

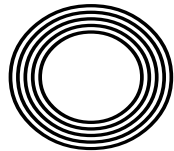


**TOP  
TIPS FOR  
TANNING  
SAFELY**

*Celebrating 50 years  
of hip-hop music*

**CHERRY PICKED**  
The latest kitchen colour trend

**PROSECCO PAIRING**  
*Top foods to pair with your bubbles*



**FREE**

Photo credit: Anthony Harvey/  
Shutterstock for Sport Industry Awards

# SIMON THOMAS

TV presenter named as new host of iconic show



**We could fill  
Wembley Stadium  
MORE THAN TWO TIMES  
with our monthly  
readership...**

**...OVER 207,500 PEOPLE IN ESSEX  
READ VISION MAGAZINE'S MONTHLY**

Photo courtesy of PA Images

**CONTACT US TODAY TO GET YOUR BUSINESS SEEN BY OUR READERS**

Your  
Monthly  
Lifestyle  
Magazine **VISION**

See all our magazines online  
at [www.visionmagessex.com](http://www.visionmagessex.com)

Did you know this isn't the only **VISION** magazine in Essex?

Billericay Shenfield Bishop's Cleeve Brentwood Ongar Chelmsford Epping Theydon Harlow Halstead Braintree Hertford  
Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham Rayleigh Wickford South Woodford Tending





AUGUST 2023

# Editor's notes...



Brett Shohet, Editor

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

I recently went on my first overseas holiday in four years. It was lovely to get away from the hustle and bustle of daily working life and have a chance to relax - even if I do feel guilty stepping away from the business for a short while. However, it's important to remember to take a break every now and again and give yourself the chance to relax. After all, you'll come back to work with renewed vigour and a fresh perspective.

As previously mentioned, I purchased an established business exhibition. The event will be held in Hertfordshire in October and is sponsored by London Stansted Airport. Preparation is going well so far, and I'd encourage anyone who is interested in getting involved to please get in touch or visit [www.bsmb.co.uk](http://www.bsmb.co.uk)

With the summer holidays upon us, now is a good chance to get out and about and support your local businesses - whether that's having lunch in a local restaurant, paying a visit to a local attraction or watching a show in a local venue. Our what's on page has a great variety of events in your local area to keep the whole family entertained, so make sure to check them out.

I hope you have a brilliant summer - and I hope the weather cooperates!

*Brett Shohet*

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

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

CONTACT US:



woodford@visionmag.co.uk | 0208 088 0386  
[www.visionmagessex.com](http://www.visionmagessex.com) | [www.visionmagherts.com](http://www.visionmagherts.com)  
 @visionmagessex | @visionherts | @visionmagessex | @visionmageastherts  
 Vision Magazine Essex | Vision Magazine East Herts  
 CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Bryn Holmes

All pages are recyclable

grab this  
**PRIME ADVERT SPACE**  
 before it goes  
 CALL NOW 0208 088 0386 TO GET YOUR BUSINESS  
 SEEN BY OVER 13,000 READERS MONTHLY

## MobilityPlus+



The UK's leading provider of affordable electric wheelchairs.

### Premium Electric Wheelchairs That Support Independent Living



Includes FREE next day delivery



**MobilityPlus+ Ultra-Light Instant Folding Electric Wheelchair**  
 24KG, 4MPH, 2 LITHIUM BATTERIES

Only £879.99



**MobilityPlus+ Deluxe Ultra-Light**  
 FOLDING ROLLATOR WITH SEAT

Only £114.99



**MobilityPlus+ Upright Rollator**  
 WITH FOREARM SUPPORT

Only £154.99



**MobilityPlus+ Quick-Split Electric**  
 LIGHTWEIGHT, COMPACT, 4MPH

Only £599.99



**MobilityPlus+ Featherlite**  
 18.7KG, 4MPH, LITHIUM BATTERY

Only £899.99

### Customer Support Team

01992 610 434 | [www.mobilitypluswheelchairs.co.uk](http://www.mobilitypluswheelchairs.co.uk)

OUR SHOWROOM: UNIT 5 VELOCITY, HARLOW BUSINESS PARK, HARLOW, CM19 5QF (APPOINTMENT ONLY)



# HIP-HOP... AND YOU DON'T STOP

**H**ip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. “With black music,” he continued, “there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else.”

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original ‘sound of the underground’ style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of ‘rapped’ poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called ‘golden age’ between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

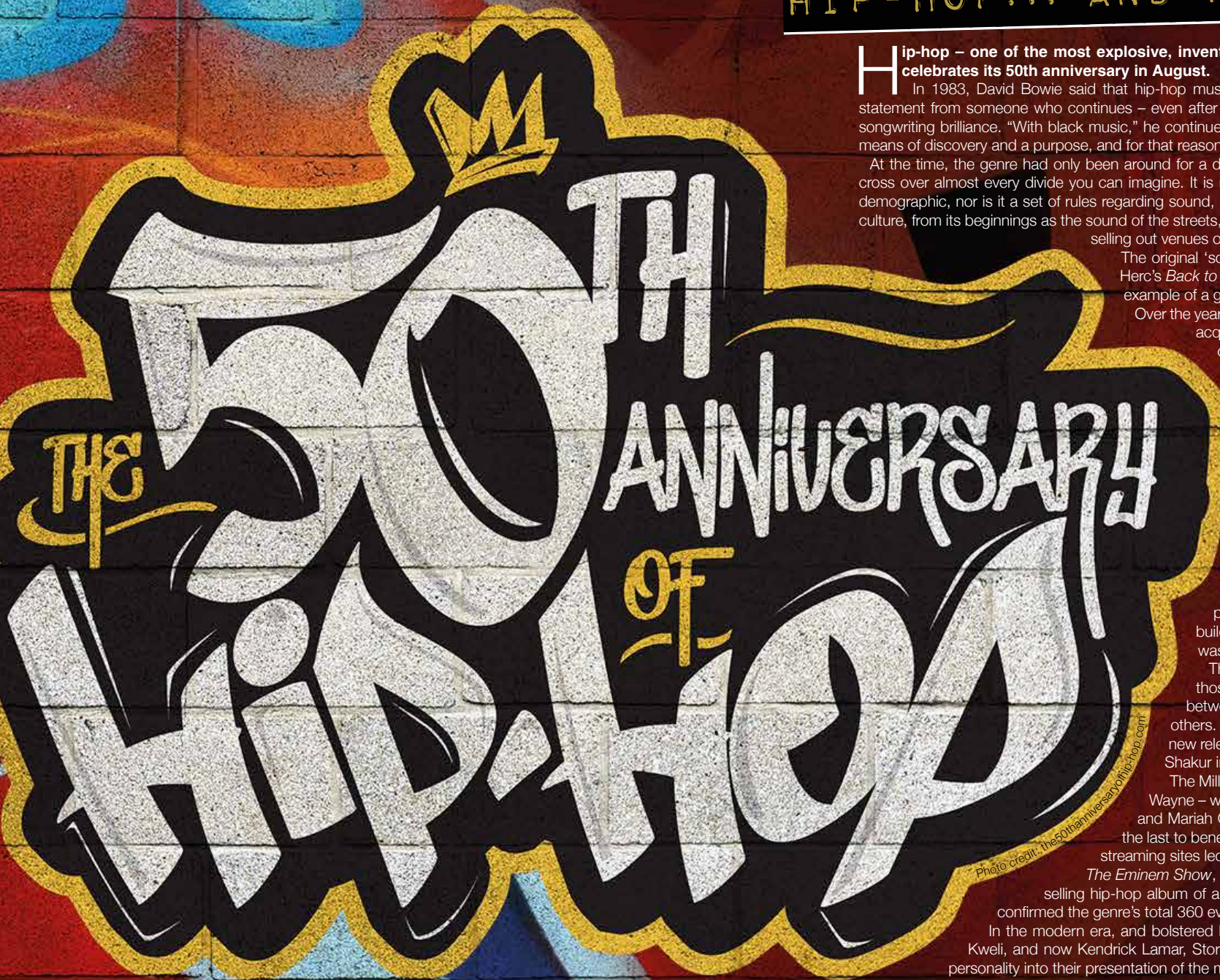
The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of ‘bling bling’ – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

*The Eminem Show*, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.







# Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

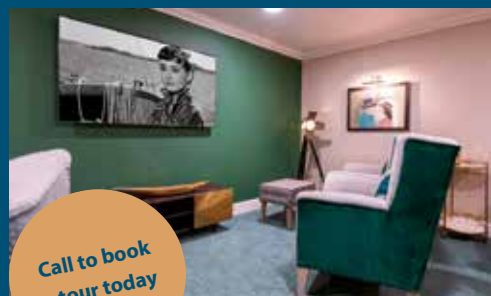
The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Photo credit: cibernijas.com

## Chestnut Manor CARE HOME



Call to book  
a tour today

## Designed for luxury living in the heart of Wanstead

Newly built, Chestnut Manor Care Home provides first-class residential and nursing care within luxury surroundings.

Spacious Ensuite Rooms - Hair and Nail Salon - Spa Bathrooms - In-house Cinema Room  
Library - Sensory Garden - Onsite Parking - WiFi - Person-Centred Activities



Scan the QR code to learn more about the care we offer or arrange a visit with our friendly team



63 Cambridge Park, Wanstead E11 2PR | 0203 871 6070 | [westgatehc.co.uk](http://westgatehc.co.uk)

 @chestnutmanorcarehome



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

**LOCAL ENGINEERS IN YOUR AREA!**

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

**SAME DAY CALL OUT AVAILABLE**

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

**ALL MAKES  
ALL MODELS  
REPAIRS  
SALES**

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

**SPIN DOCTOR**  
DOMESTIC APPLIANCES

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

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

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

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

**BBi Risk Solutions**  
www.bbirisksolutions.com

**LOLA'S SALON**

**EXCEPTIONAL HAIR & BEAUTY**

Bridal Makeup | Nails  
Hair Styling | Colour | Blow Dry  
Hair Treatments

To see more of our styles & to book an appointment  
0208 088 0940 • lolafiku@hotmail.co.uk  
138 Hermon Hill, South Woodford  
lolas.salon\_hermonhill

SCAN ME

**STAINS**  
*be gone!*

**FASHION**

Denim is designed to be durable and can cope with the rough and tumble of being out in the elements. However, what do you do if your favourite pair of jeans becomes stained?

Find out how to remove the most common stains from your jeans and other denim garments below.

**HOW TO REMOVE GRASS STAINS**

1. Pre-treat the stain using laundry detergent, washing-up liquid or vinegar mixed with a small amount of warm water.
2. Scrub the liquid into the grass stain using a toothbrush or nail brush.
3. Wash the item on its usual laundry cycle.
4. Repeat all of the above again if the stain is still visible.

**HOW TO REMOVE MUD STAINS**

1. If the mud stain is wet, allow to dry completely. Do not attempt to remove the mud while it is still wet as this can spread the stain further.
2. When dry, gently scrape off any excess mud with a plastic spoon or knife.
3. Gently brush the stain with a small brush or toothbrush.
4. Apply a few drops of washing-up liquid to the stain and rub in using your fingers.
5. Add a drop of water to the stain and briskly rub with a brush on both sides of the fabric.
6. Wash the garment, following the care guidelines on the tag.
7. Repeat steps 4 to 7 for really stubborn stains.

**HOW TO REMOVE WINE STAINS**

1. As soon as possible, pour a small amount of white vinegar onto a clean cloth and gently blot the area. Do not rub as this may set the stain further.
2. For bigger wine stains, soak the denim overnight in a solution of one part vinegar and one part water.
3. Rinse with cold water and then wash on your usual washing cycle.



# Amazing ASPIRIN

**M**ost households have a box or two of aspirin lurking in their medicine drawer, but did you know this little white pill can be used for so many more things than just pain relief?

## TO GET RID OF DANDRUFF

One in five people suffer with dandruff, with men more likely to be affected than women. Forgo expensive shampoos and simply crush two or three aspirin and mix them into the normal amount of shampoo that you use. Apply to your scalp and leave to sit for two or three minutes before rinsing.

## TO SOFTEN HARD SKIN ON FEET

Wear your sandals with pride by softening any hard skin on your feet using the power of aspirin. Crush five tablets and mix with half a teaspoon of lemon juice and half a teaspoon of water. Mix into a paste and apply to your feet. Put on a pair of socks and leave for 10 minutes before rinsing with warm water.

## TO EXFOLIATE YOUR FACE

Aspirin is an amazing exfoliant and can be highly effective in removing dead skin cells. Crush five aspirin and mix with two teaspoons of lemon, lime or orange juice. Apply to your face, leave for a few minutes and gently scrub off.

## TO RESTORE HAIR COLOUR

If your hair colour is beginning to fade, aspirin can help to revive it. Dissolve six to eight aspirin in a glass of warm water, rub the solution through your hair and leave to set for 10-15 minutes. Alternatively, add the mixture to your shampoo.

## OTHER BEAUTY BENEFITS OF ASPIRIN:

- To treat psoriasis – crush five uncoated aspirin, mix with a quarter of a cup of warm water and apply to the skin.
- To reduce redness from stings and bites – apply a wet aspirin directly to the sting or bite.
- To treat ingrown hairs – mix two aspirin tablets with a teaspoon of warm water and apply the paste to the affected area.
- To remove sweat stains from clothes – dissolve two white aspirin in half a cup of water and apply.



Dental  
Care



## Time for a scale and polish?

Maintain a fresh and healthy smile with regular hygiene visits\*

**020 8989 1935**

**16 Glebelands Avenue, London E18 2AB**

\*Appointments subject to availability.

Bupa Dental Care is a trading name of Oasis Dental Care Limited. Registered in England and Wales no: 00478127.  
Registered office: Bupa Dental Care, Vantage Office Park, Old Gloucester Road, Hambrook, Bristol, United Kingdom, BS16 1GW.





# How to TAN safely

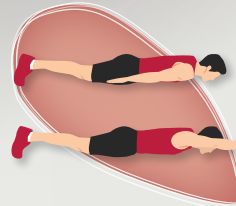
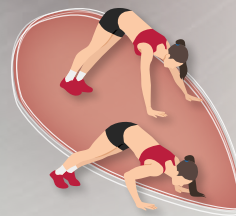
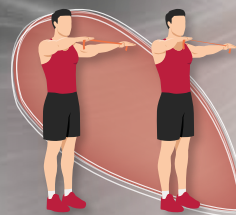
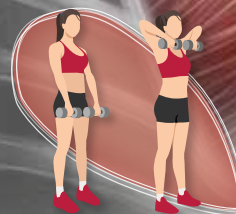
Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

- 1 Avoid sunbeds.** These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.
- 2 Choose the right sun cream.** Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.
- 3 Watch the clock.** Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.
- 4 Spend time in the shade.** This reduces your sunburn risk and helps prolong the life of your tan.
- 5 Cover up.** Wear protective clothing, especially if certain areas of your body are prone to sunburn.
- 6 Eat sun-friendly foods.** Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.
- 7 Don't mix fake tan with SPF products.** This can cause the SPF to break down, reducing its effectiveness.
- 8 Be cautious during peak sun hours.** Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.
- 9 Choose the right aftersun.** Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



# Sculpted SHOULDERS



The shoulder joint is notoriously unstable, so if you want to avoid injury and enjoy good posture, you need to take the time to strengthen this area of your body. Add these exercises to your workout routine once or twice a week.

## 1. UPRIGHT ROW

Start with your feet under your hips and your legs straight | Hold a dumbbell in each hand, with your palms facing towards your body and the weights touching your quads | Pull your elbows up and out wide to lift the dumbbells to your chest | Lower the dumbbells to return to the starting position | Complete 15 reps

## 2. BANDED PULL-APARTS

Start by standing with your feet shoulder-width apart | Holding a resistance band with both hands, extend your arms straight in front of your body and raise them to shoulder height | Make sure that your palms are facing the floor | Engage your core and pull your fists apart past your shoulders | Slowly return to the starting position | Complete 10 reps

## 3. INVERTED PUSH-UP

Start in an upside-down V position with your feet flat on the floor, your hands pressed onto the floor and your hips in the air | Bend your elbows out wide to the sides so that your head touches the floor | Press through your hands to return to the starting position | Complete 10 reps

## 4. REVERSE SNOW ANGEL

Start by lying face down on a mat with your legs extended straight, your forehead resting on a folded towel and your arms by your sides | Keeping your arms straight and your palms facing the floor, bring your arms out to the side in a wide arc and overhead | Reverse the movement to return to the starting position | Complete 15 reps



# HAROLD WHITE

INDEPENDENT FUNERAL DIRECTORS

Family funeral directors serving  
East London since 1888.

## OUR LOCATIONS:

Chingford 0208 529 1530  
Walthamstow 0208 520 4166  
Buckhurst Hill 0208 505 7051

## 24 HOUR SUPPORT

For out-of-hours enquiries, call  
0208 529 1530 and speak to one of  
the team at Harold White.

[haroldwhitefunerals.co.uk](http://haroldwhitefunerals.co.uk)



LIVE MUSIC  
EVERY FRIDAY  
& SATURDAY



PARTY'S  
CATERED  
FOR

# EIGHTEEN

DRINK DINE DANCE

AN EXCEPTIONAL  
EXPERIENCE  
EVERY DAY

A family run contemporary dining experience, serving up  
the best in British cuisine with a European twist – a place  
you can come for a casual bite, or a special occasion.

TO BOOK A TABLE 020 3062 4197

Email: [bookings@e-eighteen.co.uk](mailto:bookings@e-eighteen.co.uk)

Online: [www.e-eighteen.co.uk](http://www.e-eighteen.co.uk)

159 - 161, High Road, South Woodford, E18 2PA



PRIVATE  
DINING &  
A CHEFS TABLE



FOOD & DRINK

# Amazing APRICOTS

SEASONAL, FRAGRANT AND OH SO DELICIOUS, DISCOVER THREE  
SIMPLE APRICOT RECIPES

## WHITE SANGRIA

**You will need:** 1 apricot, chopped | 1 nectarine, chopped | 1 orange, peeled  
and chopped | 3-4 strawberries, sliced | 1 tsp caster sugar | Pinch of ground  
cinnamon | 325ml Spanish white wine such as white Rioja | 50ml triple sec  
| 150ml ginger ale

**How to make:** Place the fruit in a bowl and sprinkle over the sugar and cinnamon  
| Mix, cover and place in the fridge for 1 hour | Tip into a large jug and pour in the  
wine and triple sec | Add the ginger ale and a large handful of ice | Stir and serve  
in tall glasses with ice

## CHICKEN WITH GINGER AND APRICOTS

**You will need:** 4 chicken thighs (skin on and bone in) | ½ tsp ground ginger | 10g  
fresh root ginger, peeled and finely chopped | 100ml dry white wine | 1½ tbsp white balsamic  
vinegar | 1 tbsp runny honey | 4 large ripe apricots, halved | 2 sprigs of fresh rosemary

**How to make:** Preheat the oven to 210°C/190°C fan/gas mark 6½ | Season the chicken  
with salt and pepper and sprinkle the skin with ground ginger | Heat extra virgin olive oil in  
a large frying pan, brown the chicken on both sides and then lay it to one side | Pour off  
any excess oil from the pan and gently fry the fresh ginger for 2-3 mins | Add the wine,  
then the vinegar and honey | Cook until the sauce starts to thicken | Add the apricots  
and rosemary | Return the chicken to the pan, skin side up | Transfer the pan to the  
oven, uncovered, and roast for 35 minutes | Serve with steamed white rice or crispy  
smashed potatoes

## POACHED APRICOTS WITH MASCARPONE

**You will need:** 75g golden caster sugar | Zest of ½ orange | 6 dried apricots |  
6 apricots, halved | 5 drops of orange flower water | 100ml mascarpone |  
½ vanilla pod, seeds scraped out

**How to make:** Place 50g sugar and 150ml water in a pan with the  
orange zest and bring to a slow boil | Add the dried apricots, cook  
for 3 mins, and add the fresh apricots | Cook for 10 mins | Turn off  
the heat and add the flower water. Leave for 1 hour at room  
temperature | Whisk the mascarpone with the remaining  
sugar and vanilla | Serve over the  
apricots.



Photo credit: joyousapron.com, taste.com.au, thegoodwebguide.co.uk





**D**o you love a glass or two of Prosecco?

Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

### HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

**POLPETTE:** Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

**BRUSCHETTA:** You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

**SALADS:** While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

**MILD CHEESES:** If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

**DESSERTS:** When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



Discover the depths of Indian flavours.

New generation masterchefs distill the purest methods of preparing traditional, fine Indian cuisine and fuse with contemporary innovation. Steeped with only the freshest spices, chilli peppers and subtlest of flavourings, favourite menus and classic dishes are redefined to mouth-watering, modern stylish tastes.

**EXCLUSIVE DINING IN VOUCHER £10 OFF**

\*Excludes drinks and desserts. Not to be used in conjunction with any other offer. Excluding special days and events. One voucher per table. Expires 31st August 2023.

TEL: 020 8989 1500    [www.thelanevanstead.co.uk](http://www.thelanevanstead.co.uk)  
82 Nightingale Lane London E11 2EZ



**FILIKA**

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

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

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

Opening hours

Monday-Saturday: 12pm - 10pm

Sunday: 12pm - 9pm



**FILIKA RESTAURANT THEYDON BOIS**  
13 Forest Drive, Theydon Bois, CM16 7EX  
[www.filikarestaurant.co.uk](http://www.filikarestaurant.co.uk)  
[theydonbois@filikarestaurant.co.uk](mailto:theydonbois@filikarestaurant.co.uk)  
Tel: 01992 812000

**FILIKA RESTAURANT WANSTEAD**  
62 High Street Wanstead, E11 2RJ  
[www.filikarestaurant.co.uk](http://www.filikarestaurant.co.uk)  
[info@filikarestaurant.co.uk](mailto:info@filikarestaurant.co.uk)  
Tel: 020 8530 1333





# CHERRY

## ON TOP KITCHENS!

**L**ike to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

### COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

### INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

### OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

### CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

### PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.

Photo credit: Magnet via Idealhome.co.uk/jpg, oziesplash.com.au, jinteriordesign.com



## Alf Onnie

### Curtains, blinds and plantation shutters

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

☎ 0208 088 3496 📞 07956 818477  
 🌐 AlfOnnie.co.uk 🐦 @AlfOnnie1920  
 📍 Alf Onnie Curtains and Blinds

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



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

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

Servicing | Installation | Plans

CALL OUR TEAM TODAY FOR MORE INFORMATION

☎ 0203 576 2386

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



T&C's Apply





## WE CARRY OUT ALL HOME RENOVATIONS

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

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

CHECK OUT OUR GOOGLE REVIEWS

t: 0208 088 2969 | m: 0794 939 4403

e: info@lillywhitepropertygroup.com

www.lillywhitehomerenovations.com

f LillywhitePropertyGroup i LillywhitePropertyGroup @LWMaintenance



WE OFFER  
FREE ESTIMATES

WE NOW OFFER FINANCE  
ON ALL REFURBISHMENT  
PROJECTS

## 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



BEFORE



AFTER

# Whiffy WASHING



HOME & DIY

**D**o you sometimes forget to take your washing out of the machine and it all starts to smell a bit musty? Or perhaps your washing machine is past its best and prone to bad odours? Either way, if you want your laundry to smell amazing, try these top tips and tricks.

#### TACKLE MUSTY SMELLS

If you have left laundry in your washing machine for too long, it may start to smell a little musty. Fortunately, you can easily rectify this by filling your machine with the hottest water your clothes will tolerate and adding one cup of vinegar. Leave to soak for 10 minutes and then wash as usual but with the addition of one cup of baking soda. Voilà no more musty smells!

#### PRE-TREAT SMELLY STAINS

If an item of clothing has a bad odour owing to a smelly stain, then simply mix one tablespoon of baking soda with a little bit of water to form a paste and then apply directly to the offending spot.

Allow it to sit for 10 minutes and then wash in your washing machine on its usual cycle.

#### MAKE YOUR OWN DRYER SHEETS

Dryer sheets have a number of uses, such as to soften, eliminate static and remove bad odours, and you can easily make your own. All you need is a small piece of cotton fabric from an old t-shirt or sheet and 5-10 drops of an essential oil such as lavender or eucalyptus. Place in your dryer for the last 10 minutes and your clothes will smell amazing.

#### USE SCENTED DETERGENTS OR FABRIC SOFTENER

One of the simplest ways to make your washing smell good is to use a scented washing powder or fabric softener. However, it is worth noting that these can leave residue in your machine, which can cause mildew over time.







GREAT BRITISH INTERIOR DESIGNER:

## VEERE GRENNEY ASSOCIATES

Veere Grenney started his interior design company back in 1996, and since then has continued to feature on the list of leading interior designers, not just in the UK, but in the world. His style introduces traditional details to contemporary spaces, creating individual looks that are anything but dull.

### ABOUT VEERE GRENNEY'S MAGICAL STYLE

Interiors expert Dara Caponigro (creative director of F. Schumacher & Co, former editor in chief of *Veranda* and editor at *ELLE Decor*) perfectly pins down Grenney's style: "He knows when to pull out the stops and when to show quiet restraint, creating interiors that are, at once, serene and exciting, and never forgetting that rooms should be comfortable and livable."

Wall art is a key feature of many of Grenney's interiors, alongside classic fabrics and interesting colour palettes that help bring together classic and modern details. Above all, the spaces he creates are comfortable and practical, which clients can enjoy for years to come.

### HOW TO RECREATE VEERE GRENNEY'S UNIQUE STYLING IN YOUR HOME

While Grenney's style is unique, it can help provide the perfect inspiration for your own home. Some of the ways you can adapt Grenney's look include:

- Look for some vintage pieces to upcycle and restore – it's surprising what paint or new upholstery can do to transform your space.
- Create a tonal look using different shades of the same colour to add depth and interest – ideal if a clashing colour scheme isn't for you.
- Embrace wall art to help reflect your personality while adding some unique finishing touches to your room. Find different pieces you love that you will enjoy for years to come.
- Look for non-traditional furniture styles and mix and match your pieces – it's a great way to gradually build up your furniture collection over time.

With a wonderful portfolio to spark inspiration, Veere Grenney Associates is a modern design house full of ideas you can incorporate into your own interiors.

Photo credit: David Oliver via veeregrenney.com, @veere\_grenney via Instagram

**BEALES ELECTRICAL**

**NEED AN ELECTRICIAN?**

**NO JOB IS TOO BIG OR TOO SMALL**

We provide the following electrical services & more across South Woodford, Wanstead & surrounding areas.

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

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

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

**0208 088 2970**

[www.beales-electrical.co.uk](http://www.beales-electrical.co.uk) [hello@beales-electrical.co.uk](mailto:hello@beales-electrical.co.uk)



**Produce Green Energy & Make Real Cost Savings**

**We can beat any like for like quote**



**B Solar**  
Energy Installations

**A professional, personal approach to all our solar installations**

- **Competitive Pricing**
- **Bespoke Solar Installations**
- **Strong Focus on Customer Service & Aftercare**
- **Enjoy Warranty Protection**

**Solar Panel Design & Installation**

**Battery Storage**

**EV Car Charging**

**Contact Us 0208 088 2890**

[hello@bsolarenergy.co.uk](mailto:hello@bsolarenergy.co.uk)  
[www.bsolarenergy.co.uk](http://www.bsolarenergy.co.uk)



**SCAN ME FOR A QUOTE**

**FULLY ACCREDITED & INSURED**





# SALE NOW ON

at your local independent electrical retailer

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



**BOSCH**  
Invented for life

**1400 Spin 8kg  
Washing Machine**  
WAN28250GB



- 20 Programmes Inc: 15 Minutes Quick Wash
- EcoSilence Drive, Reload Function
- Delay Start, Electronic Controls
- Dimensions: H84.8xW59.8xD59cm
- 5 Year Warranty
- A Energy Rating

Now Only  
**£479.<sup>00</sup>**  
Was £579.00

**£100  
Save**



**Broadway Music and Vision**

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



\*Terms & Conditions apply. Some products sold as an agent for Euroson Limited. All rights reserved. All offers are subject to availability while stocks last. Delivery & Installation charges may apply. Exclusions & Radius Apply. Prices correct at the time of print but can be subject to change. See in store for full details. Images for illustration purposes only. Copyright Euroson 2020. Savings compared to a higher price charged for 7 days. Savings on selected models only.

# DIY POCKET PILLOW



HOME & DIY

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

## WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

## HOW TO MAKE:

### Step 1: Cut your fabric

The amount of fabric that you need will be dependent upon the size of your pillow.

- > **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert on all four sides.
- > **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.
- > **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

### Step 2: Fold, press and stitch the fabric

- > Fold the bottom edge of one of the back pieces over 6mm and press.
- > Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.
- > Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.
- > Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.
  - > Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.
  - > Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.
  - > Sew all around the pillow with a 12mm seam allowance.
  - > Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.
  - > Turn the pillow cover right side out, lay the cover flat and press the seams.
  - > Place the pillow insert into the cover and adjust so that it is nice and square.

Now all that is left to do is fill your pillow pocket!



Photo credit: Milly and Pip Gifts and Cards via notonthehighstreet.com



From sticky-back plastic to

# SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a penal of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another ex-*Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."





# FROM YOUR AREA

## Young athlete becomes European champion

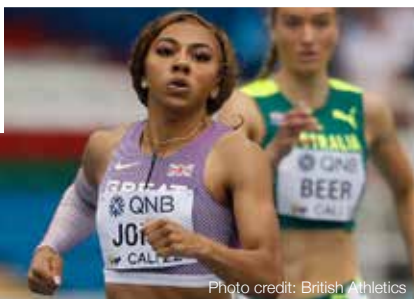


Photo credit: British Athletics

A Woodford Green-based athlete has won gold at the U23 European Athletics Championships.

Yemi Mary John (pictured above), of Woodford Green and Essex Ladies Athletics Club, was crowned the U23 European women's 400-metre champion at the event, which took place in Finland last month.

On a wet and windy day, Yemi battled around the last bend of the racecourse against Norwegian opponent Henriette Jaeger, coming into the final 90 metres behind her.

But Yemi showed extraordinary athletic prowess and fought her way to the front in the final 20 metres to resoundingly win the race.

Yemi said: "A bit like in Colombia for the U20s, the rain came through for the final, so I had to adjust, but I'm happy with how it went.

"I'm really happy with the win and a personal best, so perhaps the rain is my lucky charm."

## New electric vehicle charging points to be installed

New on-street charging points for electric vehicles (EV) will be introduced across South Woodford, Woodford Green and the wider Redbridge area in the coming months.

As part of a deal between Redbridge Council, EV charging company Ubitricity, and telecommunications and infrastructure company Siemens, more than 300 charging posts will be introduced in the borough.

The first of the 310 charging points are set to be rolled out within the next few months.

Councillor Jas Athwal, Leader of Redbridge Council, said: "By making it as easy as possible for our neighbours to make the switch to electric vehicles, with 310 new on-street charge points coming to Redbridge, together we can improve local air quality and reduce the impact of climate change."

## Schoolteacher awarded by top university

A Woodford Green schoolteacher has been given a special award by the University of Cambridge after being nominated by a former pupil.

Jamie McClelland (pictured below) is a teacher of Latin and classic civilisation at Woodford County High School for Girls.

Recently, Jamie was nominated by former pupil and current Cambridge student Meerab Ghani for her university's annual Subject Star Award. The awards recognise teachers whose passion for their subject helped their students in their academic endeavours.

Meerab nominated Jamie for his ability to turn Classics into a fun, accessible subject.

Jamie said: "I am delighted and humbled to have won this award. I am passionate about my subject and love sharing my enthusiasm with my wonderful students at Woodford County High School.

"To have recognition of this through a nomination from Meerab, an outstanding former student, is an honour in itself, and motivates me to keep improving.

"I should also say that inspiring our students to strive for excellence in Classics is a team effort, which could not be achieved without the efforts of my amazing colleagues, Sam and Sally."



Photo credit: University of Cambridge

## Enjoy Brighter, Fresher, Dry Carpets & Upholstery



Dry Carpet, Upholstery & Hard Floor Cleaners

*No soggy carpets or wet dog smell*

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

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

**We also clean hard floors including: tiles, Amtico, Karndean, vinyl, wood & stone**

**zerodrytime.com**

**Get your free quote**

**07756 942859**

sean.drury@zerodrytime.com



## LOFT CONVERSION AND REMODELLING SPECIALISTS

**PROVIDING BESPOKE CONVERSION SOLUTIONS**

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

**LET US DELIVER YOUR DREAM**

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



SCAN ME





NEWS FROM

# THE 100 CLUB

LOCAL BUSINESSES SUPPORTING HAVEN HOUSE



### Pedal for a purpose

Pump up your tyres, pull on your lycra, strap on your helmet and get ready to ride for Haven House Children's Hospice this autumn.

Haven House is calling all cyclists to get into gear and join its exciting new bike ride on Saturday, September 30. The event promises a thrilling two-wheel experience for cyclists of all ages and abilities with a choice of two routes – 55km or 10km – all starting and finishing at the Woodford Green hospice.

The 55km challenge will take cyclists through beautiful scenery and ancient woodland. This route takes in Epping Forest, Queen Elizabeth Olympic Park, Wanstead Flats and the Lee Valley.

For a shorter scenic spin, the 10km ride offers a fun, family-friendly route through beautiful Epping Forest. This is a lollipop route, allowing participants to turn back if little legs are getting tired.

Reiko Murray, Haven House's senior community and events manager, said: "We're excited to introduce this new cycling event to our fundraising calendar. It's an inclusive event that adults and children can join in together, choosing the route that best suits them.

"Hundreds of seriously ill children and families in our local community need our support, but we cannot do it without your help. We rely on fundraising to keep providing compassionate and expert care and being there when it matters most. Every mile completed and every penny raised will make a real difference."

Haven House provides day care, overnight stays,



Photo credit: David Monteith-Hodge

end-of-life care and bereavement support, as well as life-enriching activities such as sensory play, music therapy and physiotherapy to children and families.

If you need a bike or don't have the right bike for gravel paths, Haven House has partnered with Go Further Cycling who are offering a discount on cycle hire for all participants. To register, please visit [www.havenhouse.org.uk/bike-ride](http://www.havenhouse.org.uk/bike-ride)

## Woodford and District National Trust



**W**oodford and District National Trust meetings are coming! We look forward to welcoming members and visitors to All Saints Church Hall in September with a talk about fabulous Kenwood House by its curator Louise Cooling, followed by more right through until next May.

Currently, visits to Columbine Hall in Suffolk are available in August, followed by trips to Wrest Park's lovely gardens. If you are interested, please contact Richard Speller 07774 164407.

# Castle ruins offer a glimpse into our medieval past



**H**ere we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.



# Jason's DECORATING

*Add colour to your life*

Interiors & Exteriors  
Full Decorating Services

Contact Jason on  
07943 848437  
jasonlukwago@gmail.com  
62 Hatch Lane London E4 6LQ

## BOILER INSTALLATION SPECIALISTS

12-24 MONTHS FINANCE - 0% APR  
UP TO 10 YEARS AT 9.9% APR  
NO DEPOSIT

£100 OFF BOILERS  
QUOTE BSP100

- Bathroom Installation
- Underfloor Heating
- Boiler Supply & Fit
- Power Flushing
- Plumbing Repair
- Boiler Repair & Service
- Landlord certificate CP12

**CONTACT US FOR A FREE QUOTE**  
**0800 1077119 • 0208 088 3126**  
info@bsplumbing.co.uk • www.bsplumbing.co.uk

TRUSTMARK Government Endorsed Quality

safe REGISTER

## QUALITY DESIGN

Manufacturer & Installer  
for UPVC & Aluminum  
Windows & Doors  
Conservatories & Porches  
Bi-fold  
& Much More...

Tel: 01702969997  
Mobile: 07830355172  
Email: info@siddhglazing.co.uk  
Web: www.siddhglazing.co.uk

### TRANSFORM YOUR HOME

# YOUR LOCAL EVENTS

**HIGHAMS PARK JAZZ JAM SESSION**  
The County Arms, 420 Hale End Road,  
Highams Park, London, E4 9PB  
Every Sunday, 5pm – 8pm



The newly set up Jazz Jam Sessions in Highams Park continue to flourish. Audiences are more than welcome to watch, and instrumentalists and vocalists also more than welcome to perform.

Tickets cost £3 per person. To book, please visit [www.datathistle.com/event/2133011-highams-park-jazz-jam-session](http://www.datathistle.com/event/2133011-highams-park-jazz-jam-session)

**MINI GARDENING TIME**  
Wanstead Library, Spratt Hall Road,  
London, E11 2RQ  
Thursday, August 10, 2.30pm – 3.30pm

Children are invited to come to this special horticultural session, which will teach them how to plant and grow their own cress.

Their plant containers will then be decorated with recyclable materials, leaving the children with a fresh, eco-friendly plant pot for their newly grown cress.

Entry to the event is free.

**PARABLE SUMMER SESSIONS**  
Colour Factory, 8 Queen's Yard,  
Hackney Wick, E9 5EN  
Saturday, August 12, 4pm – 4am

This day and night event will see one of South Africa's most popular live house music acts, Black Motion, as headliners, with music from all kinds of acts playing throughout Colour Factory's main room and garden.

The time for last entry is 2.30am. To book, visit [www.colourfactory.com/whatson/parable-summer-sessions-black-motion-live-kitty-amor-timanti](http://www.colourfactory.com/whatson/parable-summer-sessions-black-motion-live-kitty-amor-timanti)

**MOTION SUMMER PARTY**  
Hackney Marsh, Homerton Road,  
London, E9 5PF  
Saturday, August 12, 5pm – 12am

Live music will abound at this summer party, with Caribbean food, a fully licensed bar and plenty of parking on site.

Early bird entry tickets cost £14. To book your ticket, visit [www.skiddle.com/whats-on/London/Hackney-Marshes-Centre/Motion-Summer-Party/36390821](http://www.skiddle.com/whats-on/London/Hackney-Marshes-Centre/Motion-Summer-Party/36390821)

**RAINBOW FISH ARTS & CRAFTS**  
Fullwell Cross Library, 140 High Street,  
Ilford, IG6 2EA  
Saturday, August 19, 11am – 11.45am

Do you remember the classic children's book *The Rainbow Fish*, with the famous illustrations of shiny foil? At this event, your child can learn how to make a rainbow fish of their own!

Entry to the event is free.

**COMMUNITY ORCHARD LITTER PICK**  
South Woodford Community Orchard,  
corner of Primrose Road and Mulberry Way,  
South Woodford, E18 1ED  
Sunday, August 20, 11am – 1pm

Help keep this urban orchard in the heart of South Woodford looking spick and span. This monthly event sees the community gather together, with equipment available and dogs welcome too.

The orchard has grown a lot from the seven trees planted in 2021, and these monthly litter picks are a key part of keeping the project going. All ages are welcome.

To let the South Woodford Society know you are coming, please email [e18society@gmail.com](mailto:e18society@gmail.com)







# Sundae Driving

The history of the ice cream van

With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside.

But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.



Photo credit: whitbymorrison.com



**PROPERTY  
EXTENSIONS**  
ADDSPACE LONDON LTD.



**WE COVER ALL ASPECTS  
OF BUILDING WORKS**

- Property extensions & refurbishments
- Kitchen extensions ■ Loft extensions
- Garage Conversions
- Building contracts & new builds
- Construction services

**0208 088 2870**

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

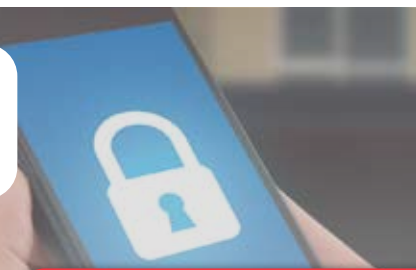
email: [info@addspacelondon.co.uk](mailto:info@addspacelondon.co.uk)

EXPERIENCED TRADESMEN TO CARRY OUT  
WORKS WITH NO DELAYS OR PROBLEMS



**Control your security**  
**Be Appsolutely connected**

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



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



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

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







# Take your garden from NEGLECTED



# TO PERFECTED

**W**hen life gets busy, our gardens are often near the bottom of the list when it comes to dishing out some TLC. Yet no matter how badly your outdoor space may have been neglected, it won't take much to bring it back to its former glory.

## RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

## SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

## CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

## GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

## PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

## BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.



# SUPPLIER OF QUALITY CONCRETE



**MOST  
TRUSTED  
READY-MIX  
CONCRETE  
SUPPLIER  
IN LONDON**

- Collection also available ■ 24/7 service
- Competitive pricing

Let's get in touch 0208 088 3418

info@LondonQualityConcrete.co.uk  
www.londonqualityconcrete.co.uk



## ALL ASPECTS OF ROOFING WORK



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

**10+ YEAR WARRANTY ■ FULLY INSURED ■ PRICE MATCH GUARANTEED**

**0208 088 3085**



**WWW.NIGHTINGALEROOFING.CO.UK  
INFO@NIGHTINGALEROOFING.CO.UK**



SCAN ME



# Specialist

GARDEN COMPANY  
MAINTENANCE • TREES  
LANDSCAPING

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

0208 088 0873

enquiries@specialistgarden.co.uk

SpecialistGardenCompany  
www.specialistgarden.co.uk

## SUPPORT LOCAL BUSINESSES



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

**Capital Clean**

**NEED A RELIABLE CLEANING COMPANY?**

**OUR SERVICES INCLUDE:**

- Residential Cleans
- Deep Cleans
- Patio/Driveways
- Carpet & Upholstery Cleaning
- Office Cleans
- Commercial Cleans

We provide high quality services, tailored quotes specifically designed for your requirements

Call us on  
**0208 088 3469**

SCAN ME

Education is not the filling of a pail, but the lighting of a fire.

— William Butler Yeats

**tutor doctor**  
How learning fits home.

**Tailored 1:1 Tutoring**  
**All Ages - All Subjects**  
7 days a week  
020 3856 4466  
[www.tutordocor.co.uk/wlcc](http://www.tutordocor.co.uk/wlcc)  
Wanstead Loughton Chingford Chigwell

## ITEMS ~~NOT~~ TO STORE IN THE SHED

Can't find a place for something in your home or garden? Stick it in the shed! If you find yourself saying this often, you ought to know that there are some items that you should never store in a shed. Discover them all below.

**CANNED FOODS:** If you like to stockpile canned or tinned foods, then you should know that it is not safe to store these in your shed. Any container that is made from metal can be subject to rust, which can lead to holes and spoiling of the contents.

**PAINTS AND GLUES:** Although many people store unused paint and glue in their shed, this is not a good idea. In extreme temperatures, the components of both these liquids can start to break down. Furthermore, if they freeze, they will become lumpy and unusable.

**CLOTHING AND BEDDING:** If you do not have much storage space in your home, you may be tempted to store out-of-season clothes, bedding and spare towels in your shed. However, this is not recommended as they are highly likely to be exposed to insects and moths that can damage the fabrics, and they will probably end up with a nasty musty smell.

**FLAMMABLE SUBSTANCES:** You should not store flammable substances such as gasoline, acetone, diesel, lighter fluid and barbecue lighter blocks in your garden shed as these pose a fire risk. Highly flammable liquids should be kept in a well-ventilated spot that is not attached to your main living area, such as in a flammable liquid locker or purpose-built storage unit.

**RUBBER TYRES:** Rubber tyres should not be stored in your shed as these need a controlled climate to stay in optimal condition. Sheds can become very hot and humid in the summer and very cold in the winter, both of which can have an adverse effect on rubber.





# Lollylicious!

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

## Orange and Carrot Ice Lollies (makes 6, vegan)

### You will need:

5 large carrots | Juice of 3 large oranges and the zest of 1 | 1 satsuma, peeled and chopped

### How to make:

Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

## Ice Lolly Pens (makes 6, vegetarian)

### You will need:

50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring | 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

### How to make:

Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

## Strawberry Milk Pops (makes 12)

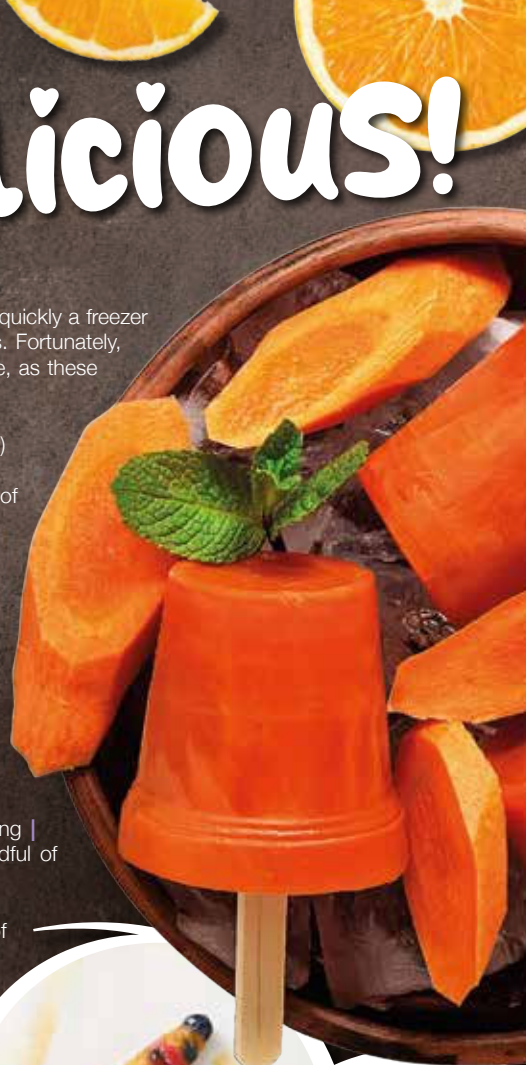
### You will need:

400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

### How to make:

Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid

To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.



# GET TO KNOW ANIMALS

Indoor Petting Zoo & Animal Experience Centre



**OPEN TUESDAY-SUNDAY 10AM-6PM - LAST ENTRY 4:30PM**

**ADULTS: £10 (UNDER 2'S FREE) UNDER 11 / OVER 65 / DISABLED: £8.50**  
CARERS FREE WITH PROOF OF DISABILITY FAMILY TICKETS AVAILABLE

**MIDWEEK TERM-TIME:**

**1 ADULT & 1 UNDER 5: £10 (10AM - 3PM) AFTER 3PM: £5 P/P**

**ANIMAL HANDLING EXPERIENCES FROM £3.50**



**WWW.GTKA.CO.UK ~ FOREST LODGE COMMERCIAL COMPLEX, EPPING RD, EPPING, CM16 5HW**





# BEEWISE

## High end solutions for less than you think

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

Try risk free for **1 month**  
**50% off** the cost of the terminal\*  
**£100** Amazon voucher for the first 200 new customers

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

**0208 088 3086**

\*Offer expires 31st August 2023



worldpay



YOU'RE NOT

# ALONE



OVER 207,500 OTHER PEOPLE IN ESSEX  
READ **VISION** MAGAZINE'S MONTHLY

Your  
Monthly  
Lifestyle  
Magazine



**CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS**

See all our magazines at [www.visionmagessex.com](http://www.visionmagessex.com)

Billericay Shenfield Bishop's Cleeve Brentwood Ongar Chelmsford Epping Theydon Harlow Halstead Braintree  
Hertford Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham-on-Crouch Rayleigh Wickford South Woodford Tendring



TRAVEL



## HOW TO FIT

# MORE

## IN YOUR SUITCASE

**D**o you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

**SHORTLIST YOUR CLOTHES:** Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

**ROLL YOUR CLOTHES:** This is a very effective space-saving technique. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

**PLACE ITEMS INSIDE YOUR SHOES:** Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

**USE TRAVEL SPACE BAGS:** Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

**THE BUNDLE PACKING METHOD:** The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.





**A**re you looking to drive customer engagement? Turn one-time buyers into loyal customers? If the answer is yes, then you need to know about omnichannel marketing.

#### WHAT IS OMNICHANNEL MARKETING?

Omnichannel marketing is a cross-channel content strategy that includes both traditional and digital forms of marketing. Designed to deliver a seamless customer journey, all channels need to work together to create a unified experience.

#### EXAMPLES OF OMNICHANNEL MARKETING ARE:

- ▶ A customer receives an SMS message about a sale or promotion when shopping in store.
- ▶ A customer receives a shopping basket abandonment email after browsing a website and adding an item to their basket.
- ▶ A customer receives retargeting ads for abandoned basket items they have added in an app.
- ▶ A customer receives a discount code via email after not completing a purchase on a website.

#### WHAT ARE THE BENEFITS OF OMNICHANNEL MARKETING?

There are multiple benefits to omnichannel

marketing, including: Greater reach | Enhanced customer satisfaction | Boost in sales | Increased customer engagement | A more personalised customer experience | Enhanced customer loyalty | Improved brand recognition and recall

#### HOW TO IMPLEMENT AN OMNICHANNEL MARKETING STRATEGY:

**Data collection and analysis:** In order to implement an omnichannel marketing strategy, you need to make sure you have collated sufficient data about your target audience. Once you have this data, you then need to translate it into actionable insights.

**Map the customer journey:** It is crucial that you create customer journey maps before launching an omnichannel strategy, as this will enable you to create targeted campaigns that are more likely to result in sales.

**Test and optimise:** The secret to any successful marketing campaign is in testing and optimising. Allowing you to see what works and what doesn't, and how to adjust accordingly, there are several testing tools that you can utilise, such as Omnicore and HubSpot and Kissmetrics' A/B Testing.

# LUXE

PROPERTY & FINANCIAL SERVICES

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

[info@luxeresidential.co.uk](mailto:info@luxeresidential.co.uk)

020 3551 6141



#### Regency Court, South Woodford, E18 – £500,000 Leasehold

Luxe are pleased to market this stunning two double bedroom property, with allocated parking, situated on the ground floor of this luxury development. The property consists of an excellent open plan kitchen/living room, modern family bathroom and two well-proportioned double bedrooms.



#### The Hyde, Fleggburgh, Norfolk – £750,000 Freehold

The bungalow is approximately 1,750 sq ft and has an excellent layout with four bedrooms, two ensembles and a family bathroom, lounge, separate dining room, conservatory and multiple outbuildings. Outside to the front the property has a large front garden, shingle driveway for parking of multiple vehicles, single wooden garage with concrete floor power and lighting.



Luxe Residential Property & Services, 72b George Lane, South Woodford, London, E18 1JJ



CALL US TODAY FOR YOUR BESPOKE PLATE  
**0208 088 3189**

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



# YO \_ R ADVERT HE \_ E

**Q: WHAT'S MISSING HERE?**

**A: YOU ARE**

CONTACT US NOW TO ADVERTISE

Your  
Monthly  
Lifestyle  
Magazine

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



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

## HOW SAFE IS YOUR CAR?

**Car & Van Security Specialists**

VAN SECURITY LOCKS | ALARM SYSTEMS

VEHICLE TRACKING | THEFT PROTECTION

IMMOBILISERS | CAR KEYS

from  
**ONLY  
£450**



## GHOST CAR IMMOBILISER

**A SMART WAY TO PROTECT YOUR CAR**

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



**www.carkeyssolutions.co.uk**  
Call us on **0208 088 3140**  
Email: **contact@carkeyssolutions.co.uk**

We cover Greater London &  
surrounding M25 areas

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

CLASSIC CARS

## SUSTAINABLE FUEL

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO<sub>2</sub> we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."



MOTORING



# Improve, Don't Move!

Maximise the value of your home.

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

**GAROLLA** 01992 830 024

**ROLLER  
SHUTTER  
DOORS**



LINES OPEN 7 DAYS A WEEK

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



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK



PRICED  
EXAMPLE **£895**  
COMPACT • UP TO 2.4M

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



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



WOOLSTON MANOR

GOLF CLUB

Celebrate at  
**Woolston Manor Clubhouse**

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

Enjoy the benefits of  
**Woolston Manor Golf Club**

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



Woolston Manor Golf Club, Abridge Road, Chigwell, IG7 6BX

☎ 0208 500 2549 ✉ [info@woolstonmanor.co.uk](mailto:info@woolstonmanor.co.uk) 🌐 [woolstonmanor.co.uk](http://woolstonmanor.co.uk)



## WREXHAM RED DRAGONS RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, have won the Welsh Cup a record 23 times, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

Photo credit: Craig Colville/Huw Evans/Shutterstock



SPORT



# THE VISION LISTINGS

## ACCOUNTANT & TAX ADVISORS

### ALL THINGS ACCOUNTING

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

## ACUPUNCTURE

### HONG WEI CHINESE MEDICAL

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

## AUDIO & VISUAL

### ULTIMATE AV

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

## BEAUTY & NAILS

### BEAUTY BY NATASHA KATIE

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

### SPECIAL NAILS

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

### THE NAIL STUDIO

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

## BUILDING

### ADDSPACE LONDON LTD

We provide a high quality Building service. Extensions, lofts and internal renovations. Members of Federation Master Builders. Call 0208 088 2870

## 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

## CHESS CLUB

### VICKI'S CHESS CLUB

Vicki's chess coaching - teaches and provides games of chess to children and adults in Ilford and Debden. Phone Vicki: 07849 435451 | Website: Vickischessclub.uk

## 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

## EDUCATION

### TUTOR DOCTOR

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

## 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

### GLADE ENERGY SERVICES LTD

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

## FACIALS & 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

## FURNITURE RESTORATION

### ABBEEY GROUP

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

## GARDEN SERVICES

### JOHN HEARNE

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

### KINGS CUTS TREE SERVICES

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

## HEALTH & WELLBEING

### IMPROVE YOUR SMILE DENTAL PRACTICE

Est. in 1986. Encompassing all needs from basic oral health to advanced dental procedures and high-end cosmetic treatments. New patients welcome. 0208 504 2704

## HOME CARE

### RADFIELD HOME CARE

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

## LOCKSMITHS

### KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 020 3897 2686 | Quote: 15080

## 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

### TRADITIONAL DECORATIONS

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

### JAMIE'S PAINTING & DECORATING

High quality work at reasonable prices. I can also create artwork for your walls, to enhance your home décor. Call 07526 682903

## PLUMBING & HEATING

### KINGS PLUMBING & HEATING

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

### BOILER

BOILER offer servicing, installations, repairs and plans. Local Gas Safe engineers for all your needs. Please call 0203 576 2386

## PROPERTY MAINTENANCE

### LILLYWHITE PROPERTY GROUP

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

### STUART GREEN PROPERTY SOLUTIONS

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

## ROOFING

### JIM BARR ROOFING

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

## 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

JOIN THE LISTINGS...

for just **£180** +VAT per year

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





# PUZZLES & TRIVIA

PUZZLES

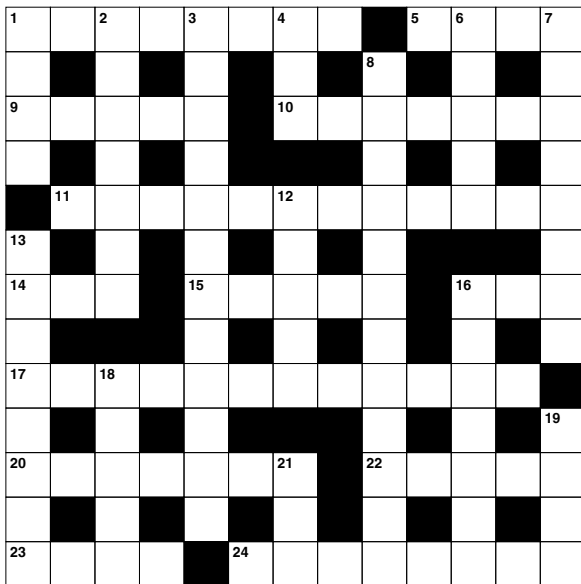
Answers: see end of The VISION Listings

## ACROSS

1. Dawn (8)
5. Whip (4)
9. Obtain information from various sources (5)
10. Exposes; shows (7)
11. Clothing such as a vest (12)
14. Tear (3)
15. Aqualung (5)
16. Argument against something (3)
17. Person's physical state (12)
20. Strife (7)
22. Possessed (5)
23. Utters (4)
24. Gauges (8)

## DOWN

1. Gear wheels (4)
2. Clear mess away (5,2)
3. Discussion (12)
4. Belonging to us (3)
6. Alert (5)
7. Suffering from indecision (8)
8. Unnecessarily careful (12)
12. Haggard (5)
13. Goes before (8)
16. Singer (7)
18. Beastly (5)
19. Chances of winning (4)
21. Expected at a certain time (3)



## DID YOU KNOW?

- ▶ Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- ▶ The mammals can run as fast as 35mph over short distances.
- ▶ Giraffes are already extinct in at least seven countries in Africa.
- ▶ Giraffe spots are like human fingerprints; no two giraffes have the same.
- ▶ Their tongues are a bluish-purple colour and are between 45 and 50cm long.
- ▶ Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- ▶ In the wild, giraffes live for around 25 years.

## SUDOKU

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

OVER 30 YEARS OF EXCELLENCE



# Life is Beautiful

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

citybathrooms.com



**City Bathrooms**

11 Raven Road, South Woodford E18 1HB

Telephone: 020 8504 5152

Email: sales@citybathrooms.com





WOODFORD HOUSE DENTAL PRACTICE

# Going on HOLIDAY?

Before you check in, check your smile!



We offer regular checkups ♦ mouth cancer screening  
professional teeth whitening ♦ teeth straightening  
dental implants ♦ and much more. [Contact us now!](#)

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

162 HIGH ROAD WOODFORD GREEN IG8 9EF

**EXPERIENCE YOU CAN TRUST**

