

*Daisy*

Birth flower  
of the month

**UNUSUAL  
FRUIT OF  
THE MONTH  
RAMBUTAN**

**NIGEL OWENS**

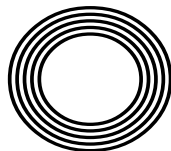
Highlighting LGBTQ+ in sport

*Stacey Saloman*

From TV personality to organising queen

*Dame*  
**JUDI DENCH**

The actress showing no signs of slowing down



**FREE**

Photo credit: Dan Rowley/BIFA/Shutterstock



## RESIDENTIAL & COMMERCIAL SECURITY SERVICES



### APPROACHING A DECADE SERVING LOCAL FAMILIES & BUSINESSES

Triangle Security has a proven track record of improving the security of homes, families and businesses, providing a high visibility presence to deter criminals from choosing to target your area.

For more information, please visit our website [www.triangle-security.co.uk](http://www.triangle-security.co.uk) to see a full list of the services we provide.

**Triangle Security are proud supporters of**

- Help for Hero's • Haven House Hospice • Scouts Association
- Lambourne End Centre for Outdoor Learning



#### Our Key Services are:

- HOME RESIDENTIAL, SITE & AGRICULTURAL SECURITY
- MOBILE PATROLS & DOG UNITS
- ALARM RESPONSE & KEY HOLDING
- PANIC BUTTONS
- SECURITY GUARDING
- SECURITY DRIVERS

## SUPPORTING THE COMMUNITY

Triangle Security are always prepared to support and help their local community, and throughout Lockdown they ran extra free patrols to protect local areas, and their trustworthy ex-military personnel assisted the vulnerable with services such as shopping and collecting prescriptions.



Triangle Security personnel provide a wide range of security services

## SPECIAL OFFER

### ALARM RESPONSE


# £59.95 /month

50% discount on admin charges  
See our website or call for details



**020 3948 7071**  
**[www.triangle-security.co.uk](http://www.triangle-security.co.uk)**



[info@triangle-security.co.uk](mailto:info@triangle-security.co.uk)  Kemp House, 152 City Road, Islington EC1V 2NX





# Editor's notes...

APRIL 2021



Brett Shohet, Editor

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

Last month I said that it really felt like we were coming out the other side of the pandemic now, and I'm pleased to see that pattern continuing as we approach the summer. I think it's only a matter of time before the nation feels a lot healthier, both economically and physically.

Personally, I'm always looking forward. I'd be lying if I said COVID-19 hasn't taken its toll on me and **VISION** at points, but I've continued investing time and money into the business and now we're in a better position. So much so that we're looking at expanding into new areas this year, offering more titles and more fantastic content and advertising opportunities.

Of course, we wouldn't be in the position we're in without our ever-supportive readers and clients. We've been having more interactions than ever before and I'm sure that will continue long into the future.

Something I've been thinking about plenty recently is stimulating myself business-wise and trying to create other incomes. Because I don't work a typical 9-5 job at the moment, I'm using my time to self-develop as a businessperson, and hearing feedback from people is a big help. So feel free to contact me: I'm always open to having a chat.

*Brett Shohet*

This is your town's hyper-local magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

**CONTACT US:** [www.visionmagessex.com](http://www.visionmagessex.com) | [woodford@visionmag.co.uk](mailto:woodford@visionmag.co.uk) | 0208 088 0386

[@visionmagessex](https://twitter.com/visionmagessex) [@visionmagessex](https://www.instagram.com/visionmagessex) [f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Tim Green

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

Inside pages recyclable

EDEN  
KITCHENS

*Affordable  
Luxury*



home  
hub group

NOW OPEN ON  
EPPING HIGH STREET

We supply and  
install windows  
and doors.

**01992 276 046**  
[essex@homehubgroup.co.uk](mailto:essex@homehubgroup.co.uk)

[homehubgroup.co.uk](http://homehubgroup.co.uk)  
[f](https://www.facebook.com/HomeHubGroup) [@HomeHubGroup](https://www.instagram.com/HomeHubGroup)



[WWW.EDENKITCHENS.COM](http://WWW.EDENKITCHENS.COM)

60 STATION WAY BUCKHURST HILL IG9 6LL

CALL/WHATSAPP US ON 0208 088 0903



Contact us for up to 40% discount on Kitchens, Appliances and Tiles

# Stacey Solomon SPOTLESS IN THE SPOTLIGHT

**FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE**

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*.

While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

"Throughout my TV career I've always just tried to be myself," she says. "It's strange when you receive criticism for that – perhaps I don't round my consonants as well as I should, perhaps I act a bit loud at times, but that's just me. I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love."

'I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love'

The 31-year-old Dagenham-born star's TV career has ultimately been the 'x factor' that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

"We connect on such a perfect level," says Stacey, "and we're always making each other laugh."

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

"I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect."

The Essex-based couple have recently moved into their new home – aptly named Pickle Cottage. Stacey admitted it would need some work, but what's certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It's a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I'm a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe's work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in 'the jungle', which is where the likeable pair first met.

"TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something," Stacey says.

"The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

"That said, I want to get back to normality – it's what we all need, and I've got a wedding to plan, after all!"



# Jasmine Harrison WATER BABE



Photo credit: Talisker Whisky Challenge

## HOW JASMINE HARRISON BRAVED ISOLATION AND SLEEP DEPRIVATION TO BECOME A WORLD RECORD HOLDER

From rowing across the Atlantic Ocean with only the sound of waves crashing against the sides of a flimsy 21ft boat, to answering a Zoom call from the Duchess of Cambridge, Kate Middleton, on International Women's Day, Jasmine Harrison's journey from desperate isolation to taking centre stage as an example of true human endeavour and resilience has been magnificent.

The 21-year-old world record breaker was inspired to start rowing when she saw the event two years ago while teaching in the Caribbean. Yet despite having not set foot inside a boat until 12 months ago, she powered her way into the record books in February by becoming the youngest woman to row solo across the Atlantic Ocean as part of the Talisker Whisky Challenge.

Going up against a field of experienced entrants, the Yorkshire-based sailor drew on every last sinew of courage and conviction, to the delight of her friends, family and support crew who tracked

her every move across 3,000 miles of water.

The journey, from La Gomera in the Canary Islands to Antigua, took Jasmine 70 days. Despite extreme exhaustion – the longest duration of uninterrupted sleep she could have was two hours – searing heat, dehydration and no small quantity of challenges along the way – including capsizing her vessel just two days before finally making it to the finish line – the intrepid sailor says the experience was the most profound of her life.

"I will take away from this experience so many memories – some bad, but most of them good."

Asked what she was looking forward to most when back on dry land, she laughed: "That's easy – food... lots of food."

As for what comes next, the part-time bartender is almost certainly going to find herself in demand where other marine challenges are concerned.

"I'm going to take some time off then look around and decide what comes next. This isn't a one-off for me and I want to achieve more."

Checkatrade.com



City & Guilds  
Qualified

## EMPIRE UPVC & ROOFING SPECIALISTS LTD

We guarantee our customers a friendly, reliable & professional service



## The UPVC and Roofing Experts in Hertfordshire



Empire UPVC and Roofing Specialists are an independent business trading throughout Hertfordshire and a surrounding 40-mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ ALL Roofing Repairs
- ✓ Roofing Maintenance
- ✓ Roofing Leadwork
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ Roof Moss Removal
- ✓ 15 - 20 Year Guarantee
- ✓ Highest Quality Materials Used

COME AND VISIT OUR SHOWROOM AT HILLGROVE BUSINESS PARK



CALL OUR FRIENDLY TEAM TODAY FOR YOUR FREE QUOTATION

Office: 0208 088 3259

FULLY INSURED

Email: [chris@empireupvcandroofing.co.uk](mailto:chris@empireupvcandroofing.co.uk) • Web: [www.empireupvcandroofing.co.uk](http://www.empireupvcandroofing.co.uk)



**D**o you choose a conditioner based on your individual hair type? If not, you could be doing your hair more harm than good. Discover the right conditioner to transform your locks from limp to luscious.

### Oily hair

If your hair is naturally oily, you may find that conditioners make your mane look and feel even worse. That being said, rather than skip conditioner altogether, look for a treatment that actively helps to reduce oil.

**Choose conditioners that are:**

Light • Volumising • Balancing

**Avoid products that claim to be:**

Hydrating • Smoothing • Moisturising

### Dry or damaged hair

When hair is dry, damaged or brittle, you need a conditioner that will help prevent future breakages and protect against heat damage.

**Choose conditioners that:**

Moisturise • Hydrate • Offer frizz control • Promote repair

**Avoid products that claim to be:**

Fortifying • Volumising • Strengthening

If your hair is severely damaged, you may also want to use a coconut oil treatment or deep-conditioning cream once a week for intense damage repair.

### Fine or flat hair

Straight hair that does not suffer with frizz, but can appear flat, suits conditioners that add some much-needed texture.

**Choose conditioners that are:**

Volumising • Lightweight

**Avoid products that claim to be:**

Heavy • Moisturising • Smoothing

### Coloured hair

Coloured hair has very specific needs, especially if you want to retain your colour for as long as possible. In terms of a conditioner, you need one that will seal hair cuticles.

**Choose conditioners that are:**

Colour-safe • Colour-depositing • Hydrating

**Avoid:**

Any conditioner that is not for coloured hair

### Afro hair

Afro hair tends to be described as kinky owing to the intensity of its curl. However, with the right conditioner, it can look both healthy and shiny.

**Choose conditioners that are:**

Deeply hydrating • Oil-based • Protein-based

**Avoid products that claim to be:**

Volumising • Lightweight

Conditioner  
Confusion

**WANT YOUR  
ADVERT HERE?**

CALL TODAY ON  
0208 088 0386  
TO BOOK



**Rose Dek**

BEAUTY THERAPIST

Manicure & Pedicure

Health & Beauty



**5% OFF**

WHEN YOU SIGN WITH MY ID  
440-805-065-242 ON  
FOREVERLIVING.COM

f /BeautySalonLondonLTD/

ig rosedek.healthandbeauty



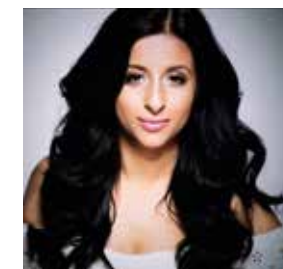
**SKN·ESTI** By Parveen

Parveen has over 11 years experience as a medical aesthetician and working in high-end medical clinics. During her years of practice, Parveen has developed her expertise in helping clients to improve their skin health, including ex-cancer patients and clients who suffer from conditions such as pigmentation and Polycystic Ovary Syndrome.

The skin is the largest organ of the human body. Our skin is constantly exposed daily to many free radicals that can damage our skins overall health. So, it is imperative we take care of skin concerns such as: Acne, Pigmentation, Ageing, Post cancer care, psoriasis, excema, or general skin health

Getting a specialised, tailor made skin management programme will ensure that what you are using to gain your goals are right for you.

The range of medical grade skincare at Peauperfect Skin and Laser Clinic is the highest and most effective in the aesthetics industry.



BOOK IN FOR A VIRTUAL  
SKIN CONSULTATION WITH  
SKN ESTI BY PARVEEN AT  
PEAU PERFECT SKIN AND LASER  
CLINIC AND GET STARTED ON  
YOUR SKIN CARE JOURNEY.

ig peauperfect\_clinic S www.peauperfect.co.uk S Contact: 0208 088 0876





**"Care experience  
of Mother has  
been outstanding  
in every regard."**

**Son of resident,  
January 2021**  
Source: carehome.co.uk

## Harts House Care Home Here for you

We're welcoming new residents for short and long term stays. Whether you need to find a local care home now, or are just starting to look into options, you can consider Harts House in Woodford Green for a range of care needs including nursing, residential and dementia. Residents are welcome to join us for as long as they need – a week, month or a more permanent stay.



**Call us for advice on care today**  
**020 3504 4212**

Lines are open 8am to 6.30pm Monday to Friday,  
9am to 12.30pm Saturday. Closed Sunday and  
bank holidays. We may record or monitor our calls.



**carehome.co.uk**  
**Review Score**  
35 reviews†

Safety comes first, so we make sure our team always have PPE, regular testing takes place, we participate in available vaccine programmes and that we follow strict UK infection control standards.

☒ **All types of funding welcome** ☒ **No health insurance needed**

†The Review Score is based on the quality and number of independent reviews this home has received on carehome.co.uk in the last two years, at the time of going to print.

FEB21 CS 02116



HEALTH & FITNESS



*Do you have chronic fatigue?*

The mechanics that make all of us individuals mean no two people will endure the same medical condition in the same manner, but where chronic fatigue syndrome (also known as CFS or ME) is concerned, the overriding sense of physical and emotional emptiness is one that hits all sufferers.

The health condition, which shouldn't be confused with sleepiness and general lethargy resulting from working too hard or resting for too short a period of time, can be caused by a number of factors – from stress and anxiety to depression, eating disorders and the gradual debilitating impact of life events on the mind.

There can also be medical problems at play, such as thyroid problems, diabetes, vitamin deficiencies, irritable bowel syndrome, high blood pressure and even kidney disease.

A proper diagnosis is essential and should be sought as soon as you feel you are slipping into a

phase where you simply don't have the ability to perform very basic daily functions, such as rising out of bed, conversing with people or leaving the house.

A doctor will use various tests and techniques in attempting to reach a diagnosis; only when this is done will a medical professional set you on a path of therapy to get you back on track.

While medication is a recognised route to this, it could be that making positive changes to diet, routine and physical health will make a profound difference. There might also be moves to improve surroundings, practise mindfulness and build mental positivity in putting you on the road to feeling revived and restored.

Mental health services are of prime focus to the NHS in light of the COVID-19 pandemic, so don't delay in contacting your doctor if you need help – there will be brighter days ahead.

# ALL CHANGE: HEDI SLIMANE

**We look at the creative directors who have transformed some of the world's most famous fashion houses. In this issue, it's Hedi Slimane.**

Looking at Hedi Slimane, we see someone who appears to represent the very essence of French style. A creative director of exemplary reputation and influence, he has revived the fortunes of ailing fashion houses at problematic times in their history, allowing them to emerge on the other side with a renewed take on flair, panache and relevance.

And yet the 52-year-old has genetics that originate some distance from his native Paris. Born to a Tunisian father and an Italian mother, Slimane's cultural influences are well mixed. Sure enough, he discovered photography at the age of 11, and by the age of 16 was designing and making clothes.

Perhaps it is the exuberance of Italy and fabric-adorning reputation of north Africa that combined in inspiring Slimane to creative brilliance. If it was, then Yves Saint Laurent was the grateful beneficiary. After serving his apprenticeship at Louis Vuitton, Slimane moved to YSL in 1996, and by the year 2000 was on the move again, installed as creative director at Dior Homme (the menswear line of Christian Dior).

He switched back to YSL for two years from 2016, and is now creative, artistic and image director at Celine, a move that coincided with him topping *Vanity Fair's* list of the 50 most influential French people in the world.

Slimane's edge has always been in combining art, photography, fashion and music. For someone who has operated at the very top table of some of the world's leading fashion houses, he still manages to work in influences of punk, pop, tabloid chat and broadsheet formality.

His collections are never afraid to move brands forward into brave new quarters, and that has only ever reinforced his reputation as a game changer in the fast world of fashion.

Photo credit: Michel Euler/AP/Shutterstock

SMALL-BATCH  
**LAVA SPIRITS Co**  
HANDCRAFTED

Inspired by a love of smooth Italian espressos, we have combined a sultry, rich, indulgent South American coffee with the most quintessential of English spirits to create these award-winning unique and versatile coffee gins.

*Tantalise your palate & enrapture your mood...*

*Savour a moment...*



[www.lavaspirits.co.uk](http://www.lavaspirits.co.uk) | T: 07368 625334 | E: [info@lavaspirits.co.uk](mailto:info@lavaspirits.co.uk)



# Shish Meze

## ABRIDGE

Beauty blossoms from humble beginnings...  
Welcome to the home of rich Turkish cuisine,  
unbelievable dishes and unforgettable moments

Shish Meze Abridge is blessed with the finest artisanal chefs in the kitchen preparing delicious, fresh food available for dining in and delivery. From mouthwatering, premium meats to delicious homemade desserts – this is a real, unique eating experience.



BOOKINGS & TAKEAWAY: 01992 946 704

18, MARKET PLACE, ABRIDGE, RM4 1UA

[www.shishmezeabridge.com](http://www.shishmezeabridge.com) [info@shishmezeabridge.com](mailto:info@shishmezeabridge.com) [@shishmezeabridge](https://www.instagram.com/shishmezeabridge)

MONDAY TO SUNDAY 12PM TO 12AM

# Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

## WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

## WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

## WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

## HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

## HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

## HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.



FOOD & DRINK



# A load of hot air

AIR FRYERS CLAIM TO REINVENT DEEP FRYING, BUT ARE THEY WORTH IT?

When the doyenne of baking, Mary Berry, said that no British home “should own a deep fat fryer”, it caused quite a stir. After all, among the staples of British cuisine are fish and chips, battered scampi and, in Scotland, the infamous deep-fried Mars bar.

However, as much as we love bubbly batter slick with oil, there is no denying that deep frying at home is a messy, greasy and unhealthy endeavour, which is why air fryers are gaining popularity in our kitchens. Using a heating mechanism and a fan, the food is held in a basket while hot air briskly encircles it, giving the speed and crunchy texture of a fat fryer, with far less oil.

Sitting neatly on your worktop, these relatively new inventions really are an excellent way to cook food quickly and efficiently. Chips can be sprayed with oil to create a crunch and flavour that is truly authentic, and because the air fryer works in much the same way as a convection cooker, you can cook almost anything you would in your normal oven, without having to wait for it to heat up (which makes it cheaper, too).

Unfortunately, you can't cook anything that has a wet batter – unless you want a dreadful mess – and while the process is quick, you do need to manually move the food halfway through for even cooking. They also aren't generally that large, so catering for a big family becomes tricky.

The bottom line is that while the design isn't perfect, this is one gadget that is unlikely to gather dust. From cooking chicken nuggets for the kids' dinner to baking frozen croissants or crisping up chips, the air fryer enables you to have your (fish)cake, and eat it.



**MADE FOR YOU**

## Softer Foods

No contracts so order when you need!

FREE delivery on orders over £30 or more

Call us today to request your Made For You brochure on local number **01708 688 644**

Or visit us online at [itsmadeforyou.co.uk](http://itsmadeforyou.co.uk)

80 dishes suitable for a Level 4 Puréed, Level 5 Minced & Moist and Level 6 Soft & Bite-Sized diet.

Our range of meals are made to home-cooked standards, are tasty, full of flavour, and are perfect for any meal occasion throughout the whole day.

**IDDSI Compliant Meals**



YOU CAN NOW ENJOY THE FULL PIE & MASH EXPERIENCE WITH

**ROBINS**  
*Vegan Pie and Mash*



Firstly, this is not about changing the Great Pie and Mash we have been serving for Five Generations.

At Robins we wanted to make a pie that is as delicious as our original pies with a savoury meat free mince (soya) and rich savoury gravy encased in our hot flaky pastry, also our mash and liquor is already suitable for vegans and vegetarians.

**ROBINS**  
*Pie & Mash*  
[www.robinspieandmash.co.uk](http://www.robinspieandmash.co.uk)  
@robinspiemash

**WANSTEAD BRANCH AT 14 HIGH STREET, LONDON E11 2AJ**  
**CALL TO ORDER ON 020 8989 1988**

**WANSTEAD • CHINGFORD • BASILDON • ROMFORD • SOUTHEND**





**London Contract Distribution**

**100% GUARANTEED LEAFLET DISTRIBUTION**

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

**CONTACT US: 020 7183 5206**  
[www.leafletsdistribution.london](http://www.leafletsdistribution.london)  
[robertdelegacz@yahoo.co.uk](mailto:robertdelegacz@yahoo.co.uk)  
 19 Biggerstaff Road, Stratford, E15 2JR

f londondisto



**MONKEY PUZZLE LOUGHTON**

**CHILDRENS DAY-CARE AND PRE-SCHOOL**

**COMING SPRING 2021**

- Open 7.30am - 6.00pm
- Exceptional childcare for children aged 3 months - 5 years
- Open 51 weeks of the year
- All Inclusive Service
- Experienced and Qualified Team
- Ofsted Registered Provider

**CALL 020 8712 5268**  
 Email [info@monkeypuzzledaynurseries.com](mailto:info@monkeypuzzledaynurseries.com)

Register your interest and subscribe to receive regular updates as well as fun activities to do with your children!

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




**AVON HOUSE PREPARATORY SCHOOL**

**Now Accepting 3+ Nursery Applications for September 2021**

**For more information and to apply please email**  
[registrar@ahsprep.co.uk](mailto:registrar@ahsprep.co.uk)

**490-492 High Road, Woodford Green, Essex, IG8 OPN**  
[www.avonhouseschool.co.uk](http://www.avonhouseschool.co.uk) | 020 8504 1749 | [office@ahsprep.co.uk](mailto:office@ahsprep.co.uk)



**VITAMINS**

**FOR CHILDREN EXPLAINED**

**D**o you currently give your children daily vitamins but are not sure if they are worth the expense? Or are you thinking about buying vitamins for your kids but don't know which ones they need?

may be tempted to take more than they need, which could be harmful to their health.

#### WHAT DOES A HEALTHY DIET INCLUDE?

If you are not sure whether your child is already getting all the vitamins and minerals they need from their diet, this guide should help you. A well-balanced diet should include:

- > Milk and dairy products or vegan alternatives
- > Plenty of fruit and vegetables
- > Protein
- > Whole grains

#### ADVICE FOR GIVING YOUR CHILD VITAMINS:

- > Keep them out of reach so that children do not have more than one a day
- > Do not treat them like sweets
- > Try a chewable vitamin if your child won't take a pill or liquid supplement
- > Consult your doctor first if your child is taking any other medication

#### WHAT VITAMINS DO CHILDREN NEED?

The Department of Health recommends that all children aged six months to five years are given daily vitamin supplements that contain vitamins A, C and D. They also advise breastfed babies to be given a daily vitamin D supplement from birth. Some experts recommend that the following groups of children should take a daily multivitamin:

- > Those who do not have access to regular, nutritionally balanced meals
- > Picky eaters who are not getting sufficient vitamins and minerals
- > Children who eat a lot of processed or fast food
- > Vegetarians or vegans, who may need an iron and/or calcium supplement

#### ARE GUMMY VITAMINS A GOOD CHOICE?

Becoming increasingly popular in recent years, gummy vitamins seem to be the perfect solution for kids who lack certain nutrients. However, these are usually higher in sugar than other vitamins, plus they look and taste like sweets, meaning your child





# STYLISH SPIKES

**A** cactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spikey houseplant offers many other benefits.

## CACTI ARE SELF-SUSTAINING PLANTS

If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

## CACTI IMPROVE THE AIR QUALITY IN YOUR HOME

Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.

## CACTI CAN MAKE YOU MORE PRODUCTIVE

If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

## CACTI OFFER SUBTLE BEAUTY

For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

## BEST CACTUS VARIETIES TO GROW INDOORS:

Angel wings cactus | Rat tail cactus | Old lady cactus | Christmas cactus



**Lookout Windows  
and Doors Ltd**

Bi Fold Doors

Composite Doors

**FREE  
FITTING**

**10 YEAR  
GUARANTEE**



Windows



Conservatories

- BIFOLDING DOORS
- FLUSH SASH WINDOWS
- CONSERVATORIES
- CLADDING
- 40+ YEARS EXPERIENCE
- COMPOSITE DOORS
- CASEMENT WINDOWS
- PORCHES
- SOFFITS & FASCIAS
- FREE QUOTES

**We offer free advice with a relaxed sales approach,  
which means NO high pressure salesmen.**

**0800 448 8021**

**QA NATIONAL  
WARRANTIES**  
A FENSA QUALITY ASSURED MEMBER

**FENSA**  
APPROVED  
WINDOW & DOOR INSTALLERS



# FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



Photo credit: Tim Young via idealhome.co.uk, greenandhustard.com, Mark Scott and Courtesy via goodhousekeeping.com, francesca.lapresse via elledia.com



YOUR VISION  
IS OUR VISION

NOW OPEN ON EPPING HIGH STREET



Home Hub Group is now open on Epping High Street. We supply and install windows, doors, bifold doors, sliding doors and rooflights.

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

01992 276 046



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



@HomeHubGroup



# JET PROPELLED

## SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE

**Y**ou're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

### ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

### TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

### THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

### FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

### FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

### SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

### SEVEN: "I need proof (waterproofs)"

Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.



## Loft Conversion Specialists

Beautiful Lofts, Expertly Built

Extensions ■ Home Improvements ■ Kitchens ■ Bathrooms



■ Over 15 years experience ■ Team of highly qualified experts

■ Project handling from ideas to completion

■ Fully compliant with Building Controls

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



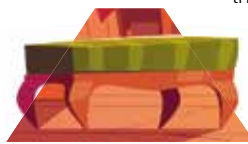
Call us on:  
**0208 088 2805**

Chingford London E4





# LOFTY LOSSES



In theory, the loft is the perfect storage place for old mementos, cherished gifts and all manner of items you will sort at some point down the line. What unites all of them is we don't want these books, records, paintings, clothes and pieces of furniture around us in our living spaces – fair enough. And yet, when it comes to retrieving them from the most ideal of home hidey-holes, will they actually return to the light in the same condition we left them?

All told, the evidence appears to be 'no'. Part of the reason for this is because your attic is a hotbed (literally) for wildly fluctuating temperatures. We all know heat rises, so at certain times of the day, and the year, all manner of warmth will spread upwards into your loft space. Conversely, during times of extreme cold, it will be the only place in the house neither insulated nor heated.

Consider as well the creeps and critters that reside in the dark, sometimes damp, sometimes blissfully dry conditions.

You should pay particular attention to:

**WOODEN FURNITURE...** Wood can expand and crack with frequent changes in temperature, so beware of leaving it in storage for long spells.

**FABRICS...** Mice, dust mites, beetles and even birds will quickly find a second use for clothes, carpets, toys and rugs.

**LEATHER...** While the appearance of an old leather jacket will tarnish and fade, a bigger problem may be trying to rid it of a dank, musty odour.

**CANDLES, VINYL AND CASSETTE TAPE...** Extreme heat will quickly compromise the quality of items that you have cherished, be it that wedding photo album or your Canned Heat LP.

The best way to avoid items deteriorating over time is to wrap them well, store them in boxes and ensure proper ventilation through your loft space.

0208 088 3659



## Smarter living at a smart price



Our premium, award-winning smart-home security technology is unrivalled!

Not only do we keep your home safe, we also provide smart-home solutions to simplify your life with real-time automation and scheduling features.

Turn off your lights, check who's at the door, control your heating, and much more, directly from your smartphone! We want to keep the **South Woodford** community safe by providing the best **local** security solutions for your home, to protect you and your loved ones.

Tutum Home – smart living at its' finest.

Visit us at [www.tutumhome.shop](http://www.tutumhome.shop) to find out more



Eden Kitchens  
60 Station Way  
Buckhurst hill  
IG9 6LL

Call - 0208 088 0903  
Whatsapp - 02033320042



...I was absolutely overjoyed to find the exact wooden unit that I wanted, and couldn't find anywhere else. My design had started, I also managed to source the perfect and unusual granite to compliment my look, at the same time. We decided there and then to go with Eden Kitchens...

Google Review by  
Kitchen Owner; C. Tedeschi

more  
than a  
kitchen +

Transforming your projects with our designs

PICTURE OF A RECENT INSTALLATION

We pride ourselves on being able to offer a completely bespoke service when required for our clients.

With the above project, the client Caterina, for example, she wanted the wood grains on this kitchen vertically placed as opposed to the usual horizontal grains in production. She was also very specific about wanting a **very big** integrated fridge; we found her the Siemens CI30RP02 (75cm wide) with access to control your fridge, no matter where you are - with the easy-to-use Home Connect App.

This kitchen was designed as a two-tone kitchen Windsor (a brushed oak veneer) and Matt Sandbeige lacquered units under the island to match the already existing beige sideboard. The worktop chosen was a White Macaubas Quartzite with the encaptivating veins book-matched on the island waterfall to

showcase continued lines from the top to the bottom.

Open display units are a good way of displaying pictures, ornaments and in this case vases, transforming the kitchen space into more than just a kitchen.

All appliances are by Siemens and include a StudioLine iQ700 90 cm flex Induction hob, iQ700 Single Oven Voice activated door opening option via Alexa, Multifunction, fullSteam oven, Quooker PRO3 Flex stainless steel boiling water tap with our special discounts and cashback on appliances she was able to make a total of £3,571.00 in cash backs and savings combined.

The kitchen and utility room of this spectacular home took approximately two weeks to complete. The before and after pictures show this amazing transformation in detail.

Eden Kitchens  
60 Station Way  
Buckhurst hill  
IG9 6LL

WWW.EDENKITCHENS.COM

Call - 0208 088 0903  
Whatsapp - 02033320042





# JUDI DENCH

## THE LIFE OF THE BUSY DAME

**Why Dame Judi Dench is perhaps the most unique acting talent of them all**

.....

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



Photo credit: FACUNDO ARRIZABALAGA/EPA-EFE/Shutterstock





### 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**

## Electrician

electrician-in-woodford.co.uk

**Do you find it difficult to get  
someone to come & do a small job?**

Extra Lights ♦ Additional Sockets ♦ Rewires  
Fuse Boards Upgrades ♦ New Installations  
Landlord & Homebuyer Inspections  
**Fault Finding & Repairs**

Qualified Electrician ♦ Fully Insured  
Reliable Service ♦ Tidy Work ♦ Free Quote  
Flexible Hours ♦ Reasonably Priced  
**Satisfaction Guaranteed**

**We are your local experts. We specialise in  
domestic alterations, fuseboard, additional  
sockets, lights, rewires, installations and  
reports for homeowners**

**Call 0208 088 0779**

**No job too small**



# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Delight as MP confirms Post Office to stay in town

After nearly 3,000 people signed a petition against the planned closure of the Post Office in South Woodford, Iain Duncan Smith, MP for Woodford Green and Chingford had some good news for residents.

After he held a Facebook Live interview with postmaster effectiveness director Tracy Marshall last month, Mr Duncan Smith MP secured a commitment that when the Post Office leaves its current site on George Lane in April, it will move into one of the spare premises on George Lane.

Mr Duncan Smith MP said he also managed to secure another commitment from the Post Office.

He revealed: "It will not move from such a location

until it has worked out a full and proper franchise here in the George Lane vicinity that will serve us all.

"It's not perfect because we want this place to stay open, but it turns out that the lease says it has to go. Let's hold it to that commitment."

Mr Duncan Smith MP has been campaigning on the issue with councillors Michael Duffell and Sue Nolan.

Councillor Nolan said: "We just want to thank everybody who signed the petition and worked so hard to achieve this.

"It's really great news that we had a commitment from the Post Office itself. It will definitely have a presence on George Lane while it looks for a franchise."



## Natural style

Flower Design & Gifts



**Fantastic Service ♦ Beautiful Flowers ♦ Cute Gifts**

**@constansflowers05 ♦ 0208 088 3475 ♦ constansflowers@gmail.com**





# Nursery group supports children in hospital



A nursery group with a branch in South Woodford will be spending up to £5,000 this year to help make life easier for children staying in hospital.

Kids Inc is funding an initiative where every child undergoing a procedure at the King George or Queen's Hospitals is invited to choose a gift from the Bravery Box.

A spokesman for the King George and Queen's Hospital Charity said: "Their support will make such a difference to our children and our dedicated play team. Providing these brilliant yet affordable toys across all our children's services quickly adds up and we can't thank them enough for their amazing support."

Sonia Sabharwal, accounts manager at Kids Inc, said the company felt it was important to help its local community as soon as COVID-19 hit the UK.

She added: "We initially donated well-being bags for staff and patients during the first lockdown. Being a local nursery group, we then continued to support our local hospitals with donations for the children's wards. It is important to us to support children, particularly those who are in hospital. We hope to continue with this support in the coming years."

If you or your company would like to become a dedicated sponsor for the hospitals, please call Lynda on 01708 774825.

## Petition launched about future of former bowls club

Liberal Democrats in South Woodford are demanding that the local community has a say in the future of the former bowls club in Elmhurst Gardens.

They want Redbridge Council to consider suggestions made by the Friends of Elmhurst Gardens, members of the public, a local nursery and community café.

The group has now launched a petition and said Redbridge Council's leisure agency, Vision, has been

considering what to do with the building.

A spokesman said: "Vision is now considering some bids, but no one knows what the bids are for nor how they will be assessed. The danger is that the bid that offers the most money to Vision will be successful, regardless of what local people want. We oppose the secrecy and lack of public involvement in this process."

You can sign the petition by going to [www.redbridgeliberaldemocrats.org/elmhurst\\_petition](http://www.redbridgeliberaldemocrats.org/elmhurst_petition)

## Mother not prepared to send son back to school

While children in South Woodford finally returned to school last month, one mother said she was not prepared to take the risk with her son's life.

Alfie Chalkley, 11, suffers from asthma, while his mum, Davinia, is anaphylactic, which has led to her GP recommending that she does not have the vaccination in its current form.

Davinia explained: "There are far too many parents who don't believe in the virus and think it's a hoax, while others say they don't have time for testing. There are protocols in place for Alfie to continue to learn at home. He has underlying conditions and the school has an action plan in place for him."

Davinia says she will not be sending Alfie back to Oakdale Junior School until all schoolchildren have to wear masks. Currently, only children of 11 and above are required to wear one and Davinia said this means Alfie would still be facing an unacceptable level of risk.

She explained: "With a virus as volatile as this, you have to stay safe. Schools cannot keep children safe unless they are all wearing masks."

Davinia has kept Alfie off school since the first lockdown and said she stands by her decision.

She said: "Since the first lockdown, I had an email saying he would have been in contact with someone with COVID-19 three times. I'm not prepared to take a risk with something that is potentially fatal."



**SHUTTER**  
BAY

Easy self fit, stylish, made to measure shutters.

Covid safe - no fitters needed.

Delivered straight to your home.

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

# SUPPORT LOCAL BUSINESSES

Please let your local businesses know that you saw them first in... **VISION**

# RAISING BRITAIN'S CLEANING STANDARDS

**CG CLEANGO**

Professional, reliable, affordable cleaning services

**ANTIVIRAL SANITISATION FOGGING**  
KILLS 99.9999% OF ALL BACTERIA

OFFICE CLEANING COMMERCIAL CLEANING  
ANTIVIRAL SANITISATION CLEANING CARPET CLEANING

CONTACT US TODAY 0203 733 2165 [info@cleango.co.uk](mailto:info@cleango.co.uk)  
[www.cleango.co.uk](http://www.cleango.co.uk)

## Woodford and District National Trust



We hope our members and visitors are keeping safe and well. At least the longer days are coming and, if we could just get the chill out of the air, we could all benefit more. A few sunny days have brought out thousands of crocuses and primroses. The early daffodils are here too, to brighten our days. Soon we hope we will all be meeting again, getting together to enjoy National Trust outings and visits. Many of you have joined us recently for two Zoom

talks on war memorials and Hogarth. We had another on the afternoon of March 31 about Woodford and its community, and have at least three outings 'booked' for trips to Batemans, Polesden Lacey and Anglesey Abbey for the summer months. We also have our newsletter, which at the time of going to print, we hoped to will have been issued at the end of March. Best wishes to you all. We miss your company so much and trust this remarkable time will soon be just a memory.

## Teachers run marathon for Lily

A teacher at a school in Woodford Green ran a marathon over two weeks last month to raise money for her niece who was diagnosed with a rare terminal brain stem tumour.

Lucy McKelvey and Jessica Fish, who are teachers, spent from March 8 till March 19 running just under three miles a day when they had finished teaching.

Lucy explained: "Lily, who is six, has been diagnosed with a brain tumour called DIPG. Lily's family has been told there is no treatment in the UK apart from radiotherapy and her life expectancy is between nine and 12 months. However, there are trials in America that could help Lily, but these are costly. Lily has already undergone 13 radiotherapy sessions and is doing well."

At the time of writing, the pair were more than halfway through their challenge and had easily surpassed their target of £1,000, raising £1,505.

On day six, Lucy said the challenge was going well. She revealed: "We have another week of running. Yesterday on our run we had every bit of British weather: sunshine, winds, rain, the lot. But we kept going."

After day 10, Lucy said she and Jessica were grateful for all the support.

She commented: "The sun shone for us. We just want to say a massive thank you for everyone's kind words and donations. We never thought we would raise this much. We will keep the page open for a few more weeks, then the money raised will be transferred to Lily's fund."

To donate, go to [gofund.me/285d6486](https://gofund.me/285d6486)



## Control your security Be **App**solutely connected

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



**CCTV Systems • Alarm Systems  
Fire Alarms • Door Entry Systems • Safes  
Vehicle Alarms & Tracking • Ghost Immobilizers**

**NEW SYSTEMS SUPPLIED  
& FITTED FROM £450.00  
(OR WE MAY BE ABLE UPGRADE  
YOUR EXISTING SYSTEM)**

**020-8529-5710 • [www.cobra-ss.co.uk](http://www.cobra-ss.co.uk)  
155 Station Road, Chingford, London, E4 6AG**



## HOUSE OF ELLA INTERIORS



**Luxury residential interior design**  
London | Essex

[www.houseofellainteriors.com](http://www.houseofellainteriors.com) | 0208 088 3496 | [info@houseofellainteriors.com](mailto:info@houseofellainteriors.com)



PUT THE SPARKLE BACK INTO YOUR KITCHEN



## Domestic Oven Cleaning Specialists

Est. since 2007

### Prices

Single oven incl. shelves & grill pan.....	£43.00
Double oven incl. shelves & grill pan.....	£54.00
Range incl. shelves & grill pan.....	From £54.00
AGAs.....	From £90.00
Hobs.....	From £14.00
Extractors.....	From £15.00
Microwaves.....	From £20.00

No VAT to pay



PLEASE CALL FOR A FREE QUOTATION

01279 432444 \* [www.ovenbright.co.uk](http://www.ovenbright.co.uk)



BEFORE



AFTER



TRUSTWORTHY & RELIABLE FAMILY RUN BUSINESS

We can help whatever your scaffolding & roofing needs:

- Temporary Roofs • Loft Conversions
- Maintenance Work • Painting & Decorating
- New Roofs • Repairs • Guttering
- Fascia • Soffits & More

Call for a no obligation quote:  
**0208 088 0934**

[amazonscaffconstruction@gmail.com](mailto:amazonscaffconstruction@gmail.com) • [www.amazonroofingandscaffolding.co.uk](http://www.amazonroofingandscaffolding.co.uk)



FREE ESTIMATES  
DISCOUNT PACKAGES AVAILABLE

NEWS FROM

## THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



Could you be a lifeline of care?

Haven House Children's Hospice is looking for nurses to help deliver care to families who desperately need support during the most difficult of times.

Haven House provides the best possible life for seriously ill babies, children and young people and their families, who live in our local communities.

Without the commitment and professionalism of its staff, the hospice would not be able to do its vital work in supporting those families who need it most.

When COVID-19 hit, the hospice had to respond quickly by adapting how it cares. The demand for the outstanding care Haven House provides is increasing and more vital than ever. Now the Woodford Green-based hospice is in need of nurses to help deliver care to the 400 children it supports annually.

Clinical nurse manager, Aisling Kilbane, has worked at Haven House for 10 years and says it is the most rewarding place to work.

She said: "Children's palliative care is a very rewarding career pathway and children's hospice nurses learn advanced skills in symptom management and complex care, as well as end-of-life and post-bereavement care."



"Haven House is really an incredible place to work, providing a caring and compassionate environment. Our care team are privileged to spend precious time with babies, children, young people and their families. We are helping families through the toughest time they will ever face. It's a real privilege to be part of their journey."

Haven House is able to match NHS terms and conditions, while prioritising staff's learning and development.

For more information on current vacancies, visit [www.havenhouse.org.uk](http://www.havenhouse.org.uk) or speak to Aisling informally: email [Aislingkilbane@havenhouse.org.uk](mailto:Aislingkilbane@havenhouse.org.uk)

## School challenge raises nearly £3,000

Pupils at a school in Woodford Green did not let lockdown stop them from marching ahead with their termly fundraiser.

Children at Avon House Preparatory School took on the epic challenge of travelling the 874-mile journey from Land's End to John O'Groats, all done virtually.

Year 6 pupil Scarlett started the fundraiser, which took place over the February half-term period. It required children, parents and staff to send over their daily walking distance, which was then uploaded to their very own Google map.

The school organises several fundraisers throughout the year and decided to take the pupils on an adventure to raise money for the Motor Neurone Disease Association (MNDA).

In total, the Avon House family covered more than 1,000 miles.

Amanda Bourne, community fundraiser at the MNDA, said: "The funds they raise will help us to



continue our vital work in providing support for people living with MND, campaigning to raise awareness of the disease and funding research to find treatments and, ultimately, a cure."

At the time of writing the total sum stands at £2,929.

To donate, visit [www.justgiving.com/fundraising/avon-house](http://www.justgiving.com/fundraising/avon-house)



LOCAL NEWS



# Drive Appeal

We were contacted by the homeowner at the beginning of 2020 as they were concerned about the large cracks that were appearing in the walls, the lack of security provided by those walls and the constant weeds growing on the drive. The remit to us was to create a modern low maintenance area with minimal planting.

On inspection we found the retaining walls were failing and the land mass starting to move which was of concern as the property is on a steep hill.

Our design involved rebuilding all the retaining walls and raising them up to include a decorative black railing with electric sliding gate. These were complimented with a stepped flower bed and sandstone staircase with matching handrail. To finish the design, we proposed a porous resin bound surface in Champagne pink.

The project began in earnest in the spring and was completed within 12 weeks. During that time we had weekly meetings to review progress and ensure we were creating the clients vision.

The customer is very happy with the result, they now have a beautiful front garden and drive that is secure and easy to maintain.



Our designs solutions transformed this home



If you are interested in a quote or some friendly advice regarding any of the features, feel free to contact IBBco today!

# IBBco RESIN



01992 276190  
office@ibbco.co.uk  
www.ibbco.co.uk



## Resin Bound Natural Aggregate

Based just outside Epping, IBBco have been providing surfacing solutions to Essex and Hertfordshire for the past 24 years. Resin Bound natural aggregate allows us to create beautiful designs for your drive, patio, paths or even swimming pool surrounds! Please call us to discuss all the options or to request a free survey.

- 46 Bespoke Colours
- Fully Permeable
- No Drainage Required
- Total Flexibility of Design
- Long Lasting Results
- Easy to Maintain
- Tested to BS EN 13892
- UV Colour Stable

Unit 11, Esgors Business Centre, High Road, Thornwood Common, Epping, CM16 6LY

# IBBco RESIN

01992 276190

office@ibbco.co.uk • www.ibbco.co.uk





## GARDEN OF LIFE

# THE BIRDS *and the bees*

In the third of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



★euronics  
the home of electricals

**Great products. Great prices.**

Enjoy our range of top brand appliances at low prices

Price Match Guarantee | Super Service | Expert Knowledge | Contact-Free Delivery



SIEMENS



**1400 Spin 7kg  
Washing Machine**  
WM14N191GB



- 15 Programmes Inc: Hand Wash
- Delay Start
- Soft Touch, Dial Control
- Dimensions: H84.8xW59.8xD55cm

5 Year Warranty\*  
D Energy Rating

Only  
**£469.<sup>99</sup>**

\*Extended warranty must be registered at time of sale




**Broadway Music and Vision**

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



\*Terms and Conditions apply. Sold as an agent of Euronics Limited. All rights reserved. All offers are subject to availability while stocks last. Delivery & installation charges may apply. Exclusions and Risks Apply. See in store for full details. Images for illustration purposes only. Copyright Euronics 2020. ESOE 2020.







**HEPWORTH TIMBER WORK**


BESPOKE HOME OFFICES, GARDEN ROOMS  
& ENTERTAINING AREAS

**DO YOU NEED SPACE TO...**

- ◆ WORK ◆ CREATE
- ◆ PLAY ◆ ENTERTAIN
- ◆ SOCIALISE ◆ EXERCISE

Contact us for advice & to discuss your requirements  
**T: 01992 619169 ◆ M: 07971 609332**  
[www.hepworthtimberwork.co.uk](http://www.hepworthtimberwork.co.uk)  
[info@hepworthtimberwork.co.uk](mailto:info@hepworthtimberwork.co.uk)

 **hepworthtimberwork**  **Checkatrade.com**  
Where reputation matters



From contemporary designs  
to traditional styles...  
woodburning to gas and electric...


**www.ashandembers.com**





For current opening times see  
**www.ashandembers.com**

**CALL US ON 01992 815972 / 0207 118 3030**  
**VISIT US AT THE COACH HOUSE, MARKET PLACE, ABRIDGE RM4 1UA**



APRIL BIRTH FLOWER OF THE MONTH:

# Daisy

**GARDENING**

If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

*What does the daisy represent?*  
 A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

*What does this birth flower say about your personality?*  
 If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

*Why grow daisies in your garden?*  
 Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

*How can I ensure my daisies thrive?*  
 Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

*Best types of daisies for a vibrant show:*  
 English daisy | African daisy | Gloriosa daisy | Blue Marguerite daisy | Shasta daisy | Cape daisy



GARDENING





# Big fish, small pond

If you have just added a pond to your garden, you may be thinking about what types of fish you want to buy. However, before you dash to your nearest pond supplier and simply pick the prettiest specimens on offer, you need to find out what fish are suitable for the pond you have picked.

## How big is your pond?

Most fish need at least 50cm in depth to thrive, although some varieties such as koi and large carp need at least double that amount. As a general rule, for a new water feature, the total length of the fish you add should not be more than around 25cm for every square metre of surface area.

## What types of fish can your pond accommodate?

**GOLDFISH:** One of the most popular choices for garden ponds. If you want your chosen goldfish to go the distance, you are best off picking either comets or Shubunkins, both of which are attractive and hardy fish.

**KOI AND CARP:** Although beautiful fish, both koi and carp can grow to more than 75cm in length and are therefore only suited to larger, well-filtered ponds. You can find forms of koi that cost thousands of pounds, so if you choose a more expensive variety you also need to consider the security of your pond.

**ORFE & RUDD:** Orfe love the surface of the water, which makes them a favoured choice for many pond owners who love to spot their fish. That being said, this means they need to be protected from cats and any passing herons. Orfe prefer to swim in shoals so you need to purchase at least six, and as they grow to 30cm or more, you need a large pond to successfully host them. Rudd are similar in their routine to orfe but only grow to half the size, making them ideal for smaller ponds.

# LAZYLAWN®

## London's Leading Artificial Grass Installers

### BOOK A FREE SITE SURVEY

0208 961 4722  
eastlondon@lazylawn.co.uk  
www.lazylawn.co.uk



Wonder Yarn

## ALL TREE WORK UNDERTAKEN



- FAMILY RUN BUSINESS
- OVER 35 YEARS EXPERIENCE
- PRUNING ○ THINNING ○ REDUCTIONS
- FELLING AND REMOVAL ○ DEAD WOOD REMOVAL
- SITE CLEARANCE ○ HEDGE MAINTENANCE
- FIREWOOD SALES FULLY INSURED

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ Checkatrade.com  
Where reputation matters



CALL TODAY  
FOR YOUR  
NO OBLIGATION  
QUOTE WITH NO  
HIDDEN EXTRAS



# 07500 870 309



www.essex-tree-care-ltd.co.uk

City & Guilds  
**NPTC**  
Qualified workforce



# handy apps



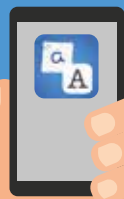
## USEFUL APPS AND ADD-ONS THAT WILL TAKE YOUR DEVICE TO NEW HEIGHTS



**GBoard:** This keyboard, made by Google, integrates seamlessly into your phone or tablet, across text messages, WhatsApp and email functions. The app runs in the background and you'll notice little difference, except perhaps for a choice of keyboard colours, gradients and backgrounds. But coolest of all, you can 'swipe' words to type – in other words, no need to lift your finger as you enter each letter... simply let it glide to each new letter and the app works out the word you're writing. Useful and infinitely satisfying.



**AppDetox:** We've all got a fair quantity of apps on our devices that we would group as 'a bit of fun', while knowing that their very presence is making us less efficient, less engaged and most definitely less sociable. As the saying goes, admitting you have a problem is the first stage towards solving it; the second stage being to download AppDetox, which enables you to block your own access to functions and downloads on your phone, thus keeping temptation at arm's length... or is that finger's length?



**Pen to Print:** Why do we still carry around scraps of paper when the idea was that our phones could do the job of storing shopping lists, addresses, reminders and more? Perhaps it's because the year to scribble remains strong in all of us – and with Pen to Print, you can still do that, with a screen that will convert your rugged scrawl into digital text. That means you can even send notes to someone without them ever getting wind of your lazy handwriting style!



**CamScanner:** We've all tried signing and scanning documents using our phone or tablet cameras. CamScanner solves the problem, with editable uploaded or photographed documents that can be signed and scanned through the app. Removing the need for printouts or shadows on documents, the resulting PDF or JPEG can then be sent direct to your contact, as well as being stored in your phone.

# Remembering the BRIXTON RIOTS

APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The Brixton riots were a terrifying, culturally defining 48 hours in which the black population of south London rose up to confront what they determined to be an unfair and illegal era of police brutality and wider social exclusion. In a foretaste of some of the issues raised by the recent Black Lives Matter movement – albeit in referencing situations Stateside rather than events and actions in our own country – the 1981 Brixton riots, or 'Brixton uprising', were seen as a major turning point in the UK. The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him. By the following day, rumours had spread that

Bailey had been unlawfully killed by police, kicking off a spate of riots, looting and arson attacks on shops, cars and property. Inadequately protected police struggled to stem trouble, with 299 being injured in scuffles. A further 65 members of the public were injured. Tensions were finally brought under control in the early hours of April 12, by which time more than 2,500 officers from the home counties had been deployed. So-called 'copycat' riots broke out in a number of UK towns and cities, and in the aftermath, the Scarman Report concluded that "complex political, social and economic factors [created a] disposition towards violent protest", while also blaming overzealous 'stop and search' tactics. Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



Photo credit: Bob Dear/AP/Shutterstock






## How focused is your agent on helping you sell or let your property?

**Kingsmarq Real Estate** has launched in the Essex area to provide a fresh approach to property sales, lettings and management. Offering boutique levels of service throughout the process, Kingsmarq focusses on helping a small portfolio of clients achieve the best outcome quickly, efficiently and with personal, relevant guidance.

With excellent customer service at the heart of Kingsmarq Real Estate's ethos, you can be assured of a warm welcome from the very first call to discuss your property needs.

**KINGSMARQ**  
REAL ESTATE

kingsmarq.co.uk | 0208 088 0796 | info@kingsmarq.co.uk

 Powered by KELLER WILLIAMS

**rightmove**

**Zoopa**

**PrimeLocation.com**

**onTheMarket**



Photo credit: Featureflash Photo Agency/Shutterstock.com

# Coming up ROSIE



BUSINESS & PROPERTY

## How Rosie Huntington-Whiteley went from supermodel to businesswoman

For years, Rosie Huntington-Whiteley has been perfecting the art of spreading her talents across a wide spectrum.

This is the supermodel who leapt into our consciousness at the age of 16 when she appeared in *Teen Vogue*, then quickly ascended to adult fashion with projects for Victoria's Secret, Burberry, Pirelli and others.

Embracing motherhood – she has a three-year-old son, Jack, with actor Jason Statham – as well as embarking on film projects (*Transformers: Dark of the Moon* and *Mad Max: Fury Road*), you would imagine the now 33-year-old has enough on her plate. Yet burgeoning business ideas have created another angle with which the Plymouth-born model can utilise, maximise and monetise a polished brand.

Sure enough, in November, she announced the launch of her Clean Beauty Collaborative brand. Working with cosmetics firm Amyris, Rosie is building a digital platform for all things beauty, undertaken with an eye on great-performing products that are manufactured sustainably without harm to the planet.

The project follows on from her Rose Inc launch in 2018, which focuses on carbon-neutral eco-friendly initiatives.

She said: "I am passionate about responsible beauty products that are healthy for people and the planet."

Rosie has in the past admitted the maze of looks, styles and messages emanating from social media can be particularly off-putting.

"I want us to get back to the basic thrill of uniting people with access and knowledge and secrets of the industry," she says. "If we can all look as good as we can, while uniting to make the places where we live more sustainable, surely that's a route towards a happier future, because even I find myself getting negatively affected when I'm scrolling through feed after feed. I think we need to celebrate diversity and different kinds of beauty."



# Plan your finances with precision

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Protection Planning
- Inheritance Tax Planning
- Intergenerational Planning
- Mortgage Planning

Your home may be repossessed if you do not keep up repayments on your mortgage.

For further details please contact:

**DB** | **DAVID BEAN**  
WEALTH MANAGEMENT

Tel: 0208 088 0594  
Email: david.bean@sjpp.co.uk  
www.davidbeanwealth.co.uk

# NATIONAL PARKS

*fortnight: April 4 – April 18*



TRAVEL



New Forest National Park



South Downs National Park



Yorkshire Dales National Park



Northumberland National Park

**T**reasure trails and historic hill forts, secret coves and stunning lochs: all these and more are waiting to be discovered in the UK's 15 National Parks. Let's take a closer look at some of what England has to offer.

## DARTMOOR NATIONAL PARK

Located in the south of Devon, Dartmoor National Park is known for its wild open moorlands and rich local history. For hikers, check out the Meldon Reservoir and then treat yourself to afternoon tea in Ashburton.

## NEW FOREST NATIONAL PARK

Made a National Park in 2005, New Forest National Park offers a huge diversity of rare plants and animals. Marvel at the grazing ponies, cattle and pigs that roam freely around the park and enjoy a real sense of freedom whether you choose to explore on foot, on horseback or by bike.

## SOUTH DOWNS NATIONAL PARK

Less than two hours from London, South Downs National Park is a destination rich in culture and countryside, as well as some gorgeous country pubs. Don't miss the chance to dine at The Earl of March, owned by Giles Thompson, former executive chef at The Ritz London.

## YORKSHIRE DALES NATIONAL PARK

Perfect for those looking for natural beauty at its finest, the Yorkshire Dales National Park has much to offer, including Aysgarth Falls, the Yorkshire Three Peaks Challenge and the Force Gill Aqueduct.

## NORTHUMBERLAND NATIONAL PARK

The most northern National Park in England, it is also the least populated and least visited. However, don't let this put you off as this park boasts Hadrian's Wall, Kielder Water and Forest Park and the Sycamore Gap Tree.

## NATIONAL PARKS IN OTHER AREAS OF THE UK

There are two National Parks in Scotland: Cairngorms and Loch Lomond & The Trossachs. In Wales, there are three: the Brecon Beacons, Pembrokeshire Coast and Snowdonia.





### THE PENALTIES AND REPERCUSSIONS FOR OUT-OF-DATE MOTS, INSURANCE AND TAX

**T**he responsibility of making sure a car is being driven legally, and that all the proper checks are up to date, is one not just to ourselves and our passengers but also to everyone else both on and off the road. From motorists to cyclists and even pedestrians, it's vital our cars are roadworthy – in fact, it's so important that the government will impose strict sanctions on anyone not toeing the line.

#### **MOT**

A huge number of people drive on our roads unaware that their MOT has expired; and yet with the DVLA's reminder system, setting up a simple text message alert would prevent this happening.

The only time you're allowed to travel on the road with an expired MOT certificate is if you're en route to the test centre to get the service done, otherwise you could be looking at a fine of £1,000.

In 2020, during the COVID-19 outbreak and

subsequent lockdown, MOT dates were extended, though this is not the case in 2021.

#### **TAX**

Road tax is a necessity for any car, and you can expect a hefty fine in the post (of up to £1,000), if you're driving around in an untaxed vehicle. That may be a better scenario for some than the alternative – your car is clamped, and if the fine isn't paid quickly it is impounded, incurring a daily fee of £21.

#### **INSURANCE**

The big one – driving without insurance is the biggest threat to yourself, your passengers and other road users. It is looked upon dimly, and if you are stopped by the police, your keys will be confiscated immediately. A £300 fine and six points on your licence is the minimum, but greater penalties, including disqualification, are possible.

**FULLY FITTED  
ROLLER  
GARAGE  
DOORS**  
FROM **£895** \* WAS **£1,354**  
INC VAT  
\* Offer Valid For Openings Up To 3.4m Wide & Incl.  
2 Remote Controls, 55mm White Slats,  
Internal Manual Override

**WHATS INCLUDED:**  
ACOUSTIC & THERMAL INSULATION  
TWO REMOTE CONTROLS  
EXPERT MEASURING & FITTING  
24 COLOURS AVAILABLE

**GAROLLA**  
ROLLER SHUTTER DOORS  
www.garolla.co.uk  
Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of head-room! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

Made To Measure...  
**ROLLER GARAGE DOORS**  
CALL US TODAY  
Phone: **01277 800 142**  
Mobile: **07537 149 128**

CE Approved

**IMPERIALS**  
ESSEX  
Celebrating over 35 years in prestige car retail  
[www.imperials.co.uk](http://www.imperials.co.uk)

# WE WANT TO BUY YOUR CARS

**WE ARE CURRENTLY LOOKING FOR STOCK TO BUY OR S.O.R.**  
**ROLLS ROYCE | BENTLEY | MCLAREN, AMG | M, ETC...**

**IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US**

For more information contact  
email: [mason@imperials.co.uk](mailto:mason@imperials.co.uk) | Tel/WhatsApp: 0208 548 7830



# Making plans for NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

"It's such a big taboo to be gay in my line of work," he says. "I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was 'different' from my late teens, but I was just living a lie."

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

Photo credit: Chris Fairweather/Huw Evans/Shutterstock

# GIANT

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 2021 (EXCLUDING MY21 RANGE)

● FREE PUNCTURE REPAIRS FOR LIFE RANGE (Ts&Cs APPLY ORIGINAL OWNER ONLY)

● FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES

● PRICE MATCH PROMISE - FIND IT CHEAPER ANYWHERE ELSE

& WE WILL MATCH THE PRICE

● FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

NEW  
STOCK  
ARRIVING  
WEEKLY

GIANT LOUGHTON, 235 High Road, IG10 1AD

T: 0208 508 1384 W: [giant-loughton.co.uk](http://giant-loughton.co.uk) E: [info@giant-loughton.co.uk](mailto:info@giant-loughton.co.uk)



# 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 Babcac insured and approved. 07961 462672

### SPECIAL NAILS

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

### THE NAIL STUDIO

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

## 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

## ELECTRICAL & WHOLESALE

### CH ELECTRICAL WHOLESALE

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

## ELECTRICIAN

### CAPITAL ELECTRICAL SERVICES LTD

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

### TACK ELECTRICAL

Local experts. Specialising in domestic alterations, fuseboard, additional sockets, Lights, Rewires, Installations and reports for homeowners. No job too small, 0208 088 0779

**JOIN THE LISTINGS... for just £15** +VAT per month

## FACIAL & SKINCARE

### VIRGINIA WILLIAMS STUDIO

Providing specialised treatments for common skin concerns: sensitive, acne, pigmentation, ageing. Use code VIS10 to get 10% off first treatment. www.virginia-williams.co.uk

## 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 544919 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 ASSEMBLY

### FLAT PAC KING

Assembly of all flat pack items. London and Essex areas covered Collection and delivery service is available call Jo on 0208 088 2976

## FURNITURE RESTORATION

### ABBEEY GROUP

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

### KINGS UPHOLSTERY

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

## GARDEN SERVICES

### JOHN HEARNE

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

### KINGS CUTS TREE SERVICES

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

## HEALTH & WELLBEING

### IMPROVE YOUR SMILE DENTAL PRACTICE

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

## LAUNDRY & DRY CLEANING

### THE LAUNDRY MAN

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

## 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

## MASTICS AND SEALANTS

### QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information. Call 01245 520981

## PAINTING & DECORATING

### PGA DECORATING SPECIALIST

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

### TRADITIONAL DECORATIONS

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

## 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

### LILLYWHITE PROPERTY SERVICES

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

### STUART GREEN PROPERTY SOLUTIONS

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

## ROOFING

### JIM BARR ROOFING

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

## 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

**BOOK VIA WOODFORD@VISIONMAG.CO.UK**

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

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

ACROSS: 1. DECEITFULLY, 9. CHIMP, 10. ROE, 11. TRITE, 12. NECKS, 13. STAMPEDE, 16. GLAUCOMA, 18. OXFLIP, 21. ENNU, 22. HEN, 23. IBIZA, 24. CRIMINOLOGY  
DOWN: 2. ETHICAL, 3. EXCEPT, 4. TWINED, 5. UNPIN, 6. LYRIC, 7. CATASTROPHE, 8. PERSONALITY, 14. CUREALL, 15. JOINING, 17. LOTION, 19. LUNAR, 20. PRISM





# PUZZLES & TRIVIA

PUZZLES

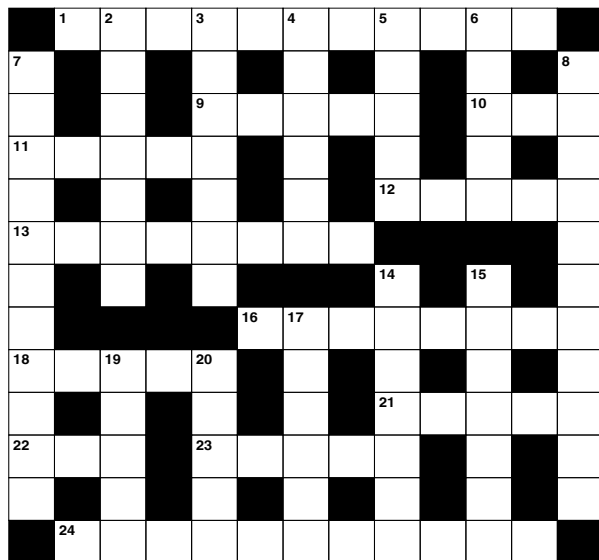
Answers: see end of The VISION Listings

## ACROSS

1. Dishonestly (11)
9. Ape (abbrev.) (5)
10. Fish eggs (3)
11. Hackneyed (5)
12. Giraffes have long ones (5)
13. Mad rush (8)
16. Eye condition (8)
18. Spring flower (5)
21. Boredom (5)
22. Female chicken (3)
23. Island in the Mediterranean Sea (5)
24. Study of lawbreaking (11)

## DOWN

2. Morally right (7)
3. Extract (7)
4. Wound together (6)
5. Unfasten a garment (5)
6. Expressing emotions (of poetry) (5)
7. Calamity or great loss (11)
8. Celebrity (11)
14. Panacea (4-3)



15. Linking (7)
17. Cosmetic cream (6)
19. Of the moon (5)
20. Device that splits light (5)

## DID YOU KNOW?

- ▶ Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- ▶ In the Falkland Islands, sheep outnumber people
- ▶ Napoleon ordered the construction of the Arc de Triomphe in Paris
- ▶ It's thought that in the future, the Maldives may become completely covered by water
- ▶ In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- ▶ The Great Wall of China is 21,196km long
- ▶ Reykjavik is the most northern capital city
- ▶ Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

## SUDOKU

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



THE NUMBER ONE BOXING ACADEMY FOR ALL ABILITIES

- 👊 BOXING ACADEMY
- 👊 1-ON-1 SESSIONS
- 👊 KIDS LESSONS
- 👊 LADIES GROUP SESSIONS



## Dennis & Dyer Boxing Academy

The Landmark, 30 Barrington Green, Loughton, Essex, IG10 2BA  
[www.dennisanddyerboxingacademy.co.uk](http://www.dennisanddyerboxingacademy.co.uk) | 0208 088 3491  
[info@dennisanddyerboxingacademy.co.uk](mailto:info@dennisanddyerboxingacademy.co.uk)

Follow us on Instagram @dennisanddyerba to stay up to date!





# WOODFORD HOUSE DENTAL PRACTICE



Not all  
clear aligners  
are the  
same.



Book your **FREE VIRTUAL CONSULTATION** for a  
straighter smile with discreet, comfortable, clear aligners.

Special offer: the first 20 people to have Teeth Straightening  
with us will be given Teeth Whitening worth £325!

**020 8504 2704**  
**improveyoursmile.co.uk**

162 HIGH ROAD WOODFORD GREEN IG8 9EF

**EXPERIENCE YOU CAN TRUST**

