THE BRIEF HISTORY OF NIKE

SLEEP EASY How a pineapple can stop you snoring

AUTUMN ESCAPES The best places to go this autumn

ENTERING NO.10 Johnson takes over as Prime Minister















Photo credit: Ken McKay/ITV/Shutterstock

SARA DAVIES How the youngest Dragon made her millions

VISION SouthWoodford | Edition 5

daia

Daia Kitchens are stunning, affordable and complement lifestyle



SAMSUNG

Divide and conquer

One flexible door, Two temperatures. Endless cooking combinations.



SAMSUNG **UP TO 30% OFF ON SELECTED RANGES**

PURCHASE ANY DAIA KITCHEN WITH A SAMSUNG DUAL FLEX OVEN AND HOB AND RECEIVE UP TO **50% OFF** A COMPACT MICROWAVE OVEN

Visit our showroom to see our amazing range of kitchen furniture Modern Kitchens Traditional Kitchens Handmade German and Italian Kitchens Appliances ■ Taps ■ Worktops ■ Full 3D Design Service Site Survey Work from Architectural Plans

You dream it,

we'll create it

Call us to book a full showroom presentation on 0208 523 3320 | 0203 633 3309 152 Billet Road, Walthamstow, London E17 5DT

Monday: Closed Tuesday-Friday: 9:30 -18:00 Saturday: 9:.30-17:00 Sunday: by appointment only

Car Park: Free parking available, please contact showroom for more information

0

0

CONTENTS

September 2019

- 6 NEW PM BORIS JOHNSON
- 8 HISTORY
- 10 BEAUTY
- 12 FASHION
- 15 HEALTH & FITNESS
- 18 KIDS
- 21 FOOD & DRINK
- 25 TRAVEL
- 29 HOME & DIY
- 37 GARDENING
- 40 SARA DAVIES MBE
- 44 LOCAL NEWS
- 63 PUZZLES
- 64 TECHNOLOGY
- 66 BUSINESS & FINANCE
- 71 SPORT
- 75 MOTORING
- 76 THE VISION LISTINGS
- 78 WHAT'S ON

CONTACT US

www.visionmagessex.com woodford@visionmag.co.uk | 0208 088 0386

🗾 @visionmagessex 🛛 🔞 @visionmagessex

If Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard, Tim Green

CONTRIBUTORS | Tabatha Fabray, Charles Rae, Amelie Gregory, Dean Shaw, Charlie Reynolds, Alex Pearson

Editor's notes...



Hello and welcome to this month's edition of **VISION**SouthWoodFord. The days are becoming shorter and we are all looking for that last bit of sun.

> What a hot month it has been, not only in

temperature but the way VISION is being received in Essex. This month's

edition is the biggest ever. Thank you. The **VISION** titles are going from strength to strength with us now having six different titles in the county, including some now established in London. We are currently distributing to 41,000 homes as well as to hundreds of local businesses.

We are not stopping there, as there are more to come later this year. Watch this space.

Sara Davies MBE is our cover story this month. The entrepreneur, who has been named as the youngest ever dragon, has joined the panel on *Dragon's Den*.

In local news, a man has been fined after posing as a landlord, a hospice is holding a pumpkin festival and schools celebrate their exam results.

We welcome any of your stories for our local news pages. So, if you have a story to share please send it to woodford@visionmag.co.uk

VISION is your magazine for your town. I hope you all enjoy the September 2019 edition of VISIONSouthWoodford.

Brett

DOWN: 1. PASS, 2. PEFEIR, 3. YEARBOOKS, 4. UGLIER, 6. ATTACH, 7. THRESHED, 11. FARMHOUSE, 12. FIVE STAR, 13. ACCOST, 14. ADOPTS, 15. ATRIUM, 17. DYED



UNDER NEW MANAGEMENT

New generation masterchefs distill the purest methods of preparing traditional, fine Indian cuisine and fuse with contemporary innovation.

Steeped with only the freshest spices, chilli peppers and subtlest of flavourings, favourite menus and classic dishes are redefined to mouthwatering, modern stylish tastes.

Stepping into a sensuous play of interior styling where cool elegant lines meet warm natural surfaces, The Lane offers an intriguing dining space, airy and light, yet also satisfyingly intimate.

BANQUET NIGHT

(Tuesday's only) 5 course meal, any dish from the menu ONLY £12.50 Any starter | Any main course | Any side dish Rice or Naan | Filtered coffee (Some fish dishes extra £3.50, Duck & King Prawn extra £3.50, Lamb shank £3.50. (Excluding Shahin and Sayed)

EXCLUSIVE **£10 OFF**

*Excludes drinks and desserts. Not to be used in conjunction with any other offer. Excluding special days and events. One voucher per table. Expires 30th November 2019.

E X C L U S I V E TAKEAWAY VOUCHER DELIVERIES COLLECTIONS

*Excludes drinks and desserts. Not to be used in conjunction with any other offer. Excluding special days and events. Expires 30th November 2019

DUE TO AN OVERWHELMING RESPONSE TO OUR REOPENING, PLEASE KINDLY BOOK IN ADVANCE TO AVOID ANY DISAPPOINTMENT.

0

y f

TEL: **020 8989 1500** www.thelanewanstead.co.uk

82 Nightingale Lane London E11 2EZ

ACROSS: 1. PLATYPUS, 5. CART, 8. SOFIA, 9. LIGHTER, 10. EFFECTS, 12. FERVOUR, 14. ARMBAND, 16. EXCUSED, 18. TWOSTEP, 19. UNIFY, 20. RUTS, 21. ESTEEMED

E MAY HAVE NOT BEEN THE FAVOURED CHOICE, BUT RESERVE JUDGEMENT ON THIS OCCASION, AS NEW PRIME MINISTER BORIS JOHNSON MAY JUST BE THIS COUNTRY'S SAVING GRACE.

Given that our political system has always existed while stuffed clumsily in the pocket of the ultimate organisational irony – that we are governed by a set-up of MPs whose very being means acting in opposition to one another – it's a miracle we've made it this far.

Sure, over the centuries, the Houses of Parliament appear to have bumbled, burst and bludgeoned their way through a variety of issues, but there is a sense that never before have a collected band of representatives been so unapologetically unhelpful towards each other, whilst displaying such plain disregard for those who put them there in the first place – the electorate.

We've been left in a parlous state, where even some of the most ardent Leave or Remain campaigners have had the last bit of political puff forced out of them by a string of events that has dragged on longer than the annual trot around the Eurovision juries. Least shows a glimpse of where humour, drama ar of sarcasm may replace period of shouting, shuffli downright childish game who should know better. As yes, 55-year-old

And yet, now, it may be that finally our very own 'Euro vision' is forming, and thank goodness we have someone like Boris Johnson to drag it up on stage, stand it in front of the microphone and cover its ears as the rest of the continent offers a resounding 'nul points' to its little ditty.

In reality, Boris is the best we have. Theresa May's position was a poisoned chalice from the start, Jeremy Hunt you feel would have simply toed the same drab, pointlessly formal line, and Jeremy Corbyn has taken three years to finally decide he's a Remainer. And for the respect of what little democracy we have left, a second referendum, however it was being dressed up, was never an option.

We are at a stage now where we need to put political allegiances aside and just get on with leaving the EU on October 31 in the most clinical way possible, and as BoJo has proved several times already in his career, he is a leader, a motivator and a driving force for positive, unerring, often brazen action.

Whether Boris will make a good Prime Minister should, at this point, be seen as secondary to the real job in hand, although even on that front, his merciless, almost dramatic dressing down of Corbyn in his first House of Commons debate at least shows a glimpse of a political future where humour, drama and liberal dashes of sarcasm may replace an overstayed period of shouting, shuffling, sneering and downright childish gameplay from those who should know better.

As yes, 55-year-old Boris may well still represent a cumbersome orator from another era, but during his time as London Mayor – and all those Boris bikes – as columnist and magazine editor, and as Foreign Secretary, he made very real change happen. The man is no fool.

Ultimately, what you get with Boris Johnson is charisma, action, and perhaps a little entertainment thrown in for good measure. Sure, he will speak out of turn, he will wobble precariously on the line of acceptability, but he will also put both barrels behind the country he loves, even at risk of throwing himself under the bus... or is it a bike?



or 60 years Marcel Marceau's talent for pantomime entertained audiences around the world.

He was also the man whose act inspired Michael Jackson's famous moonwalk. But few of his adoring fans realised that behind the mask of his most famous character, chalk-faced Bip the clown, there was a true hero.

During the Second World War he saved hundreds of Jewish children from the Holocaust. Masquerading as a boy scout. Marcel evacuated a Jewish orphanage in eastern France. He told the children he was

taking them on a vacation in the Alps, and led them to safety in Switzerland. Marcel made the perilous journey three times, saving hundreds of Jewish orphans.

He was able to avoid detection by entertaining the children with silent pantomime.

Born to a Jewish family in Strasbourg, France in 1923, young Marcel Mangel discovered Charlie Chaplin at the age of five and became an avid fan.

When Marcel was 16, the Nazis marched into France, and the Jews of Strasbourg - near the German border - had to flee. Marcel changed his last name to Marceau to avoid being identified as Jewish, and joined the French Resistance movement.

Documentary filmmaker, Phillipe Mora, whose father fought alongside Marcel in the French Resistance, said: "Marceau started miming to keep children quiet as they were escaping. It had nothing to do with show business. He was miming for his life."

Marcel's kosher butcher father perished at Auschwitz.

Marcel later said: "My name is Mangel. I am Jewish. Perhaps that, unconsciously, contributed towards my choice of silence." In his first major performance. Marcel entertained 3,000 US troops after the liberation of Paris in August 1944. In 1947, Marcel created his beloved character Bip, a childlike everyman with a stovepipe hat and a

red carnation. In 2001, Marcel was awarded the

Wallenberg Medal for his acts of courage during the Holocaust.

Until his death at age 84, Marcel performed 300 times a year and taught four hours a day at his pantomime school in Paris. He died on Yom Kippur, 2007.

x-euronics Let's Make Life Easy

SUMMER SALE In-store & Online



/ hether you are a hair oil convert or are still suspicious of this product that promises to drive away dry locks for good, you can't fail to notice the hype that surrounds oils at the moment.

Are they too good to be true or is there an oil perfect for you?

Cocount Oil: Best for dry/damaged hair

A real multi-tasker, coconut oil contains fatty acids, vitamins and minerals that penetrate the hair leaving it smooth, silky and supple.

Argan Oil: Best for frizzy or coarse hair that is prone to greasiness

This oil is often referred to as liquid gold mainly due to its golden colour but also because of the benefits it offers. It is 100 per cent natural and contains antioxidants and vitamin E which helps nourish and protect your hair.

Jojoba Oil: Best for beards and dandruff sufferers

This oil has the clever ability to not mess with your scalp's natural balance of oils, but it still penetrates your hair's follicles, moisturising them from within.

Almond Oil: Best for hair growth or reducing hair loss

Like other oils it contains fatty acids and proteins that help protect and nourish your hair, but almond oil also contains magnesium which helps prevent breakages and aids hair growth.

Olive Oil: Best for brightening dull, frizzy hair

Most people have olive oil in their kitchen, but did you know you can also use it in the bathroom? Due to its protective and exfoliating properties, olive oil can be used in place of conditioner to create a smooth shine after shampooing.

Marula Oil: Best for sun exposed hair

Summer make feel like a distant memory but the effects on your hair are visible for all to see. Marula oil, which has a distinctively fruity aroma, is ideal for treating sun-damaged hair.



* Bespoke Bouquets * Weddings and Events * Funerals and Sympathy * Contracts and Homes VISIT OR CONTACT 0208 088 3196 * www.lizzifiori.co.uk US TODAY 23 The Broadway, Woodford Green, Essex IG8 0HQ Monday - Friday: 9.30am - 6.00pm * Saturday: 9.30am - 5.30pm * Sunday: By Appointment Only





protected by SOS Talisman. SOS Talisman is recognised internationally by the emergency services

Call or visit us - 020 8554 5579 | www.sostalisman.co.uk Email - sostalisman@btinternet.com | maria@sostalisman.co.uk 21 Grays Corner, Ley Street, Ilford, Essex IG2 7RQ

Suit Up

Power suits are officially back in fashion and we couldn't be any more excited about this. With everyone from Emma Watson to Meghan Markle loving this versatile and fierce trend, we will definitely be snapping up a few (or as many as we can afford) of the below styles this season.

TIMELESS MONOCHROME

Perfect for showing you mean business in the boardroom, you can't go wrong with a classic black suit teamed with a crisp, white shirt. Choose a slim leg and close-fit jacket to show off your shape but stay professional with a high-buttoned shirt and pointy, patent black shoes.

NOTICE ME NEON

Autumn 2019 is all about neon with green, pink, orange and electric yellow all featuring heavily on the catwalks. Ensure you always stand out from the crowd in a head-to-toe neon suit in your preferred colour. We recommend keeping the cut simple with a basic blazer and cropped trouser; be sure to keep accessories to the minimum and let the suit do the talking.

BLAG ONE FROM THE BOYS

Think back to the '80s when the woman's power suit first hit the scene; over-sized blazers with statement shoulders were a must. Look out for jackets with a boxy silhouette and high-waist, darted trousers.

IF IN DOUBT, GO NEUTRAL

If you like to play it safe with your fashion choices, then you can't go wrong with a smart and sexy grey checked suit. We love this fabric in a tuxedo trouser and jacket with flap pockets; effortlessly smart and bang on trend.

LIGHTWEIGHT LINEN

Ideal for making the transition from summer to autumn, a linen suit is extremely versatile and can be kept simple and elegant for day wear or easily jazzed up with some accessories for a glamorous night out.



A complete approach to health and fitness

FREE BODY MOT WORTH £249

WEIGHT LOSS PROGRAMMES | TRAINING PROGRAMS | 21 DAY CHALLENGES 24 HOUR SUPPORT GROUP | DIET PLANS | PROTEIN SHAKES | FAST FAT BURNING TEA



20% Exercise & 80% Nutrition

Many people struggle with the gym because they miss out the most important factor which is nutrition. At the Woodford Nutrition Station we teach you how to feed & protect the muscle and burn the fat.



CONTACT US TO BOOK WOODFORD NUTRITION STATION PROGRAMMES & THE ONLY WAY IS FIT CAMP

Telephone: 0208 088 3126 (I) Essex fit camp i @woodford_nutritionstation The Maybank Business Centre, Maybank Road, South Woodford, E18 1ET



ARE YOU STRUGGLING WITH ALCOHOL OR DRUG ADDICTION? DO YOU PROBLEMS SEEM INSURMOUNTABLE? MAY BE WE CAN HELP

ONE NORTH EAST LONDON (1NE) OFFERS AWARD WINNING REHABILITATION FROM DRUG AND ALCOHOL ADDICTION

Structured treatment programmes for addiction ■ Relatives' support service NE Teens for children and young people living with addiction

CALL ON 020 8220 0132 FOR AN APPOINTMENT or visit us at 10 the broadway, woodford green, ig8 ohl

Branch Out Our services

Branch 📅 Out

Manorcourt

Homecare

Ν

E

Branch Out is a Manorcourt Homecare initiative that offers a wide range of companionship services in the home, hospital or daily life setting for all ages.

A Branch Out Buddy can help...

- 👸 maintain your independence
- relieve the stress of caring for a loved one
- support your loved one who is ill or recovering from surgery
- prepare regular meals that maintain a healthy diet
- organise a visit to a favourite activity or support you in your favourite hobby
- with light housework, laundry, ironing, changing beds, getting groceries, prescriptions, dry cleaning and much more

Hornchurch branch, 58 Station Lane, Hornchurch, Essex, RM12 6NB T: 01708 472911 E: homecare@manorcourtcare.co.uk

ManorcourtHome

www.manorcourtcare.co.uk

Together we respect, with compassion we care, through commitment we achieve











GET FIT WITHOUT EVEN LEAVING YOUR HOME

While a pool workout or 100m sprint may be beyond the limitations of our inside spaces, there are a number of home objects and fittings that can offer you a great workout platform on the days when the schedule looks tight (or your willpower is low). Even a few minutes flexing, stretching and pushing on the following can get your body moving and the serotonin flowing:

SOFA

Probably the best piece of gym equipment you never thought you had. Whether tucking your feet under when laying on the floor to perform sit-ups, leaning against it to push off against it in strengthening your core, or standing with your back to it as a guide for a single-leg squat, you can collapse onto your sofa post-workout in the knowledge you've earned the rest.

STAIRCASE

IOBJECIS

of desire

Staircase sprints are the power-packed way to get fit quick, but even descending slowly as a way of stretching out calves and tendons can be a really good method for getting flexibility flowing as a tool for injury prevention.

CHAIR

Moving a chair against a wall to perform stretches against is easy and effective, from calf raises to lunges to yoga-style leans.

BED

Lay on the bed with your legs hanging off the edge, then extend them straight into the air so your body forms an L shape. Now lower them slowly back down so they return to the initial position, in a move that will brace your core, providing a workout for the entire bottom half of your body.

KITCHEN WORKSURFACES

If you have work surfaces less than a metre apart, lift and raise yourself between the two before lowering again, for a great way to build arm strength quickly.



V14

HEALTH

Ø

FITNE

ഗ

PINEAPPLE HEAD

Why sleeping with a pineapple in your room can aid sleep

Varning... the next time your partner asks if you want to get fruity in the bedroom it may be that they have only one thing in mind - sleep.

Recent research from NASA, no less, suggests that sleeping with a pineapple in your room can stop you from snoring; and that, in turn, will help you – and anyone nearby – sleep better. It's thought one in four people are forced to kip elsewhere on nights when their loved one's sound effects get out of hand, but a simple trip to the greengrocer could unite couples again.

O That's because pineapples produce huge amounts of oxygen, and the release of this improves air quality throughout the night and our own ability to sleep.

Scientists now believe a combination of air purity and a sensible quantity of well-regulated rest (7 to 8 hours) are vital for our daily wellbeing. Sleep not only improves our ability to function mentally, but serves to help the body fight off germs and infections.

While pineapples seem to be getting all the good press at the moment, there are a number of other plants that have a surprisingly buoyant effect on air purification. These include aloe vera, dwarf date palm, weeping fig, English ivy, Boston Fern and Chinese evergreen.

And one final tip when you find yourself in the local supermarket selecting your prickly night-time partner – pick up an extra pineapple to consume before you put your pyjamas on. That's because boffins have revealed that pineapples are high

in melatonin, a hormone that can help reset your circadian rhythm, getting sleep and waking cycles back to normal whilst even offering one of your five a day.

BACK TO SCHOOL? THERE IS SOMETHING FOR EVERYONE AT JUMP LONDON!

COME ALONG AFTER THE LAST BELL RINGS AND CHECK OUT OUR AFTER SCHOOL CLUB SESSIONS, OR VISIT US AT THE WEEKEND AND EXPERIENCE OUR 12 EXCITING JUMP ZONES.

CHECK OUT OUR TIMETABLE FOR MORE INFORMATION WWW.JUMPLONDON.COM/TIMETABLE

LONDON'S#1 TRAMPOLINE PARK, 120 TRAMPOLINES, 12 EXCITING JUMP ZONES, SUITABLE FOR ALL AGES, 15 MINUTES FROM CENTRAL LONDON

FIND US AT: UNIT 1A RIPPLESIDE BARKING LONDON IG110RJ OR CONTACT US: PHONE: 0208 595 1538 EMAIL: INFO@JUMPLONDON.COM WEBSITE: WWW.JUMPLONDON.COM



At Redbridge Tuition we follow our mission to bring out the best in your child's ability

Ĵ Ĵ M≓



Primary • Secondary • Holiday Courses • 7+ • 11+ • GCSE • Mock Exams • 1-2-1

Get in touch to find out how we can help your child achieve their goals

Ofsted

0208 088 3083 www.redbridgetuition.co.uk loughton@redbridgetuition.co.uk 156 High Road • Loughton • IG10 4BE Think beyond Act beyond Be beyond.

;

17



GET A HANDLE ON homework

omework can be the bane of a parent's life; should you just let your little ones get on with it, micromanage the whole process or simply wing it each day?

BASE INVOLVEMENT ON THEIR AGE

Children who have only just been introduced to the concept of homework are going to need more help and motivation than an older child. Be present with younger children and help where needed but make sure your child is actively participating in the task at hand.

☑ TALK TO THE TEACHERS

Knowing what your child's teacher expects is an important step in managing home learning effectively. Set time aside to talk to them about their homework policies and how much they think you should be involved.

Schedule for success

Work out what time works best for your child; whether that be straight after school whilst they are still in the learning zone or after dinner once they have had time to relax and unwind.

🗸 PLAN AHEAD

V18

This is especially important if your child has after-

school commitments or has been given a bigger project to do that will require more time and effort. Try breaking up their work into more manageable pieces or create a work schedule for additional guidance.

ELIMINATE DISTRACTIONS

An obvious one, but phones, TV and other electronic devices are a big no-no when it comes to homework time. Young children especially can be easily distracted so keep these devices out of sight.

MOTIVATE AND MONITOR

Make sure you are aware of any big tests or assignments and monitor your child's progress as they prepare for these. Be on hand to encourage and offer support but try not to take over; remember your child needs to make mistakes in order to grow as an independent learner.



THE OAK-TREE GROUP OF SCHOOLS OCTOBER OPEN DAYS



BRAESIDE SCHOOL Buckhurst Hill Girls 2½ to 16

Wed 2 Oct 6pm (11+) Thurs 3 Oct 9.15am (21/2 to 11)



COOPERSALE HALI SCHOOL Epping Girls and Boys 2½ to 11

Tues 1 Oct 9.15am (All years)



Four privately-owned local independent schools make up the Oak-Tree Group: Braeside, Coopersale Hall, Normanhurst and Oaklands. The schools are known for their outstanding teaching and excellent pastoral care. Come along in October for a guided tour of any of the Oak-Tree Schools.

Contact the schools directly to book a place at the Open Day

For more information www.oaktreeschools.co.uk

🔰 @OakTreeSchools



PIZZA LOVES TO MAKE YOUR DAY BETTER

GREAT OFFERS BUY ONE FREE

ANY LARGE PIZZA TWO SIDES + LARGE DRINK <u>ONLY £18.99</u>

BUSINESS DEALS AVAILABLE JUST CONTACT YOUR LOCAL STORE TO DISCUSS

ORDER AT PAPAJOHNS.CO.UK —

* Terms and conditions. Offer available at Papa John's Louahton, Woodford and Wanstead, Includes create your own with up to four toppings. Any addi added will be charaed at menu price. An additional charae of £2.50 will be applied for each Stuffed Crust pizza ordered. Does not include combo sides. Sugar tax is app to certain drinks. This offer is not available in conjunction with any other offers. Free delivery or Collection. Minimum charge for delivery applies. Offer valid till 31/12/2019

FRANKENFOOD THE STRANGEST FOOD MASH-UPS

e live in a time of global culinary inspiration, yet where food mash-ups go, some of the recent trends appear to be not just from another country, but another planet. What is certain is social media has accelerated the popularity of some frankly peculiar creations. Do you dare your tastebuds to stretch quite this far?

THE STARTER: PICKLES AND PEANUT BUTTER

Pickles as a starter are nothing new, but with a tangy peanut butter accompaniment they take on a flavour - and a texture - all of their own.

THE DRINK: COCONUT LEMONADE

Two cans of lemonade, 1tsp of coconut extract, a dash of blue food dye and ice cubes, makes a perfect summer drink with a tropical twist.

THE MAIN: MARMITE PASTA WITH CHEESE

Love it or hate it, yeast extract is a dynamic flavour that divides a nation. And in the form of a pasta sauce its controversy continues, although softened with cheese this is an absolute treat for those brave enough.

THE ACCOMPANIMENT: POPCORN WITH KETCHUP

While sugar and honey have provided the sweet option for popcorn fanatics up until now, ketchup's universal appeal now gives the ultimate cinema snack an even tastier appeal, as well as adding moisture to a notoriously dry snack.



FOOD

Ø \Box

RINK

THE DESSERT: VANILLA ICE CREAM AND SOY SAUCE

This dessert uses the same principle as salted caramel ice cream, adding a burst of flavour to the smooth, sweet predictability of vanilla ice cream, whilst masking that sometimes excessive fishy essence of this most characterically Asian flavour.

THE HEALTHY OPTION: SALT AND PEPPER ON APPLE This simple, healthy break from the norm combines sweetness, salt, a power packed punch and all the crunch of our favourite fruit in a way that will keep the densist happy too.



THE SNACK: OREOS IN ORANGE IUICE

Chocolate orange as a taste is nothing new, but never before has dipping your faithful Oreo in natural orange juice been so rewarding, with rich, competing flavours, mesmerising moisture and a familiar crunch.







FEAR FISH

For some reason, even the most confident cook can feel some trepidation when faced with the task of preparing and cooking fish, but with these simple tips you will be cooking up a fishy storm in no time.

As a nation we love canned tuna, but we are definitely missing a trick by not experimenting with the fresh variety which is irm in texture and mild to taste.

A good marinade is essential when preparing fresh tuna as not only will it help the fish taste delicious; it will also keep it moist during cooking.

We recommend grilling your tuna steak for a quick and tasty meal. For a half-inch thick steak, grill for four to six minutes. The fish should flake when tested and still be pink in the middle.





Who doesn't love a piece of battered cod and chips on a Friday night? But that doesn't have to be the only time you enjoy this flavoursome fish.

For best results, we recommend baking your cod in foil with lemon and garlic. Simply preheat your oven to 180C and bake for 15 minutes for six to eight ounce fillets or 20 minutes for a whole fillet.

You will know your cod is cooked when it appears opaque and flaky.

A truly luxurious fish, salmon is also extremely versatile. It can be pan-seared, grilled, roasted, poached, smoked or cured.

Most salmon are sold with the bones removed but it is worth checking for any stragglers by rubbing your finger gently along the fillet.

If you are planning to pan-sear or roast the salmon, we advise keeping the skin on. Based on a half-inch thick piece, you should roast for six minutes or four if you prefer your salmon a touch rare.







YOUR FRIENDLY & WELCOMING LOCAL CAFÉ

Breakfast specials ♦ Turkish breakfast Vegan breakfast ♦ Special grills Homemade dinners ♦ Freshly brewed coffee ♦ Fully licensed for alcohol



020 8504 3333 • • TurquoiseCafeSouthWoodford • • turquoisecafee 127 High Road, South Woodford, E18 2PA

Pizza to die for

Authentic Neapolitan taste from the South of Italy Freshly prepared and baked in traditional wood fire ovens

> Come to Bella Naples and share our love of good food – delicious pane, mouthwatering pizza, enchanting pasta, delightful pastries – all of which can be accompanied by a glass from our vast selection of fine wines.

> > Buon Appetito and Grazie

CALL US TO BOOK A TABLE ON T 0208 088 3270

www.bellanaples.co.uk/bella-naples-restaurant 83 High Road, London E18 2QP



BELGIQUE CAFÉ & PATISSERIE

BELGIQUE

THEYDON BOIS / CHINGFORD / WOODFORD / SOUTH WOODFORD / WANSTEAD

FIND OUT MORE ABOUT OUR

MADE TO ORDER PATISSERIE

WWW.BELGIQUE.CO.UK

VISIT OUR CAFÉ OR SHOP ONLINE @

BelgigueUK

BelgiqueLondon 🔰

BelgiqueUK

l fi

& CELEBRATION CAKES

AUTUMN escapes

PLANNING YOUR NEXT GREAT ESCAPE

hether you've already been away this year or have been shaping your holiday away from the madness of the summer rush, the popularity of the autumn escape has really come into its own as people look to rework the way they holiday. Here are a few places to consider:

ROME

Notoriously busy during July and August, the Italian capital regains its resplendent simplicity as the autumn months come about. A drop in tourist numbers means you can fully appreciate Rome's stunning architecture, take your time over pizza or pasta, and explore winding backstreets without an accompaniment of trudging tourists. Of all Europe's cities, it is probably the one that feels most different in autumn.

CYPRUS

If sun and sand is still your thing, then Cyprus will hold its sizzling summer feel more than most other European destinations. Even in the echoes of autumn, temperatures remain in the high 20s, and

with an eclectic coastline, charming Mediterranean villages and a combination of vineyards and mountains, there are a variety of terrains and colours to ensure you stay charmed by your surroundings.

TRAVE

AFRICAN SAFARIS

For the perfect African safari, an autumn break is perfect. Temperatures all year round tend to vary very little – in Kenya, for instance, the lowest average of 27 in June is only four degrees off the January peak month. Other locations such as Botswana and its Okavango Delta can offer water-flooded expanses that cool hot limbs whilst offering incredible, expansive views over some of the world's most incredible creatures.

VIETNAM

Or perhaps for somewhere completely different, get in right at the start of Vietnam's dry season with an October escape to a land of rich wildlife, absorbing culture and complicated history that, these days, lures tourists looking for provenance and purpose as much as a place to relax and unwind.



Why choose Kutchenhaus? As the largest retailer of quality German engineered kitchens in the UK, we deliver rigid pre-built luxury kitchens manufactured in Germany at direct from the factory prices. View your dream kitchen in the luxurious surroundings of the largest kitchen showrooms in the UK.

BUY NOW PAY 2020

10% Deposit Only *Terms & Conditions apply **B** 3 years 0/0

nobilia Miele DEFF SIEMENS (R) BOSCH



Full installation service or supply only

- 12 months 'buy now' and 'pay later' option
- Kitchens designed and built to order
- Free in-showroom design consultation
- Trade enquiries welcome

Brentwood

Farnborough London - Tottenham Court Road London - Finchley Rd Manchester York Visitiour website or our showroom 6, The Baytree Shopping Centre, Brentwood, Essex CM14 4BX 01277 204447

German Kitchens Limited (01910199) is an appointed representative of Kutchenhaus Ltid, Unit 704 Kings Park, Sevenside Trading Estate, Textlose Road, Trafford Park, Manchester, M17 1WA. (Register no. 05012625) is a credit broker and is authorised and regulated by the Financial Conduct Authority. www.**kutchenhaus**.co.uk The **German** Kitchen

Credit provided by Htachi Personal Finance, a trading style of Htachi Capital (UK) PLC, authorised and regulated by the Financial Conduct Authority (Register no. 704348). Credit is subject to status and alfordability. Terms and Conditions apply.



Manufacturers of quality purpose made joinery

Sash & Casement Windows, Doors, Cabinetry, Stairs, Curved Handrails













020 8526 7020



info@kandd.org w

www.kandd.org



he humble mason jar; we all have one or two gathering dust in the kitchen cupboards.

So why not try one of the below cheap and chic creations that can be made with just a few additional materials and a little bit of imagination?

FIREFLY LIGHT FEATURE

Brighten up your garden with this super easy glow in the dark light. All you need is a mason jar and some glow in the dark paint. Create a splattering effect on the inside of the jar with the paint so that when it is dark it will glow as if filled with hundreds of tiny fireflies.

VINTAGE CUTLERY CADDY

Who doesn't love a bit of shabby chic in their home? Mason jars make great containers for cutlery; simply paint a rectangle onto each jar using black chalk paint and then write your labels using chalk.

HANGING HERB DISPLAY

Create your very own hanging herb collection in your kitchen by filling your jars with soil and an assortment of herbs. Display on the windowsill or hang on hooks on the wall.

CUTE COASTERS

Don't forget to utilise the jar lids too; all you need is a sheet of corkboard, some glue and a marker pen. Cut a circle of cork that will fit on the inside of the lid, glue in place and then write a phrase or message on the cork for your guests to enjoy.

AROMATHERAPY JAR

Create your own scents for your home. Simply add cotton balls that have been dabbed with a few drops of your chosen essential oil to a mason jar and then make a few small holes in the lid. Inhale and enjoy. This is a good one if you suffer from colds, use eucalyptus oil and place the jars around your home.

Ø

DIY

Alex Kemsleytaking the PLONGE

THE SWIMMING POOL DESIGNER DIVING HEADLONG INTO BIG BUSINESS

o combine the pleasure of a favourite pastime with the satisfaction and comfort gleaned from making money and having a successful career... well, that's everyone's dream, surely.

To make that perfect life come true requires dedication, belief and an unrelenting pursuit of excellence, and for swimming pool designer Alex Kemsley that journey started way back at the age of nine.

It was whilst still in single digits – albeit with the help of his father – he built his first pool. And in the immediate years that followed, the young designer's eye for detail very quickly became evident, with a drive for business being complemented by his pursuit of the perfect balance between health and luxury.

"Any nine-year-old boy would enjoy operating an earth mover to dig out a hole big enough for a pool," Alex begins, "but I couldn't have guessed that day that it would become my life's work. "To go from building a family pool with dad at my childhood home to designing the world's most talked about pool has been an incredible journey."

That iconic pool he references has been built by his company, Compass, and is named Infinity London. It is a 200m high – it sits on top of a 55-storey building – 360-degree roof-top pool set to tower over the capital's skyline. It is formed around cutting-edge design, powered by computer technology and with renewable values at its core... for instance, it is heated by the by-product of creating cool air in the very building it sits atop.

As you would imagine, the designer's level of client is already unparalleled in the world of pool design, with footballers, musicians and TV stars commissioning Kemsley to create, configure and install designs that start with six-figure price tags. And with double-digit growth, the evidence is that demand for going for a dip is Brexit-proof... if not waterproof.





Sec.

Cert



Beautiful Plantation Shutters & Blinds



Tel: 020 3418 8877 Email: sales@completeshutters.co.uk NEW SHOWROOM - 128 George Lane, South Woodford, London, E18 1AD www.completeshutters.co.uk

KARL BROOKS

Your local superhero electrician

SERVING ESSEX & EAST LONDON • HELPING CUSTOMERS 24/7 WIRING & REWIRING • FUSE BOARD UPGRADES DOMESTIC & COMMERICAL



City🌆

Guilds

COLUMN STREET, STREET,

Call Karl today on 0208 088 0779

Karl.brooks@tack-electrical.co.uk 4A Oakwood Parade, Oakwood Hill, Loughton, Essex IG10 3EL

WE PROMISE A **PROMPT SERVICE!**

WE LOVE THE

SMALL IOBS TOO!

TIME TO CLEAN YOUR OVEN? LET US DO THE JOB YOU HATE

Cheekatrade.com



TRUSTMARK

experience with friendly, professional specialists.

burnt on carbon deposits quickly, efficiently, and fume-free!

* * * * *

unrougn



Under THE Xen

HOW TO BRING THE UNDERWATER WORLD INSIDE

here is something tranquil, calming and reassuring about the sea, to the extent that a recent trend finds us recreating the gentle serenity of the coast within our own homes.

Where in the past an underwater theme would have been the domain of the kids' bedrooms, experimenting with maritime design even in our main living spaces - consider blues, turguoises and light greens - can add colour, complexion and an element of fun.

And you don't have to go all out on themed furniture. Sometimes just very subtle references to the sea can have the best effect, such as scallop-patterned chains or edging to drawers or units.

Wallpaper can add smart, subtle references to the coast, either in swathes of brilliant blue and subtle sandy brown. or as a detailed design that perhaps showcases boats, shells or beach huts. And while you're at it, rugs and carpets with irregular, fluffy edges can move and sway in much the same elegant, carefree way as a receding tide. Patterned cushions can add a very simple effect too - think traditional blue and white with perhaps a splash of yellow.

The subtle placement of objects and art can also really bring on that feeling of being in a sub-agua wonderland inside of your home. Driftwood, for instance, is one of the most curious, curved, beautifully artistic things you can have, even as a stand-alone object or used as picture frames or stand-alone shelf decoration. And when adding watercolours, sculptures and other more covertly obvious nods to the beach, you can guickly build a mood that gives you everything the coast offers without the hassle of sand getting caught between your toes.

Je've all seen news reports, undercover documentaries and social media posts detailing those who've put faith and finance into tradesmen not up to the task.

While there is no foolproof system for verifying contractors, utilising a few simple checks can protect against cowboys:

ONE – REPUTATION IS KEY

Be wary of online reviews as these can be filled out by anyone - a genuine customer or perhaps just a mate of the contractor. That said, a great site to check is trustmark.org.uk, which offers government-endorsed tradespeople across multiple sectors.

Bevond that, see if www.voure-hired.com will provide phone numbers of previous customers who have had similar work done. You may even be able to do this with suppliers too.

TWO - WRITE TO REPLY

Make sure you ask the builders to put everything down in writing as regards payment terms, project timeframe and how the job will draw to a conclusion, including, for instance, who will dispose of waste materials.

THREE - MONEY MAN

You should never pay upfront for a job. Any good contractor should want to get the job finished before receiving full payment.

THREE - IMMEDIATE START? BE STARTLED

While we'd all like hired help to get to work as soon as we call, it's not always a bad sign to find a builder cannot start as quickly as you would hope, with a well-stacked calendar servicing other customers.

FOUR - ENSURE OR SHOW THEM THE DOOR

Enquire as to the insurance they offer over work done - what are you covered for in the event of them needing to come back?

FIVE - QUALIFYING TIME

Probably the best check of all is to run your preferred contractor's name past a regulating body. There are a number for each specialism but you can search quickly online to check they are verified.

London's finest turf and topsoil

LONDON LAWN TURF Co.



Top quality Rolawn Turf and Topsoil **Delivered throughout the London area Professional preparation and laying**

Telephone: 0208 088 2793



www.londonlawnturf.co.uk Vicarage Close, Brentwood, Essex, CM14 5GR Branches throughout London & the South East



TRANSFORMING YOUR **OUTDOOR SPACE**

OPERATING FOR OVER 20 YEARS • QUALITY DECKING • SUPERIOR CONSTRUCTION SMALL RESIDENTIAL GARDEN TO LARGE COMMERCIAL DECKS

0208 088 2870

www.LondonDeckingCompany.co.uk info@LondonDeckingCompany.co.uk Vicarage Close, Brentwood, Essex, CM14 5GR



VISIONSouthWoodford edition5 | to advertise call 0208 088 0386 **V**35





- Rats and Mice

CALL TODAY

FOR YOUR

NO OBLIGATION

QUOTE WITH NO

HIDDEN EXTRAS

V36

- Flies, Moths and Ants - Wasps and Hornets

- Bed Bugs

We cover Essex, Hertfordshire, Central London, North and East London.

Telephone: 020 8088 2958 Mobile: 07588 802800 Web: www.fasttrackpestcontrol.co.uk Email: paul@fasttrackpestcontrol.co.uk

We respond 24 hours a day, 7 days a week

- Bird Management

Photo credit: www.thorncliff





Sleeper GARDENING

ailway sleepers have a mystery and charm all of their own... to the extent that an object originally recycled from the trackbed is now being produced from freshly felled trees, such is its popularity amongst gardeners.

While some people choose to leave the sleeper to extol its original rustic beauty, others like to explore the range of treatments that can brighten. soften or reshape this hunk of wood, from sanding back to varnishing or painting.

Here are a few uses for railway sleepers:

UNDER FOOT

Solid enough to hold the weight of a train, it makes sense that a railway sleeper's most accepted use is in the ground. As characterful steps - laid either sideways or pushed together lengthways - this is a great use that can guide an eye deep into a garden's charm.

EDGING

ack with t

43

520

Flower beds and lawns can look smart and tidy when utilising the brilliant straight lines of a railway sleeper. For a rustic object, this hunk of wood can offer an unexpectedly contemporary line that will shape and present your plant life.

Alternatively, cut the sleepers and stack face up, experimenting with different lengths to give your beds a feel of ascending excellence.

WALLS

Railway sleepers presented as a wall not only makes a visually pleasing bank of wood, but will provide you with considerable strength at the same time. Whether housing a compost pile or offering a place for you to store garden objects out of view, these weighty objects will stand up to storage.

Consider drilling solar lights in too to make your garden a charming night-time escape.

BENCHES

Whether cut to form legs or otherwise propped on bricks, using railway sleepers as a bench will give you a chunky, rustic seat that will survive many winters.

ALL TREE WORK **UNDERTAKEN**

ESSEX TREE CARE LTD FAMILY RUN BUSINESS ○ OVER 35 YEARS EXPERIENCE PRUNING O THINNING O REDUCTIONS ○ FELLING AND REMOVAL ○ DEAD WOOD REMOVAL ○ SITE CLEARANCE ○ HEDGE MAINTENANCE ○ FIREWOOD SALES FULLY INSURED ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON



City in Collida

01277 284638 f 0 www.essextreecareltd.co.uk

VISION South Woodford edition 5 | to advertise call 0208 088 0386



GARDENING

PLANT OF THE , MONTH: rhinun

RESIN BOUND DRIVEWAYS by GREENSTONE

ntirrhinum is also known as dragon flowers on the leave Δ or snapdragon due to the fact that its flowers resemble the jaws of a dragon that appears to be snapping when squeezed open and close. They are known for their vibrancy and are ideal for providing autumn and winter colour in your garden.

chinum plant can gro

WHAT TYPE OF PLANT IS ANTIRRHINUM?

Antirrhinum is normally considered as a biennial and is available in dwarf, pyramid-shaped plants or tall towerlike ones. They have a light floral fragrance and come in many vivid colours including pink, crimson, yellow and white. They can grow up to three feet tall.

WHEN AND WHERE DO I PLANT ANTIRRHINUM?

This plant loves the sun and also needs rich, fertile soil with a medium amount of moisture to flourish. They enjoy the cooler autumn weather and can often survive a heavy frost so commence bedding in September for display in spring. Grow them in flower beds, planters or borders for best results.

HOW DO I PLANT ANTIRRHINUM?

Prepare the soil by mixing in manure or other organic matter. Each plug plant needs its own hole and must be deep enough to cover the roots but not the stem. Water regularly and feed weekly.

HOW DO I LOOK AFTER THIS PLANT AND HELP **IT FLOURISH?**

If looked after, each Antirrhinum plant can grow out up to eight flower spikes per season. In order to achieve this, make sure you pinch out the stem tips once the plants are established, cut the flowers to encourage new growth and keep on top of deadheading. Look out for 'rusting' - small brown spots on the leaves.

WHAT DOES THIS PLANT SYMBOLISE?

Snapdragon flowers are said to represent concealment and deception but on a more positive note, they also have connotations with graciousness.

This plant loves the s VISION South Woodford edition 5 | to advertise call 0208 088 0388 il with a medium an

CALL TO DISCUSS YOUR DRIVEWAY PROJECT & BOOK A FREE DESIGN CONSULTATION.

FREE VISUALISATION SERVICE PROVIDED TO SEE HOW YOUR PROJECT COULD APPEAR WHEN FINISHED.

LEADING SPECIALISTS IN **RESIN RESURFACING**

SINCE 1986

T: 01245 890175 E: info@greenstonelandscapes.co.uk W: www.greenstonelandscapes.co.uk

The Coach House. West Hanningfield Road. Baddow Park. Chelmsford; Essex. CM2 7SY

own as dragon

Look out for rusting

Snapdragon lowers are said

concealment and decep

POSTING

Why new *Dragons' Den* enterprise impresario Sara Davies is a calling card for all businesses hoping to grow out of nothing.

Anyone who has seen the new series of *Dragons' Den* will have clocked a new face on the panel of fire-breathing business behemoths.

Terrestrial television's most successful new business show resumed its 17th series at the start of August. And with Jenny Campbell having stepped back from investment duties at the end of the last run of programmes, the much-vaunted seat two – once occupied by James Caan, Richard Farleigh and Hilary Devey – was instead filled by a new backer; and someone able to empathise with all areas of the entrepreneurial spectrum.

To the untrained eye, County Durham-born Sara Davies MBE represents a friendly, warm, welcoming, empathetic member of Britain's most feared panel. And so she should – the 35-year-old was brought up in rather simple surroundings in the north-east, and launched her debut business, Crafter's Companion, from her university student accomodation.

Her idea was simple – she offered a tool that could create bespoke envelopes for handmade cards. It came at a time when craft had begun to boom in the UK, and such an obvious gap in the market was there to be exploited. Sure enough, by the time Davies graduated, the enterprise was turning over \pounds 500,000 a year.

These days, Crafter's Companion exports to over 40 countries, employs 190 people worldwide, and can boast an annual turnover of £25million – not bad for an idea not just written on the back of an envelope, but was the envelope itself.

PROFITS

It all adds up to someone perfectly in touch with the qualities required to take a ground level business and move it to the next level. In the opening episodes we see Sara's approach as firm but fair, sympathetic yet system-driven.

"I think my background isn't too dissimilar to that of the other Dragons," she says.

"It's not like we were born into huge amounts of wealth. For us it's just been a case of having a good idea, going with it, then using the profits from that to try other avenues.

"As I say to a lot of young companies, sometimes getting that first idea right makes it 10 times easier to fuel all those that follow. That's because you have a springboard, you have experience, and the chances are you have contacts, as your next move is most likely to be in a familiar area."

As the 18th business wizard to step into the show, Davies is the youngest, proving that the world of modern business, even at corporate level, isn't the domain of those who have spent decades climbing up through the system.

> "While it takes time to understand the mechanics of enterprise, I believe the spark to make money and to make a difference is there from childhood. That's not something you can learn – you either have it or you don't," she says.

Davies is already making a difference in the den. While, straight away, she put her hand in her pocket to make real the dreams of the next generation of business whizz, she is at the same time inspiring a brand of Sunday night armchair money-makers as well – are you one of them?

MO R ADVERT HE

Q: WHAT'S MISSING HERE? A: YOU ARE

CONTACT US NOW TO ADVERTISE



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

Loft Conversion Specialists

Beautiful Lofts, Expertly Built

Extensions Home Improvements Kitchens Bathrooms

1

P+1







Over 15 years experience Team of highly qualified experts Project handling from ideas to completion Fully compliant with Building Controls



www.highendlofts.co.uk

Call us on: 0208 088 2805 Or email: info@highendlofts.co.uk Chingford London E4





rated peopl









Men convicted for organised crime offences

Aman from South Woodford has been jailed after Ahis involvement in an organised crime network. £410,223.42 in cash and other credits, despite his declared gross income being approximately £8,000

Afiqur Chowdhury (left) was found guilty of conspiracy to receive stolen goods, converting criminal property (money laundering) and possession of criminal property.

Chowdhury was jailed for five years alongside Niaz Mohammad (right), from Bethnal Green, at Blackfriars Crown Court last month.

The convictions follow an investigation by a Met Police team which was dedicated to reducing the moped-enabled crime in London.

The investigation led officers to Chowdhury who was part of the organised criminal network which handled stolen phones and other equipment, and laundered the funds generated from their sale.

Chowdhury's bank accounts were analysed. This showed that between 2012 and 2018, he received

£410,223.42 in cash and other credits, despite his declared gross income being approximately £8,000 during that period and there being no record of him being employed.

Police searched Chowdhury's home and arrested him.

The entire criminal network was conservatively estimated to be worth more than $\pounds 1$ million.

Detective inspector Steven Brownlee, of the Operation Venice investigation team, said: "Mohammad and Chowdhury sought to profit financially from the loss of others by handling and selling on what they knew to be stolen phones, many of which would have been obtained as a result of robberies and thefts.

"The investigation showed that they were the main players in a handling ring that generated hundreds of thousands of pounds in criminal revenue. The jail sentences reflect the severity of their offending."













THE COMPLETE GLAZING SERVICE

DOORS + WINDOWS + GLASS SCREENS + ROOF LIGHTS CONTRACT GLAZING + ALL TYPES OF GLASS PROCESSING

Replacement of misty double glazed units ◆ Traditional leaded light windows Upvc & window maintenance ◆ Mirrors cut to any size or shape Wood, aluminium & Upvc worked on ◆ Kitchen splash backs

Find us at 69 George Lane, London E18 1JJ Unit 1, New House Farm, Vicarage Lane, North Weald, Essex CM16 6AP

LOCAL

COME TO US FOR **OUTSTANDING VALUE**







OUALITY FLOORING FOR IMMEDIATE TAKEAWAY OR ORDER

CARPETS * WOOD FLOORING * CARPET TILES * VINYL FLOORING * RUGS LAMINATE * LUXURY VINYL TILES * ARTIFICAL GRASS * ENGINEERED WOOD

MEASURING AND ESTIMATING SERVICE * FITTING AND HOME DELIVERY SERVICE HOME ROOM PLANNER SERVICE

Call or visit us Tel: 0208 531 4190

Units 10-11 Deacon Trading Estate, Cabinet Way, Chingford, London E4 8QF

www.carpets4less.com/chingford



Opening Times:

Monday - Saturday: 9.00am - 6.00pm Sunday: 10.00am - 4.30pm Bank Holiday: 10.00am - 5.00pm

FRANCHISE STORE

Fake landlord fined converting flat into bedsits



A tenant masquerading as a landlord has had to pay out $\pounds4,000$ after he turned rooms in a flat into illegal, unsafe bedsits.

The fine was imposed on Nusret Tekinalp by Redbridge Council after he converted two bedrooms in a flat into illegal bedsits which were then advertised online to let.

Council enforcement officers discovered Mr Tekinalp was operating the house in multiple occupation (HMO's) without a licence.

During the joint investigation with the London Fire Brigade, the unlicensed bedsits were also discovered to be a potential death trap after being found to have virtually no fire safety measures in place to protect tenants.

Cabinet member for housing and homelessness Councillor Farah Hussain (pictured) said: "It is appalling that Mr Tekinalp has prioritised financial profit above the safety of tenants and operating under the law.

"By selfishly pursuing his own profit, he has placed vulnerable people at risk of death by allowing them to live in hazardous conditions.

"We are serious and determined about improving standards in the private rented sector and we will continue to knock on the door of all suspected HMO's and unlicensed properties to root out rogue operators and ensure they feel the full force of the law."

Licensing is mandatory for all HMO's. Those who do not comply face being prosecuted or fined up to £30,000.

The council has signed up to the Mayor of London's Roque Landlords and Letting Agents Checker, a free online tool which allows Londoners to check if a landlord or letting agent has been convicted of any housing offences.

Smiling students celebrate success

There were lots of smiling faces in Woodford Green last month after this year's A Levels and GCSEs were published.

The good news started when sixth formers at Bancroft's picked up their A Level results.

An impressive 65.8 per cent of students were graded at either A* or A grade with 85.2 per cent of students getting grades at A*. A or B.

NEWS Head Simon Marshall said: "We'd like to congratulate our leavers of 2019 who have achieved impressive results this year. The new reformed, linear A Levels aim to be demanding and challenging, and we are delighted that so many of our leavers have done so well and have obtained places at their chosen universities."

A week later, performances were even better among students who received their GCSE results

Under the new GCSEs, the old top mark of A* has been replaced by grades 9 and 8.

Over a fifth of students achieved a full house of grade 9 or 8s, with four of them - Sara, Benedict, Charles and Christopher - gaining a clean sweep of 9s.

An amazing 83.8 per cent of exams were graded 9, 8 or 7 (A* or A). 99.1 per cent of all GCSE exams taken at Bancroft's were graded at 9-5 (representing the old A*-B grades) which is a fantastic achievement.

Mr Marshall said he was thrilled with the achievements of all candidates and added his congratulations.

He said: "This Fifth Form has been a really hardworking cohort and it is great to see their dedication rewarded. It's been a nervous few years for both pupils and teachers and I am delighted with their success in these demanding examinations."



Chef shares the secret to his culinary success

The head chef from an award-winning restaurant in South Woodford visited a school recently to run a free cookery session.

Dayashankar Sharma from Grand Trunk Road on High Road shared his culinary expertise with 16 Year 9 students at Highams Park School.

The session started with the students conducting online research about the restaurant and was followed by an interactive question and answer session.

The students then split into small groups to simultaneously replicate the chef's demonstration of a number of dishes.

Students had regular opportunities to ask questions to chef Sharma while they were cooking. This ensured that they were constantly engaged throughout the session and given continuous opportunities to learn about each of the authentic ingredients which they were using.

Chef Sharma talked about the importance of using

top quality food suppliers whether it be meat or fish. He said the key to a successful career in the food industry is using authentic ingredients and being consistent in your efforts to be the best in what you do.

This event was organised by Simone Piggin who said she was delighted at its success.

She commented: "We would like to thank Grand Trunk Road for the amazing opportunity which they afforded to our students. Chef Sharma and restaurateur Rajesh Suri kindly volunteered hours of their time to ensure that this event ran smoothly.

"This included making a pre visit to our school to review our facilities and also creating a four-course menu (with rice) which was palatable for 13 to 14-year-olds.

"Our students were also lucky enough to receive detailed recipe cards from chef Sharma for each of the dishes they prepared and consumed as an extra memento of the day."

Girl in 'serious but stable condition' after crash

A teenager from Woodford was left in a serious but Astable condition after a road crash in Loughton last month.

At the time of going to print, the 16-year-old girl was in a serious but stable condition after the collision at Goldings Hill in the early hours of Saturday, August 24. A man was arrested on suspicion of causing death by dangerous driving, causing serious injury by dangerous driving and perverting the course of justice after a 21-year-old man and a 16-year-old girl were killed in the same incident.

He was discharged from hospital the day after the crash, and remains in custody for questioning.

A single vehicle, a silver BMW M3, was involved in the collision. It had left the road and struck a tree at about 2.05am.



HOUSE OF DESIGN

Made to Measure Bespoke Crystal and Murano Glass Chandeliers

Custom designed chandeliers and visualisation solutions for a broad range of architectual and Interior projects. From high end residential, to bars, restaurants and hotels; we create visually stunning and highly functional lighting, working within the client's budget. Please contact us for a home visit or some advice.



Pencil Wood Barn, Molehill Green Road, Felsted, Essex CM6 3JR T: 01245 210093 E: admin@thehouseofdesign.co.uk Instagram: @thehouseofdesignuk Facebook: @thehouseofdesign.ltd www.thehouseofdesign.co.uk





BESPOKE TIMBER WINDOWS | SASH & CASEMENT WINDOWS ALUMINIUM WINDOWS & DOORS | TILT & TURN | uPVC

0208 088 0920 www.thameswindows.com



Students celebrate Students of school's history

Woodbridge High School students celebrated the school's best ever GCSE results last month.

Thousands of pupils across the country opened the envelope on August 22 which inside held the results of all their hard work during their GCSE exams.

A number of pupils achieved outstanding results and were congratulated by their school.

Divine achieved eight 9s (A*), one 8 and one 7 (A* to A) and will be studying four A Levels at sixth form.

Faizaan achieved one 9, eight 8s and one 7 and is planning on studying economics and German at university after his spell at Woodbridge Sixth Form.

The River Rodin

Approximate inv

Toby received two 9s, six 8s and two 7s and was

delighted with his results.

Kai achieved four 9s and seven 8s and was commended by his headteacher Steven Hogan.

Mr Hogan said: "Kai is one of our top achievers and an amazing pianist... Well done Kai for your grade 9 in music GCSE."

Mr Hogan added: "Proud of all our students today. The very best of luck to you all."

The school also saw an increase in the percentage of students gaining A^* and B grades in their A Levels.

Jonathan was one of the school's highest achievers at A Level and received three As and is studying economics at Bristol University.

Scheme to help reduce flooding announced

Plans have been unveiled to reduce flooding to homes and businesses in Woodford and surrounding areas from the River Roding.

The river has a history of flooding, most noticeably in 2000 when over 400 properties flooded in Woodford. The new strategy has identified over 1,500 properties with a 'high' chance of flooding within the River Roding catchment between Stansted and the River Thames.

It recommended a catchment approach to reduce flooding to over 600 homes and businesses along with key road networks and infrastructure in the Woodford and Ilford areas.

The Environment Agency and Redbridge Council have secured £10million of funding but more is needed to complete the project.

There have also been community drop-in events along the catchment area over the last five months to show how the scheme will affect residents.

Find out more about the project on October 3 from 12 to 6pm in Ilford High Road, and on October 17 from 12 to 6pm at Woodford Station.

Have your say by September 30 by emailing PSO-HNL@environment-agency. gov.uk

Voodford and District National Trust

Here is a list of some more of our autumn and winter events. All these take place at All Saints Church Hall, Woodford Green or Memorial Hall, St Mary's Church, South Woodford.

LOCAL

NEWS

On October 15 at 10.30am in Memorial Hall will be Tower Hamlets: An Ever-Changing Borough' by Grahame Williams.

Grahame was head of administration at Queen Mary, University of London and he will share with us his detailed knowledge of this area and its past, including the prominent people connected with it. Its buildings range from 21st century Canary Wharf to 11th century Tower of London.

On November 13 at 2.30pm in All Saints Church will be Medieval Churches of East Anglia by Peter

Lawrence.

Peter is well-known in this area for his expert knowledge. He now lives in East Anglia but is kindly returning to speak about the vast variety of wonderful churches there, dating back to medieval times. We look forward as always to hear an excellent speaker and see Peter's superb photographs.

Finally, on December 16 at 10.30am in Memorial Hall will be Chingford And Loughton Railway by Dr. Chris Pond.

Chris is an equally well-known speaker in this area. He will share his detailed knowledge of the history of the building and changes to two local but very different railways. The overground from Chingford to Liverpool Street and the Central Line, the longest railway on the underground, which goes as far as West Ruislip.

Dentists help spread a smile

A team of dentists from Woodford Green left the Stroke Association smiling when they presented the charity with a cheque for $\pounds1,250$ after they held a fundraising coffee morning earlier in the year.

As well as spending an enjoyable few hours with their patients and members of the public, the team from Improve Your Smile Practice were aiming to raise awareness of strokes and wanted to highlight that anyone could have one. Dr Amjad Malik, lead clinician at the practice, said gum disease and oral inflammation have been identified as risk factors for many health diseases including strokes and heart disease.

#teamstroke

Charlotte Lee, regional fundraiser for the Stroke Association thanked the practice saying, "We are dedicated to rebuilding lives after stroke, so our thanks go to Improve Your Smile for helping us to do this and everyone who very kindly contributed." Burlington HERITAGE

1717

Brentwood Showroom 5-7 Coptfold Road Brentwood Essex CM14 4BN 01277 233 378



South Woodford Showroom 140 Hermon Hill South Woodford London E18 1QH

0208 530 7555

IMPERIAL

sales@simplytraditionalgroup.co.uk

TraditionalBathrooms.com DesignerRadiators.com

Simply-Traditional.co.uk

PERRIN CROWE

Freestanding-Baths.co.uk

Thank you



aven House Children's Hospice will once again around hold its popular Pumpkin Fest.

The hospice will hold several pumpkin-themed events on Sunday, October 27, in its grounds in Woodford Green.

Starting off the Halloween celebrations will be the Chasing Pumpkins 10k or 5k run. The route will start from Haven House at 11am and will take runners around the beautiful Highams Park lake.

In the afternoon, it will hold its Pumpkin Plod 2k or 5k family walks through the terrain of Epping Forest.

Both walks begin at 2pm, with families encouraged to arrive from 12.30pm to enjoy all the pumpkin activities. Pumpkin paraphernalia will be decorated along the route with participants encouraged to get creative and dress up in their best Halloween costumes.

This year, children will receive their very own Pumpkin Passport to complete as they undertake their journey around Pumpkin Planet.

Katie Jones, events fundraising manager at Haven House, said "Our Pumpkin Fest is a favourite fixture in our calendar and provides family-friendly Halloween fun for all ages and is an amazing way to support Haven House."

The charity promises a brilliant atmosphere throughout the day with music, fun warm-ups, barbecue and lots of Halloween family fun. Ticket prices start from £7 with each family or group receiving a pumpkin to take home and carve. All participants will receive a medal and treats.

Haven House is encouraging participants of the walks and run to raise £50 in sponsorship. Money raised will go towards the hospice's specialist services, which support seriously ill children and their families.

To book your tickets or to find out more visit: www. havenhouse.org.uk/pumpkin-fest-weekend

One North East-A 'Dayhab' in Woodford

One North East (1NE) has been delivering community treatment for addicts for over 32 years.

With funding for rehab harder and harder to come by, the focus is now changing to delivering costeffective treatment in the community.

Many people who want to stay off drugs or alcohol have problems finding the right place to support them.

Every day at 1NE, clients undertake group sessions in a warm and welcoming atmosphere. All staff are highly trained counsellors or therapists and the success rates are very high – over 70 per cent of clients remain abstinent.

Client Matt said: "1NE has not just changed my life

during my 10 months here, it has saved my life". 1NE, introduced in 1992, provides counselling and support for anyone affected by another's addiction.

The service offers individual counselling, couples counselling for parents of addicts, group therapy, evening support and social activities.

NE Teens, established in 2007, offers education, counselling and support for children/young people, aged 11 to 25, affected by the drug or alcohol addiction of a parent, guardian or other family member.

If you would like more information please call 0208 220 0132, email info@1ne.org.uk or visit www.1ne. org.uk



Local Property Maintenance Specialist

- Painting & Decorating
- Laminate Flooring
- Bath & Shower Re-siliconing
- Gutters Cleared & Repaired

- > Call Out Maintenance
- Carpentry
- Insurance Work
- Odd Jobs

Estimates are free and you will find me competitively priced with no hidden charges. I have Public Liability Insurance. References can be provided from homeowners, landlords and letting agents.

Call Stuart on 07917 870879



or email stuartgreenpropertysolutions@gmail.com



V54 VISIONSouthWoodford edition5 | to advertise call 0208 088 0386

VISIONSouthWoodford edition5 | to advertise call 0208 088 0386 V55

LOCAL NEWS

NEED A LOCAL ELECTRICIAN?

Contact Dean Electrical Services Ltd



Domestic & Commercial | Repairs & Installation Vehicle Charging Points | Portable Appliance Testing Fire Alarm Systems | Emergency Lighting Systems Installation Condition Reports





Checkatrade.con

- Portfolio of Prestigious Clients
- GPS Tracked Distribution
- Reprint & Redistribution Guarantee

CONTACT US: 020 7183 5206 www.leafletsdistribution.london robertdelegacz@yahoo.co.uk 19 Biggerstaff Road, Stratford, E15 2JR



 Commerical, Domestic, Garden, House or Office
 Wait & Load Service
 Fully Licensed Waste Carrier
 Same Day Service

- Best Price & Service Guaranteed
- Don't waste your time with a skip





WWW.clearanceteam.co.uk 02071013387 theclearanceteam1@gmail.com LONDON, ESSEX & SURROUNDING AREAS



APPLIANCE REPAIRS AND SALES

We repair all makes and models Washing Machines • Tumble Dryers Dishwashers • Ovens • Hobs • Cookers Fridge/Freezers • Extractor Hoods

New appliances in stock for same day delivery & installation Prices listed on our website

Call 01279 310793 Or Book Online www.spindoctoruk.co.uk



Event proves to be a knockout for children's hospice

 $D_{\pounds7,000}^{\text{entists from Woodford Green helped raise nearly}_{\pounds7,000} \text{ for Haven House Children's Hospice recently when they organised It's a Knockout.}$

The event was organised by Woodford Green dental practice Improve Your Smile who are members of The Haven House 100 Club where more than 100 businesses have pledged to raise $\pounds1,000$ for the charity this year.

Team Improve Your Smile went head-to-head against six other 100 Club members in the ultimate foamy battle at Mayhem Paintball's site in Abridge.

Improve Your Smile's Marketing Manager, Amanda Green said: "Improve Your Smile are proud to say we raised \pounds 2,200 and collectively we all raised a massive total of \pounds 6,800.

"There was so much camaraderie between all the businesses and we all look forward to doing it again for the hospice next year."

Amy Bramble, community fundraising executive at Haven House, said: "We are delighted to see so many local businesses coming together and supporting their local children's hospice. This really captures the essence of what the 100 Club is all about. We are extremely grateful to all those who took part and raised such a tremendous amount.

"With less than 20 per cent of our funding coming from the NHS, we're really grateful for the generous support from businesses locally."

It's not too late to donate. www.havenhouse.org.uk/ fundraisers/improve-your-smile-fundraising-page

Essex-based experienced reporter needed

Are you a journalist with an eye for a story? Are you as good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essexbased journalist we are looking for.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well-rewarded.

At first, this will be a part-time/freelance position - perfect for the kind of flexibility needed in local journalism, but with a view to scaling up as our network of titles continues to increase.

To be considered for this Essex-based position, drop me an email at nik@visionmag.co.uk including your CV.



Concerned residents attend policing meeting

S Over 75 Woodford residents had the opportunity to attend a public meeting about policing in the area, organised by lain Duncan Smith MP for Woodford Green, with local Conservative councillors and the Redbridge Borough Commander.

The meeting was also attended by local police teams.

Residents voiced concerns they had regarding crime and found out about local initiatives. Other concerns raised by those who attended included anti-social behaviour, car crime, burglary and the rise in violent knife crime.

Mr Duncan Smith MP said he thought the meeting was very beneficial.

He commented: "We were clear that everything possible must be done to tackle senseless crime and violence affecting our communities. The police already have a range of measures they are using to keep our streets safe, but there is more we can do to help them in this battle.

"It is vital we continue to focus on improving the law enforcement response while at the same time steering young people away from criminal activity in the first place."

Mixed start to the season for Woodford Town

t has been a mixed start to the football season for Woodford Town as they grabbed six points from their opening four league games.

Woodford's opening away game of the season will be one to remember as they beat Sawbridgeworth Town 0-8, with Asher Modeste bagging five goals.

Mantovani and Shaw both bagged a goal in the clubs first home league game of the season as they beat Tower Hamlets 2-1.

Woodford's third game saw them get beat by three goals to one against away side West Essex.

Temi Babalola grabbed an early goal against Takeley which unfortunately paid very little to the final score as the away side beat Woodford 1-4. At the time of writing, the club was sitting sixth in the Essex Senior Football League.

Serial fly-tipper fined nearly £1,000 in court

Aserial fly-tipper from Woodford Green has been hit with a hefty fine.

Roxanne Belcher was ordered to pay £965 after being caught on CCTV dumping furniture on three separate occasions, just months apart.

Footage showed her discarding a chest of drawers, a large wooden bedframe and a sofa among other things, in an area designated for household waste on Ray Lodge Estate.

The incidents took place between September and November 2018, despite her being warned earlier by estate managers after being previously recorded on CCTV dumping a TV stand at the same location.

After failing to co-operate with enforcement officers investigating the matter, the 36-year-old was summoned to appear in court, which she ignored, resulting in her arrest on a warrant.

Following her appearance at Barkingside Magistrates Court on Friday, August 2, Belcher pleaded guilty to three counts of fly-tipping.

She was hit with fines of $\pounds520$ and ordered to pay costs of $\pounds220$. A victim surcharge of $\pounds30$ was also imposed, along with an order to pay clean-up costs of $\pounds195$.

Leader of Redbridge Council, councillor Jas Athwal said: "Dumping rubbish and destroying our environment is a criminal offence and we will not tolerate it.

"I hope the offender in this case finally learns their lesson and thinks twice before discarding rubbish again. The council offer a free bulky waste collection which could have saved this perpetrator a trip to court and $\pounds1,000$."



Replacement Doors

KITCHEN | WARDROBE | CABINET | BESPOKE PROJECTS







MATCHING DOORS | MADE TO ORDER DOORS | 6-7 DAYS TURNAROUND CERTIFIED TIMBER PRODUCTS | MADE IN ESSEX

OUR FINISHES



Contact us for more information T 0208 088 3140 | E info@sullyfurniture.co.uk | www.sullyfurniture.co.uk Unit 3 Advance House, Central Road, Harlow, Essex CM20 2ST



FROM ACCOUNTANTS TO ZUMBA TEACHERS

LUXURY LIVING WITH THE HIGHEST QUALITY CARE



Bespoke Residential, Nursing, Memory and Respite Care

Offering the highest quality, personalised care, with luxury living facilities and the freedom to explore and enjoy a range of hobbies, Lambwood Heights will give residents the independence and support to continue living life to the fullest together.

Marketing Suite Open September 2019

Book your visit today

Call: 020 3973 5566 | Email: sales.lh@oaklandcare.com www.oaklandcare.com/lambwood-heights

Lambwood Heights, 244 Lambourne Road, Chigwell, IG7 6HX



You'll find them and everything inbetween in... THE VISION LISTINGS



CONTACT US TO FIND OUT MORE t: 0208 088 0386 m: 07967 079101 e: woodford@VISIONmag.co.uk

can be found on the Contents

Page

Get Smarter Video Alerts When It Matters Most!

FREE Smart Video Surveillance Camera*



*When you purchase any Tutumhome Smart Security solution

Smart Security... Total Home Control. Tutumhome is Europe's first smart security and smart home service provider with no long term contracts. We help you secure your home and protect your family with security systems monitored round the clock by our UK alarm centres. Tutumhome's solution seamlessly connects the key devices in your home on one platform – so they work together and work smarter.

Keep Your Loved Ones Safe

- Connected Smoke, Heat and CO detectors
- Emergency Services Despatch

Protect Your Family and Home

- Wireless or Wired Alarm Systems
- ✓ NSI Gold, 24/7 Live Monitoring Centre
- Control from your Phone, PC, tablet
- Unexpected Activity Alerts

Smart Home Automation

- Works with Apple Watch, Google Home, Alexa, Siri
- Lighting and Power Automation and Schedules
- Professional Video Security Camera Surveillance with Live HD
- Video Analytics with Person, Animal and Vehicle Detection

Call us now on 0203 875 9895 or email info@tutumhome.com to book a FREE home visit for Professional Security and Smart Home Automation Advice.

* * * * * 4.94

"My brother and I can keep a watchful eye on safety and security on our phones and can even talk to callers at Mum's door when we are miles away" Mrs. Carol, East Sussex

tutumhome.com

ecure smarter livina

tutumiei

*Offer limited to one camera per system. Purchase of tutumhome classic or premium monthly subscription with analytics required. Offer valid for new UK subscribers. Offer expires 30th September 2019. Please call or visit www.tutumhome.com/help-and-support/terms-conditions. This tutumhome terms and conditions. "This offer cannot be used in conjunction with any other discount or promotional offer.

PUZZLES & TRIVIA

ACROSS

- Egg-laying mammal (8)
 Vehicle pulled by a horse (4)
 Capital of Bulgaria (5)
 Less heavy (7)
 Special _____: cinematic techniques (7)
 Passion (7)
 Flotation device in water (7)
- 16. Released from a duty (7)
- 18. Type of dance (3-4)
- 19. Bring together (5)
- 20. Mud grooves (4)
- 21. Respected and admired (8)

DOWN

- 1. Elapse (of time) (4)
- 2. Matter (6)
- 3. Annual compendiums of facts (9)
- 4. Less attractive (6)
- 6. Join or fasten (6)
- 7. Beat out grain (8) 11. Type of dwelling (9)
- 12. Top quality (of a hotel) (4-4)
- 13. Address a person boldly (6)

DID YOU KNOW?

- A bear has approximately 42 teeth
- ► Koalas normally sleep from between 18 and 22 hours a day
- A duck can't walk without bobbing its head
- Cockroaches can live without their heads
- It takes around 2 weeks for a sloth to digest its food
- No tiger has the same pattern of stripes
- Only males are called Peacocks. Females are called Peahens
- Sea otters hold hands when they're sleeping so they don't drift apart
- Flamingos can vary in colour depending on their diet



14. Takes up (6)15. Entrance hall (6)17. Stained a fabric or hair (4)

SUDOKU





ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS

ROBORDVer

HOW ROBOTIC PETS ARE BRINGING JOY TO DEMENTIA SUFFERERS

t's a disease more terrifying, debilitating and demeaning as any other; one that rips apart families and leaves victims often in a spiral of panic and fear, and yet we still seem to know desperately little about dementia, and within that Alzheimer's.

While progress in the research labs over the past decade has been impressive, not even the very best scientists could have predicted the dramatic impact robotic pets appear to be having when it comes to soothing the anxiety and loneliness of sufferers.

"A stuffed, robotic dog or cat can be a companion throughout the day for an elderly individual with Alzheimer's disease or dementia. Social isolation is a very common problem among older adults, and having a pet is a really wonderful way to combat that," notes Dr. Mattan Schuchman, a leading authority on this new idea. The robotic pet eliminates the need to care for a real pet, which is victually impossible for these outfairs with the diagona with site

virtually impossible for those suffering with the disease, yet puts a position of responsibility back on the patient and reaffirms their ability to tend to and care for something, having often had that feeling of being relied upon taken away from them.

Recent studies discovered patients' sense of joy and well-being when looking after a robotic pet builds confidence into other areas, reaffirms love and affection, and slows what can sometimes be a rapid acceleration of the debilitating side effects of dementia.

While we still have a long way to go, the use of such a simple toy, which is cost-effective, long-lasting, companion-driven and precludes the unnecessary use of drugs, seems a very clever solution to a very profound problem.

IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your Monthly Lifestyle Magazine t: 0208 088 0386 m:07967 079101 e: woodford@**VISION**mag.co.uk w: www.**VISION**magessex.com or and the second secon

or a system initially associated with conducting eBay transactions at first, PayPal has
 grown to become the world's most trusted payment facility, but does that mean it's safe?

We are firmly in the realms of the digital age, particularly when our business and personal transactions can all be conducted at the click of a mouse.

While few miss the inconvenience, clumsiness and delays associated with cash and cheque transactions, that's not to say we shouldn't look for protection and reassurance from internet-based systems such as PayPal, Skrill, Moneybookers, Google Wallet and others.

Certainly, in terms of numbers, PayPal's domination of the market is a good marker as to its reputation. This year it will top 300 million active accounts, with sign-ups rising by 17 per cent year on year.

The organisation operate several layers of security behind each account, with recipients of money never receiving sensitive financial information such as credit card or bank account details. There is also the PayPal Purchase Protection scheme, which acts as an insurance policy for outgoing payments, and in general any disputes come down firmly on the side of the customer as opposed to the seller.

PayPal have even offered cash incentives to any buffs uncovering potential security flaws, vulnerabilities or breaches in the company's digital data defence system. And with the system draped in data encryption and anti-fraud technology, it might be said that a PayPal account is actually safer to use than a credit card, bank account or a cheque book.

However, the premise isn't all on the corporation. There will always be someone wanting to tread in your digital footprint, and as with any security system, the set-up is only as tight as the actions of those using it, so users are frequently reminded to stay diligent when it comes to logins and passwords.

WHY RETROSPECT?

THE SOLUTION TO ALL YOUR HOME & OFFICE SUPPLIES, HERE TO MAKE LIFE EASY

PAPER PRODUCTS CO INK & TONER OFFICE FURNITURE CO OFFICE MACHINES FACILITIES CO COMPUTING

SHOP ONLINE AT www.retrospectoffice.co.uk OR CALL 0808 178 1704: lines open 9am - 5:30pm, Monday to Friday





RETROSPEC

OFFIC

PARAGON LEGAL SERVICES LTD

Affordable Excellence Endorsed by Over 18,000 Satisfied Clients

Let one of our local professionals offer expert advice & create your Will in the privacy of your home, at a time to suit you, day or evening

WE CAN ADVISE YOU ON CARE FEES

Call Free **0800 0747 642** or **01206 544919** 8am-10pm weekdays, 9am-5pm weekends

Call us for a free home appointment and request our free information pack on Wills, Lasting Powers of Attorney, Trusts, Probate, Care Fees and Guaranteed Funeral Plans

Regulated by the Society of Will Writers and Estate Planning Practitioners



BUSINE Ś ഗ

Ø

FINANC

ш

t's the thing that most of us view whilst visibly wincing, and yet you have more control over your credit rating than you probably think.

Maintaining or seeking to improve this score is essential if you're keen to gain credit, or ensure you can get approved by lenders or landlords, so here are seven handy hints to keep your numbers looking healthy.

A CREDIT

✓ 1 CHECK

CELLEN

.(

701-800

01-700

301-350

51-300

You can't be certain you'll improve your score unless you know what it is in the first place, so check out your credit file - with the likes of Experian or Equifax - and know what vou're dealing with.

2 DISASSOCIATE

If your partner has a chequered credit history it's wise to remove him or her from your file, as their activity will negatively impact on yours.

3 SIGN UP

If you're not already on the electoral roll, get on it. It's a great way for credit agencies to be able to verify who you are and adds a layer of authenticity to any application.

✓ 4 SPRING CLEAN

Close all unwanted credit cards, store cards and debit cards, because the more of these you have, the bigger vour perceived risk.

5 INVEST

Using a credit card for everyday purchases, on the understanding you'll clear it at the end of each month, will boost your credit rating and prove to any lender that you can be trusted.

6 TIME IT

The worst damage to your credit rating is done when you miss or are late making payments, so stay on time.

☑ 7 MINIMUM REQUIREMENT

Ensuring you pay off your card at the end of each month signifies good behaviour to a lender. If you can't afford to do that, pay off more than the minimum payment.



CALL NOW ON 01908 311 001 **TO SPEAK TO ONE OF OUR EUROPEAN & OVERSEAS SPECIALISTS**

www.arkrelocation.com info@arkrelocation.com

Our in depth knowledge of the overseas removal market will ensure a seamless relocation of vour effects door to door



Availing my deposition in Sumit Home On The Market ... realization of

WHETHER YOU ARE RELOCATING YOUR COMPLETE

HOUSEHOLD EFFECTS OR JUST A FEW ITEMS,

WE WILL SAFELY GET IT THERE

REGULAR EUROPEAN & WORLDWIDE REMOVALS TO

FRANCE | SPAIN | PORTUGAL | GERMANY

SWITZERLAND | ITALY | GREECE | CANADA

AUSTRALIA | SOUTH AFRICA | NEW ZEALAND | USA

MOVING TO PORTUGA

OVING TO FRANCE

MOVING TO AUSTRALIA



www.lloydsres.com

safeagent



SPORTS LAW

GENERAL

FAMILY

WILLS &

PROBATE

LITIGATION

TTS SOLICITORS

YOUR PERSONAL CONVEYANCING SOLICITORS

We are on 54 lender panels including all high street banks, building societies and first tier lenders

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

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

0208 088 2941 | www.ttslegal.com | info@ttslegal.com 1-4 The Parade, Monarch Way, Ilford, Essex IG2 7HT

The perfect ENDORSEMENT



Where all know the power of sport, but the might of merchandising is taking some sports stars to levels well beyond anything they could have achieved using their athletic prowess.

Here are the world's top three competitive conquerors who actually earn more from their advertising deals than they do from their sports earnings.

1. TIGER WOODS

Tiger stands out on his own in this exceptional field having earned over \$1bn dollars from sports advertising alone since turning professional in 1996. Shortly after his 21st birthday, Nike, American Express and General Motors were queuing up to offer him deals.

By age 25, Nike gave him a five-year contract extension and a \$105m bounty – the biggest contract of any athlete at that time. They saw Woods as "the ultimate endorser," and Nike Golf has grown to be the market leader, generating over \$600m in sales. This season, Tiger rolled back the years, winning his 15th major by picking up the prestigious Masters title. He won \$1.3m on the PGA Tour, but brought in over 30 times that through his sponsors.

2. ROGER FEDERER

Tennis legend Roger Federer may be in the twilight of his career on court, but he recently signed a 10-year deal with online clothing company Uniqlo. That deal was worth £247m.

Federer earned £6.1m from tennis in 2018, yet received more than 10 times that amount through endorsements with Rolex, Credit Suisse, Mercedes-Benz, Moet and Chandon and pasta giant Barilla.

3. LEBRON JAMES

Three-time NBA Finals winner Lebron James has joined the LA Lakers this year, along the way overtaking the legendary Michael Jordan on the sport's all-time scorers list. In the last 12 months, his on-court exploits earned him \$33.5m, but deals with Coca-Cola, Nike, Beats by Dre and Kia Motors saw him slamdunk, on top of that, a 'net gain' of over \$17m.

SPOR

sports brand, it's perhaps surprising to

learn of such difficult humble beginnings for Nike. It all started back in 1964 when Bill Bowerman and his University of Oregon runner Phil Knights decided they could do a better job of designing running shoes than those currently on the market. While adidas was the big player, the Japanese brand Tiger offered a reasonable performance shoe that the guys believed they could improve upon.

And yet, the fact they were correct in their belief almost wasn't enough. As Blue Ribbon Sports, the company began offering design changes to Tiger, who would ship increasing quantities with varving degrees of technical progression and reliability. Such was the fragility of the business in the 1960s that Knight had to continue working full-

A LESSON IN PERSEVERANCE FOR A BRAND THAT NOW SELLS IN 170 COUNTRIES

rapidly increasing demand only bringing them closer to extinction, a turning point came in the early 1980s when, finally, cashflow began to improve.

The Greek god of victory finally lived up to his name, and Nike shoes are now manufactured in 554 factories across 42 countries; while the company's decision to use high-profile names in endorsements further enhanced the belief that the brand were the number one player in the market.

Even Tiger - now better known as Onitsuka Tiger, and a global player in their own right - flourished, feeding off the battles, bravery and belligerence of two owners who simply refused to throw in the towel.



RIDE LIFE RIDE LOUGHTON

At Giant Loughton we're just like you - we're riders. We love cycling and we want you to enjoy it just as much as we do.

 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2019 (EXCLUDING MY20 RANGE) • FREE PUNCTURE REPAIRS FOR LIFE I T&C'S APPLY I ORIGINAL OWNER ONLY FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES PRICE MATCH PROMISE FIND IT CHEAPER ANYWHERE ELSE AND WE WILL MATCH THE PRICE FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

GIANT LOUGHTON, 235 High Road, IG10 1AD T: 0208 508 1384 W: giant-loughton.co.uk E: info@giant-loughton.co.uk



WE WOULD LIKE TO BUY YOUR PRESTIGE CAR





Hornchurch

Chelmsford

Cooksmill Green, Ongar Road,

Please see our website for up to 20 images of each stock vehicle

OUR LOCATIONS ACROSS ESSEX 69-71 Butts Green Road, Emerson Park,Essex, RM11 2LD 01708 449726

Chelmsford, Essex CM1 3SR 01245 248 007

🚹 /imperials.co.uk

🄰 @ImperialsLtd

Control your security Be Appsolutely connected

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

CALL US TODAY TO INSTALL OR UPGRADE YOUR SECURITY SYSTEM

Q+

CCTV Systems • Alarm Systems Door Entry Systems • Fire Alarms • Safes Garage Doors & Gates • Vehicle Alarms & Tracking

020-8529-5710 • www.cobra-ss.co.uk • sales@cobra-ss.co.uk 155 Station Road, Chingford, London, E4 6AG

Will Brexit end up fuelling car price increases?

Where Brexit is concerned, the constant speculation that accompanies every interview, press release and set of research figures is something we've got used to. And yet, for the most part, the simple truth is we just don't know what will happen... apart from where the car industry is concerned.

Such is the nature of a market that encompasses 31 million vehicles that, whether buying new, or used (as a drop in new car sales will push up the price of second-hand motors), it seems we will all be affected, and the news isn't good.

It's all down to EU tariffs on cars. These threaten to add on at least £2.7billion for imports and upwards of £1.8billion for exports. That means at least £1,500 being added on to the cost of a car coming into the country.

This has been compounded by the lower value of the pound, caused by

uncertainty over Brexit,

though that could correct itself in the months to come, with new Prime Minister Boris Johnson insistent that the October 31 deadline for the leaving the EU won't be missed.

Others have pointed to fuel costs, worries over how freely we will be able to drive abroad, and insurance premiums, but the majority view is these will settle down quickly as the market begins to stabilise again in the winter.

And while our cars may be more expensive in the short-term, no-one knows how the vagaries of new trade deals might perhaps set us up for better pricing in future.

Depending on which side of the fence you sit on, we're either about to embark on a period of unrestrained freedom... or we're plummeting into a financial, social and political abyss from which we will never recover. Either way, hold on to your steering wheel.



THE VISION LISTINGS

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

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

ACUPUNCTURE

HONG WEI CHINESE MEDICAL

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

AUDIO & VISUAL

ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

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

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

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

CLEARANCE & WASTE

THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience 0207 101 3387

COMPUTER REPAIR & I.T.

MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-FI, Internet router & network. 0203 865 7174

DRAINAGE

UNITED DRAINS

A fast and professional plumbing/drainage service you can rely on, providing a 24/7 service. All planned, emergency and reactive works undertaken. Call 020 3637 6688

ELECTRICAL & WHOLESALERS

CH ELECTRICAL WHOLESALERS

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

ELECTRICIAN

DEAN ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916



FINANCIAL SERVICES

PARAGON LEGAL SERVICES LTD

We will write your will for only £49.99+Vat subject to T&Cs. Call FREE on 0800 0747 642 or 01206 544 919 Call us for a FREE home appointment. www.paragonlegal.co.uk

FRENCH POLISHING

DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

FURNITURE RESTORATION

ABBEY GROUP

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

KINGS UPHOLSTERY

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

THE VISION LISTINGS

GARDEN SERVICES

JOHN HEARNE

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

KINGS CUTS TREE SERVICES

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

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

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

HOME IMPROVEMENTS

TOTAL HOME UK

Let our highly skilled professional team plan & carry out all your home improvements inside & out. Plumbing, Electrical Decorating & more 07958 585623

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

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

LOFT CONVERSIONS

HIGH END LOFTS LTD

Beautiful Lofts, Expertly Built. Our "Hand-Holding" service takes you from ideas, through Plans & Building Control, to make your [home alteration] vision a reality 0208 088 2805

MOBILE PHONES & ACCESSORIES

HORNCHURCH MOBILE PHONES & ACCESSORIES Support with the latest models of phones & tablets. Screen Repair. Competitive pricing, fast turnaround & satisfaction guaranteed. 01708 469103

MOTORING

BMS CAR PARTS

For all your motoring requirements inc. Car parts, number plates, key cutting, engine oil, tools, car accessories & servicing. 01708 474187

PAINTING & DECORATING

PGA DECORATING SPECIALIST

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

TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

KINGS PLUMBING & HEATING

All work undertaken: All bathrooms, boiler servicing & gas safe. 07956 343275 | www.kingsplumbingandheating.co.uk

PROPERTY MAINTENANCE

STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repaired, insurance work, PLI. 07917 870879

ROOFING

JIM BARR ROOFING

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

WHITE GOODS & APPLIANCES

T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

WINDOWS & GLAZING

MAJOR GLASS & GLAZING

Specialising in all aspects of glass & glazing for both domestic & commercial. UPVC, Conservatories, Bi-Fold Doors, Double Glazing Repairs, Mirrors. 01708 525996

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.

PUT YOUR BUSINESS IN THE VISION LISTINGS...CALL 0208 088 0386 TODAY

0 Z

THE ONLY WAY IS FIT CAMP

Ashton Playing Fields, 598 Chigwell

Road, Woodford Bridge, IG8 8AA Monday, Wednesday and Friday from 6.45pm (camp runs 7pm – 8pm) Get fit with The Only Way is Fit Camp. A one-hour camp taking place at Ashton

Playing Fields on a Monday, Wednesday and Friday.

Mother and toddler groups

St Mary's, High Road, South Woodford, London, E18 2PA Every Thursday, 10am – 11.30am



The mother and toddler group at St Mary's provides a safe environment for babies and toddlers up to the age of three accompanied by an adult.

Adults attending the group enjoy each other's company while their children learn to play together and develop social skills as well as skills through play.

To get in contact, email janmcgown@btinternet. com or call 020 8504 7157.

The Border

Redbridge Drama Centre, Churchfields, South Woodford, London, E18 2RB September 12, 8pm

New to Redbridge Drama Centre, *The Border* is a high energy, outrageous Brechtian parable from Theatre Centre that explores the lines we draw between ourselves and other people and the absurdities of borders.

The Border features original songs and a live break-out debate where one girl, her dog and the audience find their voice... and their bark.

Tickets start at £8.50 for students, 60 years+, a carer or a child, and £10 for adults.

For more information or to purchase tickets, visit www.redbridgedramacentre.co.uk

Business networking event Prezzo Italian Restaurant, 98-106 High Rd, South Woodford, London, E18 2QH

September 20, 11am – 1pm

Following the success of other groups across Essex and Herts, Pop Connect Networking Events are launching a new networking group in South Woodford.

The group will follow the format of our other groups by listening to two interesting presentations and hear about everyone's business. These groups are vibrant, friendly, structured mixed networking groups with a relaxed buffet-style lunch towards the end.

To book your place, email Katherine Phillips at katherine@popconnect.net

Jumble trail

Broomhill Road, Woodford Green, IG8 0BG September 29, 10am – 2pm

Do you live in Woodford Green? Need a clear out? Fancy making a bit of profit from your unwanted belongings? Why not join the Woodford Creative Hub on their jumble trail.

Sort out your unwanted items, bake some cakes or make some craft and sell outside your home.

It costs $\pounds 3$ to join and all the profits you make you can keep or choose a charity to donate to.

The Woodford Creative Hub is a non-profit community group, and the aim is to encourage locals to open their front door and meet their neighbours through a jumble trail.

To get involved, email wcreativehub@gmail.com to be included on the trail.



Restore The Ambience, Preserve The Character, ...with all the charm of wood.

The new window system designed to replicate the 19th Century English Flush Sash Timber window.

It can be considered for use in Conservation Areas due to it's authentic appearance and is also appealing to any homeowner who wants a top end luxury window. It can accommodate 28mm double or 44mm triple glazing with market leading thermal and acoustic performance. It is hand finished and made by craftsmen.







Residence 9 is manufactured from a modern composite material to give a virtually maintenance free finish. Only available in heritage colours, the 'easy clean rebates' are also foiled in the same finish, which means that the high, maintenance free, appearance is maintained when the window is open.

Looks like wood, feels like wood...and outperforms wood.



Enhancing your home with style and grace

 TEL O2O8 505 5656

 RESIDENCE 9.
 28 High Road, Buckhurst Hill Essex IG9 5HP

 info@ewgraceglass.co.uk
 www.ewgraceglass.co.uk



<image><image>



EXAMINATION INCLUDES:

- Oral cancer screening
- Digital x-rays and photographs
- Blood pressure check
- Detailed examination of your teeth and gums

We offer quality, professional dental care in a comfortable, calm, relaxed environment. Please call us on 020 8504 2704 to book your appointment. We'd be delighted to welcome you into our practice.

ERIENCE Y 0 U CA N RUST



162 High Road • Woodford Green • IG8 9EF We are open two late evenings and alternate Saturdays as well as normal weekday hours

020 8504 2704 improveyoursmile.co.uk 🧿 f

