

**GARDEN
TO-DO
LIST
2024**

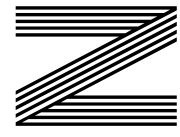
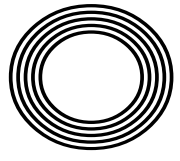
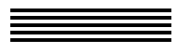
**CREATE
MELTING
SNOWMEN
BISCUITS**

SWEET EMBRACE
Dulux Colour of the Year 2024

TOP DESTINATIONS
for adrenaline junkies in the New Year

**MERLIN
GRIFFITHS**

Master mixologist and First Dates star opens new pub



FREE

Photo credit: Channel 4/Dave King



THE DIFFERENCE IS CLEAR

WINDOWS
DOORS • PORCHES
SOFFITS • GUTTERING
CONSERVATORIES • FSG
* Solar Batteries now available *

TAKE ADVANTAGE OF OUR
UP TO **50%** OFF
SALE

Uncompromising when it comes to quality

At EE Glazing, we have over 70 years of combined glazing industry experience behind us. During this time, we've learned what sets a top product apart from merely a good one. We have also centred our company ethos around quality, and every product we install is evidence of that commitment.

Take the Kommerling 70mm uPVC window system that we use, for example; it is hands down one of the best uPVC window systems on the market. It's highly durable, very efficient, secure, easy to maintain, and ultra-versatile, making it the perfect window option for every homeowner.



Contact us now for a no-obligation quote

0208 088 4146

www.eeglazing.co.uk



" The whole experience from initial order to installation and completion was carried out with efficiency, good humour and professionalism "

Mr & Mrs Lambert

CERTASS
Registered Installer





DECEMBER 2023

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. We are rapidly approaching Christmas and, while the super organised among you might have already ticked off your shopping list, if you're anything like me, you'll still have a way to go!

While ordering online might be considered to be easier, supporting your local businesses comes with a whole host of benefits. Not only will you be helping to keep your local high street alive, but you'll also be making a huge difference to the staff and owner. A purchase from you could make their week or even their month. Money spent with local businesses will also circulate in your community, spreading the joy even further.

I hope you take advantage of the festive period to spend plenty of quality time with family and friends. While Christmas is a time for celebration, it can also be stressful for a variety of reasons, whether that's because of remembering lost loved ones or the financial burden. Please check in on those around you; simply reaching out can make all the difference.

Finally, I'd like to thank all those who have supported **VISION** this year. It's been a difficult time for businesses, so to have such a loyal and generous network behind us has helped us continue to thrive. I hope you have a very merry Christmas and a happy New Year.

Brett Shohet

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

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

CONTACT US:



woodford@visionmag.co.uk | 0208 088 0386
www.visionmagessex.com | www.visionmagherts.com
X @visionmagessex | @visionherts | @visionmagessex | @visionmageastherts
f Vision Magazine Essex | Vision Magazine East Herts
CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Annabel Stock

THE **B7** MEDIA GROUP

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

ENQUIRIES@B7MEDIAGROUP.COM

0208 088 0386



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

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



The harmonic voice of ALED JONES

From the almost impossibly angelic beginnings of teenaged Aled Jones MBE's first steps into the limelight, the Welshman has forged a career well beyond *Walking in the Air* and the limitations of chorister melodies.

Now 52, the presenter and actor has presence and popularity... and retains the ability to knock out a chorus or two!

Aled Jones was the 15 year old with the pitch-perfect voice whose icy vocal tones enchanted the public when Raymond Briggs' *The Snowman* was released back in 1982.

Walking in the Air was a track that became a festive anthem every bit as perfect and poignant as *White Christmas* or *Jingle Bells*, sitting as a symbol of childhood enchantment for an entire generation.

While others have confronted fame early, only for it to fade away, this was just the start for Jones. In adulthood, he gained acclaim hosting programmes such as *Songs of Praise*, where his likeable persona and warm, engaging demeanour endeared him to audiences.

In radio, Jones found a different but equally impactful avenue for his talents. As a presenter on Classic FM, he has brought the genre to a broader audience, with a tone that's knowledgeable yet approachable.

The star, who is married to Claire Fossett with whom he has two children, Emilia and Lucas, has also presented *Cash in the Attic*, *The One Show*, *Daybreak* and *Weekend* on terrestrial television.

Despite such a prolific and diverse array of work, Jones still strives to capture new audiences – as well as satisfying his loyal fans – and his latest musical endeavour is arguably his most innovative yet.

The Welsh singer recently released an album, *One Voice – Full Circle*, that transcends mere songs; indeed, it harmonises both his past and the present in that he duets with his younger soprano self.

The result is a hauntingly beautiful collection of tracks that showcases the evolution of an artist, proving beyond doubt that the singer has lost none of his talent along the way. From *Bright Eyes* to *Ave Maria* and *Scarborough Fair*, the mix of innovation and imagination is real.

"This project was like a journey through my own life – revisiting the voice that introduced me to the world, but with the perspective I have now," he explains. "It's a celebration of how far I've come and the enduring love I have for music."

Looking ahead, Jones, who appeared on *The Masked Singer* in 2022, is set to embark on a tour next year to promote the new project.

"Music is a very personal thing to a lot of people, and most of us listen to music by ourselves, and that is a lovely thing because it feeds our own interpretation and imagination in what we hear.

"Ultimately, though," he continues, "when the time comes to share songs and immerse ourselves in the collective celebration of music, we reach much further into our understanding, and from that can draw out very special memories.

"That's the thing that keeps me coming back!"

Photo credit: Ken Moray/TV/Shutterstock

THE ULTIMATE FESTIVE FLICKS

TAKING A LOOK AT THE TOP FIVE HIGHEST-GROSSING CHRISTMAS FILMS OF ALL TIME

Christmas movies have long been a staple of holiday cheer, embodying the spirit of warmth, family and festive joy. Many films have graced the silver screen, but a select few have transcended typical holiday fare to become phenomenal box office successes.

(All figures adjusted for inflation)

ONE: HOME ALONE (1990)

Box office takings: £1.1billion

Kevin McCallister, a mischievous and resourceful eight-year-old, is accidentally left behind by his family during Christmas vacation and turns his home into a fortress to fend off bumbling burglars.

This family comedy, starring Macaulay Culkin, blends slapstick humour and holiday warmth, becoming a perennial favourite and the highest-grossing Christmas film ever.

TWO: HOME ALONE 2: LOST IN NEW YORK (1992)

Box office takings: £915.95million

The sequel to the original hit follows Kevin as he mistakenly boards a flight to New York while his family heads to Florida. In the Big Apple, he again encounters his previous assailants and must outwit them in this hilarious, uplifting adventure.

THREE: DR SEUSS' HOW THE GRINCH STOLE CHRISTMAS (2000)

Box office takings: £587million

This live-action adaptation brings the whimsical world of Dr. Seuss to life. Jim Carrey's portrayal of the Grinch offers a perfect blend of comedy and emotion, exploring the true meaning of Christmas beyond the commercial frenzy.

FOUR: A CHRISTMAS CAROL (2009)

Box office takings: £552million

This animated rendition of Charles Dickens' timeless classic uses state-of-the-art motion capture technology. It narrates the tale of Ebenezer Scrooge's transformation from a miser to a kind-hearted man after being visited by three supernatural beings on Christmas Eve.

FIVE: THE GRINCH (2018)

Box office takings: £544million

Illumination's 2018 adaptation of Dr Seuss' classic tale reimagines the iconic green recluse with a heart two sizes too small. Voiced by Benedict Cumberbatch, the Grinch's journey from a Christmas-hating hermit to a holiday hero has charmed audiences worldwide.

THE **B7** MEDIA
GROUP

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

ENQUIRIES@B7MEDIAGROUP.COM

0208 088 0386



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 APPLIANCE ENGINEERS

Washing Machine, Dishwasher, Washer Dryer, Tumble Dryer, Electric Oven, Electric Hob, Fridge Freezer, Extractor Hood

PROUD MEMBER OF **Checka trade.com**

SCAN ME

KINDRED
CUSTOM TATTOO · BODY PIERCING · ART COMMISSIONS

KINDRED TATTOO
www.kindredtattoo.co.uk
studio@kindredtattoo.co.uk 0208 506 0826

epr services Ltd
committed to care

HOME SUPPORT & DOMICILARY CARE

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

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

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

You can book your free appointment by calling us on 0208 088 0934
www.eprservices.co.uk • info@eprbusiness.co.uk

WE VISIT YOU AT HOME
Our carers can provide daily visits to help you with your daily needs

Inspected and rated **Good**
Care Quality Commission

SCAN ME

TORN tights

Tights are a winter staple, keeping your legs warm and protected from the elements. However, they are arguably one of the most frustrating garments to keep in good condition.

HOW TO PREVENT RIPPED TIGHTS

Clip and file your toenails

To prevent holes or rips in the toe section of your tights, make sure that you keep your toenails clipped and filed. Also, consider buying tights with reinforced toes.

Remove any snags

If you notice any thread sticking out from snagged areas on your tights, then these need to be removed as they can easily turn into holes. While wearing your tights, simply pinch the area around the loose thread and use scissors to cut it off as close to the base as possible.

Wash your tights in a mesh bag

Always put your tights in a mesh bag before placing them in the washing machine. Alternatively, handwash your tights and then allow them to air dry. Never wash tights with underwired bras as they can easily become snagged.

Put them on gently

Before putting on tights, remove any jewellery such as rings or bracelets. Then sit down and, holding your tights at the waist, gently gather each leg with your thumbs until you are at the toe of your tights. Next, gently slide your feet in, one at a time, and pull your tights up, keeping your thumbs inside to avoid snagging.

HOW TO STOP A RIP/RUN FROM GETTING WORSE

Nail polish

One of the most popular ways to stop a run from getting any bigger is by applying nail polish. Clear nail polish is best as it won't show as much, but any colour will work.

Hairspray

Hairspray works by temporarily stiffening the fibres of your tights and is a great method if you are in a rush as it dries almost instantly.



FASHION





PROTECT

your locks

NINE TOP TIPS TO WINTERPROOF YOUR HAIR THROUGH THIS COLD SEASON

Winter can challenge your haircare routine before you know it, with cold temperatures and harsh conditions transforming your silky tresses into a dry, tangled mess. But it doesn't have to be like that. Follow these tips to keep your hair looking healthy and vibrant all season long.

- 1. Wear a hat:** Cold weather can damage your hair, so when it's chilly, wear a hat with a soft lining.
- 2. Cut back on shampooing:** Daily shampooing removes natural oils, so aim to shampoo your hair no more than two or three times a week.
- 3. Dry your hair before going out:** Wet hair can freeze and break in cold weather, so always make sure your hair is dry before stepping outside.
- 4. Eat a balanced diet:** Foods rich in vitamin C (e.g. citrus and berries) and omega-3 fatty acids (e.g. salmon and walnuts) will help keep your hair healthy.
- 5. Limit heat styling:** Tools like curling tongs and

straighteners can dry out your hair. In winter, try embracing the natural look or, if you've got long hair, experiment with braids and buns. You might be pleasantly surprised by your styling skills!

- 6. Tame the frizz:** Use a laundry dryer sheet to smooth pesky static flyaways.
- 7. Use nourishing products:** Winter is the time to indulge in good-quality moisturising conditioners, hair masks and oils.
- 8. Avoid bleach:** Many hair dyes, particularly blonde shades, can seriously dry out your hair. So think about going natural for the winter – or choose a darker shade.
- 9. Stay hydrated:** Drinking plenty of water will keep your hair hydrated, making it shinier and less prone to breakage.

Winter doesn't have to mean bad hair days. With these straightforward tips, you can keep your hair healthy and glowing all season, whatever the weather.

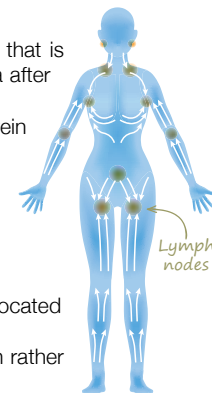


A gentle form of massage that is designed to remove toxins from your body and aid circulation and blood flow, lymphatic drainage massage is becoming increasingly popular among people looking to reverse the effects of a poor lifestyle.

WHAT IS LYMPHATIC DRAINAGE MASSAGE USED FOR?

Lymphatic drainage massage is used to relieve painful swelling in the arms and legs that is caused by lymphoedema. This type of massage is often used to relieve lymphoedema after breast cancer surgery, but it can be beneficial for other conditions, including: Rheumatoid arthritis | Fibromyalgia | Chronic venous insufficiency | Lipoedema | Deep vein thrombosis

More recently, lymphatic drainage massage has become popular as a cellulite-busting treatment owing to its ability to boost the stimulation of lymph circulation. It can also be used to improve digestion, aid sleep, and support faster muscle recovery after exercise.

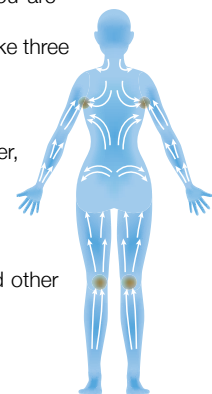


HOW DO YOU PERFORM LYMPHATIC DRAINAGE MASSAGE?

- 1. Use a light touch:** Be careful not to press too hard as the lymphatic vessels are located right under the skin.
- 2. Stretch the skin:** Unlike most other types of massage, you should stretch the skin rather than move along it.
- 3. Massage with the normal lymph flow:** To stimulate natural flow, make sure you are massaging towards your trunk and heart.
- 4. Go slow:** As you massage the lymph vessels, make sure you do so slowly. Ideally, take three seconds to perform each stretch.

WHERE ON THE BODY CAN YOU DO LYMPHATIC DRAINAGE MASSAGE?

Most commonly, this type of massage is carried out on the legs or the arms. However, it can be performed all over the body, including on the neck, shoulders, chest and stomach area.



ARE THERE ANY ASSOCIATED RISKS?

In most cases, lymphatic drainage massage is a safe treatment for lymphoedema and other health concerns. However, you should not undergo this treatment if you have:

A heart condition | Blood clots | Kidney failure | An infection

If you are pregnant, speak to your doctor before undergoing this treatment.



Say yes to Yerba mate

Are you looking for a healthier way to get your daily caffeine fix? Yerba mate provides the energy kick of coffee with the healing properties of herbal tea. Plus, it can even help you to lose weight!

WHAT IS YERBA MATE?

Yerba mate is a type of herbal tea that originates from South America and is made by steeping dried leaves from the yerba mate plant in hot water. It can be served hot or cold and, like black and green tea, it contains caffeine which can help you to feel more alert and focused. Yerba mate has a very distinctive taste that can be strong, bitter and slightly vegetal. In terms of aroma, it has been described as having a eucalyptus smell.

HOW MUCH CAFFEINE IS IN YERBA MATE?

Depending on how you brew it, the average cup of yerba mate contains 70mg of caffeine. In comparison, the average cup of coffee contains 120mg of caffeine and a cup of green tea contains around 25mg.

WHAT ARE THE HEALTH BENEFITS?

There are so many associated benefits of drinking yerba mate, including:

- > Improved mental focus
- > Enhanced physical performance
- > Protection against infections
- > Weight loss and reduced belly fat
- > Reduced risk of heart disease
- > Lowered blood sugar levels

ARE THERE ANY SIDE EFFECTS?

If you are sensitive to caffeine, you may experience some side effects such as an upset stomach, trouble sleeping, feeling nervous or restless or a faster heartbeat if you consume too much yerba mate. However, studies show that most people can safely drink up to 1.5 litres of yerba mate a day.

HOW TO PREPARE YERBA MATE

1. Add one or two yerba mate teabags to a mug – these can be bought online and at most health food shops.
2. Moisten the teabags with cool water.
3. Fill the mug with hot water.
4. Steep for five minutes and then remove the teabags.
5. Flavour to taste with honey, sugar or sweetener.
6. You can also add mint, ginger or orange peel if desired.



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

Who are we?

Ryancare Fostering is diverse small fostering agency with big resources



What is fostering?

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

Who can apply to be a foster carer?

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

Contact us

📞 0208 088 3093 or 07551 153 539

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

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





Need some help in the home?

Now in West Essex

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

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

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

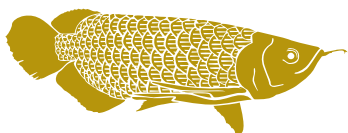
This is a paid for service with a minimum visit of
1.5 hours per week or 2 hours every fortnight.

For more information call:

01462 420911

Age UK Hertfordshire, a name you can trust.

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



FUNKY MONK EPPING

RESTAURANT & ROOMS

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



01992 276063

www.funkymonkhotel.com

236 High Street,
Epping, CM16 4AP



funkymonkhotel



MINCE PIE *Mania*

In the 13th century, Crusaders returned to Britain from the Middle East with a novel pie idea: minced meat, dried fruits, spices and wine. By Victorian times, the meat had vanished, and the modern mince pie emerged. To create your own version of these timeless treats, follow the recipe below. Remember, as well as the ingredients, you'll need a standard 12-hole muffin tin and two round pastry cutters – one measuring 9cm in diameter for the pie bases and one measuring 7.5cm for the lids.

MINCEMEAT

YOU WILL NEED: 225g mixed dried fruits (raisins, currants and sultanas) | 110g Bramley apple (peeled, cored and finely chopped) | 110g shredded vegetable suet | 150g demerara sugar | Zest and juice of 1 orange and 1 lemon | ½ tsp ground cinnamon | ¼ tsp ground nutmeg | ¼ tsp ground cloves | 2 tbsp brandy or rum (optional)

1. Mix dried fruit, apple, suet, sugar and citrus zest in a bowl.
2. Add citrus juice, spices and alcohol (if using) and mix well.
3. Cover and let it sit in a cool place for a day or two to enhance the flavours.

PASTRY

YOU WILL NEED: 175g plain flour | 85g unsalted butter, cold and diced | 2-3 tbsp cold water | A pinch of salt | A little extra flour for rolling

1. Combine the flour and salt in a large bowl.
2. Rub in the butter until the mixture looks like fine breadcrumbs.
3. Gradually add the water, mixing until the dough forms.

ASSEMBLING AND BAKING

1. Preheat your oven to 190°C/180°C fan/ gas mark 5.
2. Roll the pastry out until it is about 3mm thick.
3. Using the cutters, cut out 12 bases and 12 lids.
4. Press the bases into the muffin tin and fill almost to the top with mincemeat – no need to grease the tin as the pastry's high fat content will stop it from sticking.
5. Brush the top edges of the pastry bases with a bit of cold water, cover with the lids and press the edges to seal.
6. Bake for 20-25 minutes until golden.



REDISCOVERING Cider

England's Pioneering Role

For decades, cider was seen as a mass-market drink that lacked sophistication – knocked back rather than savoured. But the new breed of English cider makers is changing all that.

AN ANCIENT TIPPLE

Cider predates the Roman Empire, and even champagne owes some of its methods to the early days of cider making. Perhaps that's why, years later, cider makers are fighting back.

A NEW TYPE OF CIDER

Cider is now giving wine and champagne a run for their money in a rapidly changing landscape that has seen makers using locally sourced ingredients and experimental methods.

The process mirrors that of wine making, right down to the fact that cider is aged in oak barrels. Indeed, many types of fine cider aren't carbonated at

all, but are more similar to white wine.

More attention is also being paid to the land where the apples are grown. Much like grapes determine the profile of wine, so too does the soil, the landscape and the climate influence the apples used to make this new breed of cider.

THE FREEDOM TO EXPERIMENT

Liam Tinston of Tinston Wines & Ciders in Sussex points out that cider making lacks the strict rules found in wine making. This freedom enables producers to experiment and produce drinks that defy consumer expectations, resulting in a staggering variety of ciders on the market to suit most tastes.

CHAMPAGNE'S NEW RIVAL?

Osip, a Michelin-starred restaurant in Bruton, Somerset, has teamed up with well-known local company Pilton Cider to create Osip cider. Together, they've created a tipple that tastes like a high-end sparkling wine. Restaurateur Merlin Labron-Johnson and cider maker Martin Berkeley selected the apple varieties together, and the blend of juices was then 'keeved'. This traditional artisanal fermentation process carbonates the drink naturally, using the juices' own sugars.

Such is its increasing popularity and the skill required to make the drink, that cider could very well be many people's drink of choice this Christmas.

Like wines, ciders exhibit diverse flavours based on their origin and the apple varieties used. Finding your favourite wines requires tasting and exploration; discovering your preferred ciders demands a similar journey.

To get going, check out local producers or specialised shops near you – and try them with various foods to find your favourite pairings.

Photo credit: snowmingscider.co.uk

Le Mahzen Chocolatier

239 High Road,
South Woodford, E18 2PB
@lemahzenchocolatier
Open: Weds to Mon 11am - 6pm
Closed Tuesdays

Home of Chocolate

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

239 High Road,
South Woodford, E18 2PB

@lemahzenchocolatier

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



The Lane
Fine Indian Cuisine

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 December 2023.

TEL: 020 8989 1500 www.thelaneinstead.co.uk
82 Nightingale Lane London E11 2EZ



Photo credit: giffenplumfield.wordpress



Midas Touch

ADDING A TOUCH OF GOLDEN GLAMOUR TO YOUR HOME THE AFFORDABLE WAY

Looking to add a touch of contemporary sparkle and charm to your Christmas decor? You're in for a treat! In this DIY project, we'll show you how to transform plain glass vases, jars and votives into dazzling gold masterpieces. The best part? You don't need any special skills, though a steady hand is useful! And it's an ideal project to do with older children.

Get ready YOU WILL NEED:

Gold foil sheets | Gold foil adhesive | Adhesive brush | A large brush (like a powder brush) for removing excess gold foil | Small glasses or votives (make sure they're clean and dry – washing-up liquid and a piece of dry kitchen towel should do the trick).

All these items are available online or in most arts and crafts shops.

Apply the adhesive

Carefully apply the gold foil adhesive to the areas on your glasses where you want the gold foil to stick. The adhesive will need some time to become tacky.

The time can vary with different makes, so follow the instructions on the packaging carefully.

Apply the foil

Once the adhesive is tacky, apply the foil directly from the paper it comes on. Press the sheet onto the glass where you've applied the adhesive. Then, carefully remove the paper backing, leaving the gold foil attached to the glass. If necessary, use your fingers to smooth it out.

Brush away excess and leave to dry

Using the large brush, remove any excess gold foil and let your decorated objects dry for a few hours. For extra protection, you can seal them with a suitable clear sealant or varnish specially made for glass and delicate surfaces – following the manufacturer's instructions.

Once complete, fill your glass items with a candle, fairy lights, flowers, winter twigs or pine cones. Sit back, admire your creations, or consider giving them as gifts to help spread the festive feeling.

Control your security Be **App**solutely connected

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



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

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

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



At Hainault Trade Windows we are built upon reputation, trust, High-quality items at cost-effective prices and a clear understanding of supply and demand for the trades.

Are you a tradesman in Essex and the surrounding areas? Are you looking for trade products including any the following, then we can help :-

- ✓ FSG
- ✓ Doors
- ✓ Windows
- ✓ Aluminium
- ✓ Conservatories
- ✓ Roof Lights/Lanterns



Get a quote now
0808 175 4445
www.hainaulttradewindows.co.uk

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
£479.⁰⁰
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 Eurosonic 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 Eurosonic 2020. Savings compared to a higher price charged for 7 days. Savings on selected models only.

INTERIOR DESIGN PROFILE

MADDUX CREATIVE



HOME & DIY

Sophisticated, playful, beautiful. That's how Maddux Creative describes its decorative style. Full of life and colour, each space it creates is unique, with designs that have won acclaim all over the world.

If you love bold colours, patterns and textures, then Maddux Creative will serve as the perfect inspiration to bring your interior aspirations to life.

THE STORY BEHIND MADDUX CREATIVE

Maddux Creative is run by Scott Maddux, originally from Tennessee, and Jo Le Gleud from the UK. They met on a dancefloor in the 1990s, and brought their shared creative experience together in 2011 when they founded their Peckham-based studio.

The pair describe their work as "an alchemy of design: an intricate tapestry of form and texture. A celebration of colour." Throughout their designs it's clear that these elements are central, using the features of the room to create spaces that are striking and unique. They take inspiration from a range of influences, which keeps things wonderfully refreshing.

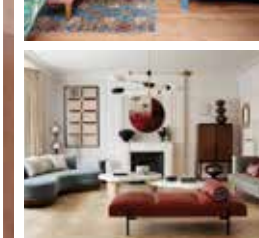
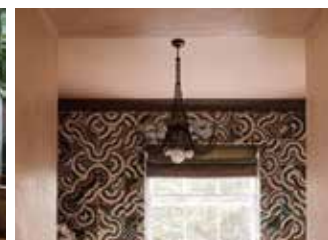
RECREATING MADDUX CREATIVE'S STYLE

What's great about Maddux Creative's aesthetic is that there are no set rules, allowing you to recreate

their style in your own home. Some tips to give you a dash of inspiration include:

- > Be brave with colours and textures. Mixing and matching styles can add a quirky touch that keeps spaces fun and unique, so choose the pieces that you're drawn to and which reflect your personal style. Popular colour combinations include pinks and greens, blues and yellows, and reds with greys or gold.
- > Tonal looks can make a striking impression. Choose a solid base colour such as blue or green and add lighter/darker accents in the same shade – using furniture and accessories in different shades to create a multilayered look.
- > Plants and flowers add life and can make your space feel more lived-in – an affordable way to transform your decor.
- > Floral patterns add a classic touch that still feels modern in the right setting. From patterned lampshades to tapestries and cushions, you can use florals or stripes to add some individual touches that will bring the different styles in your space together.

Wonderfully unique and making colour popular again, Maddux Creative provides the perfect inspiration to go bold and have fun with your interior design.



Dulux Colour of the Year 2024 Sweet Embrace



This is one of the most greatly anticipated announcements in the world of interior design: Dulux Colour of the Year 2024 has been revealed as Sweet Embrace.

What colour is Sweet Embrace?

Sweet Embrace is a delicate pale pink that is both soft and comforting. A metamer colour, meaning it changes tone with the light, in the early morning it appears crisper before turning into a more blush pink as the day goes on. Referred to as a 'modern neutral', Sweet Embrace can help to unite the different elements in a room and create an uplifting atmosphere.

Why was Sweet Embrace chosen?

This colour was chosen by the experts at Dulux as a shade that represents the global mood and a universal need for clarity and joy. Marianne Shillingford, colour expert and creative director at Dulux, said: "While being a beautiful stand-alone colour, it's a hue that matches perfectly with so many other shades, so that decorators can use it as

a backdrop to build a totally individual space upon."

Ways to use Sweet Embrace in your home

1 Paint your window frames

As a metamer colour, Sweet Embrace is a perfect colour choice for painting your window frames, enabling you to capture its light-changing qualities throughout the day.

2 Colour-drench a room

Colour-drenching involves drenching a whole room in one shade to create a sense of calm cohesion. This means painting all the surfaces rather than just the walls, and it can make a room appear more spacious and contemporary.

3 Update your woodwork

This versatile shade is ideal for use as an alternative to white to update the woodwork in a room, such as the skirting boards and door frames.

4 Embrace the ombre paint technique

Ombre is making a big comeback in 2024 and, as a neutral colour, Sweet Embrace has the ability to seamlessly blend into other soft shades to create a stunning sunset effect.

Photo credit: duluxdecoratorcentre.co.uk, AlizonNobel



Merry Christmas from all at

GRACIOUS LIVING

Bathrooms Tiles Fires Fireplaces
Plaster Mouldings

Showroom: 440-448 Larkshall Road, Chingford, London E4 9HH

Tel: 020 8523 3103 | Email: showroom@ncscountersales.co.uk

Web: www.graciousliving.co.uk



The magic of MERLIN

FIRST DATES BARMAN MERLIN GRIFFITHS HAS A RENEWED TASTE FOR LIFE

It's perhaps slightly crass to state that many a romantic liaison has been made comfortable with the aid of an alcoholic loosener, but the evidence is there in pubs, bars and restaurants the length and breadth of the country, every day of every week.

One dining space in particular – that of the *First Dates* restaurant – has used the expertise of a master mixologist to great effect. This responsibility fell to Merlin Griffiths, who this year celebrated a decade on our screens.

"The time has flown by in a haze of romantic splendence," jokes the 48 year old. "I've seen thousands of people pass through, and it's a thrill to witness a happy ending."

And many there have been – a recent study found that three per cent of first dates ended in marriage, with the Channel 4 show boasting numerous weddings and even the patter of tiny footsteps.

As the trusty barman charged with easing the nerves of hopeful romantics, Griffiths – who has a wife, Lucile, and young child – knows his role is significant; though as a pub owner himself, he is used to the responsibility bestowed on a good host.

"It's an underrated occupation, I think. It's a job that requires you to be present, engaging, interesting, knowledgeable on a wide range of subjects and, on occasion, firm with how punters are behaving! There are also extreme antisocial hours and it's a physical job where you're always on your feet, but I love it."

Griffiths' sense of perseverance was put to the test in 2021 when the *First Dates* barman was diagnosed with bowel cancer. He underwent surgery and recently celebrated the milestone of a year 'all clear'.

"It has been a tough road, but one I am now emerging from. While there have been some very sombre moments in there, what the experience has done is to reinforce in me a desire to appreciate everything around me, to fight, and to achieve."

Treatment has meant Griffiths has been unable to engage in one of his favourite hobbies. A keen cyclist, he previously completed the John O'Groats to Land's End cycle ride in nine days. Many years ago, before his big break, he was a cycle courier in London.

"I love cycling" he comments. "It was a great way to stay fit, but you were taking your life in your hands on a daily basis."

"Dealing with a rowdy pub customer or a feuding couple of *First Dates* seems tame in comparison!"

Griffiths' taste for innovation was played out at Royal Ascot last year when he launched the first no-alcohol bar.

He's also set his ambitious sights on opening a new pub, The Dog & Gun in Walton, which is expected to open soon.

He says: "It seems to be a time when opportunities are coming along, and for the first time in a couple of years I can fully commit to them."

"I am lucky that I work in an industry that will always be here. We are social creatures – certainly in this country! – and there's nothing better than watching people converse and interact."

To keep up to date with everything Merlin is up to and ship his bar kits, visit www.merlingriffiths.com

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

**WANT MORE
BUSINESS?**

CALL 0208 088 0386
TODAY TO ADVERTISE



An ancient structure of remarkable history

Discover Greensted Church in Ongar, a unique hidden gem with a story that spans more than 1,000 years.

Celebrated as the world's oldest wooden church, its walls have stood for more than a millennium, offering a glimpse into the early periods of English Christian heritage.

Tracing its origins to the ninth century, the church's earliest timbers, dating to around 1060, mark it as a distinguished survivor from before the Norman Conquest. These timbers, visible even today, underscore the church's enduring presence and historical significance.

Originally a modest structure, perhaps built for a Saxon nobleman, Greensted Church has evolved through the centuries. It bears the marks of various architectural styles and religious practices that have influenced its design over time.

The church's walls, crafted from vertically set split oak trunks in a technique known as 'stave construction', are particularly

noteworthy. This method is complemented by the 19th-century brick chancel and Victorian restorations, together presenting a harmonious blend of various historical periods.

Greensted Church's connection to St Edmund, the martyred king of East Anglia, further elevates its historical importance. As the site where his body reputedly rested in 1013 en route to burial, the church has long been a focal point for pilgrimage and reflection.

More than a religious site, Greensted Church stands as a cultural beacon, embodying the continuity of faith and community. It serves as a serene witness to the evolving landscape and societal changes surrounding it.

Venturing into this sacred space, visitors are transported beyond the confines of the present. Each step within its walls is a journey through time, connecting the present to a past that remains vibrantly alive. Greensted Church is not just an architectural marvel; it's a living narrative of faith's resilience and the understated elegance of history.



LOCAL FEATURE

HEAT PUMPS
GOVERNMENT
BUS GRANTS
£7,500
CONTACT US
FOR ADVICE



eco
greenenergy
solutions

12 PANELS
5.1 KILOWATTS
BATTERY STORAGE
**20%
REDUCTION**

Be ready for the green energy revolution

with Eco Green Energy

a zero carbon technology company

We're here to ensure that your path to a zero carbon lifestyle is a positive one

To get a quote and for more information

0300 373 0757

www.egesolutionsltd.co.uk

0800 1114 805

info@egesolutionsltd.co.uk

Google

★★★★★

f i

Excellent

★★★★★

★ Trustpilot

'Essex has always been a part of who I am'



Photo credit: BBC Jack Barnes/Kieron McCarron

While Adam Woodyatt owes much to his long-standing role as Ian Beale in the BBC soap opera *EastEnders*, we reveal why the actor likes to heap equal praise on the influences of his childhood, and in particular, his time spent in Essex.

Adam Woodyatt was born in Walthamstow in 1968. Although the Victoria Line suburb had renounced its ties with Essex three years previously, the outgoing schoolboy would soak up the influences of Chingford and South Woodford in his early life.

Perhaps it is an appreciation for that simple 1970s suburban upbringing – Woodyatt attended Forest School in Epping Forest, before the family relocated to Wales – that permeated so perfectly into his authentic portrayal of the rugged, pessimistic businessman Ian Beale.

"Essex has always been a part of who I am," he begins. "It's in my blood and has significantly shaped my approach to life and acting. I love its honesty!"

The actor, who is half Welsh, frequently travelled to London for castings as an aspiring young actor, and was working as a butcher when the call to join *EastEnders* came. Since 1985, his portrayal of Beale has captivated viewers, and his return to Albert Square this year excited fans.

"Ian is hapless in many ways, though ultimately always trying to do the right thing, and I think there's a fair amount of that in me too," says the actor, who recently volunteered to work in a fish and chip shop in Southend-on-Sea to pass the time.

Beyond the confines of Albert Square (and serving up cod), Woodyatt's versatile talent has illuminated stage and television screen alike. And recently, his stint away from full-time acting has offered the star the chance to tour his native Essex... in a camper van, no less!

He said: "Feeling free, getting on the road, and hunting out all those childhood places of old, has been a magical ride for me, and one I want to continue taking."



BOILER INSTALLATION SPECIALISTS

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

FOR ALL INFORMATION CONTACT US

0800 107 7119 • 0208 088 3126

info@bsplumbing.co.uk • www.bsplumbing.co.uk



SPECIAL OFFERS

£100 OFF BOILERS
QUOTE BSP100

WORCESTER
BOSCH 1000
Supply & Fit
£1,995.00
INC VAT

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

ATAG BOILERS
18 yr Warranty Parts & Labour

THE B7 MEDIA GROUP

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



ENQUIRIES@B7MEDIAGROUP.COM



0208 088 0386



YOUR LOCAL EVENTS

PUB QUIZ

**The Royal Oak, 320 Hale End Road,
Walthamstow, Woodford Green,
IG8 9LN**

Every Tuesday, 8pm – 10pm



Stock image

This weekly quiz draws a number of teams who test their knowledge of everything from science and sport to TV and film. Gather your friends, dust off your encyclopaedias, and see how you fare against the rest. There are great prizes up for grabs!

Tickets cost £2 per person. To find out more, visit www.bitly.ws/33aJd

THE ROYAL BALLET: THE NUTCRACKER

**Odeon, 64 High Road,
South Woodford, E18 2QL**

Tuesday, December 12, 7.15pm

Join Clara at a delightful Christmas Eve party that becomes a magical adventure once everyone else is tucked up in bed.

Peter Wright's much-loved production for The Royal Ballet, with gorgeous period designs by Julia Trevelyan Oman, keeps true to the spirit of this festive ballet classic, combining the thrill of the fairy tale with spectacular dancing.

Tickets cost £20 for adults and £15 for children under 15. For more information and to book, please visit www.bitly.ws/33als

CHRISTMAS WREATH WORKSHOP

**CRATE Walthamstow, 17&Central,
Selborne Road, Walthamstow, E17 7JR**

Wednesday, December 13, 7pm – 9pm

In this workshop, you will create a fresh foliage wreath starting with a moss and willow base, then adding seasonal flowers, berries, foliage and grasses. Although flowers and foliage will vary, there will be a

selection of colours and tones for you choose from. At approximate 40cm diameter, this fully compostable wreath is the perfect size to be hung on your front door or used as wall decoration. All materials provided.

Tickets cost £65.71 and are available online from www.bitly.ws/33aA

CHRISTMAS CABARET

**Mother's Ruin Gin Palace, Unit 18,
Ravenswood Industrial Estate, Shernhall Street,
Walthamstow, E17 9HQ**

Friday, December 15, 9pm – 10.30pm

Set in an era of decadence, this Christmas comedy cabaret is brought to life by performer Lizzy Renihan and her vibrant choir Natural Voices. Guest appearance by actor Luke Shaw and the host is star of stage and screen Ian Burfield.

Tickets cost £5.50 from www.bitly.ws/33aK

IDMC GOSPEL SOUL CHOIR PRESENTS A GOSPEL CHRISTMAS

**Woodford Baptist Church, 32 George Lane,
South Woodford, E18 1LW**

Sunday, December 17, 7pm

This special Christmas concert will get you in the mood for all the celebrations ahead.

Led by award-winning musician, choir director and founder John Fisher, the choir has created nine albums and various single releases containing legendary gospel soul funk classics.

They were also finalists in the BBC Songs of Praise Gospel Choir of the Year and won both Premier Gospel Radio Gospel Choir of the Year and an Urban Music Award for Best Gospel Act 2018.

Tickets start from £8.30 and are available to book via www.bitly.ws/33aIZ



Photo credit: IDMC Gospel Choir Facebook

SONIC YOUTH



THE FIVE MOST ICONIC VIDEO GAME CHARACTERS OF ALL TIME

MARIO: The Italian plumber from the titular Nintendo franchise is the Japanese company's flagship character, and actually got his name from the resemblance to the Nintendo Washington warehouse landlord.

The Mario franchise has sold more than 776 million copies worldwide.

SONIC THE HEDGEHOG: It's been more than 30 years since Sega's official mascot came to our screens. The hedgehog character first appeared in his own standalone game on the Mega Drive – later called the Genesis – in 1991.

However, the blue anthropomorphic hedgehog actually made a cameo appearance slightly earlier that year on the arcade driving game *Rad Mobile*, Sega's first 32-bit release.

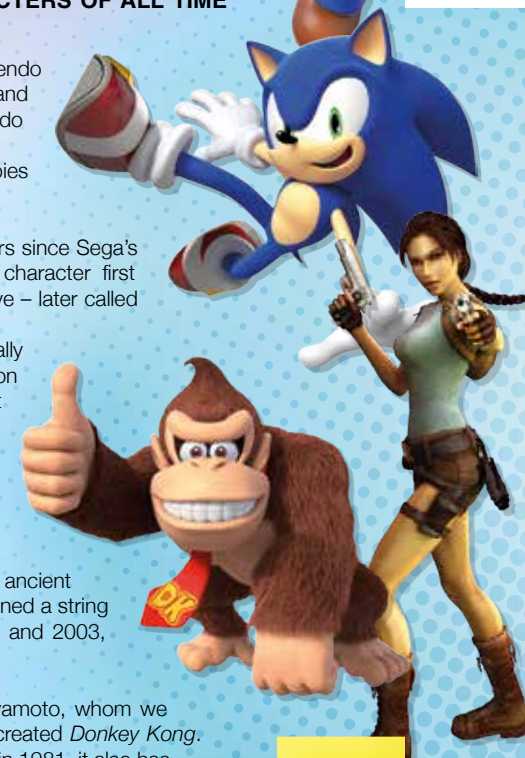
LARA CROFT: The *Tomb Raider* franchise arrived on the scene in 1996 with Lara Croft, the ultimate feminist hero, about to alter perceptions further in an already fervent era of girl power.

The archaeologist travelled the world in search of ancient artefacts, and did so with such dynamism that she spawned a string of successful movies, played by Angelina Jolie in 2001 and 2003, then reprised by Alicia Vikander in 2018.

DONKEY KONG: Nintendo game director Shigeru Miyamoto, whom we can thank for the creation of the Mario character, also created *Donkey Kong*. With 80 million copies of the game sold since its release in 1981, it also has seven Guinness World Records to its name, including First Use of Visual Storytelling in a Video Game.

Donkey Kong was developed in a bid to beat another arcade classic, *Pac-Man*. Mario features in the original version as 'Jumpman'.

PAC-MAN: Upon its release in Japan in 1980, *Pac-Man* wasn't the hugely successful videogame it has since become. A slow-burner that has become synonymous with arcade machines, alongside Galaxian and Space Invaders, the cute characters weren't an instant hit with users, but are now seen as iconic. The eponymous character tries to eat all of the dots and evade the ghosts in a maze.



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

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

**WE CAN TAKE CARE OF YOUR TREE
PRESERVATION ORDERS & ANY PLANNING
APPLICATIONS FOR TREE WORK**

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

DRAIN ME!

Is your garden flailing rather than flourishing? If yes, this could be because you have not implemented a good drainage system. Essential for preventing waterlogged soil, erosion and unhealthy plant growth, here's how to improve the drainage in your garden.



SPIKE YOUR LAWN

If the soil in your lawn becomes compacted, then this can cause winter waterlogging. To prevent this from happening, spike or aerate the soil so that rainwater can flow down into the ground more easily. This can be carried out with either a garden fork or a lawn aerator tool.



GROW MORE PLANTS

One of the simplest ways to improve the drainage in your garden is by growing more plants. For best results, plant vegetation that is compatible with your soil type. For example, some hydrangea species are great for regulating wet soils, while clay soil benefits from species such as geranium.



BUILD RAISED BEDS

Raised beds that are made from either bricks or timber provide a great solution to poor garden drainage and offer a much better environment than the boggy earth below. Make sure you fill them with lots of quality, free-draining topsoil to help your plants thrive.



CREATE YOUR OWN COMPOST

Soil that has high organic matter content is better for drainage as it allows excess water to easily drain through it. By creating your own compost, you can have unlimited access to organic matter that is perfectly suited to your garden and its soil.



INCORPORATE SLOPING SURFACES

Surface water is a problem in many gardens but can be easily managed with the use of sloping surfaces. For example, you could combine steps and raised beds, create depth with tiered planters, or arrange large slabs of rocks to help direct water.



GARDENING



new year monthly GARDENING CALENDAR

January

- ☐ Plan and prepare for the year ahead.
- ☐ Take stock of inventory (seeds, pots, etc) and assess your garden layout.
- ☐ Put out water and seeds for the birds.

February

- ☐ Start sowing seeds indoors, such as tomatoes, peppers and aubergines.
- ☐ Add compost or organic matter to your garden soil.

March

- ☐ Sow cool-season crops such as lettuce, spinach, carrots and beetroots directly in your garden.
- ☐ Protect tender plants from late frosts.
- ☐ Clean and tidy your greenhouse.

April

- ☐ Transplant seedlings that require a longer growing season, such as tomatoes, peppers and herbs.
- ☐ Plant perennial flowers and pot-grown fruits, such as strawberries.
- ☐ Turn over the soil in your garden to loosen compaction.

May

- ☐ Regularly water your garden and apply mulch around your plants to conserve water and stop weeds.
- ☐ Use bedding plants to fill your garden with colour.

June

- ☐ Monitor your garden for weeds and remove them.
- ☐ Regularly fertilise your plants with organic fertiliser.
- ☐ Water and mow your lawn frequently.

July

- ☐ Water your plants deeply and less frequently.
- ☐ Monitor plants for aphids and spider mites.
- ☐ De-head bedding plants.

August

- ☐ Harvest your summer crops, preserving excess produce through canning, freezing or drying.
- ☐ Start planning your autumn garden by removing spent plants and amending the soil.

September

- ☐ Directly sow seeds of salad greens, rocket and Swiss chard.
- ☐ Harvest mature summer crops.

October

- ☐ Prepare your garden for winter by harvesting the remaining autumn crops, removing any debris and dead plants and adding compost or organic matter to replenish nutrients.
- ☐ Trim and shape your hedges.

November

- ☐ Clear up fallen leaves, especially from lawns, ponds and beds.
- ☐ Plant tulip bulbs for a spring display next year.
- ☐ Wrap young plants and trees to protect them from frost.

December

- ☐ Reflect on your year's gardening journey and plan for the year ahead.
- ☐ Order seeds and supplies for the year to ensure you have everything you need.



HOW TO MAKE A DIY PET

CHRISTMAS CRACKER

Do you like to involve your pet in the excitement of Christmas Day? If yes, then you are going to love making them their very own Christmas cracker complete with edible treats and festive toys.

WHAT YOU WILL NEED:

A toilet paper roll or kitchen towel roll | Tissue paper, wrapping paper or newspaper | String or ribbon | A selection of edible treats and small toys

HOW TO MAKE:

- > Take an empty toilet or kitchen towel roll, depending on how big your pet is and how many treats you want to include. For medium-sized and large dogs, a kitchen towel roll is best as you can fit more in.
- > Stuff your chosen treats/toys into the toilet or kitchen roll. Don't worry about overstuffing!
- > Cut your tissue paper, wrapping paper or newspaper so that you have enough to wrap your roll, leaving 5cm of paper at each end.
- > Twist off the ends and loosely secure with string or ribbon.
- > You could also make a personalised name tag using a small piece of card and a felt tip pen or by writing directly onto the paper.

NB: Do not stick on any embellishments such as bells or plastic decorations as these are potential choking hazards. Make sure you remove the tissue/wrapping paper once they have got to the treats so that they do not try to eat it. Always monitor your pet when they are opening their Christmas cracker, and do not include a "bang" element as this may scare them.

What to put in your DIY pet Christmas cracker

- > Edible treats such as chew sticks, meaty bites and biscuits
- > Small festive toys such as a felt bauble with catnip or a candy cane plush
- > A small paper hat or festive bow and a pet-themed joke.



how to make MELTING SNOWMEN BISCUITS

If you're after a tempting but simple festive cookie to make this Christmas, look no further than these cute melting snowmen biscuits. They taste delicious and are a great way to involve kids in the kitchen – but be prepared to get sticky! The below recipe makes 10 biscuits.

YOU WILL NEED:

For the biscuits: 100g butter | 100g caster sugar | ½ tsp vanilla extract | ½ a beaten egg (about 2 tbsp) | 200g plain flour (and a bit extra)

For decorating: 10 standard white marshmallows (not the mini ones) | 100g icing sugar | A tube of black writing icing | Some ready-to-roll orange fondant icing | Chocolate beans

HOW TO MAKE THE BISCUITS:

- Heat the oven to 200°C/180°C fan/gas mark 6 and line a baking tray with parchment paper.
- In a large bowl, beat the butter and sugar together till smooth using a wooden spoon. Then beat in the vanilla extract, egg and finally the flour to make a dough. Chill in the fridge for 15 minutes.
- On a floured surface, roll out the dough with a rolling pin to roughly 5mm in thickness.
- Using a 9cm biscuit cutter or the rim of a 9cm glass, cut out 10 shapes.
- Bake for 8-10 minutes till golden, then cool.

HOW TO DECORATE:

- Put the icing sugar in a bowl. Add cold water, a teaspoon at a time, till the icing is just runny.
- Spread the icing on the biscuits and pop a marshmallow near the edge of each one.
- Use the black icing pen to draw the arms and eyes.
- Use the orange fondant to create a carrot nose.
- Then add the chocolate beans for the snowmen's buttons.

Photo credit: recipesfromapantry.com

START YOUR NEW YEAR WITH A BANG!



**ASK US
ABOUT OUR
NEW YEAR
DEALS!**

IS YOUR NEW YEAR'S RESOLUTION
TO GROW YOUR BUSINESS?

START ADVERTISING IN **VISION** TODAY!

Your
Monthly
Lifestyle
Magazine



See all our magazines at www.visionmagessex.com

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

V DANGEROUS LIATSONS

TRAVEL

For many, the thrill of going on holiday is enough. For a proportion of others, though, it's only half the attraction, and venturing away from home to push levels of bravery and bravado is much more the ticket. With that in mind, then, here are four all-adventure destinations for dynamic daredevils to tick off their bucket list.

ONE: Patagonia. Split between Argentina and Chile, Patagonia is a huge area that surrounds the Andes mountain range, showcasing everything from National Parks to glaciers, hikes, caves and volcanoes.

Combining staggering natural beauty with all the risk and reward of different landscapes and a very different culture, going off-piste in Patagonia could just be the most daredevil thing you can do.

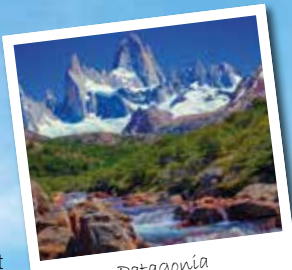
TWO: Iceland. A country of extremes, Iceland is as beautiful as it is challenging, and many adventurers cannot resist the urge to hike and climb around glaciers, waterfalls, geysers and volcanoes.

While dealing with the ice or diving deep into the Silfra fissure is a thrill a minute, it's also rewarding to hire a car and venture off on the Iceland Ring Road (also known as Route 1) – an 800-mile highway that circles the country.

THREE: The Dolomites. We associate Italy with relaxing, restorative experiences around great food and passionate people, yet the Dolomites – and a vast array of climbing, mountain-biking and hiking options – will take you off the beaten track, inviting you to test your mettle against some punishing terrain.

The rewards for adventure seekers are stunning views and crisp-clean air.

FOUR: South Africa. We know Cape Town as a beautiful, cultural city, but it also has a reputation as an adventure junkie hotspot, with surfing, abseiling (off Table Mountain, no less), diving with great white sharks and a prevalence of gyrocopter aircraft flights that can be taken as a way of enjoying the area's stunning coastline.



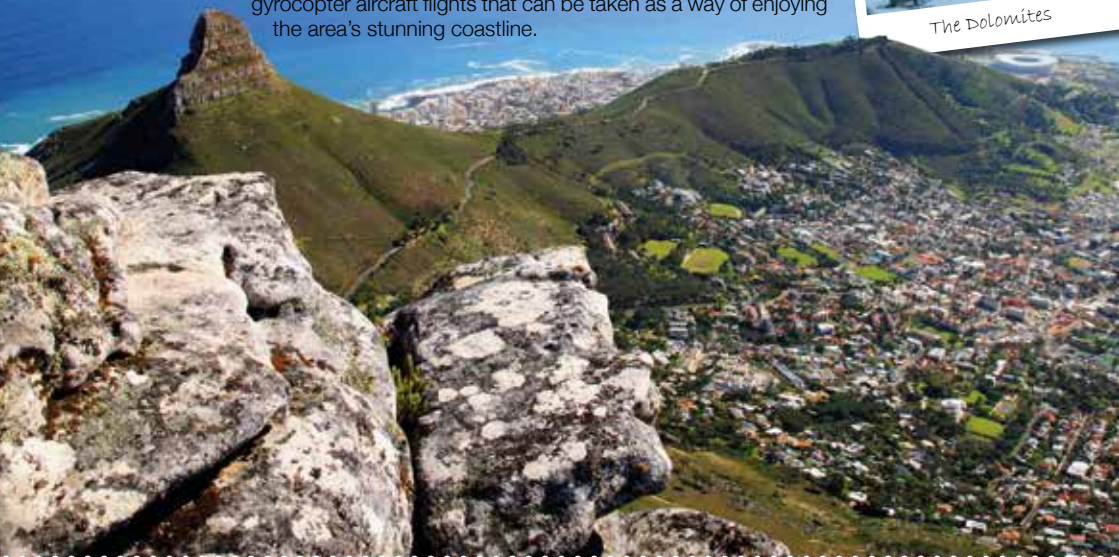
Patagonia



Iceland



The Dolomites



Newton's Apple Tree

WOOLSTHORPE MANOR THE BIRTHPLACE OF BRIGHT IDEAS

Sir Isaac Newton, one of history's greatest scientists, was born on January 4, 1643 (Christmas Day 1642 Old Style) in Woolsthorpe Manor, an old farmhouse near Grantham in Lincolnshire.

Newton lived at the manor until he left to attend the University of Cambridge in 1661. When the Great Plague of London erupted in 1665, Newton returned home. And it was here that he embarked on some incredible work, developing new ideas about light, optics, calculus, motion and gravity.

AN APPLE A DAY

The most famous story about Newton and Woolsthorpe involves an apple. The story goes that when Newton saw an apple drop from a tree in the orchard, he started to think about the forces that make objects fall. This led him to develop his Law of Universal Gravitation. The law explains why things fall to the ground. And it explains why objects in the universe move towards each other.

The law is usually written as:
$$F = G \frac{(m^1 \times m^2)}{r^2}$$

F – force, or the pull between two objects

G – gravitational constant, which is a special number used to figure out the strength of gravity

m – mass, or the size of the two objects

r – the distance between the centres of the two objects

DYNAMIC DISCOVERIES

As well as his work on gravity, Newton developed three laws of motion that helped us understand how things move and interact with each other, and laid the groundwork for much of modern physics and engineering.

WHAT CAN I SEE AT WOOLSTHORPE?

You can see the tree that inspired Newton's work, although it's probably a more recent tree that regrew from its original roots.

You can also visit the manor itself, including a recreation of Newton's workroom. In addition, there's a hands-on science centre.

For more information, visit www.nationaltrust.org.uk/visit/nottinghamshire-lincolnshire/woolsthorpe-manor or call the National Trust on 01476 860338.



Photo credit: National Trust Images/James Dobson



HISTORY

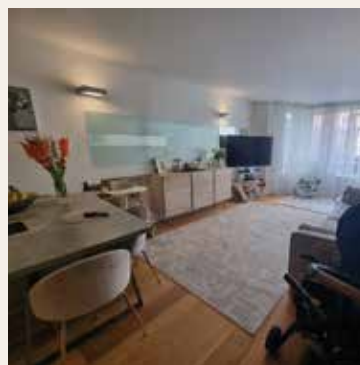
LUXE

PROPERTY & FINANCIAL SERVICES

www.luxeresidential.co.uk

info@luxeresidential.co.uk

020 3551 6141



Regency Court, South Woodford, E18 – £450,000 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 with fitted wardrobes in both bedrooms. 24hr Concierge, Gated Development and Cinema all on site.



Spring Gardens, Romford – From £1650pcm

We are offering a selection of luxury 1 and 2 bedroom apartments across three blocks in the new modern private development from £1650pcm. All the apartments, 24 in total, have been built with care and attention from the Developer and boast a fabulous range of Bosh Appliances in the kitchen (dishwasher, oven/hob, integrated fridge/freezer). Each apartment has its own private balcony, plenty of internal storage and we would highly recommend a viewing to appreciate the overall size.



rightmove
find your happy



zoopla



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

youbet!

MEET ONE OF THE UK'S WEALTHIEST BUSINESSWOMEN

The online betting industry has radically changed not just our lifestyle habits, but the way we view competitive sport too.

From an era where betting was only ever the domain of somewhat scruffy men in high street bookmakers, often with the smell of beer and cigarettes lingering in the air, to a modern reworking where the option of placing money on a sporting event can be done from the comfort of one's armchair.

The online betting market is always a topic of much debate and conjecture. Whether or not you believe there is a moral issue at play, the success of those who pioneered the industry is undisputed. When Denise Coates – who was awarded a CBE in 2012 for her services to community and business – registered the bet365 domain name in the year 2000, neither she nor co-founder John, her brother, could have foreseen the incredible changes to the industry that were to follow.

In fairness, Denise did have some previous knowledge of the industry – her father, Peter Coates, known for his chairmanship of Stoke City Football Club, had run a successful bookmaker firm, Provincial Racing, which she joined after graduating from university with a first-class degree in ergonomics.

Using a £15million loan secured against the company's betting shop estate, bet365 was one of the first to try out the untested online market, at a time when the internet was awash with uncertainty and suspicion over online transactions.

Wind forward 20 years, and bet365 is one of the leading players in the market with annual revenues of more than £2billion, thanks to more than £36billion in betting transactions each year.

Coates rewards herself tidily – her wage in 2020 was said to be £421million, which is higher than all FTSE 100 Index CEOs combined.

It is an amount that reflects perhaps not her workload, but certainly the game-changing element brought about by one of the UK's most powerful female entrepreneurs.

Photo credit: bet365



BUSINESS & PROPERTY

UNUSUAL SPORT:

DODGEBOW®

The classic 2004 box office comedy film *Dodgeball* involved what most people thought was a new sport, yet its roots actually go right the way back to the turn of the 20th century.

And yet, there is now a new take on the idea that has emerged in recent years. Utilising foam-tipped arrows that are fired from low-poundage bows, competitors created something of a hybrid between dodgeball and archery – dodgebow.

The sport was invented by three friends from Montreal, Canada. The trio had played combat archery and wanted to develop the idea further. Subsequently, the company Dodgebow was created. The sport sees two teams of up to 12 members battle for 45 minutes in a weapon-laden arena filled with inflatables which can be used as obstacles or objects to hide behind.

The aim is for the teams to gather weapons from the centre of the arena, position themselves strategically, and then eliminate each of the

opposing team's players by shooting them. A player can bring back an eliminated teammate by catching an arrow.

Dodgebow, also known as archery tag, is a rapidly growing sport and is already played in more than 30 countries around the world.

There are also extensions to the game, including Bullseye (all opposing team targets can be hit instead of striking out players), No Loyalty (a 'Blue on Blue' hit means the receiving player must change teams), and Capture the Flag (one of three opposing team flags must be taken back to your own base).

Using safe equipment means dodgebow is fun and exciting to play, with emphasis on both working as a team and individual brilliance.



Photo credit: dodgebow.com

BEEWISE

£1 ONLY

CARD MACHINE OFFER

- Free next day settlement
- Low rates
- £1 terminal rental
- 24/7 Helpdesk

MERCHANT SERVICES

Beewise with what your business needs.

Join the Beewise Family

0208 088 3086
www.beewiseltld.co.uk

SCAN ME

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 🌐 woolstonmanor.co.uk

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

ORDER YOUR BESPOKE PLATE DIRECT
WWW.TYROPLATES.COM



20% OFF ALL PLATES
WITH CODE 'VISION20'

SUPPORT LOCAL BUSINESSES



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

IS YOUR CAR TRULY SAFE?

CAR & VAN SECURITY SPECIALISTS



SMART CAR PROTECTION WITH GHOST IMMOBILISER

Greater London
& surrounding
M25 areas

7 days a week
8am to 10pm

0208 088 3140

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

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



Winter SURVIVAL KIT

YOUR WINTER CHECKLIST TO ENSURE YOU'RE PREPARED FOR THE ROAD AHEAD

If your car broke down or you got stuck in a really bad traffic situation during the winter months, would you be able to keep yourself and your family warm and safe until help arrived or you were able to be on your way again?

What to keep in your car during winter:

- ✓ A torch and batteries – do not think that you can rely on the torchlight on your smartphone
- ✓ Warm clothes such as a coat, hat and gloves, and blankets
- ✓ Ice scraper and de-icer to keep your front and rear windscreen clear
- ✓ In-car phone charger
- ✓ High-visibility clothing
- ✓ Jump leads or jump-start cables
- ✓ An empty fuel can
- ✓ Food and drink, including a hot drink in a flask
- ✓ Shovel in case of a snowstorm or blizzard
- ✓ Two warning triangles
- ✓ A pair of sunglasses to minimise glare from the winter sun

POWDERY checklist

Before each journey during the colder and darker months of the year, it can be a good idea to go through the POWDERY checklist.

P is for petrol (or diesel). Do you have enough petrol/diesel? Do you know where you can fill up?

O is for oil. Check your oil levels before you leave.

W is for water. Check both your radiator and your screen washer.

D is for damage. Check your wipers and lights for signs of wear and tear. Make sure your windscreen and windows are free from snow and ice.

E is for electrics. Check that your lights, indicators and controls are working as they should.

R is for rubber tyres. Make sure that your tyres are well inflated and free from damage.

Y is for you. Are you fit to drive? Have you slept well? Are you taking any medication that could affect your ability to drive safely?



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

ARCH ELECTRICAL SERVICES LTD

Domestic and Commercial Electrical contracting company covering Essex. Design, installation, maintenance. Contact us on 07986 663793 | @APElectricalEssex

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

ACROSS: 1. RADIATOR, 5. OSLO, 9. FACET, 10. CULPRIT, 11. INHOSPITABLE, 13. ANYHOW, 14. ASKING, 17. SIGNIFICANCE, 20. GYMNAST, 21. EXULT, 22. SNAG, 23. ANATHEMA
DOWN: 1. RIFT, 2. DECEIT, 3. ASTROLOGICAL, 4. OCCUPY, 6. SHRUB, 7. OUTWEIGH, 8. OLD TESTAMENT, 12. PASSAGES, 15. INCLUDE, 16. LISTEN, 18. GAMMA, 19. ETNA



PUZZLES & TRIVIA

PUZZLES

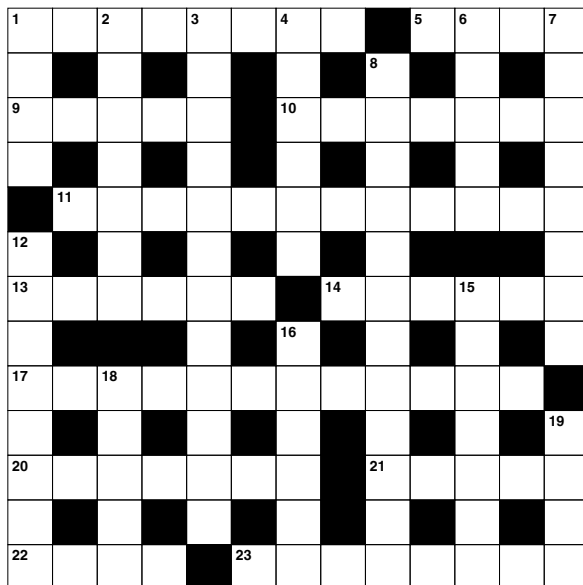
Answers: see end of The VISION Listings

ACROSS

1. Object that gives out heat (8)
5. Capital of Norway (4)
9. One side of a gem (5)
10. Guilty person (7)
11. Unfriendly (12)
13. In a careless manner (6)
14. Requesting (6)
17. Importance (12)
20. Flexible athlete (7)
21. Show triumphant joy (5)
22. Obstacle (4)
23. Formal curse by a pope (8)

DOWN

1. Crack (4)
2. Propriety and modesty (7)
3. Relating to horoscopes (12)
4. Hold a position or job (6)
6. Small woody plant (5)
7. Be heavier than (8)
8. First part of the Bible (3,9)
12. Corridors (8)
15. Have as a part (7)
16. Heed (6)



18. Third Greek letter (5)
19. Volcano in Sicily (4)

DID YOU KNOW?

- Reindeer hooves are specifically adapted for their environment. The cloven shape spreads their weight more evenly, helping them to walk across snow and soft ground, while their sharp edges provide traction in icy conditions.
- Some types of reindeer do actually have red noses as a result of densely packed blood vessels, which help to regulate their body temperature.
- In spring, reindeer sometimes form super-herds of 50,000 to 500,000.
- Reindeer fur is hollow, helping to trap air and providing insulation to stay warm. This also makes them excellent swimmers.
- Reindeer migrate an average of 12 to 34 miles per day, travelling as much as 3,100 miles each year in their search for food.

SUDOKU

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

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



*Terms & Conditions apply

Make your Christmas dreams come true – enjoy a **WHITER SMILE!**

INITIAL CONSULTATIONS FOR SAFE, EFFECTIVE TOOTH WHITENING ARE **FREE**

020 8504 2704
improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST

