plumbing & Heating | Electrical | Glazing
Roofing | Tiling | Handyman & Locksmith Services
Cleaning | Extensions & Loft Conversions | Clearances
Plus much more...

DOMESTIC & COMMERCIAL | NO JOB IS TOO BIG OR TOO SMALL

CHECK OUT OUR GOOGLE REVIEWS

t: 020 4538 3560 | m: 0794 939 4403

e: info@lillywhitepropertygroup.com

www.lillywhitehomerenovations.com

f [LillywhitePropertyGroup](https://www.facebook.com/LillywhitePropertyGroup) i [LillywhitePropertyGroup](https://www.instagram.com/LillywhitePropertyGroup) t [@LWMaintenance](https://www.twitter.com/LWMaintenance)



WE OFFER
FREE ESTIMATES

WE NOW OFFER FINANCE
ON ALL REFURBISHMENT
PROJECTS



**Sovereign
Guards UK**

From home to business security, here at **Sovereign** we offer a variety of **Security Services from CCTV and Intruder Alarms**

CONTACT US FOR MORE DETAILS:

Call: 0208 088 3147

Email: info@sovereignguards.co.uk

www.sovereignguards.co.uk



PROVIDING YOU WITH 24 HOUR SECURITY



SG Select from a package that suits your needs: budget, location and what level of protection you are after

SG Specialising in fogging systems for high risk asset protection

SG With remote connectivity this allows you to monitor your home from your phone.

“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

Happy HEDGEHOG



GARDENING

Hedgehog numbers are in decline in the UK, so it has never been more important for us to take care of our prickly pals. Here's how you can look after the hedgehogs in your garden and keep them happy throughout the year.

WHAT DO HEDGEHOGS EAT?

If you want to encourage hedgehogs to visit your garden, then you can supplement their natural diet of worms, beetles, earwigs and caterpillars by leaving out food and fresh water. Some foods that hedgehogs enjoy are:

- > Tinned cat or dog food
- > Crushed dog or cat biscuits
- > Meat-based hedgehog food

If you notice very young hedgehogs in your garden (roughly apple-sized), then you need to soak any biscuits in water before leaving them out.

WHAT SHOULD YOU NEVER FEED HEDGEHOGS?

You should never leave out milk or bread for hedgehogs as the former can cause diarrhoea and the latter is not very nutritious for these small mammals. Mealworms can also cause health problems when consumed in large quantities.

WHEN TO FEED HEDGEHOGS IN YOUR GARDEN

It is a good idea to put food and water out for hedgehogs all year round. In spring, this will give

them a boost after hibernation, while in summer and autumn, it will help them to build up fat reserves to survive the winter. During periods of hot and dry weather when natural resources are scarce, fresh water and food is even more important.

HOW TO FEED HEDGEHOGS SAFELY

- > Place food in a shallow dish and place this in a sheltered area of your garden
- > Remove any uneaten food each day and refill with fresh water and food
- > Clean the dishes daily using hot, soapy water and then rinse well to reduce the risk of spreading diseases between different hedgehogs.



PASS ON PARACETAMOL

Do you reach for your trusty bottle of Calpol whenever your child shows the first signs of illness? If yes, you should know that there are alternatives to this popular painkiller.

CHAMOMILE TEA

If your child is suffering with a headache, then a cup of chamomile tea can help to relieve pain and soothe them to sleep. Encourage them to take small sips and add a natural sweetener such as honey if they don't like the taste.

COOL LAVENDER COMPRESS

For children with a temperature, a cool lavender compress can work wonders. Simply dip a cloth in cool (not cold) water with a few drops of lavender oil and then place on their head, chest or legs.

WITCH HAZEL COMPRESS

Another effective natural remedy for headaches, a cold compress with a bit of witch hazel can be placed directly on the forehead for instant relief.

TEA TREE OIL SPRAY

Tea tree oil has been proven to help the body fight off infections as it contains active bacteria-fighting chemicals known as terpenes. Fill a spray bottle with water, add a few drops of tea tree oil and spray around the room or directly onto their body to soothe any inflammation and reduce a high temperature.

PLENTY OF REST

When your child is unwell, the most important thing to do is ensure that they have sufficient rest. Don't be afraid to let routine go out the window and allow your child to nap as and when they want to. If they have a headache, a dark and quiet room is a must.

WHEN TO CALL YOUR GP:

- ✓ If your child is under three months old and has a temperature of 38°C or higher
- ✓ If your child is between three and six months old and has a temperature of 39°C or higher
- ✓ If your child has a high temperature that has lasted for more than five days
- ✓ If your child has other signs of illness, such as a rash
- ✓ If your child is dehydrated.



DONNA PHELPS
SCHOOL OF DANCING

Dance Classes

Our ballet classes are available for children from a walking age to adults

- ★ Classes from a walking age to adults
- ★ Exciting shows
- ★ IDTA exam sessions
- ★ Dance parties
- ★ Barre fitness classes (adults)

For more information and to book
www.dpsd.co.uk
 dpschoolofdancing @Dpschoolofdancing

Classes available in Loughton, Theydon Bois, Ongar, Abridge, Chigwell, Harlow, Highams Park & Brentwood

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

Free Memory Café

SUPPORTED BY
 Reh EARLY HOME QUEENS COURT

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.

Please contact: Chris or Fran
 FRAN - 07903 274398
 CHRIS - 07510 297173

EVERYONE CAN LEARN WITH THE RIGHT APPROACH

tutor doctor
How learning hits home.

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.

- ✓ Y1 to Y13 | All Subjects | Online or Face to Face
- ✓ Tutors carefully matched to personality and needs of each student
- ✓ Regular weekly session reports to monitor goals and milestones
- ✓ All tutors have a clear Enhanced DBS check
- ✓ Tutor Match Guarantee
- ✓ 60-Day Money Back Guarantee

Tailored 1:1 Tutoring
All Ages - All Subjects -
7 days a week

DBS (formerly CRB) CHECKED
 Disclosure and Barring Service

No-Obligation Free 1 Hour Consultation
 Complimentary Assessments

020 3856 4466
www.tutordocor.co.uk/wlcc
 Wanstead Loughton Chingford Chigwell

Picasso

...BEST ARTIST EVER?



Pablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.

DID YOU KNOW?

- > Picasso's iconic striped t-shirt was designed by Coco Chanel
- > His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- > He produced 47,800 works of art in his 78-year career
- > His father was an art professor
- > In 2005, his painting *Le Rêve* sold for \$155million.



Photo credit: pablopicasso.org



WE REPAIR ALL APPLIANCES

- Fridge Freezers ■ Washing Machine
- Tumble Dryer ■ Dishwasher
- Cooker & Range Cookers
- All Freestanding & Built-in Appliances

CALL OUT £64.99
for Labour & Diagnostics

Family business with over 20 years experience
Fully trained Bosch & Hotpoint engineers

Service Partners with
John Lewis & British Gas

07488 265527



SCAN ME

DID YOU KNOW
100,000
PEOPLE DIE EACH YEAR
IN THE UK FROM
SUDDEN CARDIAC ARREST?

YOU CAN LEARN KEY LIFE-SAVING
SKILLS FROM JUST £99

JOIN OUR 1-DAY EMERGENCY FIRST AID COURSE
OR 3-DAY FIRST AID AT WORK COURSE

CONTACT US FOR COURSE DATES &
MORE INFORMATION ON 07508 204656
enquiries@bbirisksolutions.com

BBI Risk Solutions
www.bbirisksolutions.com

Enjoy Brighter,
Fresher, Dry
Carpets &
Upholstery

zero dry time
Dry Carpet, Upholstery & Hard Floor Cleaners

No soggy carpets or wet dog smell

- Dry carpet cleaning
- Upholstery cleaning
- Leather restoration
- Hard floor cleaning

SPECIAL OFFER 3 FOR 2 3 COMPLETED AREAS FOR THE PRICE OF 2

We also clean hard floors including: tiles, amtico, karndean, vinyl, wood & stone

zerodrytime.com

Get your free quote
07756 942859
sean.drury@zerodrytime.com

YOUR *Perfect* TRAVEL

Look No Further For All Your Holiday Needs!



Safari



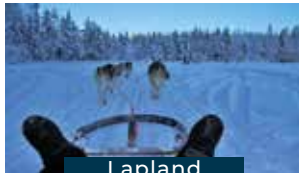
Beach



Cruise



Disney



Lapland



Tailor Made

Contact us now to speak with our friendly travel experts
01279 797189 • www.yourperfecttravel.co.uk



invest in the good life...



Luxury Lodges, great fun and a great return on investment!

Visit our four fantastic locations today....

Tallington Lakes

TANNER FARM PARK

Thorney GC



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

AIRPORT *Pro*

V
TRAVEL

They say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

DO relax

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

DON'T stress about time

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

DO refresh

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

DON'T be excessive

Many people celebrate going on holiday by having a tippie or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

risk of being turned away at the gate.

DO organise hand luggage

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can leave liquids and large electrical items in cabin luggage as they go through security. London City Airport is the first to put this new technology in place, thereby reducing hassle for passengers.

DON'T overdo the shopping

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.



VISION Loughton edition59 | to advertise call 0208 088 0386

V53



ONGAR TOWN FESTIVAL
Let's Dance
SUNDAY 30TH APRIL

A GREAT FAMILY FUN DAY
in ONGAR TOWN

ACTIVITIES THROUGHOUT ONGAR FROM 9.30AM

Be sure to visit Ongar Sports Club, The Library Car Park,
 Budworth Hall, The High Street, Local Churches, Epping
 Ongar Railway & Ongar Fire Station.

Live Entertainment • Dog Show • Car Show • Refreshments
 Fitness/Sporting Activities • Circus Workshop • Wellness Hub
 Arts & Crafts • Fairground Rides • High Street Treasure Hunt
 Ongar's Got Talent School's Competition • Grand Tombola

ANNUAL GRAND PETANQUE COMPETITION

ongartownfestival.co.uk
 f t i @ongarfestival



DOGGY *skincare*



PETS

DOES YOUR DOG HAVE A SKINCARE ROUTINE? HERE'S WHY SKINCARE IS SO IMPORTANT FOR YOUR DOG'S OVERALL HEALTH AND WELLBEING

WHAT ARE THE MOST COMMON CAUSES OF SKINCARE ISSUES IN DOGS?

Dogs are susceptible to many of the same skin problems as humans, and these are typically caused by the following: Poor nutrition | External allergies or bites | Parasite infections | Skin conditions such as seborrhoea | Food allergies | Bacterial infections

HOW TO BUILD A SKINCARE ROUTINE FOR YOUR DOG

Wash them regularly

On average, you should wash your dog once a week to preserve their skin and coat. However, this can vary depending on breed, with very active dogs requiring more frequent bathing. Always use two applications of shampoo: one to cleanse the coat and skin of dirt and old skin cells, and one that should be left on for 10-15 minutes, to penetrate the skin.

Protect them from pests

Flea control is a must if you want to keep your dog's skin in optimal condition. Use flea prevention treatments all year round and visit your vet regularly for check-ups.

Focus on good nutrition

The foundation of healthy skin is nutrition, so you need to make sure that your dog is getting a complete and well-balanced diet. You don't need to buy the most expensive dog food on the market; you only need to ensure that their diet fits their needs.

Apply sun cream

Dogs can suffer with sunburn in the same way you can, especially those with short hair or light skin. Therefore, it is vital that you apply sun cream that is specially formulated for dogs during the warmer months of the year. You can also buy animal clothing that offers UV protection.



Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market

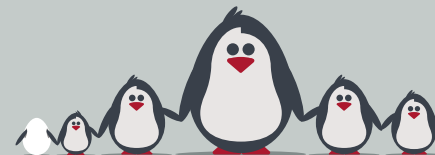
town of Hexham came in fourth on the list.

5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



Specialist family lawyers.

RAYDEN SOLICITORS



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

Epping
323 High Street
Epping
CM16 4BZ
Tel: 0203 773 3919

RAYDEN SOLICITORS
www.raydensolicitors.co.uk

We are available on



A silver lining
with every dark cloud.

RAYDEN SOLICITORS



BEEWISE

High end solutions for less than you think

At Beewise we use our massive purchasing power and market expertise to get you the best deals on all of your retail merchant services.

Try risk free for **1 month**

50% off the cost of the terminal*

£100 Amazon voucher for
the first 200 new customers

Scan the code or call us and we will
save you time and money on your
business utilities and services

0208 088 3086

*Offer expires 30th April 2023



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

Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA
ROLLER
SHUTTER
DOORS

01992 830 024

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

FREE
FITTING
PAYMENT ON
INSTALLATION

PRICED
EXAMPLE
COMPACT • UP TO 2.4M
£895

GAROLLA ★ PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED
EXAMPLE
PREMIUM • 3.4M • ANTHRACITE
£1,990

DON'T JUST TAKE OUR WORD FOR IT...

Dear Brett,

VISION magazine has been brilliant for us.

They've helped us increase brand awareness across the whole region and gained us a good few happy customers in the short time we've been with them.

Putting together some brilliant artwork for us. Brett has helped us continue the professional image we're looking for and established us as something of a force locally.

Fulfilling our mission to bring competitively priced home improvements to the local area, realising people's ideal home and helping them achieve their dreams, has been much easier with **VISION** magazine. I foresee our partnership continuing for long into the future.

Many thanks.

Tom & Chris
New Level Loft Conversions
0208 088 2805



Your
Monthly
Lifestyle
Magazine

To advertise call now on

0208 088 0386

or email loughton@visionmag.co.uk

THE CAR'S THE STAR

SIX ICONIC CLASSIC CARS THAT WON'T COST YOU THE EARTH

While most of us assume the classic car arena is reserved exclusively for those whose sense of nostalgia is matched with astoundingly deep pockets, think again.

There are a number of iconic motors that, with a bit of research and a customary forecourt or driveway haggle, can be yours for much less than you may imagine.

MGB GT/ROADSTER

Iconic in shape, and dating back to the 1960s, the Roadster comes in a hard- and soft-top. It was the motor that generations of future Ferraris were modelled on.

Incredibly, you can pick up a GT for a little more than £5,000.



LAND ROVER DEFENDER

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened.

Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

FORD CAPRI

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

PORSCHE 924

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

SAAB 900 TURBO

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000.

Sleek, solid and Swedish – it's a classic motor from a classic era.



Photo credit: Richard P Long/Shutterstock.com, William Barton/Shutterstock.com, Martin Charles Hatch/Shutterstock.com, WildSnap/Shutterstock.com, Art Komorovic/Shutterstock.com

YO _ R ADVERT HE _ E

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO ADVERTISE

Your
Monthly
Lifestyle
Magazine

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

TYRO PLATES
Designer Number Plates

CALL US TODAY FOR YOUR BESPOKE PLATE
0208 088 3189

- 2D Printed, 3D Gel, 4D Acrylic Plates
- All Sizes! Shaped, Short, Hex, oversized Plates
- Tinted, Chameleon, Coloured Show Plates
- Exclusive - Vintage Style Number Plates
 - Keychains & Accessories
- 1 of the UK's Largest Wholesale & Trade Supplier
 - Custom Cut Fit Plates
- Local Same Day & Free Fitting Service
 - Nationwide next day shipping
- Over 500 Different Designs to choose from



**THE UK'S MOST TRUSTED AND REVIEWED
AUTO LOCKSMITH & EMERGENCY RESPONSE**

HOW SAFE IS YOUR CAR?

Car & Van Security Specialists

VAN SECURITY LOCKS | ALARM SYSTEMS

VEHICLE TRACKING | THEFT PROTECTION

IMMOBILISERS | CAR KEYS

from
**ONLY
£450**



GHOST CAR IMMOBILISER

A SMART WAY TO PROTECT YOUR CAR

Secure your peace of mind and your vehicle
with the next generation of vehicle security



www.carkeyssolutions.co.uk

Call us on 0208 088 3140

Email: contact@carkeyssolutions.co.uk

We cover Greater London &
surrounding M25 areas

**Open 7 days a week
from 8am to 10pm**



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



RIVALRY
on the River



SPORT

Photo credit: Nordin Catão via Cambridge University Twitter, The Boat Race Twitter

Every year, on the last Sunday in March or the first Sunday in April, two of Britain's most prestigious universities battle it out in a gruelling 4.2-mile Boat Race along the Thames.

On March 26 this year, the eight Cambridge men plus a coxswain were first across the finishing line and now have 85 victories compared with Oxford's 81. Only once has there been a dead heat – back in 1877.

WHY ALL THE FUSS? The Boat Race is a symbol of fierce academic and sporting rivalry between the two universities. It's also a tough test of strength, endurance and strategy. Rowers spend months ensuring they're at peak mental and physical fitness on race day.

The Boat Race is also steeped in history and tradition. The first event was held in 1829 and has been held almost every year since, except during the First and Second World Wars and the COVID-19 pandemic in 2020.

Watching the race live makes an exciting and low-cost day out, and every year thousands of people line the riverbank and stand on the bridges to watch the event.

WHAT'S THE ROUTE? The race starts at Putney Bridge and the teams navigate several bridges, including Hammersmith Bridge and Barnes Bridge, before reaching the finish line at Chiswick Bridge.

One of the most challenging parts of the course is the stretch of the river known as the Tideway, near the Houses of Parliament and the London Eye. This part of the river is subject to strong currents and tidal changes, making rowing difficult.

IS IT JUST FOR MEN? Not anymore. The first women's race was held in 1964, and since 2015 the women's course has been identical to the men's. That said, the men's race is still the one that makes the headlines. This year saw the Cambridge women win the Boat Race, marking their sixth straight win.



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 Babcac insured and approved. 07961 462672

SPECIAL NAILS

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

THE NAIL STUDIO

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

WICKED WAXING LTD

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

BESPOKE TAILORING

ROSS CARRINGTON BESPOKE TAILORING

Bespoke suits, shirts, jackets, wedding attire, evening wear. Alterations undertaken and visiting service available. 07824 153880 | 020 7898 0599

BUILDING

ADDSpace LONDON LTD

We provide a high quality Building service. Extensions, lofts and internal renovations. Members of Federation Master Builders. Call 020 8088 2870

BUILDING & CLAIMS

CONCEPT BUILDING SOLUTIONS

We are builders specialising in water & fire-damaged properties. We put your home back to how it should be. 020 8088 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 Debdon. Phone Vicki: 07849 435451 | Website: Vickschessclub.uk

CLEANING SERVICES

SPOTCLEAN LTD

Commercial & domestic services specialising in office, shop, new build, refurbished and 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. 020 3865 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

EDUCATION

TUTOR DOCTOR

All primary secondary subjects, 1:1 lessons, online or F2F in-home. Tutor matched to every child's personality, weekly reports. Call 020 3856 4466 | www.tutordocor.co.uk/wlcc

JOIN THE LISTINGS... for just **£180** +VAT per yr

ELECTRICIAN

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

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

HANDYMAN SERVICES

CMB PROPERTY GROUP

Handyman, Maintenance & Refurbishments. Decorating, Plastering, Tiling, Re-siliconing etc. Small enough to care, big enough to make a difference! Call 07972 203096

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

OPTIMUM WELLBEING

Promoting healthy balance at mental/emotional and energetic level. Trauma, Stress, Inner Alignment. 07802 840498 | jay@optimumwellbeing.co.uk

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

PLUMBING & HEATING

BOILR

BOILR offer servicing, installations, repairs and plans. Local Gas Safe engineers for all your needs. Please call today on 020 3576 2386

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, 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

PHOENIX ROAD CREATIVE

25+ years Web Design & Marketing to reach your audience. Let's get digital! hello@phoenixroadcreative.com | www.phoenixroadcreative.com | 07462 528494

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

ACROSS: 1. DEBT, 3. ARGUMENT, 9. CAST OFF, 10. ABOVE, 11. MODEM, 12. RECOILS, 13. ORIOLE, 15. APPEAR, 17. INSTEAD, 18. ABBOT, 20. INLAY, 21. CALYPSO, 22. NONSENSE, 23. EDGE
DOWN: 1. DECOMPOSITION, 2. BASED, 4. REFORM, 5. UNACCEPTABLE, 6. EMOTIVE, 7. TREASURE TROVE, 8. FORMALDEHYDE, 14. INSULIN, 16. EDICTS, 19. BIPED



PUZZLES & TRIVIA

PUZZLES

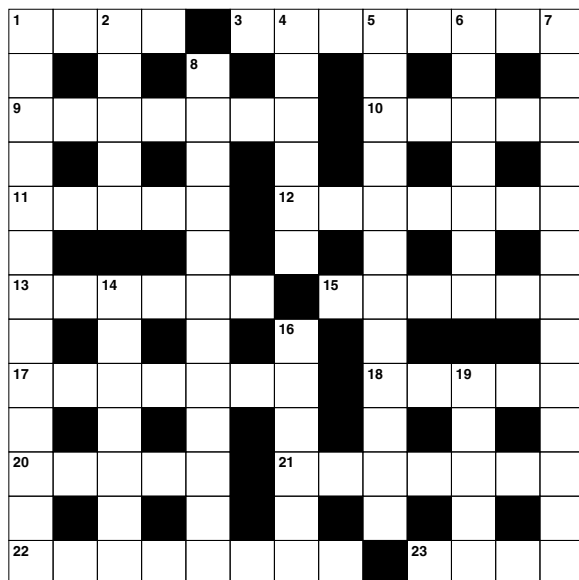
Answers: see end of The VISION Listings

ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

DOWN

1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



DID YOU KNOW?

- ▶ One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- ▶ The sunset on Mars appears blue.
- ▶ Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- ▶ There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- ▶ Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- ▶ One day on Venus is longer than one year on Earth.

SUDOKU

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

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

Telephone: 020 8504 5152

Email: sales@citybathrooms.com





SHOCKED AT THE COST OF A NEW KITCHEN?

...HAVE A MAKEOVER INSTEAD!



If you're worried about your kitchen budget getting out of control, why not have a makeover instead! You can get a lovely new look simply by replacing your doors, drawer fronts, trims and worktops.

SAVE TIME. SAVE MONEY. SAVE HASSLE.

To book your **FREE**
no pressure, home visit call
Mark: 020 8088 9192

SHOWROOM
36a Church Hill, Loughton, IG10 1LA
www.kitchensandmakeovers.com
info@kitchensandmakeovers.com

