

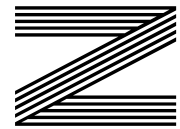
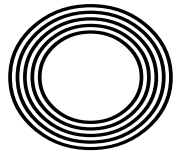


**TIPS TO  
MANAGE  
SCREEN  
TIME**

**SPRING  
BLUEBELL  
BEAUTY  
SPOTS**

**ROCKET RECIPES**  
Make your own rocket pesto

*Dancing Queen*  
50 years of ABBA world domination



**FREE**

Photo credit: John Angelillo/UPI/  
Shutterstock


*Kate*  
**WINSLET CBE**

Award-winning actress returns to the small screen


# 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

 ENQUIRIES@B7MEDIAGROUP.COM

 0208 088 0386





# Editor's notes...

APRIL 2024



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. Preparations are progressing for our upcoming business exhibition in the autumn. The inaugural event last year was a great success, showcasing a variety of businesses and welcoming hundreds of visitors. We're eagerly anticipating this year's show, which is once again sponsored by London Stansted Airport. To find out more, visit [bsmb.co.uk](http://bsmb.co.uk)

As I write this, I'm looking forward to my first holiday of the year. It's going to be such a joy to take my young nephew on his first overseas holiday to Spain - even if sorting out the paperwork has been a bit of a nightmare! I hope we can create some fantastic lasting memories during our time away.

I've also had some sad family news recently, as my nan is currently in hospital following a fall. It's during such difficult times that families really come together, and often start asking questions they might not have been brave enough to ask before. It's never too late to ask those questions, and find out more about your heritage and where you come from - but more on that in next month's edition!

I hope you had a wonderful Easter holiday and enjoyed the four-day weekend - and maybe a cheeky chocolate egg or two!

*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 FEATURES | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US:



[loughton@visionmag.co.uk](mailto:loughton@visionmag.co.uk) | 0208 088 0386  
[www.visionmagessex.com](http://www.visionmagessex.com) | [www.visionmagherts.com](http://www.visionmagherts.com)  
✉ @visionmagessex | @visionherts | @visionmagessex | @visionmagestherts  
f Vision Magazine Essex | Vision Magazine East Herts  
CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Sophia Sheera

All pages are recyclable

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

THE **B7** MEDIA GROUP

ENQUIRIES@B7MEDIAGROUP.COM

0208 088 0386



THE CANOPY  
CHIGWELL

Luxury two bedroom  
apartments for the over 55s

# Move to a new lifestyle for free

Stamp duty, legal fees and  
removal costs covered\*

Apartments  
for sale from  
£499,950 and  
to let from  
£2,000pm



\*for full T&Cs visit our website



Book a private tour today  
[cognatum.co.uk/thecanopy](http://cognatum.co.uk/thecanopy)  
or call 07548 558802

Helen, Sales Executive  
at The Canopy:  
[helen.durbin@cognatum.co.uk](mailto:helen.durbin@cognatum.co.uk)

BUTLER & STAG

Call 01992 667666

The Canopy, 242 Lambourne Road, Chigwell, Essex IG7 6FA

# GIMME!GIMME!GIMME!

THE RESURGENCE OF POP ICONS ABBA – 50 YEARS SINCE THEIR EUROVISION WIN

Fifty years ago this month, a Swedish pop group called ABBA wowed the Eurovision stage with their catchy hit, *Waterloo* – even though the UK gave them precisely ‘nul points’. This victory launched the band into legendary status in the world of pop music. But what have they been up to since then?

## WHO WAS IN ABBA?

ABBA was made up of two couples: Agnetha Fältskog and Björn Ulvaeus, and Benny Andersson and Anni-Frid Lyngstad. The group enjoyed worldwide success throughout the 1970s and into the 1980s with pop classics like *Dancing Queen*, *The Winner Takes it All*, and *Gimme! Gimme! Gimme! (A Man After Midnight)*. They had nine UK chart-toppers and sold up to 385 million records worldwide.

## THE BIG SPLIT

In 1982, the pop world was shocked when the group announced they were breaking up. Around the same time, each couple within the group also parted ways. But the band members kept busy. Agnetha and Anni-Frid both released solo albums, and Anni-Frid devoted herself to charitable work. Björn and Benny forged individual careers, but also continued working together on shows like the award-winning musical *Chess* and the *Mamma Mia!* stage show.

## BACK TOGETHER AGAIN

Fast forward to 2016, and the group shocked the world once again with the announcement of their reunion. They were going to appear as virtual avatars in a groundbreaking entertainment experience called *ABBA Voyage*.

In a joint statement, the members expressed their joy at reuniting after more than three decades apart, saying: “We all four felt that, after some 35 years, it could be fun to join forces again and go into the recording studio. So we did. And it was like time had stood still and that we only had been away on a short holiday.”

## A RESOUNDING TRIUMPH

The show featured super-realistic avatars of the band, looking just like they did in the late 1970s. They played a mix of new and old hits, and the show was a massive hit. In May 2022, all four members attended the premiere in London and the newspapers had a field day.

In November 2021, ABBA released their ninth and final studio album, *Voyage* – their first release in 40 years. The reviews might have been mixed, but fans loved it. It soared to the top position in the UK charts, earned four Grammy nominations, and brought the group’s music to a new generation of fans. And, of course, it will help to make sure the *Money, Money, Money* continues to roll in!

## 50 YEARS ON

This May, BBC One is showing a special documentary called *ABBA: Against The Odds*, commemorating the 50th anniversary of ABBA’s Eurovision triumph. The programme will coincide with the 68th Eurovision Song Contest, where Years & Years singer Olly Alexander will be representing the UK. Coincidentally, this year’s show is being held in ABBA’s own country – in Malmö, Sweden, on Saturday, May 11. The documentary promises to unveil the untold story of the iconic supergroup, showcasing their remarkable journey to global fame.

“WE ALL FOUR FELT THAT, AFTER SOME 35 YEARS, IT COULD BE FUN TO JOIN FORCES AGAIN”



Photo credit: Ken McKay/ITV

# a new morning

WITH TV PRESENTERS BEN AND CAT TAKING OVER AS THE NEW HOSTS

Following a challenging few months for the show, ITV bosses have pinned their hopes on Ben Shephard and Cat Deeley to take forward the continued renaissance of *This Morning*.

Having stepped in during a turbulent interim period, the charismatic pair are now the permanent hosts for the Monday to Thursday slots, succeeding Phillip Schofield and Holly Willoughby, who departed the show in May and October respectively.

Both new presenters are veterans of British TV. Deeley rose to prominence as the host of *SMTV* alongside Ant and Dec. She also gained recognition by earning an Emmy Award nomination for her role as the host of *So You Think You Can Dance?* in the United States.

As well as previously hosting ITV's *Good Morning Britain*, Shephard, who started his career on Channel 4's *The Bigger Breakfast*, has also held presenting gigs for *T4*, *The Xtra Factor* and *Ninja Warrior UK*. He also previously stood in for Schofield on *This Morning* several times, and currently fronts the

game show *Tipping Point*.

The 49 year old said: "I get a bit longer in bed, so I am grateful for the opportunity!

"*This Morning* is such a prestigious show and it's a real honour to be taking my place on the sofa."

With such experience and long-time popularity with UK viewers, it is not surprising that the photogenic pair have been trusted to reinvigorate what is considered to be a British institution.

Also, given the show's failure to win at the audience-voted National Television Awards in September 2023 (for the first time in 13 years), Deeley and Shephard will have their eyes on a very specific prize in 2024!

In recent months, *This Morning* has featured an ever-rotating line-up of presenters, including Andi Peters, Sian Welby, Mollie King, Josie Gibson, Craig Doyle, Emma Willis, Christine Lampard and Rylan Clark. Alison Hammond and Dermot O'Leary, who have previously presented the show throughout the week, will continue to co-host the show on Fridays.

## WOODFORD HOUSE DENTAL PRACTICE

Dental checkups ♦ Mouth cancer screening ♦ Implants  
Teeth straightening ♦ Teeth whitening ♦ and much more



## Here's to YOUR GOOD HEALTH



Our patients' wellbeing is close to our hearts, and quality dental care goes a long way! Try us, and see how YOU feel.

020 8504 2704  
improveyoursmile.co.uk  
162 HIGH ROAD WOODFORD GREEN IG8 9EF  
EXPERIENCE YOU CAN TRUST





FASHION

# PEPLUM perfection



A fashion must-have in the 1980s, peplum is set to make a huge comeback in 2024 and we couldn't be any more excited! Although it can be hard to get this look right, when you do, the results are remarkably flattering and super stylish.

### WHAT IS A PEPLUM PIECE?

To the uninitiated, peplum is a style piece where the garment in question is taken in at the waist and flares out at the hips. Perfect for creating the illusion of an hourglass figure – even if you are not blessed with curves – peplum can be worn for both casual days out and more formal events.

### HOW TO WEAR PEPLUM IN 2024

*Pair a peplum top with wide-leg jeans or trousers*  
For a relaxed vibe, opt for a casual peplum top and pair it with wide-leg jeans or trousers. Creating a long and elegant silhouette and clearly defined waist, this look is great for fuller figures.

### Ease in with a mini peplum

If you're unsure about this bold trend, why not ease yourself in with a mini peplum? With lots of variations to choose from, a top with a little kick hem offers the perfect way to dip your toes in. This style is best for a straight body shape.

### Try a monochrome fit

Make a statement at the office or your next big occasion with a monochrome peplum outfit such as a peplum dress or peplum top and skirt. For spring 2024, fiery red or hot pink are both great options. A good choice for all body types.

### Fake it with a belt

Not ready to invest in peplum? Fake this fabulous look by cinching a belt over a loose shirt, dress, top or jacket. Just make sure it has some flow to it so that the fabric below the belt drapes nicely over your hips. Perfect for pear shapes.

**DO NOT** pair peplum with skinny jeans à la 2010 – this is one style that belongs firmly in the past!

Photo credit: ASOS.com

## CHURCH HILL CLINIC CHIROPODY & PODIATRY CLINIC

### Specialising in the DIAGNOSIS and treatment of FOOT and ANKLE PROBLEMS

- Corns/callous
- Nail conditions
- Diabetic footcare
- Rheumatoid footcare
- Verruca treatments including SWIFT microwave technology
- Biomechanical assessment, gait analysis & prescription orthotics
- Heel pain & planter fasciitis
- Musculoskeletal pain

Phone: 020 8537 0333 Mobile: 07956 167764  
Web: [chiroprodyandpodiatryclinicloughton.co.uk](http://chiroprodyandpodiatryclinicloughton.co.uk)  
Email: [sonia9work@gmail.com](mailto:sonia9work@gmail.com)  
12 Church Hill, Loughton IG10 1LA



### ADVANCED LASER THERAPIES NOW AVAILABLE



## 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](http://www.drobinson.co.uk)

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



Epping  
01992 560890  
Loughton  
0208 508 1008  
Waltham Abbey  
01992 711892

# Who are we?

Ryancare Fostering is diverse  
small fostering agency with  
big resources



## What is fostering?

Fostering is providing a comfortable, secure home for a vulnerable young person. It's offering patience and understanding, compassion and care to children who need it.

## Who can apply to be a foster carer?

We welcome people from all ethnic, cultural and religious backgrounds to join the Ryancare family.

## Contact us

☎ 0208 088 3093 or 07551 153 539

📍 5A Wellington Road, Wanstead, London, E11 2AN

✉ info@ryancarefostering.com 🌐 www.nfa.co.uk



"My carer is absolutely fantastic. She not only cares but anticipates my every need."

- Sara



Speak with your local care manager

0208 154 1753

chingford@radfieldhomecare.co.uk  
www.radfieldhomecare.co.uk

## Exceptional care in your own home

- Wellbeing.
- Household tasks.
- Personal care.
- Outings & activities.
- Dementia care.
- Medication support.
- Companionship.
- Assistive technology.

# Balayage VS HIGHLIGHTS



Want to lighten your hair in time for summer? Find out the difference between balayage and highlights, plus how to choose the right lightening method for your hair.

## What is balayage?

Balayage is a French word that means 'to sweep'. In the world of hairstyling, this phrase refers to a hair colouring technique in which highlights are hand-painted or swept onto the surface of random sections of the hair without the need for aluminium foil. Balayage offers a natural, sun-kissed glow to your hair.

## Why choose balayage?

- Ask your hairdresser for balayage if you want:
- Colour that blends seamlessly into your natural hair colour
  - A sun-kissed glow
  - A new colour that is just a few shades lighter than your natural colour
  - Hair that gets lighter towards the ends

## How long does balayage last?

Balayage lasts longer than regular highlights because of the seamless application. You can go many months without the need for a top-up if your hair is already naturally light.

## What are highlights?

Traditional highlighting offers a more conventional way of lightening your hair colour and involves using aluminium foil to help saturate individual strands of hair from root to tip. This results in a more pronounced contrast between your base colour and the lightened hair.

## Why choose highlights?

- Ask your hairdresser for highlights if you want:
- A stark contrast between your lighter highlights and darker, natural hair
  - A more structured pattern of lightened hair
  - Evenly coloured hair from root to tip

## How long do highlights last?

Highlights tend to last between one and two months before your root colour will start to show through. The greater the contrast in colour from your natural hair, the more frequent maintenance will be needed.



Photo credit: natulique.com, mykasepop.com



# NATIONAL STRESS AWARENESS MONTH

APRIL IS ALL ABOUT LEARNING TO REDUCE STRESS

**D**o you suffer with stress? If yes, then you are far from alone, with one in 14 adults admitting to feeling stressed every single day and more than one-third feeling stressed at least once a week.

### WHAT CAUSES STRESS?

Sometimes stress is caused by one big event or situation in your life, or it might be an accumulation of lots of smaller things. People often feel stressed if they are under a lot of pressure, are facing big changes in their life or are worried about something. You may also feel stressed if you feel like you don't have control over a certain aspect of your life or you have responsibilities that you find overwhelming.

### HOW DOES STRESS MAKE YOU FEEL?

Stress can affect your emotions, your body and how you behave in many different ways. Some of the ways stress can make you feel include: Feeling irritable, angry or impatient | Feeling overwhelmed | Feeling anxious or depressed | Not being able to enjoy yourself | Not having a sense of humour | Feeling uninterested in life | Feeling neglected or lonely | Existing mental health problems getting worse

In severe cases of stress, some people may also experience suicidal thoughts.

### WHAT ARE THE MOST COMMON PHYSICAL SYMPTOMS OF STRESS?

Difficulty breathing | Panic attacks | Trouble sleeping | Muscle aches and headaches | Fatigue | Chest pains and high blood pressure | Sweating | Changes to your menstrual cycle | Existing physical conditions getting worse

### HOW TO REDUCE STRESS

There are many techniques that you can try to reduce stress, including:  
Being more active | Eating a healthy diet | Avoiding unhealthy habits such as drinking alcohol and smoking | Practising meditation | Laughing more | Connecting with loved ones | Getting sufficient sleep | Seeking counselling | Limiting your time on social media | Working smarter, not harder.



## HOME SUPPORT & DOMICILARY CARE

### TYPES OF CARE

**DOMICILIARY CARE SERVICES**  
Personal care, Medication, Appointments, Domestic support, help with meal preparation & shopping.

**LIVE-IN-CARE**  
Short & Long term live-in-care, respite care, couples care & post operations care.

**SPECIAL AREAS**  
Dementia Care, Palliative/End of life, Physical & Learning Disabilities, Progressive conditions & Post operations

**You can book your free appointment by calling us on 0208 088 0934**

[www.eprservices.co.uk](http://www.eprservices.co.uk) • [info@eprbusiness.co.uk](mailto:info@eprbusiness.co.uk)



### WE VISIT YOU AT HOME

Our carers can provide daily visits to help you with your daily needs

Inspected and rated  
**Good**



SCAN ME



## EXPERIENCE CRYSTAL-CLEAR VISION BOOK YOUR EYE EXAM TODAY

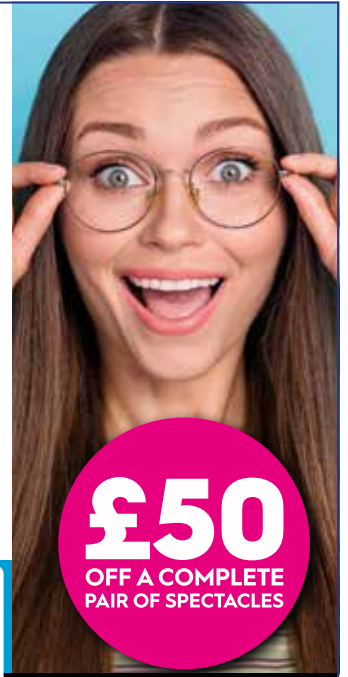
- Designer and budget glasses ● Contact lenses
- Free NHS eye tests ● Free children's frames
- Home and work visits
- FastTrack direct cataract referral

**SPECIALIST TESTING:** Diabetes ● Glaucoma ● VDU Schoolvision ● Dyslexia ● Low vision assessment

☎ 0208 088 3496 🌐 [www.careoptics.co.uk](http://www.careoptics.co.uk)  
✉ [woodford@careoptics.co.uk](mailto:woodford@careoptics.co.uk)  
📍 14 The Broadway, Woodford Green, IG8 OHL



**CALL US TODAY TO MAKE AN APPOINTMENT**



**£50**  
OFF A COMPLETE PAIR OF SPECTACLES

Ask for details. Terms and conditions apply.





## For the Latest and very Best in Facial and Body Treatments

The Face Alchemist is a brand-new clinic in the heart of Loughton high street, offering the newest facial and body treatments on the market at present.



As soon as you walk into the serene clinic you are hit with the beautiful smells, calming music, flickering candles and fresh flowers. Janine, the clinic director and owner, has been in the industry for over 30 years working mostly in Mayfair London. She is the absolute top in her field and has written articles for both *The Daily Mail* and *Marie Claire* offering her expertise.

Janine: "I really thought the area was lacking a place that not only offered injectables or beauty treatments, but somewhere you could get the complete package. Until we opened, I don't believe there were any local 'one plan fits all' clinics, and in my opinion, you can't offer injectables without first having great skin to work on.

Whatever your issues are, there are always more than one way to get your desired result, and it's nice to have options rather than being offered half a program."

Cost, natural routes, nonsurgical routes, time, commitment and event planning are all things discussed at your initial complimentary consultation.

The clinic offers the very best in face and body technology with the newest Hifu machines, laser treatments, radio frequency machines, as well as the best in cosmeceuticals skincare. Furthermore, everything from the facials to the weight loss and toning programs are bespoke. Janine never follows a traditional facial but instead looks at your skin on the day and decides what she is going to do, mixing her own massage creams and face masks and deciding whether to include LED, icoglobes, Face-Gym, or chemical peels.

Her work with needles is also renowned. Less is more in this clinic, if you want to look over-done The Face Alchemist probably is not the clinic for you, the natural look is much more popular now and what we take pride in specialising in.

## Experienced & Qualified, Providing Treatments Tailored For You

Lydia, owner of The Body Alchemist, has been in the beauty and aesthetics industry for over 20 years and has previously worked for a leading cosmetic surgery company called The Harley Medical Group treating clients for their non-invasive treatments.



The Body Alchemist is now based in Loughton High Road in a prestigious clinic called The Face Alchemist. It is owned by Janine, who is highly skilled and has years of experience.

The Body Alchemist offers non-invasive treatments for the body using various medical grade CE and FDA approved latest technology to achieve maximum results and satisfaction for her clients, whether it be laser hair removal, fat and cellulite reduction, toning or skin tightening.

The Clinic also offers HIFU for the intimate region (as seen on Olivia Attwood's latest show *The Price of*

*Perfection* episode 3).

Lydia from The Body Alchemist says: "I get great satisfaction from helping my clients achieve their body goals".

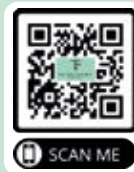
Her favourite treatment is helping women with their inner health and wellbeing. Lydia says she has seen so many women go through years of unnecessary embarrassments which ends up restricting them with their day-to-day activities! Women and also men are now looking after their inner selves as much as they do their outer. Lydia also says women go through so much when it comes down to our intimate region which can cause bladder weakness, weak pelvic floor muscles, prolapse, laxity issues, dryness or recurrent infections. There are still so many that do not realise there is a very simple non-invasive treatment that can help to strengthen these areas.

Lydia at The Body Alchemist makes you feel comfortable and relaxed in her professional consultations making it easy to discuss all body-related issues.



### THE CLINIC FOR INJECTABLES, FACIAL AND BODY TREATMENTS

- Dermal fillers
- Vitamin shots
- Bespoke facials
- Sculptra
- Skin boosters
- Face gym
- Antiwrinkle treatments
- Lemon bottle
- Hifu mini face lift
- Chemical peels



0208 088 2870 • [www.thefacealchemist.com](http://www.thefacealchemist.com) • 252a High Road, Loughton IG10 1RB



### FEEL COMFORTABLE & CONFIDENT IN YOUR OWN SKIN

- Cellusculpt EMS Treatments
- HIFU Body Contouring Treatments
- HIFU Vaginal Tightening & Rejuvenation
- Lymphatic drainage massage
- Medical Grade LED
- Light Therapy
- Ultrasound Fat Cavitation & Radio Frequency
- Laser Hair Removal



0208 088 3469 • [www.bodyalchemist.co.uk](http://www.bodyalchemist.co.uk)

Located at The Face Alchemist, 252a High Road, Loughton, IG10 1RB



## Need some help in the home? Now in West Essex

Our team of home helpers can assist you with cleaning, shopping, laundry, bed change and much more...

All our Home Helpers have passed a thorough screening and training program including:

- Enhanced Criminal Record Check (DBS Check)
- Provided three excellent references
- Training in Safeguarding & First Aid Awareness

This is a paid for service with a minimum visit of 1.5 hours per week or 2 hours every fortnight.

For more information call:  
**01462 420911**

Age UK Hertfordshire, a name you can trust.

Cleaning for 1000's of clients across Hertfordshire, now in West Essex.



Don't just take our word  
for it.....

Having always been a bit of a golfer and having reached a point where it was time to downsize, Great Hadham Country Club was perfect.

We were moving from our family home in Hertford and looking to downsize and for an escape.

We met with Dani at Great Hadham who showed us round several homes before we eventually plumped for a Prestige Plantation House

Once the sale of our home went through the actual purchasing was quick and easy, mainly due to the updates we had from the sales team.

We have now lived at Great Hadham for almost 7 months and really couldn't be happier. The wife has even bought some clubs now.

Mr and Mrs S



SCAN ME



SHOW HOMES



NOW OPEN



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



[info@goodlifelodge.com](mailto:info@goodlifelodge.com)



01279 939082

# Bluebells

*The Sweetest Flower*

As April arrives, bluebells emerge in woodlands, parks and gardens across the country, reminding us that spring is most definitely here. For centuries, these delicate blue flowers have captured the hearts of poets, artists and nature lovers. But sadly, they're not in bloom for long – usually from mid-April to early May. So get out and enjoy their beauty before it starts to fade. These are some of the best places to see dramatic displays of bluebells this spring.

**Leigh Woods, Bristol:** Admire a sea of bluebells against the dramatic backdrop of the Clifton Suspension Bridge.

**Bodnant Garden, Conwy:** Spanning more than 80 acres, Bodnant Garden is especially beautiful when the bluebells take over the Old Park.

**Blickling Estate, Norfolk:** Visit the Great Wood and Temple Walk at the birthplace of Anne Boleyn to see one of the country's best bluebell displays.

**Mount Stuart, Bute:** Visit this Victorian gothic mansion to see bluebells take over the stunning woodland below thousands of mature trees.

There are also dazzling bluebell displays at:

- > Hatfield Park and Garden, Hatfield, Hertfordshire
- > Whippendell Wood, Watford, Hertfordshire
- > Norsey Wood, Billericay, Essex
- > Blake's Wood, near Danbury, Essex

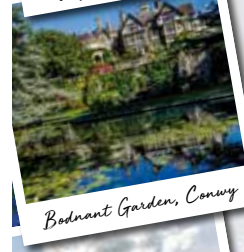
### Fun Bluebell Facts

- > The UK is home to more than half of the world's bluebells.
- > The UK has two types of bluebells: the scented native English bluebell and the unscented, more upright Spanish bluebell. The Spanish bluebell was originally an ornamental plant and many see it as a threat to our cherished native species.
- > It's a criminal offence to uproot wild bluebells.
- > Other names for bluebells include cuckoo's boots, wood hyacinth, lady's nightcap and witches' thimbles.

Remember to tread gently when visiting bluebell woods so we can all help to preserve their beauty for future generations.



*Leigh Woods, Bristol*



*Bodnant Gardens, Conwy*

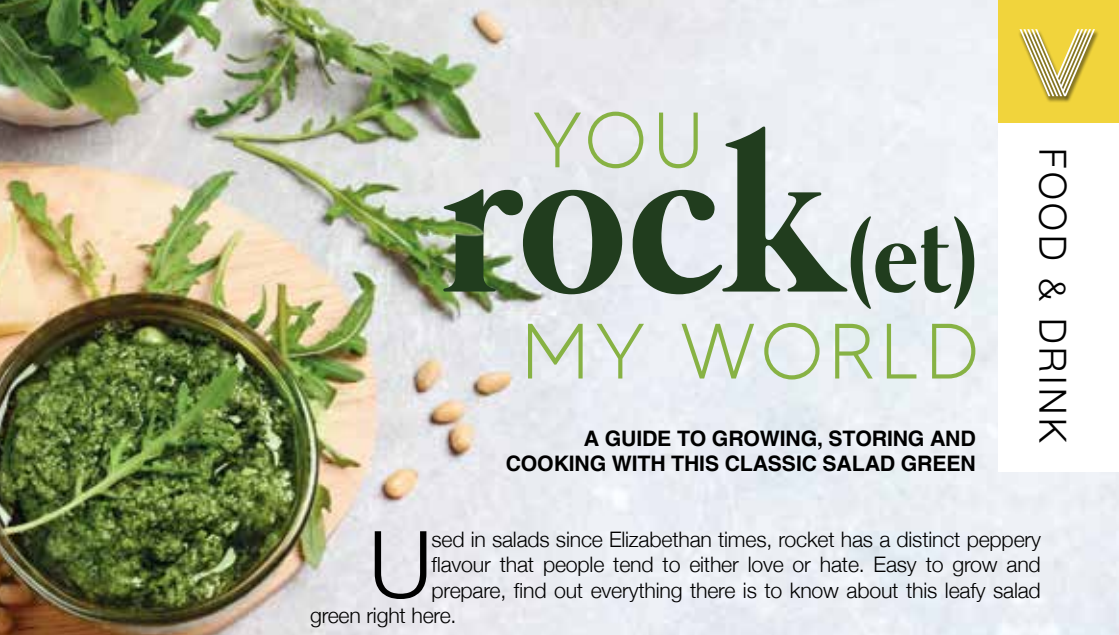


*Blickling Estate, Norfolk*



*Mount Stuart, Bute*





# YOU rock(et) MY WORLD

A GUIDE TO GROWING, STORING AND COOKING WITH THIS CLASSIC SALAD GREEN

Used in salads since Elizabethan times, rocket has a distinct peppery flavour that people tend to either love or hate. Easy to grow and prepare, find out everything there is to know about this leafy salad green right here.

### How to grow rocket

Rocket can be sown either indoors in containers filled with multi-purpose compost or directly into the soil. A sunny spot is best for spring sowings, whereas mid-summer sowings are best in a cooler spot in light shade. There are two main types of rocket you can grow:

#### 1. WILD ROCKET

This is a perennial plant that is robust and easy to grow even in poor soil. It produces long, deeply divided leaves that have a strong peppery flavour.

#### 2. SALAD ROCKET

This is an annual plant that has a shorter life span and produces dark, delicate leaves that offer a milder taste.

### How to store rocket

Rocket should be stored in the bottom part of your fridge, known as the salad drawer, in either a brown paper or perforated bag. Consume within two days for optimum freshness. If you would like to freeze rocket, make sure you chop up the leaves first and then place them in an airtight container as whole leaves do not thaw well.

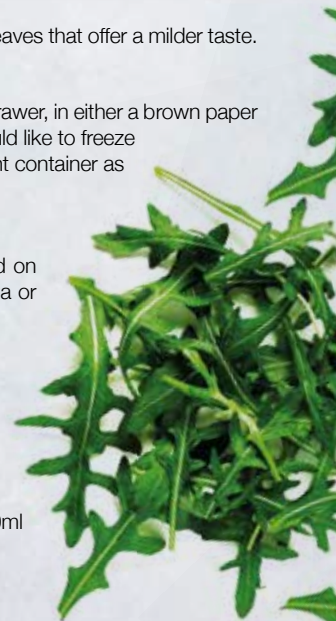
### How to use rocket in cooking

Rocket can be mixed with other salad leaves to add a hint of spice, scattered on a pizza or used to garnish pasta dishes. It can also be wilted directly into pasta or eggs; just make sure you add it at the last minute to retain its flavour. Some of our favourite rocket recipes include:

- Rocket pesto (see recipe below)
- Prawn, fennel and rocket risotto
- Ricotta and rocket lasagne rolls
- Slow-roasted tomatoes and rocket

### How to make rocket pesto

- Combine 50g pine nuts, 100g rocket, 50g parmesan or vegan alternative, 150ml olive oil and 1 garlic glove in a blender.
- Season with salt and pepper and blend to a paste.
- Store in an airtight container in the fridge for up to five days.



## Newly Opened

### MILA RESTAURANT, BAR & GRILL

BREAKFAST, LUNCH & EVENING ♦ A LA CARTE MENU  
FAMILY RESTAURANT ♦ 25 YEARS RESTAURANT EXPERIENCE  
SPECIAL MENUS ♦ PARTY CELEBRATIONS

*Offer\** **MILA LUNCH**  
MON TO FRI  
12.00 - 3.00pm  
2 COURSE LUNCH  
1 STARTER + 1 MAIN  
**£12.50pp**  
EXCEPT Saturday & Sunday  
Bank Holidays Special Occasions



*Offer\** **MILA BOTTOMLESS BRUNCH**  
SET MENU  
5 HOT MEZE +5 COLD MEZE  
UNLIMITED DRINKS  
**£29.00pp**  
EVERYDAY  
12.00 - 4.00pm

\*TIME LIMIT APPLIES - SEE ONLINE FOR DETAILS



0208 418 9926

info@milaloughton.co.uk www.milaloughton.co.uk

House 112, Connaught, 120 High Rd Loughton IG10 4HJ

OPENING HOURS: Monday-Sunday: 08:00am – 11:00pm





# Nice to MEAT YOU

Italian cured meats are the flagship of Italian traditional cuisine and can be enjoyed in a number of different dishes, both hot and cold. Find out all about our favourite varieties below and how to pair them with other foods for some unbelievable taste sensations.

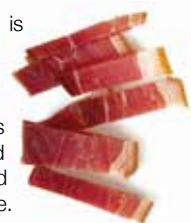
**SALAMI:** Salami is one of the oldest Italian cured meats and is made from ground pork and seasoned with garlic, salt and spices. It is stuffed into casings and then hung to cure, ferment and dry. Do not cook with salami but instead add it to a sandwich or charcuterie board with cheeses such as pecorino or provolone.



**PROSCIUTTO:** Prosciutto is made from the whole hind leg of a pig and is one of the most popular Italian-style cured meats. Slice very thinly and add to salads or wrap around freshly sliced cantaloupe melon for a tasty snack or delicious canapé.



**SPECK:** Speck is a cured meat that is produced from the pork leg and is first smoked and then cured. It is typically flavoured with spices such as nutmeg, juniper berries and bay leaves. This Italian cured meat is delicious in a risotto, as a cold appetiser or roasted on skewers with apple.



**BRESAOLA:** Bresaola is a type of cured beef that is made from the leg of the cow and infused with spices such as garlic, pepper and juniper during the drying process. It is rich in protein and low in fat, making it ideal for those watching their weight. Drizzle with olive oil and fresh lemon on an antipasto platter or enjoy with salty cheeses like parmesan.



**MORTADELLA:** Mortadella is instantly recognisable by its strong scent and pink colour. Mortadella is composed of cured pork and pistachios, and spiced with black pepper and myrtle berries. This cold cut works well with other meats, cheeses, bread and condiments such as mustard. Alternatively, add to cheese-based pasta dishes or stuff in ravioli.



## Calling all brunch lovers!

Oh, Join us this weekend at Café Cassea for an unforgettable brunch experience



From savoury to sweet creations, we've got your brunch cravings covered.

## Don't miss out!

0208 088 0940 | [info@cafecassea.com](mailto:info@cafecassea.com)  
[www.cafecassea.com](http://www.cafecassea.com)  
258 High Road Loughton IG10 1RB



# How to CLEAN PAINT ROLLERS



A step-by-step guide to cleaning your paint rollers

Paint rollers are a must-have tool for painting your home, but they can be a nightmare to clean. If you are guilty of throwing away paint rollers after each use, then this guide is just what you need.

## HOW TO CLEAN A PAINT ROLLER (WATER OR LATEX-BASED PAINT)

### YOU WILL NEED:

- A bucket | A putty knife | A stiff-bristled brush or old rag | A pair of rubber gloves | Washing-up liquid

### WHAT TO DO:

#### Step 1: Remove any excess paint

Paint rollers are highly absorbent, so you first need to remove any excess paint. Use a putty knife to gently scrape off any excess paint back into the paint can.

#### Step 2: Remove the roller from the frame

Put on a pair of rubber gloves and then slide the roller off the frame. Place some warm water and a few squirts of washing-up liquid into a bucket. Submerge the frame in the bucket and clean using a stiff-bristled brush or an old rag. Leave to air dry.

#### Step 3: Wash the roller

Submerge the roller in the bucket and use your hands to massage the paint out of it. Make sure you clean every surface of the roller. If the paint has already dried, leave the roller in the water to soak for 30 minutes before cleaning.

#### Step 4: Rinse the roller

Fill the bucket with fresh water and then rinse the roller. It may take several minutes of rinsing before it is completely clean. Shake off any excess water.

#### Step 5: Dry the roller

Never place a roller on its side to dry as this will flatten the fibres. Instead, place it upright on its end or slip it over a trouser hanger.

**NB:** If you have used oil-based paint, follow the same steps but replace the washing-up liquid and warm water with mineral spirits. You will also need to wash the roller for 5-10 minutes in the solution rather than 1-2 minutes.



Photo credit: thespruce.com

Delicious chocolate desserts and luxury hot chocolates with real melted Belgian chocolate!



Profiteroles



Lava Caliente



De Blanco



La Crois



SCAN ME

## Le Mahzen Chocolatier

239 High Road,  
South Woodford, E18 2PB  
@lemahzenchocolatier

Open: Weds to Mon 11am - 6pm  
Closed Tuesdays



INTERIOR DESIGN PROFILE

# STUDIO IRO

THE INTERIOR DESIGN STUDIO TEACHING US TO EMBRACE IMPERFECTION...



Studio Iro is the design studio of founder Lucy Carrell, whose work is inspired by the Japanese practice of Wabi, where beauty is found in imperfection. Studio Iro's portfolio contains understated designs that have subtle details to create warm spaces that leave a lasting impression.

### A CLOSER LOOK AT STUDIO IRO

Studio Iro creates styles that are eclectic and beautiful, bringing together a range of influences to create looks that are always unique. From antique furniture to colour blocks that add interest and style, you should expect the unexpected and watch it all come together perfectly.

Studio Iro uses textures and original features of properties to create looks that are unique to each space. Colour pops through art, textiles and accessories add fun elements to looks that are

easy to recreate in your own home.

### CREATING THE LOOK IN YOUR HOME

Lucy describes her designs as "soulful and warm", and this is a theme you can easily recreate in your own space. Some Studio Iro-inspired tips include:

- > Imperfections should be embraced, such as bricked walls, adding their own beautiful touch to your project. Not everything needs to be flawless.
- > Keep an eye out for antique furniture, like a sideboard and armchair that can add some character to a more contemporary home.
- > Use abstract or fine art and decorative wallpaper to lift your spaces and bring in some patterns and textures.
- > Embrace florals and greenery to add further detail to your space and make it look more homely.



# LOT 14 @ Theydon

STARTERS | À LA CARTE | WINES | COCKTAILS

At Lot 14, we aim to provide you with an unforgettable experience as you discover the taste of the sea. Indulge in exquisite seafood and sip on stunning cocktails.

### PRIVATE ROOM AVAILABLE FOR HIRE

Contact us: 01992 276094 | Email: [bookings@lot14.co.uk](mailto:bookings@lot14.co.uk)  
[www.lot14.co.uk](http://www.lot14.co.uk) | 14 Forest Drive, Theydon Bois, CM16 7EY  
Opening times: Monday: closed Tue – Sun: 12:00 – 22:00

Elevate your space with exquisite Italian craftsmanship

We Create Custom Made Furniture Tailored To Your Requirements

**CONTACT US TO ENHANCE YOUR HOME WITH ITALIAN STYLE**

CALL US ON 020 8088 3085  
OR EMAIL  
[Italianbespokefurniture@outlook.com](mailto:Italianbespokefurniture@outlook.com)  
COVERING WEST ESSEX & EAST HERTS

**ITALIAN BESPOKE FURNITURE**



## YOUR VISION, OUR CRAFTSMANSHIP

Transforming your home with our custom made furniture and designs

### WE CAN DESIGN AND CREATE

Sliding Doors Fitted Wardrobes ■ Shaker Design Fitted Wardrobes  
Loft Fitted Wardrobes ■ Under the Stairs Fitted Units ■ Home Office Fitted Furniture  
TV Media Units ■ Fitted Beds with Designer Headboards ■ and many more...



020 3576 4535 07480 816 131  
info@idealfittedbedrooms.co.uk  
www.idealfittedbedrooms.co.uk  
20/22 North Street,  
Hornchurch RM11 1QX



## Find The Perfect Addition To Your Home

ALL KINDS OF **BLINDS**  
CURTAINS & SHUTTERS



- ♥ Rated 'Excellent' on Trustpilot
- ♥ 25 years experience
- ♥ Family-owned business
- ♥ Covering London, Essex, Herts, Surrey & Kent
- ♥ No obligation quotation
- ♥ Book your free survey

**20% OFF**  
**WITH THIS ADVERT**  
\*Bring into store with you  
Full priced items only

## WOODFORD SHOWROOM OPENING SOON

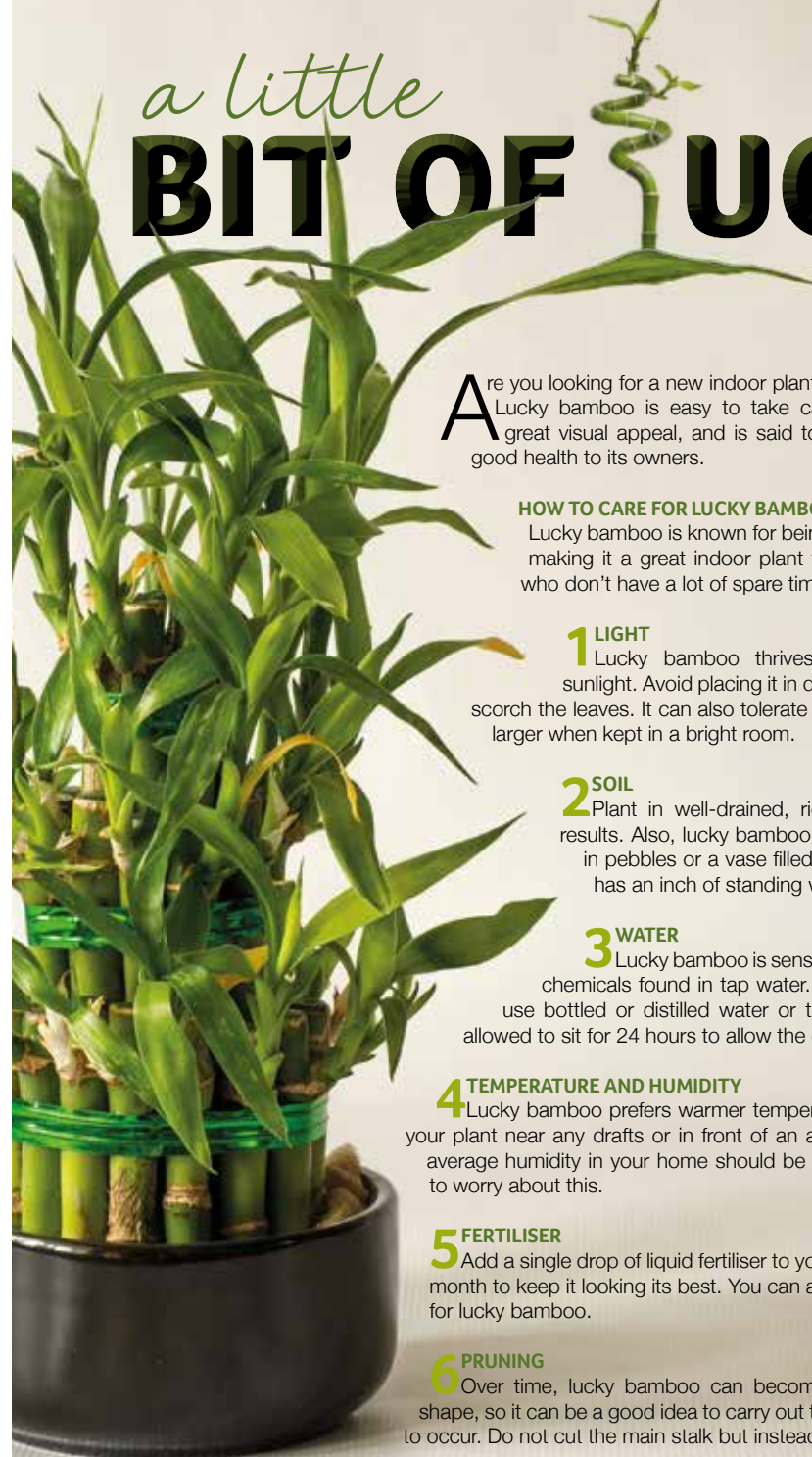
459 Woodford High Road, Woodford Green, Essex IG8 0XE

BOOK YOUR FREE SURVEY 0208 504 4586 ● www.allkindsofblinds.co.uk



HOME & DIY

# a little BIT OF LUCK



Are you looking for a new indoor plant for your home? Lucky bamboo is easy to take care of, provides great visual appeal, and is said to bring luck, wealth and good health to its owners.

### HOW TO CARE FOR LUCKY BAMBOO

Lucky bamboo is known for being virtually indestructible, making it a great indoor plant for beginners and those who don't have a lot of spare time.

#### 1 LIGHT

Lucky bamboo thrives in bright but filtered sunlight. Avoid placing it in direct sunlight as this may scorch the leaves. It can also tolerate light shade but will grow larger when kept in a bright room.

#### 2 SOIL

Plant in well-drained, rich potting soil for best results. Also, lucky bamboo does well when housed in pebbles or a vase filled with water, as long as it has an inch of standing water at all times.

#### 3 WATER

Lucky bamboo is sensitive to chlorine and other chemicals found in tap water. Therefore, it is better to use bottled or distilled water or tap water that has been allowed to sit for 24 hours to allow the chlorine to evaporate.

#### 4 TEMPERATURE AND HUMIDITY

Lucky bamboo prefers warmer temperatures, so avoid placing your plant near any drafts or in front of an air conditioning unit. The average humidity in your home should be fine so you do not need to worry about this.

#### 5 FERTILISER

Add a single drop of liquid fertiliser to your lucky bamboo once a month to keep it looking its best. You can also buy special fertilisers for lucky bamboo.

#### 6 PRUNING

Over time, lucky bamboo can become top-heavy or lose its shape, so it can be a good idea to carry out trimming when this starts to occur. Do not cut the main stalk but instead focus on the offshoots.



# SCREEN SHOCKER

Do you know how many hours a day you spend glued to your mobile phone? How about your kids? Are they more likely to be seen staring at a screen than playing with their toys?

### How much time are people spending on screens?

The average screen time for people aged 16-64, across different platforms and devices, is an estimated six hours and 37 minutes per day. Mobile devices account for most of this, with users spending an average of three hours and 46 minutes on their smartphones, with desktop computers not far behind at two hours and 51 minutes.

### What problems are associated with too much screen time?

Too much screen time can cause a whole host of problems for adults and children alike, including: Obesity | Sleep disturbance | Depression | Anxiety | Hyperactivity | Poor language development | Inferior social development | Low moods | Headaches/eye strain | Light sensitivity | Shorter attention span | Frustration and less impulse control

### How to know if you are spending too much time in front of a screen

If you are unsure whether or not you are spending an unhealthy amount of time in front of a screen, ask yourself the below questions:

- > How often do you leave your house and socialise?
- > How are your eating habits?
- > Are you sleeping okay?
- > Do you get any physical exercise?

If you are not happy with your answers, then it may be time to look at reducing your daily screen time.

### How screen time adds up over one year

1 hour	→	15 DAYS	a year
2 hours	→	30 DAYS	a year
3 hours	→	45 DAYS	a year
4 hours	→	61 DAYS	a year
5 hours	→	76 DAYS	a year
6 hours	→	91 DAYS	a year
7 hours	→	106 DAYS	a year

### How to manage and reduce screen time

- > Create tech-free zones, such as mealtimes and bedtime
- > Set and enforce daily/weekly screen time limits
- > Consider using an app that controls the length of time your child can use a device
- > Eliminate background TV from your home
- > Try to spend more time outdoors as a family
- > Set clear work boundaries.



## GRACIOUS LIVING

Bathrooms Tiles Fires Fireplaces  
Plaster Mouldings

Showroom: 440-448 Larkshall Road, Chingford, London E4 9HH  
Tel: 020 8523 3103 | Email: [showroom@ncscountersales.co.uk](mailto:showroom@ncscountersales.co.uk)  
Web: [www.graciousliving.co.uk](http://www.graciousliving.co.uk)



# Kate WINSLET

Photo credit: David Fisher/Shutterstock



She was the prim beauty who won our hearts on the doomed deck of the *Titanic*. Wind forward almost three decades and Kate Winslet CBE wows again as a ferocious female leader who makes grown men quake in their boots.

Once upon a time in Hollywood, there were two unspoken rules: first, glamorous film stars generally played the roles of glamorous women; and second, a jump to television often meant your career was in terminal decline!

Thankfully, like most things in Tinseltown, neither of these caveats remains true.

Take Kate Winslet in HBO's *Mare of Easttown*, for example a critically acclaimed 2021 miniseries in which her character Mare Sheehan – a detective sergeant and lifelong resident of Easttown – is tasked with investigating a local murder while also dealing with personal and professional challenges. The show was lauded for its gritty realism, encapsulated by Winslet's Mare, a downtrodden, frumpy and dishevelled woman who is a far cry from the actress's usual splendour.

"It's always been good to step outside who I really am," the *Titanic*, *Eternal Sunshine of the Spotless Mind*, *Hamlet* and *Avatar: The Way of Water* actress begins. "Some actors like the security of a certain type of characterisation, but for me that feels boring. My contentment actually comes in taking risks; and of course, some work, and some don't!"

Most for Winslet have worked, thankfully; so much so that rather than push her daughter away from the emotional perils of the entertainment industry, as so many parents do, she has encouraged her to carve out a niche. In 2022, the Reading-born beauty starred in *I Am Ruth*, a deeply moving film for Channel 4 which explores the ruptured relationship between Ruth (Winslet) and her teenage daughter, Freya, played by Winslet's own first-born child Mia Threapleton, whose mental health is becoming increasingly compromised by her mobile phone.

"I've always kept my children away from the media and that part of the industry. And in the case of Mia, not only has this protected her, but I think also kept the idea of acting and performing pure and wholesome, and that's really important."

Indeed, with her lookalike daughter embarking on her own acting career, 48-year-old Winslet could consider early retirement, especially considering she's already won an Oscar, two Emmy Awards and numerous BAFTAs, as well as being awarded a CBE by Her late Majesty Queen Elizabeth II in 2012 for services to drama.

Instead, she has delivered one of her finest performances yet in six-part satire, *The Regime*.

Created by *Succession* alum and *The Menu* cowriter Will Tracy, the Sky Max series features Winslet as the manicured and manic dictator of an imagined European state.

Primarily filmed at the picturesque Schönbrunn Palace in Vienna, Austria, with additional scenes shot in the baroque rooms of Wentworth Woodhouse, near Rotherham, *The Regime* is a fever dream that simultaneously terrifies, baffles and entertains viewers.

"You've got to keep pushing in this industry. As they say, standing still is going backwards!"

Push she does, something aided by a happy private life and marriage with Edward Abel Smith. The couple contentedly exist in the rural confines of West Wittering on the Sussex coast, turning away from the red carpets and flashbulbs. "Of course I will do what I can when promoting projects, but outside that, I've never been too fussed about the scene.

"I've never missed it, and I don't think it's ever missed me!"



# SOIRÉE



## THE TURKISH RESTAURANT FOR FOOD LOVERS

Soiree Turkish restaurant is an evening affair with friends, music and lavish celebration, making it the premier destination for the seeker of sophisticated, care-free nightlife.

Our menu is inspired by the finest Turkish cuisine, accompanied by hand-crafted cocktails made from masterfully blended spirits.

### PRIVATE HIRE FOR UP TO 150 GUESTS

Suitable for all occasions such as birthdays, weddings & celebrations

### SET MENUS AVAILABLE FOR GROUPS

## TO MAKE A RESERVATION

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

0208 088 4289 [info@soireerestaurant.co.uk](mailto:info@soireerestaurant.co.uk)

79 Queen's Rd, Buckhurst Hill, Essex, IG9 5BW



# 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.

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

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".

For a free quotation please call 0800 61 21 118 or visit [www.cloudy2clear.co.uk](http://www.cloudy2clear.co.uk).

*"Ask me about our fantastic Energy Saving Glass."*



## 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?



Priority freephone  
**0800 61 21 118**

[www.cloudy2clear.co.uk](http://www.cloudy2clear.co.uk)

Love Your Home - Protect Your Windows - Save Money





LOCAL FEATURE

# The stunning Elizabethan mansion – Hill Hall

Among Essex's many notable buildings, one in particular offers visitors a glimpse into England's rich past.

Hill Hall was originally constructed for Sir Thomas Smith during the reign of Queen Elizabeth I, covering approximately 50 hectares. Enveloped by an 18th-century landscaped park providing dramatic vistas atop a high ridge, with grounds descending in every direction, it offers breathtaking views across the rolling landscape.

The gardens, designed by prominent architects Reginald Blomfield and Philip Tilden, retain features from the late 17th century and are nestled within the parkland for which Humphry Repton, a renowned landscape gardener, created a design in 1791.

Located southeast of Epping – near Junction 27 of the M25 – its approach is through a carriage drive lined with young lime trees, leading directly to the hall's gates. This path closely follows the original drive of the house, despite various modifications over the centuries.

The hall itself was built between 1569 and 1575. Adorned with terracotta and cut-brick dressings, it features a north front with mullioned windows and central Elizabethan entrance arch under a Tuscan portico.

The garden to the south displays nine bays with outer three-storey towers, while the east front – remodelled in 1714 – boasts giant half-columns and a family coat of arms. Despite numerous alterations by the Smith family, the original Elizabethan layout remains largely intact.

A blend of historical and modern landscaping, surrounding gardens to the east, south and west of the hall feature a late 19th-century flagstone terrace, mature trees and remnants of 17th-century formal gardens.

Later, it briefly became a women's prison hosting, among others, Christine Keeler, the model involved in the Profumo affair, who was jailed for perjury.

Hill Hall has now been divided into private houses, but parts remain open to the public for pre-booked tours on Wednesday afternoons.



Photo credit: Heritage Images Partnership Ltd/Alamy Stock Photo



**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](mailto:enquiries@beboilersafeuk.co.uk)  
 🌐 [www.beboilersafeuk.co.uk](http://www.beboilersafeuk.co.uk)







**Infinite Glass**

**BUILDING TRUST WITH QUALITY WORK**

**CHAS** 



**CLEAR INSPIRATION – ENDLESS POSSIBILITIES**

0208 088 0920 [info@infiniteglass.co.uk](mailto:info@infiniteglass.co.uk)








**CITYBEDS**  
NO-ONE DOES BEDS BETTER!

Est. 43 Years



**Don't Be An Internet Idiot,  
Try Before You Buy**

4'6 Ottoman  
Set with 1000  
Pocket Matt

**WAS  
£959  
now**

**\* £759**



**STACKS of MATTS**  
£89 to £1,999



\*In 35 Colours

Huge Stocks  
= Fast Delivery

**WE ONLY SELL 100%**



**BRITISH MADE  
MATTS + BASES**

**0208 501 2426 OPEN 7 DAYS**

20-22 FOWLER ROAD, opp HAINAULT FOREST PARK, IG6 3UT

**Would you like an honest, reliable  
and AFFORDABLE, police checked\*  
cleaner to clean your home?**

**\* £20**  
OFF your  
first clean with  
this advert

Typically  
**£17.50**  
per hour fully inclusive.



**TIME FOR YOU**  
DOMESTIC CLEANING

As Featured on BBC 2's Working Lunch, Ch4's 'House Swap'  
& preferred cleaning supplier to CH5's Cowboy Builders!

Call **TODAY: 0208 088 6101**

Email: [chigwell@uk.timeforyou.cleaning](mailto:chigwell@uk.timeforyou.cleaning)

[www.timeforyou.cleaning](http://www.timeforyou.cleaning)



\*Police checked cleaners available on request. All discounts or promotions are subject to our terms available on [www.timeforyou.cleaning](http://www.timeforyou.cleaning)

# Sports legend celebrates community links

Though not a native of Brentwood, legendary British boxer and former world champion Frank Bruno MBE's significant association with the area packs a punch.

During his 14-year boxing career, which started in the 1980s, Frank Bruno MBE was known for his exceptional punching power and dynamic resilience. It led him on the path to becoming a national hero in Britain, as a nation celebrated not just his sporting achievements, but also his unique personality.

His connection to the Brentwood and Ongar area was also something that became greatly aligned with his professional journey. It began during the peak of his career after he moved to the area, as he found the environs a serene contrast to the intense and brutal arena of boxing.

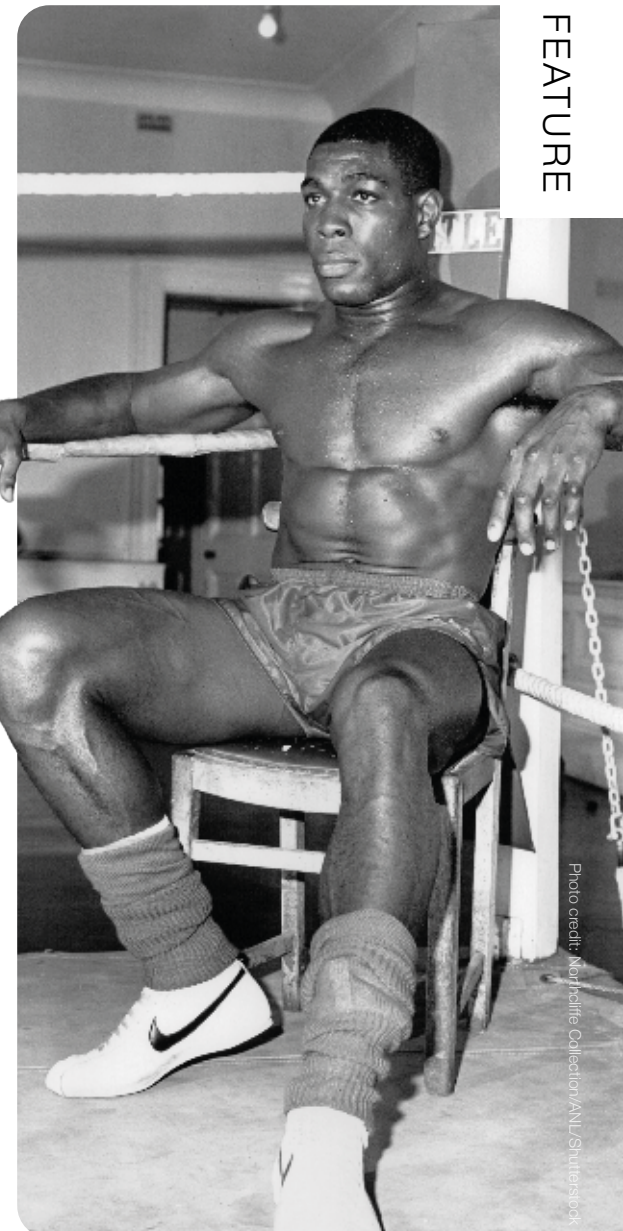
His presence also helped to raise the profile of the region, drawing attention to its community and cultural offerings, as he engaged with local events and charities and endeared himself to residents, becoming a beloved local figure.

It showed in his career as he eventually fought 45 times, winning 40 bouts – 38 of which were by knockout. His most notable victory came against Oliver McCall in 1995, when he won the WBC heavyweight title – a significant moment for both British boxing and Bruno's status as a UK icon.

After retiring, Bruno willingly discussed his own battles with mental health and wellbeing, becoming an advocate for raising awareness of such issues, particularly among men. His openness has been instrumental in helping to reduce stigma.

His autobiography, *Frank: Fighting Back*, chronicles his life, career and struggles, offering an intimate examination of the life of a sports legend. His ongoing association with the local area highlights the enduring bond between the public figure and the community he chose to call home.

Frank Bruno's story is one of hardiness, community engagement and the power of sport to unite and uplift.



LOCAL FEATURE

Photo credit: Northcliffe Collection/ANL/Stonehouse



# YOUR LOCAL EVENTS

WHAT'S ON

## WILL FINN AND ROSIE CALVERT AT LOUGHTON FOLK CLUB

The Loughton Club, 8 Station Road, Loughton, IG10 4NX  
Thursday, April 11, 7.45pm



Photo credit: Will Finn And Rosie Calvert

Award-winning husband-and-wife Will Finn and Rosie Calvert will perform a mix of traditional and contemporary folk music. Known for their intricate harmonies and warm stage presence, their joy for singing is infectious. Their music takes inspiration from old English ballads and gothic Americana.

Tickets will be available on the door. To reserve a spot, email [loughtonfolkclub@googlemail.com](mailto:loughtonfolkclub@googlemail.com)

## CHIGWELL RIDING TRUST

All Saints' Woodfood Wells, Inmans Row, Woodford Green, IG8 0NH  
Wednesday, April 17, 2.30pm

Come along to your local National Trust for a talk by Deborah Hall, manager of the Chigwell Riding Trust. Founded in 1964, Chigwell was the first-ever riding centre for people with special needs and disabilities.

Tickets are free for National Trust members or £3 for non-members. To find out more and book, email [speller643@btinternet.com](mailto:speller643@btinternet.com)

## SIOBHAN WALSH

The Loughton Club, 8 Station Road, Loughton, IG10 4NX  
Saturday, April 20, 8.30pm

The Loughton Club extends a warm welcome back to singer and local Epping girl Siobhan Walsh. Siobhan completed her training at the London Studio Theatre before embarking upon a career in the West End. Still based in Essex, Siobhan has already provided a groovy night or two at the Loughton Club.

Free entry. Find out more at [www.loughtonclub.co.uk](http://www.loughtonclub.co.uk)

## CANVAS AND CORK

8 Rocks Deli & Wine, 238 High Road, Loughton, IG10 1RB  
Wednesday, April 24, 7pm – 10pm

Canvas and Cork is holding the latest in a series of paint and wine nights, offering the chance to socialise, unwind and get creative.

Please arrive 15 minutes before the event starts. The session will be hosted by artist Bryony.

Tickets cost £40 and include a drink on arrival. To book, visit [www.shorturl.at/zLRZ5](http://www.shorturl.at/zLRZ5)

## INDOJAZZ FUSIONS

Loughton Methodist Church, 260 High Road, Loughton, IG10 1RB  
Saturday, April 27, doors open at 1.30pm for a 2.30pm start

Featuring iconic sitar player Jonathan Mayer and the head of jazz at the Royal Academy of Music Nick Smart on the trumpet, this is not an event to miss. The ensemble is small but diverse, bringing in influences and instruments from across the world in a dynamic celebration of jazz on International Jazz Day.

Tickets cost £24.80 from [www.shorturl.at/hpLL1](http://www.shorturl.at/hpLL1)

## WEDDING OPEN EVENING

King's Oak Hotel, Paul's Nursery Road, High Beach, IG10 4AE  
Wednesday, May 8, 4pm – 8pm

Join King's Oak Hotel for a chance to get to know this intimate venue. Whether you're dreaming of a grand ceremony or an intimate gathering, the hotel has dates available for 2024 and 2025.

Enjoy a complimentary drink, meet with suppliers and discuss how to turn your dreams into reality.

Entry is free. To join the guest list, please visit [www.kingsoakhotel.com](http://www.kingsoakhotel.com)



Photo credit: King's Oak Hotel

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

## Free Memory Café

SUPPORTED BY

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

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

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

## RMC PLASTERING LONDON

**TRANSFORM YOUR SPACE WITH EXPERT INTERIOR PLASTERING**

Our ever growing team covers everything from all coloured rendering systems, venetian plastering and all aspects of internal works.

- We have 25 years of experience in the industry
- Customer satisfaction is always our priority

**FOR A NO OBLIGATION QUOTATION CONTACT ROY COWLEY**

**0208 088 4261**  
[www.rmclasteringlondon.co.uk](http://www.rmclasteringlondon.co.uk)

## DO YOU WANT TO SAVE ENERGY? DO YOU WANT TO RETAIN HEAT? DO YOU WANT TO SAVE MONEY? DO YOU WANT TO PROLONG THE LIFE OF YOUR EXTERIOR PROPERTY?

As Properla Approved Installers we offer a range of exterior super hydrophobic waterproof and 100% breathable coatings for your roof or walls, designed to reduce energy costs and protect the exterior of your property and save you money.

### CLEANING & COATING SERVICES

PROPERLA & RENOTEC WALL & ROOF COATINGS APPROVED INSTALLERS

ENERGY SAVING TRUST APPROVED PRODUCTS IN THE RANGE ALL PRODUCTS COME WITH A 10-20 YEAR MANUFACTURERS GUARANTEE

- Roof & Wall Coating
- Driveway Cleaning & Coating
- Wood impregnator
- Damp & Mould Prevention
- Insulation Removals
- Solar Panel Cleaning

Call us: 07810 562 506 or visit: [www.ecocoats.co.uk](http://www.ecocoats.co.uk)

# AERIALBASE.COM

TV • AERIAL • SATELLITE  
INSTALL • SERVICE • REPAIR

**AERIALS FULL FITTED** from £59.97  
**AERIALS SET UP/REPAIR/TUNING** ONLY £29.97

digital freesat sky youview

**FREE CALLOUTS**  
SAME DAY SERVICE (where possible)

0203 0219 344 / 01375 460964  
FREEPHONE 0800 193 0017  
BOOK ONLINE @AERIALBASE.COM

## Illusions DANCE ACADEMY

**ENJOY A FREE TRIAL LESSON**

- ISTD MODERN, TAP & BALLET
- STREET DANCE
- MELODY BEAR BALLET, TAP & GROOVY MOVES (PRE SCHOOL CLASSES)
- SHOWS AND ISTD EXAMS
- CLASSES TAUGHT BY PROFESSIONAL AND QUALIFIED TEACHERS
- OPPORTUNITIES TO PERFORM IN THE WEST END & DISNEY PARIS!

CLASSES IN EPPING & LOUGHTON

07784449231 OR 07849946193

WWW.ILLUSIONS DANCE ACADEMY.COM

illusionsdanceacademy2010 | illusionsdance2010



# SPEAK UP

New figures show that 20 per cent of toddlers are not meeting their expected development levels because they were prevented from learning communication and play during the pandemic. If you are worried about your child's speech, then these talking tips are just what you need.

## Embrace Harmonious Family Life at Parentshq

Elevate your parenting with our professionally qualified NLP Coach

Parenting Confidence | Children's Self-Esteem | 1:1 Coaching Session | Family Bonds | Online Signature Programmer

- Navigating parenting challenges with less stress and anxiety.
- Fostering trust and strong bonds with your children.
- Achieving a balanced, fulfilling family life.

Embark on a transformative journey toward positive change.

parentshq.co.uk | 0208 0883189

Book your free call with us

10 Years experience

ANLP Accredited Professional Member | DBS Checked



### TALK TO THEM

If you are guilty of scrolling through your phone or leaving your toddler to play alone for long periods of time, then this can affect their speech development. Instead, make an effort to talk to your toddler throughout the day; tell them what you are doing and point out objects in the home.

### READ TOGETHER

One of the most important things that you can do for your child is to read to them every day. In fact, reading just one book per day to your toddler can mean that, by the time they reach pre-school age, they are exposed to 1.4 million more words than children whose parents don't read to them.



### USE SIGN LANGUAGE

While you don't have to become an expert in sign language, just teaching your baby or toddler a few signs such as 'more' and 'milk' can help them learn how to express themselves at a much younger age. It can also boost their confidence levels, which can in turn create a better environment for learning to speak.

### AVOID BABY TALK

It is much better to talk to your baby using proper words than with baby talk, however adorable it may be. If your baby or toddler gets a word slightly wrong, do not point out their mistake but simply repeat it back to them correctly.

### LIMIT SCREEN TIME

The less time your toddler spends on a screen, the better, as it is interactions with others that help with language development. Even programs that are designed for babies and toddlers are no substitute for human communication.



# BEGINNER'S GUIDE TO Pineapple lily



**E**ucomis, aka pineapple lily, makes an impressive addition to any garden with its exotic-looking blooms and tufts of vibrant leaves. However, despite their show-stopping appearance, they are relatively easy to grow, making them perfect for beginners.

**What are the different varieties of pineapple lily?**

- 1 **Eucomis comosa:** A tall variety that grows up to 75cm, with large leaves that boast a slightly wavy edge.
- 2 **Eucomis autumnalis:** Produces a long, thin flower spike that is topped with a small rosette of leaves.
- 3 **Eucomis bicolor:** A two-tone variety that has pale green flowers with maroon edging.
- 4 **Eucomis pallidiflora:** Known as the giant pineapple lily, this variety can reach up to 2m when in flower.

**Where to plant pineapple lilies**

Pineapple lilies are tender plants that need plenty of sun to thrive. Choose the warmest and brightest spot in your garden and make sure the soil is well drained. You can plant pineapple lilies in either borders or containers.

**How to plant pineapple lilies**

If growing pineapple lilies in your garden, plant bulbs 15cm deep in fertile, well-drained soil. Keep the plants well watered during growing season (April to early October).

If growing in containers, plant bulbs in a wide, shallow pan, if possible, but a normal flower pot will do. Use a loam-based compost (a mixture of clay, sand and silt) with added sharp sand to improve drainage. Allow at least 7.5cm between bulbs and make sure the top of the bulb is just below the soil's surface. Just like plants in the garden, water well during growing season.

**How to care for pineapple lilies**

Keep pineapple lilies well watered during the summer but dry in the winter by either digging up the bulbs or moving pots indoors in autumn. Remove any dead leaves and spent flowers at the end of each growing season.

ARE YOU PLANNING THE PARTY OF THE YEAR?

Add some wow factor and party under the canvas in one of our stretch tents

RUN OUT OF IDEAS TO KEEP THE KIDS BUSY?

Let them have some old school fun in one of our bell tents, no ipads allowed!!



SCAN ME

UNDER THE CANVAS

WILL YOU LET WEATHER RUIN YOUR PARTY?

Book a stretch tent and take your worries away!!

FOR HIRE OR PURCHASE

0208 088 2976 • [www.underthecanvas.co.uk](http://www.underthecanvas.co.uk)

f underthecanvas.uk
under.the.canvas

20%  
DISCOUNT  
FOR MAY  
BOOKINGS






12 MONTHS  
INTEREST  
FREE

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

01708 756789 ■ 0208 088 0876

www.bestfittedwardrobe.co.uk

info@bestfittedwardrobe.co.uk

Best Fitted Wardrobe Ltd Unit A3, Seedbed Centre, Davidson Way, RM7 0AZ



BEST FITTED  
WARDROBE

f
underthecanvas.uk
@
under.the.canvas

# ARTIFICIAL LAWNS & LANDSCAPING

# CLASSY GRASS

DRIVEWAYS



PATIOS

MOVE FROM THE PAST  
INTO THE  
FUTURE  
OF GRASS

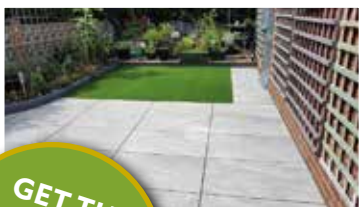


## THE BENEFITS OF ARTIFICIAL GRASS

- ◆ No Mowing ◆ No Watering ◆ No Feeding
- ◆ Child Friendly ◆ Pet Friendly
- ◆ Virtually Weed Free ◆ No Muddy Patches
- ◆ Looks Good All Year Round

- ◆ We will help you decide what's best for you and your budget
- ◆ We guarantee our work and materials
- ◆ We are fully insured and covered for liability

GET THE  
GARDEN  
READY FOR  
SUMMER



DROP US A LINE OR GIVE US A RING,  
WE'D LOVE TO HEAR FROM YOU

0208 088 4286 | 07968 060627

www.classygrass.co.uk

info@classygrass.co.uk

6 Cedar Park, High Road, Chigwell, IG7 5AL



SCAN ME



GARDENING

# REACH FOR THE *sky*

Climbing vines are great for all-sized gardens, adding visual interest and acting as a highly effective disguise for any eyesores without taking up too much room. Discover the best climbing plants for your garden.

### BEST CLIMBING VINES FOR STUNNING SCENTS

**JAPANESE WISTERIA:** Boasting fragrant flowers in shades of purple-blue and white, Japanese wisteria needs a lot of space and support, as well as twice-yearly pruning. Allow this plant to grow up an established tree or a house wall.

**ROSE CLIMBERS:** Roses are beautiful to look at and stunning to smell, making them the perfect climbing vine for creating a scent-filled garden. These can be grown up a trellis or up and around arbors to create an intimate area in your garden.

### BEST CLIMBING VINES FOR EARLY BLOOMS

**WINTER JASMINE:** Winter jasmine produces fragrant yellow flowers in the depths of winter before its dark green leaves appear in spring. Its stems do not like twine so they need support from a trellis secured to either a wall or fence.

**JAPANESE QUINCE:** One of the first shrubs to flower each year, the Japanese quince bears red, pink or white blossoms along its bare branches. This vine can be trained to grow up against a wall or a fence.

### BEST CLIMBING VINES FOR SHADY SPOTS

**SAUSAGE VINE:** Sausage vine is a frost-hardy evergreen climber that grows to around 6m high. With pale pink blooms in April and May, this climbing vine will grow in the shade, making it ideal for a dreary corner. Grow in a wall-side border for the best results.

**CHINESE VIRGINIA CREEPER:** A deciduous climber that attaches itself to walls and fences with little sucker disks, the Chinese Virginia creeper produces masses of growth each season and is one of the few climbers that actively thrive in shady areas.



Photo credit: thesandsinbushonline.org, longfordgardencentre.com





Company Reg. No. 07669254

# DRIVELINE Paving Ltd

*Call your local, family run business for a free quote*



Checkatrade.com  
Where reputation matters



info@drivelinepavingltd.co.uk  
www.drivelinepavingltd.co.uk

**Office: 01992 879 701**  
**Freephone: 0800 061 2373**  
**Mobile: 07766 00 2782**

Woodside, Epping CM16 6LG

## Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



### Need more storage space? INSTALL A LOFT LADDER AND USE YOUR LOFT!

**STARTER PACKAGE:** Aluminium loft ladder, light plus 50 sqft boarding, fully fitted in less than a day from £444

- Loft Ladders • Hatches
- Boarding • Insulation
- Lights • Fully Guaranteed



Home Counties LOFT LADDERS

**CALL FREE: 0808 301 9551**  
homecountiesloftladders.co.uk



# PUPPY play!

One of the best things about getting a new puppy is being able to teach them tricks. Once you have mastered the basics of puppy training – sit, down, come, and stay – you can move on to more fun ones!

### Give a kiss

Who doesn't want to be on the receiving end of a big, wet kiss from their new best friend? A great trick for kids to teach, all you need to do is place a little treat on your cheek and then add the command "kiss". Repeat until mastered. This is also good for preventing unwanted licking.

### Roll over

To get your puppy to roll over, they first need to be able to lie down and stay. Once they are lying down, hold a treat between your first two fingers, a few inches above their nose. Bring the treat over to their side, luring your puppy to roll over. When they are lying on their side, reward them with the treat and verbal praise. Repeat until mastered.

### Spin around

A trick your puppy will love. To get them to spin around in a circle, say "spin" or "twirl" as you move your hand (with a treat in it) in a complete circle.

Reward your puppy as soon as they complete a spin. Make this trick more difficult by issuing different commands for spinning clockwise and anti-clockwise.

### Shake paws

Would you like your dog to greet your friends more formally when they arrive? An easy trick to teach, first tell your puppy to sit. Next, keep a treat in your closed hand and wait for them to sniff or paw at it. Reward them, and repeat. Eventually, your puppy will paw at your hand every time and this can then be turned into a paw shake.

**NB:** Once each trick is mastered, you no longer need to provide them with a treat every time they complete a task.

**wellpolished**  
The Professional Way to a Sparkling Home

- Regular Weekly Cleaning
- Seasonal Blitz Cleans
- Initial Deep Clean
- Home Ironing Service
- Housekeeping
- Fortnightly Cleaning

Get £10 off your first clean  
Code: VISION

5 Star Rated Service  
★★★★★

Scan to visit our website

01992 289014

**APPLIANCE PROBLEM? WE'LL FIX IT!**  
Any make Any model

**LOCAL ENGINEERS IN YOUR AREA!**

If we can't fix it, we can supply and install new appliances same day

**SAME DAY CALL OUT AVAILABLE**

View our sales page for list of machines ready to install today!

**ALL MAKES ALL MODELS REPAIRS SALES**

**CALL OR BOOK ONLINE**  
01279 310793  
www.spindoctoruk.co.uk

**PUT THE SPARKLE BACK INTO YOUR KITCHEN**

**OVEN BRIGHT**  
Domestic Oven Cleaning Specialists  
Est. since 2007

**Prices**

Single oven incl. shelves & grill pan.....	£48.00
Double oven incl. shelves & grill pan.....	£59.00
Range incl. shelves & grill pan.....	From £68.00
AGAs.....	From £100.00
Hobs.....	From £17.00
Extractors.....	From £18.00
Microwaves.....	From £20.00

*No VAT to pay*

Member of The Association of Appliance Oven Cleaners (AOC), Federation of Small Businesses (FSB) MEMBER, Trading Standards Approved, VISA, Mastercard, JCB

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

**BEFORE** **AFTER**

# How to MANAGE your EMAIL INBOX!

## TOP TIPS TO KEEP YOUR EMAIL INBOX UNDER CONTROL AND MORE ORGANISED

**D**o you struggle to keep on top of your emails? If yes, then you are far from alone, with the average professional spending a whopping 4.1 hours each day responding to work messages. Furthermore, more than one-third of office workers state that 'email fatigue' has made them want to quit their jobs.

### 1. ONLY KEEP EMAILS THAT REQUIRE IMMEDIATE ATTENTION IN YOUR INBOX

Although this may seem a little extreme, keeping only emails that require your immediate attention in your inbox can make this tedious task feel a lot more manageable. Move all non-urgent emails to relevant subfolders. Aim to have 25 emails or fewer in your inbox at the end of each day.

### 2. CREATE A WAITING FOLDER FOR ACTION-PENDING EMAILS

For any emails that require an action from someone else before you can respond, a waiting folder is a great idea. This way, they are not taking

up space in your inbox and you can simply take a look at the end of each day or once a week to remind yourself of any projects that are still pending.

### 3. MAKE SUBFOLDERS OR USE A LABEL SYSTEM

If you receive hundreds of emails a day, then subfolders are a must. These can be used to group together important email chains so that you can easily reference something when you need to.

### 4. USE YOUR CALENDAR TO TRACK EMAILS

For emails that require more than just a simple reply, we recommend that you add them to your email calendar with a reminder of when a follow-up email is required. You can also use an appropriately coloured follow-up flag to easily identify emails that require further attention.

### 5. CREATE TEMPLATES FOR GO-TO RESPONSES

Tailoring a reply for every email is time-prohibitive, so stock responses, can be a real life saver. Save a few different generic responses and tweak accordingly.



Sovereign  
Guards UK



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

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

Specialising in fogging systems for high risk asset protection

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

CONTACT US FOR MORE DETAILS:

Call: 0208 088 3147

Email: [info@sovereignguards.co.uk](mailto:info@sovereignguards.co.uk)

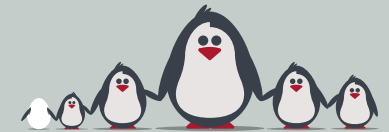
[www.sovereignguards.co.uk](http://www.sovereignguards.co.uk)



PROVIDING YOU WITH 24 HOUR SECURITY

Specialist family lawyers.

RAYDENSOLICITORS



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

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

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



Bespoke advice from Rayden Solicitors Epping  
Contact us, [enquiries@raydensolicitors.co.uk](mailto:enquiries@raydensolicitors.co.uk)  
Epping Office  
The Civic Centre, 323 High Street, Epping, Essex,  
CM16 4BZ. Tel:0203 7733919.

RAYDENSOLICITORS  
[www.raydensolicitors.co.uk](http://www.raydensolicitors.co.uk)

We are available on

**FULLY FITTED PRICES FROM £995**

**UNBEATABLE VALUE ELECTRIC GARAGE DOORS**

- ✓ FREE installation
- ✓ FREE 5 year warranty
- ✓ Manufactured in the UK
- ✓ Fitted by a local Garolla engineer
- ✓ The UK's No.1 recommended

**GAROLLA**  
ELECTRIC GARAGE DOORS

Trustpilot  
★★★★★  
4.7 out of 5

BOOK A FREE SURVEY TODAY  
**01992 830 024**  
GAROLLA.CO.UK

**IS YOUR CAR TRULY SAFE?**

**CAR & VAN SECURITY SPECIALISTS**

**SMART CAR PROTECTION WITH GHOST IMMOBILISER**

Greater London & surrounding M25 areas

7 days a week  
8am to 10pm

0208 088 3140

carkeyssolutions.co.uk • 0208 088 3140  
contact@carkeyssolutions.co.uk

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

FROM ONLY **£450**

KEYS SOLUTIONS

# I CAR-NT BELIEVE IT

**THE WEIRDEST THINGS BIG CAR COMPANIES MAKE... THAT AREN'T CARS**



Automakers are talented, skilled and enterprising across different types of technology, so it follows that, on occasion, their creations may go beyond simply four wheels.

**LEXUS HOVERBOARD:** Branded as Slide, Lexus's hoverboard embodies futuristic dreams with its spindle grille design and bamboo material. It's a functional hoverboard, representing a blend of imagination and Lexus's automotive style.

**NISSAN PROPILOT CHAIR:** This autonomous chair, following Nissan's Intelligent Parking Chair, offers a solution for those weary of standing in lines. It follows a pre-set path, mirroring semi-autonomous vehicle technology, and has been tested in Japanese restaurants for customer convenience.

**HONDA UNI-CUB:** The UNI-CUB, a personal mobility device, features a unique omni-directional driving wheel system and balance control technology.

**AUDI R18 CHAIR:** A collaboration with Clemens Weisshaar and Reed Kram, this stylish chair combines carbon composites and high-strength aluminium, and weighs just 4.9lb.

**BMW BOBSLED:** BMW's carbon fibre bobsled, developed for Team USA, contributed to an Olympic bronze in Sochi. It showcased BMW's expertise in weight distribution and sleek design, mirroring its automotive approach.

**LAMBORGHINI IXOOST ESAVOX:** This speaker boasts authentic Lamborghini parts, including an exhaust, and stands out in the realm of lifestyle products. It features high-quality audio components and the brand's signature design elements – a fusion of luxury automotive style and sound.

**TOYOTA KIROBO MINI-ROBOT:** Priced around \$400, this robot offers portable companionship and conversation, reflecting Toyota's strides in AI, at the same time as catering to Japan's social needs.

**ASTON MARTIN RESIDENCES:** The manufacturer has ventured into real estate with its showpiece 66-storey building in Miami, a collaboration with Argentine developers, which features bespoke lobbies, fitness centres and a spa.

Photo credit: media.lexus.co.uk, global.nissannews.com, Tom Vack via r18@redair.com, bmwusa.com, lamborghinielora.com, mag.toyota.co.uk



HISTORY

# GOING THE DISTANCE

*A brief history of the London Marathon, in advance of this year's event on April 21*

While we have the Ancient Greeks to thank for the world's most recognised long-distance running event (it's named after the 25-mile route from Marathon to Athens, embarked on by a Greek messenger who announced victory over invading Persians in 490BC, then promptly collapsed and died), the modern incarnation of the challenge is a very British creation.

Indeed, from a standardised 25-mile distance, the challenge was extended by a mile and 385 yards ahead of the 1908 Olympic Games in London, with Queen Alexandra requesting the race start on the Windsor Castle lawns and finish in front of the royal box at the Olympic Stadium.

The random boost in mileage stuck, and the marathon has evolved to become one of the toughest (yet at the same time perfectly achievable) endurance challenges.

Globally, there are thousands of official marathons that take place every year, yet of them all, no one has ever run one quicker than Kelvin Kiptum, who

was tragically killed in a car crash in his native Kenya on February 11 of this year. His time of two hours and 35 seconds (and a barely believable mile pace of four minutes and 36 seconds) at the 2023 Chicago Marathon is an incredible legacy to leave.

The London Marathon is arguably the world's favourite. Conceived by Chris Brasher and John Disley in 1981, it has men's, women's and wheelchair variants. At the first event, there were 6,255 finishers, with Dick Beardsley and Inge Simonsen crossing the finish line first hand-in-hand.

Kiptum holds the current London Marathon record (2:01:25), the fastest of more than one million entrants across the past four decades. More than £1 billion pounds of sponsorship has been raised for good causes during that time.

With nearly 580,000 applicants in 2024 – an almost fourfold increase compared to a decade ago – the London Marathon has never been more popular. Beginning in Greenwich Park, it finishes on The Mall, and almost 99 per cent of runners who start will finish.

If you feel inspired, entries will soon open for the 2025 event. And even if you decide not to run, it's still a great event to witness as a spectator, with a lively atmosphere and community spirit as crowds come together to cheer on the runners.

Photo credit: Ted Blackmore/Daily Mail/ Shutterstock



## 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



EXPERIENCE GOLFING EXCELLENCE  
ALL YEAR ROUND



# LADIES MEMBERSHIP

7 DAY FULL - £ 1,200

5 DAY FULL - £ 900

01708 688396

WWW.ABRIDGEGOLF.COM



SUPERB COURSE - LOVELY PEOPLE - A PROPER GOLF CLUB



SPORT



DIFFERENT

## WHY IT'S IMPORTANT TO AVOID LOOKING LIKE A TURKEY AT THE UPCOMING WORLD GRAVY WRESTLING CHAMPIONSHIPS

We all know the popularity of gravy up north, but for nearly two decades, a group of Lancashire locals have been intent on taking things a step further by hosting the World Gravy Wrestling Championships.

First held in 2007 in the small Lancashire village of Stacksteads, Rossendale, the championships take the form of two-minute bouts. Competitors, adorned in fancy dress, wade into a pool of the aromatic stuff, grappling and grabbing their opponent. They are scored on wrestling ability, fancy dress and the level of entertainment provided. Firefighters are in attendance ready to hose down competitors in between bouts.

Held on August bank holiday at the Rose 'N' Bowl pub, the event attracts large crowds and a bevy of soon-to-be drenched competitors. While the competitive wrestling features adults, younger

gravy aficionados can have a go after the main event, and there's never a shortage of applicants, with numbers increasing each year.

In the early days, the key constituent was bona fide Lancashire Gravy. Yet after the event became besieged by wasps who found the unique recipe rather too irresistible, an alternative mixture of caramel and cornflour was devised.

The World Gravy Wrestling Championships also raises significant funds for local charities.

Having taken a short hiatus during COVID-19, the championships roared back to popularity after the lockdowns with the most successful contests yet. And while meat stock is very much the order of the day, the fact that the event is held at a pub means competitors can always knock back something afterwards that offers slightly more punch than a watery beef or chicken accompaniment!

Photo credit: MCPPIX-Shutterstock

## 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

### MAKNAS ACCOUNTANTS

ACCA registered experts offering comprehensive services – VAT, Payroll, Bookkeeping, Management Accounts. Contact us at 07828 662697 for tailored solutions for your business

## 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

## BEAUTY & NAILS

### BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babtac insured and approved. 07961 462672

### SPECIAL NAILS

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

### THE NAIL STUDIO

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

### WICKED WAXING LTD

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

## BESPOKE TAILORING

### ROSS CARRINGTON BESPOKE TAILORING

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

## BOILER & PLUMBING SERVICES

### SIMPLY PLUMBING

All work guaranteed. Local plumber. Leaking taps-toilets-overflows-radiators-showers-blockages-boilers repaired & installed. Call this number today 07711 840722

## 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 Debden. Phone Vicki: 07849 435451 | Website: Vickischessclub.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.tutordoctor.co.uk/wlcc

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

## 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

### ALI ALOE

Health & wellness company requires help! Flexible hours, work from home, suits busy people, full/part-time. Text or call Alison 07932 717496

## HOME CARE

### RADFIELD HOME CARE

Award winning, personalised home care. Meal prep, personal care, medication assistance, companionship, dementia care. 0208 154 1753 | chingford@radfieldhomecare.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

## PAINTING & DECORATING

### PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

## PHOTOGRAPHY

### PHOTOGRAPHY BY ROHINI

Family | Maternity | Newborn | Baby | Milestone | Cake Smash | Portrait | Headshot | Christmas | Event | Engagement | Wedding. Immortalise precious moments. 07740 292383

## 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)**

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



# PUZZLES & TRIVIA

PUZZLES

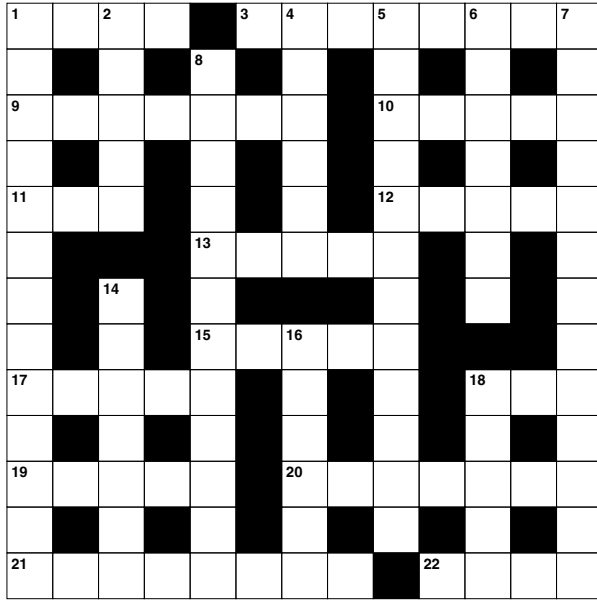
Answers: see end of The VISION Listings

## ACROSS

- 1. Spur on (4)
- 3. Came into possession of (8)
- 9. Income (7)
- 10. Sprites (5)
- 11. Four-wheeled road vehicle (3)
- 12. Card game (5)
- 13. Insurgent or revolutionary (5)
- 15. Where one finds Rome (5)
- 17. Cook meat in the oven (5)
- 18. Not on (3)
- 19. Brought forth (5)
- 20. Respectable; refined (7)
- 21. Expulsion (8)
- 22. Solely (4)

## DOWN

- 1. Irretrievable (13)
- 2. Donor (5)
- 4. Winged child (6)
- 5. Joblessness (12)
- 6. Officially cancels (7)
- 7. Shamefully (13)
- 8. Sporadic (12)
- 14. Open area of grassland (7)



- 16. In slow tempo (of music) (6)
- 18. Large body of water (5)

## DID YOU KNOW?

- ▶ Feng shui, meaning 'wind and water', is an ancient Chinese art of arranging spaces to achieve harmony and balance.
- ▶ The aim of feng shui is to balance the life force of chi. In the Taoist belief, chi is said to inhabit everything.
- ▶ To protect against negative chi, feng shui practices include making sure to always keep the bathroom door closed and to throw away wilted flowers immediately.
- ▶ In feng shui, every colour has a meaning. For example, black signifies contemplation and wisdom, while purple is connected to power and prosperity.
- ▶ Feng shui has influenced the design of a number of landmarks around the world, including the glass pyramid at the Louvre Museum in Paris and the Sydney Opera House in Australia.

## SUDOKU

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

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

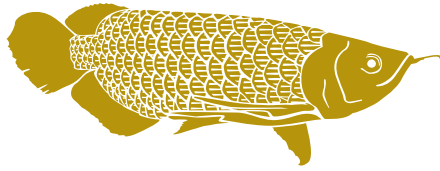
11 Raven Road, South Woodford E18 1HB

Telephone: 020 8504 5152

Email: sales@citybathrooms.com







# FUNKY MONK

## EPPING

RESTAURANT & ROOMS



**GET IN TOUCH FOR MORE INFORMATION & TO BOOK**

**01992 276063**

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

236 High Street, Epping, CM16 4AP



[funkymonkhotel](https://www.funkymonkhotel.com)



SCAN ME