



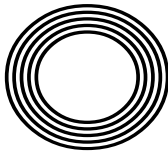
TOP 4
TIPS TO
PREVENT
AGEING

EASTER TRADITIONS
from around the world

Radish Ready
How to use the veg of the season

RAYE

Singer makes history on her rise to fame



FREE

Photo credit: BBC Studios/Michael Leckie



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





Editor's notes...

MARCH 2024



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** SouthWoodford. It's been a busy few weeks, and it's good to see when I've been visiting local businesses that they've reported an increase in customers. Business has also been good here at **VISION**, where we offer unique ways to measure the response to advertising. To find out more, please get in touch.

One thing I've noticed when I've been out and about is how seemingly insurmountable challenges quickly become part of our everyday lives. Whether it's the cost-of-living crisis or issues with recruiting new members of staff, there's always challenges for us to worry and complain about.

However, we all figure out new ways to live our lives to deal with these issues. It's part of the human condition that we are driven and resilient to overcome challenges.

More people seem to be talking about mental health these days. One of the best tips I've heard if you're feeling anxious or depressed is to write down the top 10 things that are bothering you, then put a cross through all the ones you can't control. For example, if you're worried about war in other countries, there's not much you can do to fix this, so put a cross through it. But if you're worried about your business not doing well, this is within your control, so you can start planning ways to make improvements.

Finally, I hope you have a lovely Easter with Family and Friends.

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

All pages are recyclable

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



The bathroom you have always dreamed of



YOUR DESIGNER BATHROOM

Visit our showroom and see the latest bathroom ranges
 Bathworks can offer supply only, or arrange supply & fit

196 High Road, Woodford Green, Essex IG8 9EF

Tel: 020 8504 1765

Email: lloyd@bath-works.co.uk

www.bath-works.co.uk



Barbie's BIRTHDAY BASH

LEARN THE HISTORY OF THE ICONIC DOLL THIS WORLD BARBIE DAY, ON MARCH 9, AS BARBIE TURNS 65!

Barbie made her grand entrance into the world in 1959 at the American International Toy Fair in New York. She was sporting a blonde ponytail and black and white swimsuit – and was an instant hit. She was the brainchild of Ruth Handler, co-founder of Californian toy company Mattel.



Ruth Handler

Barbie was special because she had an adult body shape. Back then, most dolls were shaped like babies or young children. But when Handler watched her young daughter play with a German fashion doll on a family holiday in 1956, it sparked an idea.

Handler hoped that the new doll would help girls dream big, and over the years,

Barbie has had around 200 careers, including astronaut, Olympic athlete, and US presidential candidate. She's even worked at McDonald's.

Since 1961, she's been in a relationship with her boyfriend, Ken. And in 1962, she got her first Dreamhouse!

Over the years, Barbie has changed. She's had a range of

haircuts and hair colours. And in 1970, she became fully poseable – she didn't just bend at the knees and twist at the waist; she could do the splits. Her side-glancing eyes now gazed forward, and her pursed lips turned into a pearly white smile.

However, the first African-American and Hispanic Barbies didn't hit the shelves until 1980. We also had to wait until 1997 for her figure to become more realistic, with a larger waist and smaller breasts. In 2016, things went a step further with Barbies in three new body types: tall, curvy and petite.

There's also a wheelchair-user Barbie, introduced in 2020, and there are Barbies with hearing aids and prosthetic legs. Last year, British model and actress Ellie Goldstein unveiled a new Barbie with Down's syndrome, the condition she has herself.

In the 2023 movie, Barbie and Ken live in the perfect world of Barbie Land before being transported to the real world, where they discover the challenges of human life.

Barbie was one of last year's most talked about

films and earned nearly £1.12billion at the box office, becoming Warner Bros.' biggest global success to date – even ahead of *Harry Potter*. It was also nominated for eight Oscars and sparked a love of all things pink and the Barbiecore trend.

But did you know that all the Barbie Land scenes were filmed not in sunny Los Angeles but at the Warner Bros. Studios in Leavesden, near Watford, Hertfordshire?

SIX FUN-FILLED BARBIE FACTS

- ★ Her full name is Barbara Millicent Roberts.
- ★ Her boyfriend Ken was named after Ruth Handler's own son, Kenneth.
- ★ Barbie originally cost just \$3.
- ★ 100 Barbies are sold every minute.
- ★ She's owned outfits by Oscar de La Renta and been painted by Andy Warhol.
- ★ The most expensive special edition Barbie, complete with authentic diamond jewellery, was sold for £300,000 in 2010.

photo credit: Barbie.com, shopping.mattel.com

'HANDLER HOPED THAT THE NEW DOLL WOULD HELP GIRLS DREAM BIG AND OVER THE YEARS BARBIE HAS HAD AROUND 200 CAREERS'

Spring EQUINOX

Spring is finally on its way, but when does the season actually start? If you're confused, it's not surprising. That's because there are two different types of spring – one based on weather patterns and the other on the positions of the Earth and the Sun.

ALL ABOUT WEATHER

The spring that depends on the weather is called meteorological spring and is all about making things easy. The year is split into four seasons, each lasting for three months. So, according to meteorology, spring begins on March 1 and lasts until May 31.

ASTRONOMICAL SPRING

Astronomical spring depends on the Spring Equinox – the date when day and night are pretty much the same length, wherever you are. This date varies very slightly from year to year. But it always falls between March 19 and 21 – and this year it falls on March 20.

WHAT IS THE SPRING EQUINOX?

The Spring Equinox happens because the Earth is tilted, not straight. As our planet travels around the Sun, spinning as it goes, most places get more sunlight at some times of year than at others. It all depends on whether your part of the planet is leaning towards or away from the Sun, and this is what gives us our seasons.

During the Spring Equinox, the Sun is directly over the Equator. This means the Earth's tilt isn't leaning toward or away from the Sun – so the days and nights are almost equal wherever you are in the world.

WHY DOES THE DATE VARY?

The date of the Spring Equinox varies because it takes the Earth around 365 days to orbit the Sun – but not exactly. We adjust for this with a leap year every four years, but the timing still isn't perfect.

Now that you know all about spring dates, go out and enjoy the wonders of the season!

EST. 1888

HAROLD WHITE

INDEPENDENT FUNERAL DIRECTORS



Independent family funeral directors since 1888. We can help with everything from low-impact sustainable services to traditional funerals. Please get in touch.

OUR LOCATIONS:

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

24 HOUR SUPPORT

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

haroldwhitefunerals.co.uk

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

SCAN ME

KINDRED

CUSTOM TATTOO · BODY PIERCING · ART COMMISSIONS

KINDRED TATTOO
www.kindredtattoo.co.uk
STUDIO@KINDREDTATTOO.CO.UK 0208 506 0826

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

Ryancare fostering
Part of National Fostering Group

Ofsted
Good Provider



BEAUTY



PREVENT & protect

As the saying goes, prevention is better than cure, and this couldn't be more true than when it comes to caring for your skin.

wrinkles, as well as resulting in clearer, less acne-prone skin.

2. Load up on vitamins

As your skin starts to age, you may experience issues such as larger pores, facial redness and an uneven skin tone. To combat this, look for skincare that contains ingredients such as vitamin C, which is known for brightening the skin, and vitamin A, which can help to protect from sun damage.

3. Consider a weekly retinol serum

Retinol has the ability to actively boost collagen in the skin, smooth fine lines and wrinkles, and minimise pigmentation. If you have not used retinol before, then you should start slowly (once or twice a week) and gradually increase if needed.

4. Apply products gently

By gently pressing creams, serums and oils into your skin, instead of rubbing, you will enjoy all the benefits of the ingredients of your chosen skincare products without any of the damage of application.

WHAT IS PREVENTATIVE SKINCARE?

Preventative skincare, as opposed to skincare repair, is concerned with the prevention of the ageing of the skin. Typically, this type of skincare routine is best suited to those in their 30s and 40s, although people in their 50s and beyond who do not have too many deep-seated wrinkles can also benefit from this process. If you are a smoker or your skin has had a lot of sun exposure, preventative skincare is even more vital if you want to keep your skin looking younger for longer.

HOW CAN I ADOPT A PREVENTATIVE SKINCARE ROUTINE?

1. Focus on facials

Dry and dehydrated skin shows signs of ageing much more readily than plumped-up, hydrated skin. Fortunately, a facial that cleanses, exfoliates and hydrates can help to prevent fine lines and

HATS ON FOR HOPE



This month marks Brain Tumour Research charity's Wear a Hat Day 2024, which takes place on March 28, 2024. This annual charity event raises funds and awareness in the fight to find a cure for brain tumours. You can take part by hosting a hat-themed fundraiser or doing a hat-related challenge, like running while wearing a hat you've created yourself.

In 2024, hat trends for both men and women offer many stylish choices for a variety of occasions. From protecting your head from the sun to keeping your head warm on chilly days, there's a hat for every occasion.

BUCKETS OF STYLE: One style that's bang on trend is the bucket hat, with many top designers offering their own take on this retro classic. As the weather warms up, these hats provide good sun protection while adding a touch of retro flair. They pair effortlessly with casual jackets, t-shirts and denim, making them a spring wardrobe must-have.



FEDORA FINESSE: Named after a character in a 19th-century play, fedora hats are another popular and versatile choice for spring. They'll add a touch of sophistication to your outfit without being too fancy. Team your fedora with jeans and a t-shirt for a relaxed look, or throw it on with a simple dress to bring a chic touch to something casual.



BERET GOOD: With its combination of French flair and elegance, the beret trend has seen a spectacular revival for both men and women in the last year or so. These days, you can buy them in all sorts of materials in addition to wool – think distressed canvas, leather and even suede. Berets shine brightest when paired with a monochrome outfit; it's all about letting the beret steal the spotlight.

For more information about fundraising for the Brain Tumour Research charity, visit braintumourresearch.org or call 01908 867200.

WEAR A
HAT DAY

Photo credit: braintumourresearch.org

SUPPORTED BY
novocure

Embrace Harmonious Family Life at ParentsHQ

Welcome to ParentsHQ, where we elevate parent-child connections to an art form! Our renowned expert, with over a decade of brilliance in family dynamics, crafts transformative journeys that leave a lasting legacy on families worldwide. Immerse yourself in the profound impact of ParentsHQ, witnessing firsthand the enchantment of our expert's guidance. With a rich history of steering families toward happiness and harmony, our bespoke experiences and tailored advice illuminate the path to a more cohesive and fulfilling family life.

Don't miss out on this transformative journey – join ParentsHQ today! Become part of a vibrant community where stronger bonds and enriched family lives aren't just imagined but realized. Your extraordinary family adventure awaits!

What we offer



Online Signature Program
Tailored for today's parenting challenges.



Parenting Confidence
Feel empowered and confident in your parenting journey.



Children's Self Esteem
Foster an environment where your children thrive.



Family Bonds
Reconnect and strengthen your family ties.



Coaching Session
One-on-one online and face-to-face coaching sessions are tailored to help you overcome your parenting challenges.

Qualifications and Experience

- Over 10 Years of Coaching and Mentoring
- Certified NLP Practitioner & Accredited Coach
- Diploma from Worldwide Coaching Academy, safeguarding certifications, DBS clearance.
- A track record of re-establishing trust and balance in family lives.

ParentsHQ is more than coaching; it's a journey towards:

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

Book Your Free 60-Minute Consultation Today!

Embark on a transformative journey toward positive change. Secure your spot for a Free 60-minute consultation and begin reshaping your family life.

Let's Spark a Connection!
Join us on Social Media Now!

ParentsHQ @ParentsHQ Explore more @ParentsHQ

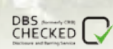
Join us at ParentsHQ and start your journey towards a happier, balanced family life!

Book Now for Your Consultation!

narjeet@parentshq.co.uk
parentshq.co.uk
0208 088 3189



Scan the QR code to book your free call now!



EXPERIENCE CRYSTAL-CLEAR VISION BOOK YOUR EYE EXAM TODAY

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

SPECIALIST TESTING: Diabetes • Glaucoma • VDU Schoolvision • Dyslexia • Low vision assessment

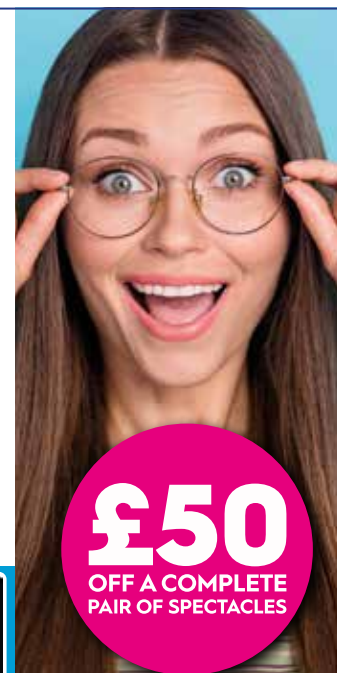
☎ 0208 088 3496 🌐 www.careoptics.co.uk

✉ woodford@careoptics.co.uk

📍 14 The Broadway, Woodford Green, IG8 0HL



CALL US TODAY TO MAKE AN APPOINTMENT



£50
OFF A COMPLETE
PAIR OF SPECTACLES

Ask for details.
Terms and conditions apply.

NEW ELEMENT MMA Chigwell

Fun, Friendly, Safe, GI/No Gi Brazilian Jiu Jitsu & MMA for kids from 4 -15 years
IBJJF & UKBJJA certified instructors

Fitness HQ Combat Studio, Chigwell Hall, High Road, Chigwell, IG7 6BD
07985 288 256
www.newelementmma.co.uk

Put the Cleaning of Your Home in Our Expert Hands
Imagine if you no longer had to find the time to clean during your evenings or weekends.

BRIGHT & BEAUTIFUL
A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU
Call or email today to find out more
walthamstow@brightandbeautifulhome.com
0203 131 4668
brightandbeautifulhome.com

Hertfordshire ageUK

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.

All about ROSACEA

Rosacea is a common skin condition, but sadly one that is often poorly understood. Estimated to affect 415 million people worldwide, read on to discover everything there is to know about this long-term affliction.

What causes rosacea?
Although the exact cause of rosacea is unknown, there are a few potential causes, including abnormalities in the blood vessels of the face and a reaction to microscopic mites commonly found on the face.

What are the symptoms of rosacea?
Some of the most common symptoms of rosacea include:
Flushing of the skin, particularly on the face | Burning and stinging sensations | Permanent redness | Spots (papules and pustules) | Small blood vessels in the skin becoming visible

What triggers rosacea?
There are several triggers that have been identified that may make rosacea worse. These are as follows:
Exposure to sunlight | Stress | Strenuous exercise | Hot or cold weather | Hot drinks | Alcohol and caffeine | Spicy foods

How to treat rosacea
For most people with rosacea, a combination of self-help measures and medication offer the most effective results, including:

- Avoiding known triggers
- Topical medications such as creams and gels which are applied directly to the skin
- Oral medications such as antibiotics for more severe spots
- IPL treatment which uses intense pulsed light to alleviate redness, inflammation and uneven skin tones. For best results, book three to six sessions

Living with rosacea
As a chronic condition, rosacea can have an adverse effect on not only your physical health but also your mental wellbeing. Many people with rosacea experience feelings of low self-esteem as well as frustration. It can be helpful to talk to your GP about options for how to manage rosacea, and you could also join a support group.

Proper PUSH-UPS

Great for building upper body strength, burning calories and improving posture and balance, push-ups are one of those exercises that can transform your overall fitness and strength. However, they only work if you have the correct form.

HOW TO DO PUSH-UPS CORRECTLY

- > Place your hands on the floor shoulder width apart or slightly wider.
- > Make sure that your hands are angled in a way that feels comfortable for you.
- > Place your toes on the floor shoulder width apart or slightly wider so you end up in a high plank position.

your knees on the ground. This makes push-ups easier as you are pushing less of your body weight off the ground.



Incline push-ups

Place your hands on a bench or sofa rather than directly on the floor and follow the above instructions. Again, this requires you to push less body weight which makes the movement easier than a traditional push-up.



Decline push-ups

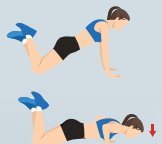
If you want more of a challenge, then place your feet on a bench, the sofa or a medicine ball and then follow the same instructions as above. This is great for working your upper chest more.



PUSH-UP MODIFICATIONS

Push-ups on your knees

If you are struggling to perform a full push-up, follow the above instructions but, this time, with



HOW MANY PUSH-UPS SHOULD I DO?

If you are a beginner, start with 5-10 reps per workout and gradually increase. Make sure you take rest days to allow time for your body to recover.



THE FACE ALCHEMIST



Mothers Day Special

Facial & back massage £150 instead of £180

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

252a High Road,
Loughton IG10 1RB



0208 088 2870
www.thefacealchemist.com



SCAN ME

Body Alchemist

AESTHETIC PRACTITIONER

Experienced & Qualified, Providing Treatments Tailored For You



FEEL COMFORTABLE & CONFIDENT IN YOUR OWN SKIN

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

0208 088 3469 • www.bodyalchemist.co.uk
252a High Road, Loughton, IG10 1RB



SCAN ME



SOIRÉE



THE TURKISH RESTAURANT FOR FOOD LOVERS

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

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

PRIVATE HIRE FOR UP TO 150 GUESTS


Suitable for all occasions such as birthdays, weddings & celebrations

SET MENUS AVAILABLE FOR GROUPS

TO MAKE A RESERVATION

 www.soireerestaurant.co.uk

 0208 088 4289  info@soireerestaurant.co.uk

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



SCAN ME

GRAVE(Y)

DANGER!

You can't have a roast dinner without gravy, so what do you do if the worst happens and it all goes wrong? Discover four of the most common mistakes when making gravy. Plus, how to quickly fix them.

HOW TO MAKE YOUR OWN GRAVY

Ingredients:

- > 2 tbsp butter
- > 2 tbsp plain flour
- > 150ml port
- > 1.6l chicken, turkey or beef stock or broth
- > Meat juices from your roasting pan (optional)

How to make:

- > Heat the butter in a pan or in the roasting tin containing the meat juices from your roast.
- > Scatter over the flour and stir until you have a dark, sandy paste (known as making a roux).
- > Splash in the port and cook down until sticky.

- > Stir in the stock or broth and simmer for five minutes.
- > Decant into a gravy jug to serve.

LUMPY GRAVY

To prevent lumps in your gravy, use a whisk rather than a spoon to stir, and make sure that you make a roux rather than just adding a thickener such as flour or cornstarch directly to the mixture.

TOO THICK GRAVY

If your gravy is too thick, or even gummy, you have probably added too much thickener. Ideally, when your gravy is hot it should be thick enough to coat the back of a spoon but not stick to it like glue. To remedy this, gradually add more broth or stock until you have the desired consistency.

TOO THIN GRAVY

The role of gravy is to coat your potatoes and meat, but it can't do this if it is too thin. To rectify this, you can try cooking it for longer so that some of the liquid evaporates, or you can make a slurry to add to the gravy (a combination of flour and broth or water).

TOO GREASY GRAVY

To remove grease, deglaze your roasting pan with either broth or wine and then pour the liquid into a fat separator or measuring cup. This will help to loosen the tasty bits at the bottom of the pan while helping to get rid of any fat.



FOOD & DRINK

Le Mahzen Chocolatier



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 March 2024.

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

Get your RA-DISHES ready

Although most people tend to only eat radishes raw in salads, there are actually so many exciting ways that you can enjoy this jewel-toned vegetable. Here are five wonderful ways to cook with radishes, which are in season this month.

WHAT DOES A COOKED RADISH TASTE LIKE?

If you're not a fan of the peppery and spicy taste of raw radish, you'll be pleased to hear that cooked radishes are a lot more mellow and juicy. Texture-wise, they are similar to a cooked potato and simply melt in the mouth.

HOW TO COOK WITH RADISHES

BRAISE THEM: Radishes are perfect for braising as they absorb all the flavourful liquid and become sweet and juicy. A great alternative to potatoes, try radishes in your next meat or vegetable stew.

ROAST THEM: Nearly all root vegetables respond well to roasting, and radishes are no exception. You can roast radishes in just 10 minutes, and they quickly begin to caramelise.

GRILL THEM: Whole or halved, radishes can be grilled with just a little oil or butter and develop a lovely smoky taste. Perfect for your next barbecue.

SAUTÉ THEM: Don't forget that you can also eat radish tops, either raw like lettuce or cooked. For best results, stir-fry or sauté the tops or blanch as greens and blend with garlic, nuts and cheese to make a pesto.

PICKLE THEM: If you want to retain their crunch, radishes can be pickled by tossing them in equal amounts of red wine vinegar and caster sugar. They are also a great addition to homemade kimchi.

OUR FAVOURITE RADISH RECIPES:

- > Pickled red onion and radishes
- > Brown butter-basted radishes
- > Roasted radish and feta salad
- > Braised radishes with garlic, white wine, dill and mint.

GREAT BRITISH INTERIOR DESIGNER: KATHARINE POOLEY

LONDON



Katharine Pooley has build up her renowned interior design business over the last 18 years, earning multiple accolades while working all over the world to transform homes and create incredible spaces.

With her elegant, classic styling, Katharine Pooley's portfolio serves as the perfect inspiration for decorating your own home.

BRITISH STYLING WITH INTERNATIONAL INFLUENCES

Katharine Pooley has travelled the world, using her adventures as the inspiration for her designs. But despite these influences, many looks feel quintessentially British, making the most of traditional features and making them at home among more modern details. Her work includes a mixture of country houses, city living and international residences, with each project resulting in a completely unique look. Neutrals serve as the perfect base for Pooley's visions, with the detail coming through in the accent colours and textures that bring the spaces to life.

Pooley's designs are timeless and multi-layered to create intriguing styles. She also has her own home accessories line, allowing you to bring some of her work directly into your home.

HELPFUL HINTS FOR RECREATING THE KATHARINE POOLEY LOOK

While each of Katharine Pooley's projects is unique, there are some themes that run throughout her portfolio. Some of the ways you can emulate Pooley's style include:

- » Keep spaces light to help make them feel larger. You can contrast with darker shades to add some detail – blues and greys are a popular choice in Katharine's work.
- » Incorporate statement lighting to help make your space unique. You can pick up affordable light fixtures from a range of retailers.
- » Metallic details such as gold accents on furniture and lighting add a little luxury without being overpowering. Consider changing the handles and hardware of your furniture to add subtle glamour.
- » Use fresh flowers and greenery to make a space feel warmer and more homely – homes should look lived in, and this can instantly add a more personal touch.

With the right styling, you can create your own Katharine Pooley-inspired space that has a classic, timeless feel even in the most modern of homes.

Photo credit: katharinepooley.com, @katharine Pooley ltd via Instagram



**PERFECT FOR
10 - 30
PEOPLE**

**WITH OWN
PRIVATE BAR
& TERRACE**

**THE IDEAL
SETTING FOR
SMALLER
INTIMATE
GATHERINGS
& GET
TOGETHERS**

*The Greenery
& Courtyard*

**A Stunning Hidden Gem in the
heart of Woodford Green also
available for private hire**

SEASONS

BAR | FUNCTION ROOMS | GARDEN | LIVE MUSIC | LIVE SPORT | QUIZ NIGHTS | FRESH PIZZAS

15 THE BROADWAY, WOODFORD GREEN, IG8 0HL | T: 020 8506 6419 | WWW.SEASONSBAR.CO.UK | INFO@SEASONSBAR.CO.UK

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



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



BEST PLANTS

for your living room

TOP FIVE PLANTS TO GROW IN YOUR LIVING ROOM

The living room is often the most used space in a home, where everyone comes together to unwind and relax. Whether you are looking to create a warm and welcoming atmosphere or you want a stylish haven, there is a houseplant for every type of living room in the below list.

SPIDER PLANT

If you love hanging plants, then the spider plant is exactly what you need for your living room. Choose to hang them in baskets or draped down over shelves for a stylish and elegant look. These plants prefer bright light but can adjust to low light if needed.

PEACE LILY

The peace lily is a pretty plant that showcases shiny leaves and delivers stunning spoon-shaped flowers. Ideal for complementing contemporary-style living rooms. Place a peace lily on your coffee table, bookcase or shelf near a window for best results.

SNAKE PLANT

If you have a history of killing plants, then the snake plant is the perfect choice for you. This plant, which thrives on neglect, boasts striking upright spikes that demand to be noticed in any space. If you are lacking light in your living room, don't worry, as the snake plant only needs low to moderate light to survive.

COIN PLANT

The coin plant is a compact plant that is best suited to smaller spaces. Also known as pilea, this houseplant has small, rounded leaves that add just enough colour to uplift the ambiance of your living room. The coin plant loves light, so place it directly on your windowsill or on a table nearby.

ARECA PALM

A tropical plant that guarantees to make an impact, the areca palm is ideal for large and bright living rooms. Plant in a statement pot and then sit back and wait for the compliments to roll in.





A GUIDE TO CHOOSING MATTE VS...

Confused about the difference between matte and satin paint? Not sure which finish to use in which parts of your home? Here's our guide to which paint you should choose for your next project.

WHAT IS THE DIFFERENCE?

The main difference between matte and satin paint is the finish. Satin paint provides a shinier finish, whereas a matte paint finish is more flat. More specifically, satin finishes have between 25 and 35 per cent gloss and matte finishes have between five and 10 per cent gloss. This means that satin paint reflects as much as three to five times more light than matte paint.

WHAT ARE THE PROS AND CONS OF MATTE AND SATIN PAINT?

Matte paint pros: Covers imperfections well ✓ Easy to touch up ✓ Provides good depth of colour ✓
Matte paint cons: Difficult to clean ✗ Holds dirt ✗

Satin paint pros: Easy to clean ✓ Reflects more light ✓ More durable and long-lasting ✓
Satin paint cons: Does not hide imperfections ✗ Hard to touch up ✗

WHERE TO USE MATTE AND SATIN PAINT AT HOME

Matte paint: On the ceilings, walls in the bedroom, dining room and living room.
Satin paint: In high-traffic areas such as bathrooms, the kitchen and children's rooms and on windows, doors and trims.

WHICH IS BETTER: SATIN OR MATTE PAINT?

If you want a rich, dark and dramatic colour, then matte paint is the perfect choice as it boasts a low-sheen finish. However, if you want to paint a room in a more neutral shade or lighter tones, then satin paint is preferable as it reflects light more effectively. Satin paint is much more flexible but you do need to apply it carefully, whereas matte is easy to use and dries more quickly.

SATIN PAINT IN YOUR HOME



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



CITYBEDS NO-ONE DOES BEDS BETTER!

Est. 43 Years



STACKS of MATTS
£89 to £1,999



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

4'6 Ottoman
Set with 1000
Pocket Matt

**WAS
£959
now**

*** £759**



*In 35 Colours

Huge Stocks
= Fast Delivery

**WE ONLY SELL 100%
BRITISH MADE
MATTS + BASES**



0208 501 2426 OPEN 7 DAYS

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

RAYE

A photograph of the singer RAYE performing on stage. She is wearing a dark, strapless, sequined dress with a high slit. She is holding a microphone in her right hand and has her left hand near her face, looking upwards with a joyful expression. The background is dark with bright stage lights and a large, glowing 'RAYE' logo.

TALENTED YOUNG SINGER BREAKS BRIT AWARDS RECORD

After topping the UK charts, RAYE has also broken the record for the most BRIT Awards nominations ever received by one artist; yet the singer/songwriter has been waiting in the wings for more than a decade.

They say revenge is best served cold, and yet South London soloist RAYE (AKA Rachel Keen) is the hottest thing in music right now.

In January, the soulful sweetheart made BRIT Awards history by becoming the first artist to score seven nominations in a single year – including in the top category of Album of the Year for *My 21st Century Blues*, a stonking tour-de-force of a record that effortlessly melds pop, deep house, hip-hop, funk and R&B, with RAYE both spitting out rhymes and crooning like a nightingale.

Fresh from breaking records at the BRIT Awards, RAYE was also named best female act at the MOBO Awards, held in Sheffield on February 7.

Her lyrics are frank, raw and bruisingly honest, with many a mention of the industry that left her marooned in music's wilderness for years. For though her name may be new to the ears of many, RAYE has been making music since she was in her teens and landed her first record deal in 2014 with Polydor after wowing with the self-released EP *Welcome to the Winter*.

By 2021, Raye was understandably dismayed with her label and vented frustrations on social media site X, writing: "I have been on a four-album record deal since 2014! And haven't been allowed to put out one album. All I care about is the music. I'm sick of being slept on and I'm sick of being in pain about it."

Eventually taking matters into her own hands, RAYE left Polydor and released *My 21st*

AFTER MANY YEARS OF BEING STUCK ON THE SIDELINES

Century Blues independently. Not only was the album critically acclaimed, but it also missed out on a number-one chart spot by the thinnest of margins, garnered a nod at the Mercury Prize, and led to RAYE scoring a win at the Ivor Novello for the single, *Escapism*.

Now thoroughly vindicated, the 26 year old can focus all her energy on the artistry so dear to her. However, despite her frustrations regarding the major label machine, RAYE amassed a cadre of songwriting credits – for the likes of Beyoncé, Rihanna and John Legend – and guest spots for other artists during her time at Polydor. In 2016, she scored a top-three hit with her guest vocals on Jax Jones's *You Don't Know Me*, and more recently, her Joel Corry and David Guetta collaboration *BED* was in the running for British Single of the Year at the 2022 BRIT Awards.

Raised in a musical household, RAYE's father was a musical director at a local church which boasted a gospel choir that both RAYE and her mother sang in. In her early teens, she attended Croydon's renowned The BRIT School but dropped out after two years as she felt "confined... despite learning an extensive amount", going on to release her debut EP at the age of 16.

On the track *Mary Jane*, RAYE sings: "Look what they done to Amy," in reference to Amy Winehouse. Certainly, there are musical comparisons between RAYE and the late South Londoner whose own prolific musical output was both profoundly honest and heart-breaking.

However, unlike Amy, it appears that RAYE's dark days are firmly behind her. Not an artist who craves the triumph or the attention of the accolades now flooding her way, but after so many years of frustration, they are nothing but deserving.

'Essex is unique to me, as are its people'



Despite living in the Cotswolds since the early 1980s, renowned British author Dame Jilly Cooper still remains an Essex girl at heart.

Born in Hornchurch on February 21, 1937, and residing in a house in Osborne Road, Jilly's early years may have been beset with the trials of the Second World War – not least given that her father was serving at the time – yet the inconsistency of those years undoubtedly led to creativity and discovery; the perfect ingredients for an author!

The inspiration began as war unfolded, with Jilly and her brother sent to Yorkshire to get away from London and its surrounding counties – an obvious target for German bombers.

Relocating to Surrey, then Wiltshire, after the cessation of war, her attempts at a career in national journalism were unsuccessful, yet she landed a job at the *Middlesex Independent*. From there, she ascended to arguably her journalistic pinnacle – a column in *The Sunday Times* and, later, *The Mail on Sunday*.

Jilly's witty wordplay resonated with readers and led to her first book, *How To Stay Married*, in 1969. Her fiction career took off in the 1970s with her series of novels blending humour, romance and social observations.

The *Rutshire Chronicles* books, starting with *Riders* in 1985, also sparked *Rivals*, *Polo*, and others, catapulting her to international fame.

Cooper's connection with Hornchurch is as valued to her as her career, and she often speaks fondly of a county she was forced to depart much earlier than she would have liked. "My novels have often been about the upper echelons of society, and that's why I love Essex so much. It is a working man's heartland, with graft, energy, personality and naughtiness, at all levels of the social spectrum.

"Essex is unique to me, as are its people." Jilly often makes pilgrimages back to her home county, and her adopted Labrador/collie cross rescue dog also comes from Essex, having been rescued by Battersea Dogs Home.

Photo credit: Ken McKay/ITV/Shutterstock

HEXAGON

PLUMBING & ELECTRICAL

- BATHROOM SHOWROOM
- BOILERS
- UNDERFLOOR HEATING
- COMPLETE INSTALL OF BATHROOMS
- MINOR WORKS & REPAIRS
- ESTABLISHED FOR OVER 10 YEARS



CONTACT US TODAY

0208 088 2970

hexagonplumbing@gmail.com



PROVIDING ALL YOUR
PLUMBING & HEATING
SOLUTIONS



MACMILLAN
CANCER SUPPORT

The Amigo's



It's Time to Book your Seats to our
Breast Cancer Fundraiser

Join Us on Friday 5th April 2024
at Blakes Golf Club - CM16 6RZ

£55
per seat
(Ticket only event)



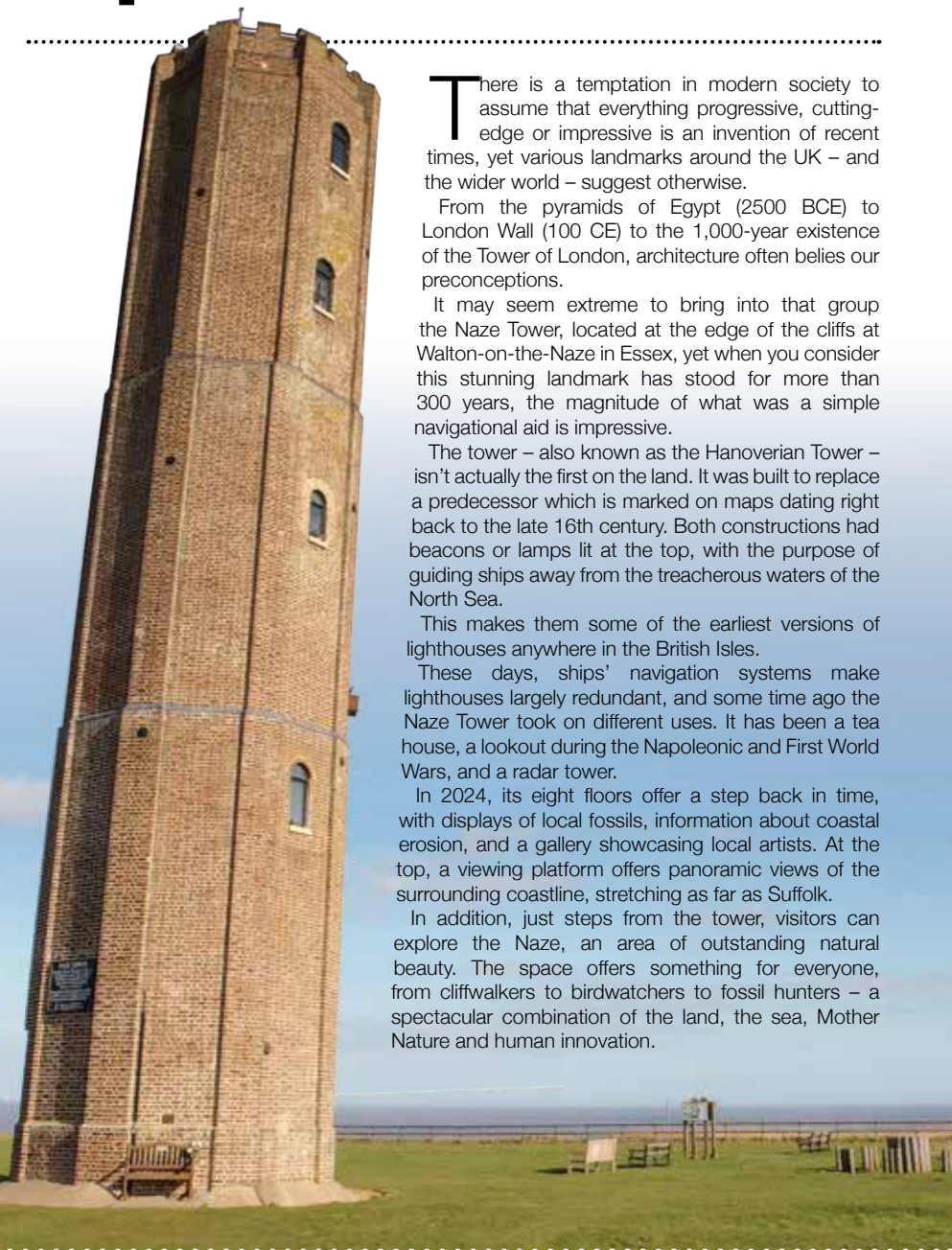
Includes a
3 Course Meal
& Entertainment

Deposit required upon Booking
Tickets on sale until 15th March 2024

Mark: 07956 551418
Ray: 07544 843325



Three centuries of the spectacular Naze Tower



There is a temptation in modern society to assume that everything progressive, cutting-edge or impressive is an invention of recent times, yet various landmarks around the UK – and the wider world – suggest otherwise.

From the pyramids of Egypt (2500 BCE) to London Wall (100 CE) to the 1,000-year existence of the Tower of London, architecture often belies our preconceptions.

It may seem extreme to bring into that group the Naze Tower, located at the edge of the cliffs at Walton-on-the-Naze in Essex, yet when you consider this stunning landmark has stood for more than 300 years, the magnitude of what was a simple navigational aid is impressive.

The tower – also known as the Hanoverian Tower – isn't actually the first on the land. It was built to replace a predecessor which is marked on maps dating right back to the late 16th century. Both constructions had beacons or lamps lit at the top, with the purpose of guiding ships away from the treacherous waters of the North Sea.

This makes them some of the earliest versions of lighthouses anywhere in the British Isles.

These days, ships' navigation systems make lighthouses largely redundant, and some time ago the Naze Tower took on different uses. It has been a tea house, a lookout during the Napoleonic and First World Wars, and a radar tower.

In 2024, its eight floors offer a step back in time, with displays of local fossils, information about coastal erosion, and a gallery showcasing local artists. At the top, a viewing platform offers panoramic views of the surrounding coastline, stretching as far as Suffolk.

In addition, just steps from the tower, visitors can explore the Naze, an area of outstanding natural beauty. The space offers something for everyone, from cliffwalkers to birdwatchers to fossil hunters – a spectacular combination of the land, the sea, Mother Nature and human innovation.



- ✦ CURTAINS
- ✦ BLINDS
- ✦ SHUTTERS
- ✦ RE UPHOLSTERY
- ✦ WALL COVERINGS
- ✦ SOFT FURNISHINGS
- ✦ INTERIOR DESIGN

With 35+ years of industry expertise, we specialize in offering tailored solutions for curtains, blinds, and all other soft furnishings. Our extensive selection of fabrics, poles, and remote control options ensures a customized experience for every client.

At Dolly's, we are dedicated to bringing your vision to life, with the highest quality design standards. Scan the Qr code to explore our website and social media for inspiration and testimonials, featuring our award-winning services.

📍 Visit us in store at:

Crate 14,
Crate Business Park,
Oakwood Hill,
Loughton
IG10 3FU

----- For all enquiries call 0208 523 9600 or email sales@dollysinteriors.co.uk -----

YOUR LOCAL EVENTS

THE LIVERBIRDS: IN CONVERSATION

The Wanstead Tap Ltd, 352 Winchelsea Road, Wanstead, E7 0AQ
Tuesday, March 12, 7.30pm – 10.30pm



Photo credit: Ron Kroon

In the early 1960s, four friends from Liverpool formed a band. But this is not the 'fab four' story we know.

Mary, Sylvia, Valerie, and Pamela – also known as The Liverbirds – were one of the world's first all-female rock 'n' roll bands. At an early gig backstage at the Cavern Club, a young John Lennon told them that "girls don't play guitars". But they took that as a challenge.

Now, the two surviving members of the band tell their incredible story in full for the first time, capturing a lost era of liberation and rock 'n' roll, as they thrived in the vibrant Merseybeat music scene and formed a friendship that has endured through the decades.

Tickets cost £8 and can be purchased online from www.shorturl.at/cfhGK

DARKNESS INTO LIGHT

St Mary's Church, 207 High Road, South Woodford, E18 2PA
Saturday, March 16, 7.30pm

Featuring music from the 16th century to the present day, the Felicitas Chamber Choir programme will contrast the solemn words of the Requiem Mass with messages of light, hope and courage.

Tickets can be purchased for £12.50 in advance from www.ticketsource.co.uk/felicitas or for £15 on the door.

ATMOSPHERE OF WORSHIP & WONDERS XIII

Liberty Point – Woodford, 4 High Elms, Woodford Green, IG8 0UP
Friday, March 29, 5.30pm – 11.30pm

The highly anticipated series, Atmosphere of Worship & Wonders, is back on Good Friday for its 13th edition.

Join in for powerful ministration by special guest Nathaniel Bassey and others.

You can also look forward to amazing ministration by The Sounds of Liberty as well as an impactful word from Host and Visionary Pastor Dr Sola Fola-Alade.

Reserve your free spot at www.bit.ly/3uyYrBD

STONED ON LOVE - FEAT TOM MCQ AND ANTZ IN THE JAM

Walthamstow Trades Hall, Tower Hamlets Road, Walthamstow, E17 4RQ

Saturday, March 30, 7pm – 1am

This exciting event will bring together new acts and new band music with a healthy dose of classic indie. Featuring a live set from Tom McQ and DJ sets from Antz in the Jam and Disco Marky until 1am.

Tickets cost £5 from www.bit.ly/49rVr9o

SISTER ACT

Holy Trinity Church Hall, Hermon Hill, South Woodford, E18 1QQ

Wednesday, April 10, to Saturday, April 13, various times

After having recently celebrated their 90th anniversary, the Chigwell Row Operatic and Dramatic Society are hosting their latest show, *Sister Act*, in South Woodford.

The show is a musical based on the hit 1992 film of the same name, starring Whoopi Goldberg.

Tickets cost £15 and can be purchased online from www.ticketsource.co.uk/croads



Photo credit: Croads

Easter celebrations AROUND THE WORLD



THE UNUSUAL WAYS EASTER WEEKEND IS CELEBRATED ACROSS THE GLOBE

In the UK, Easter, which this year falls on Sunday, March 31, is all about chocolate eggs, the Easter Bunny and hot cross buns, but this isn't the case elsewhere in the world. In fact, most countries have their own Easter traditions – some of which you may find a little strange!

GERMANY: *Easter trees*

An Easter tradition that is fun for the whole family, coloured eggs and other decorations are hung on the branches of trees and bushes in Germany. In larger cities, you can expect to marvel at tens of thousands of eggs.

POLAND: *Easter bread*

In Poland, it is traditional for women to prepare and bake Easter bread, which is shaped like a donut and can be filled with mini chocolate eggs. It is believed that men's moustaches will turn grey and the dough will not rise if any males participate in the making of this bread.

FINLAND: *Easter witches*

Similar to Halloween, in Finland at Easter, children dress up as witches and go from door to door collecting sweets in exchange for decorated bouquets made out of pussy willow. This tradition is designed to welcome spring and ward off evil spirits.

FRANCE: *A giant Easter omelette*

In the small French town of Bessières, the locals come together to make a gigantic 15,000-egg omelette in their town square every Easter. A huge fire is stoked and more than 50 volunteers help to crack the eggs in preparation for the feast to follow.

AUSTRALIA: *The Easter Billy*

In Australia, rabbits have a history of destroying crops, which is why this country decided to embrace its own native marsupial instead of the Easter Bunny. The Easter Billy, with its distinctive cute face and long ears, is loved by children and eagerly awaited each year.



GERMANY



POLAND



FINLAND



FRANCE



AUSTRALIA

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

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


HAINAULT
 TRADE WINDOWS
 TRADE WINDOWS FOR TRADE PEOPLE

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
0208 088 4153
 www.hainaulttradewindows.co.uk


 REHAU
 Extruded Polymer Solutions


 Kömmerring
 TODAY FOR TOMORROW


 smart
 architectural aluminium


 CORTIZO



A GUIDE TO AIR LAYERING

Air layering is a plant propagation method that is highly effective at getting plants to root from cuttings. Some of the most common plants that are suitable for this type of layering are magnolias, roses, jasmine, rhododendrons, azaleas and acers.

HOW TO AIR LAYER PLANTS

STEP 1: Choose a one- to two-year-old stem that is straight and healthy. Trim off the side shoots and leaves from a 30cm section.

STEP 2: Remove some of the outer layers of the stem (known as making a wound) by making a 2.5cm cut through a leaf bud, angled towards the shoot tip. This will create a tongue that can easily be lifted.

STEP 3: Apply a hormone rotting compound (powders or gels work best) to the surface of the wound. This is a synthetic substance that replicates the natural growth conditions in plants and encourages roots to form.

STEP 4: Pack a small amount of moist sphagnum moss under the tongue of the wound. This is a type of potting medium that can be purchased online or

at most garden and DIY shops.

STEP 5: Wrap the wounded stem section loosely with black plastic, sealing it at one end with weather-resistant tape.

STEP 6: Pack the wrapping sleeve with moist sphagnum moss to a thickness of 7.5-10cm.

STEP 7: Seal the other end of the wrapping sleeve with weather-proof tape.

STEP 8: Leave the wrapping in place for up to one year. Open and check it occasionally for signs of rooting.

STEP 9: When you start to see strong roots coming through the moss, remove the plastic sheet and cut through the stem just below the rooted section.

STEP 10: Pot the rooted stem in potting compost that is suitable for the plant. Do not remove the moss from the roots. Continue to water and watch grow until established enough to plant outside.

WHEN TO AIR LAYER PLANTS?

Air layering is best carried out in autumn and spring. Evergreens are best suited to layering during the spring, whereas deciduous plants can be layered in either season.



GARDENING

Organic, ORGANISED chaos

THE ART OF CHAOS GARDENING – AN EMERGING TREND IN UNSTRUCTURED NATURAL BEAUTY, COMING TO A GARDEN NEAR YOU!

Chaos Gardening has captivated gardening enthusiasts since its showcase at the Chelsea Flower Show in spring 2023.

This approach, marked by a seemingly random mix of seeds and plants, lets nature shape the garden. The result? The untamed beauty of a wildflower meadow or a quaint cottage garden, rather than the meticulous, structured order of traditional flowerbeds. It's like hitting shuffle on your garden's playlist!

Ideal for garden borders, the method is low-maintenance and perfect for using leftover or collected seeds. The process is simple: mix a variety of seeds – flowers, herbs, grasses, vegetables, fruits – and disperse them generously in your chosen garden area.

Despite its name, Chaos Gardening does involve some planning, however attractive the concept is to first-timers or green-fingered amateurs.

Understanding the unique requirements of each seed can maximise the garden's potential. Beginners can start with a small section, experimenting with combinations, then expand to various garden zones, each with its own combination.

Also consider the aesthetics of your garden, and build into the picture how you want it to function as an outside space, so plan specific zones based on plant characteristics (such as height, spread and colour) as this will enhance the garden's harmony.

Incorporating hardscaping features like rockeries or water elements can structure and define different areas too.

And remember, Chaos Gardening can even embrace weeds – after all, they are the ultimate symbol that we are accepting natural growth.

The result is a garden that flourishes in the spontaneity of nature, creating a vibrant and diverse blanket that's free from the constraints of how we view and enjoy our outdoor spaces.

Photo credit: National Trust Images/Eva Nemeth via nationaltrustimages.org.uk



Company Reg. No. 07669254

DRIVELINE Paving Ltd

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



Checkatrade.com
Where reputation matters



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

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

Woodside, Epping CM16 6LG

DIY Egg piñata

Are you looking for a fun and creative activity to do with your kids this Easter? These DIY piñata Easter eggs are perfect for all ages and couldn't be easier to make.

YOU WILL NEED:

PVC glue • Water • Balloons • Some old newspapers • Tissue paper in a variety of different colours • A pair of scissors • Coloured ribbon

HOW TO MAKE:

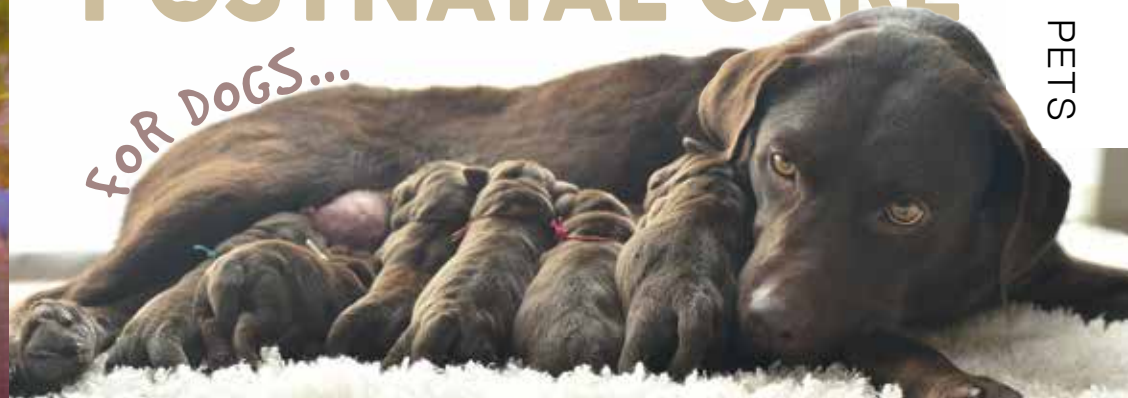
1. Blow up a balloon and tie it with a knot.
2. Rip the newspaper into roughly 7-8cm strips – you will need a lot of these.
3. Mix one part glue with two parts warm water in a plastic container and mix well.
4. Dip a strip of newspaper into the glue mixture and then apply it to the balloon.
5. Keep repeating this step until the balloon is completely covered.
6. Allow the balloon to completely dry, ideally overnight.
7. Repeat this process three or four times until the balloon has been covered with several layers.
8. Cut the tissue paper into 5cm squares. You will need enough of this to cover the balloon.
9. Scrunch each tissue paper square, add a big drop of glue and attach it to the egg (as per the image).
10. Continue to add more tissue in various colours until the balloon is completely covered.
11. Once fully dry, use a pin to pop the balloon and then cut a small opening on one side of the piñata.
12. Fill it with sweets, mini chocolate eggs or small toys.
13. Close the opening and cover with more coloured tissue paper. Allow to dry.
14. Take your scissors and poke two holes on each side of the top of the balloon – this is where you will attach the ribbon to hang your piñata.
15. Thread the ribbon through the holes and then tie it around a tree in your garden or somewhere appropriate in your home.



Get whacking!

POSTNATAL CARE

FOR DOGS...



WHETHER YOU HAVE A CAT OR A DOG THAT IS ABOUT TO GIVE BIRTH, IT IS VITAL THAT YOU KNOW HOW TO CARE FOR THEM AT THIS TIME

Postnatal care for a dog and her pups

1. IMMEDIATE NEEDS

Immediately after your dog has given birth, you should remove all the bloodied and soiled materials from her nesting box. Replace these with clean and warm bedding. Clean mum with a damp cloth. Do not bathe her for the first two weeks.

2. THE FIRST FEW DAYS

Within the first 24 hours of the puppies being delivered, you should contact your vet to make an appointment to check on both mum and her pups. Monitor closely for seven days, looking for any signs of distress or extreme tiredness. Feed mum small and regular meals.

3. UPCOMING WEEKS

It takes roughly three to four weeks before a puppy is fully weaned. Puppies should not be taken from their mum until they reach 10 weeks. Provide plenty of fresh water for your dog when she is nursing. At eight weeks old, puppies should have their first set of vaccinations.

Postnatal care for a cat and her kittens

1. IMMEDIATE NEEDS

After your cat has given birth, it is important that you keep a close eye on her and her kittens. Make sure that the room they are in is warm and quiet, and that their bedding is kept clean and dry. Make sure the kittens are feeding and, if not, guide them.

2. THE FIRST FEW DAYS

If your cat does not feel safe or warm enough where she is, she may move her kittens to another area in your home. You may notice her keeping a distance from you but this should settle after a few weeks.

3. UPCOMING WEEKS

While your cat is nursing, she will need good-quality cat food to support her and aid the development of her kittens. After a few weeks, you may be able to gently stroke the new kittens if your cat is happy for you to do so. At nine weeks old, kittens should have their first set of vaccinations. They do not need to visit the vet before then unless you suspect a problem.

...AND CATS





WITH COGNATUM

THE CANOPY
 CHIGWELL

Luxury two bedroom
 apartments for the over 55s

Move to a new lifestyle for free

Stamp duty, legal fees and
 removal costs covered*

**PART
 EXCHANGE
 AVAILABLE**

*for full T&Cs visit our website

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



Book a private tour today
cognatum.co.uk/thecanopy
 or call **07548 558802**

Helen, Sales Executive
 at The Canopy:
helen.durbin@cognatum.co.uk

BUTLER & STAG
 Call **01992 667666**

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

The genius of Sir **EDUARDO PAOLOZZI** CBE



HISTORY



He may have an Italian name, but Sir Eduardo Paolozzi CBE was born in Scotland 100 years ago this month, on March 7, 1924. His Italian-born parents had moved from Italy to Edinburgh to run an ice cream shop.

In June 1940, when Italy declared war on the UK, 16-year-old Paolozzi was put in an internment camp, along with other Italian Scots. During his three months in the camp, his father, grandfather and uncle were sent to Canada but tragically died when their ship was sunk by a German vessel.

After leaving the camp, Paolozzi attended art schools in Edinburgh, London and Paris before setting up his studio in Chelsea in the late 1940s.

In the 1950s, Paolozzi moved to Essex and started a design company which made wallpapers, textiles and ceramics. At this time, Paolozzi became known for his screenprints and sculptures that looked part human and part geometric.

In the 1960s, Paolozzi began incorporating pop culture and technological imagery into his art and became known as a founding father of the Pop Art movement. Even so, his work remained experimental and hard to categorise.

In the 1970s, Paolozzi worked and taught in different locations and particularly liked Munich, where he had a studio. It was here that he created the mosaic designs for Tottenham Court Road station in London. These were installed in 1986, and you can still

see them today.

Paolozzi was elected to the Royal Academy in 1979. In 1968, he was awarded a CBE, followed by a knighthood in 1989. He died in London in 2005, aged 81.

Photo credit: Clare Arron/Shutterstock, Christian Mueller/Shutterstock.com, Peter Fleming/Shutterstock.com





FIVE ALIVE



John Eckbert

HOW THE FIVE GUYS FAST-FOOD BRAND GREW WITH ZERO MARKETING... PURE GENIUS!

Five Guys CEO John Eckbert was raised in a simple, uncomplicated environment. His family didn't watch TV, didn't celebrate birthdays, and everyone was up at 5am for music lessons.

While the American always intended to elevate himself way beyond the rural idylls of his childhood, he never saw himself backing a business that was destined to transform the 'burger joint' image of the high street, and one that now has more than 1,700 bases globally.

"We wanted to back a business that wasn't going to be threatened by Amazon," says investor Eckbert. "It was to be one that put people in a certain place, where the internet couldn't necessarily hurt it."

Eckbert landed on Five Guys, a US franchise business founded in 1986 that didn't venture outside the US until 2013. The name comes from the Murrell family, and their values were cemented from the start. It was a simple product – just burgers, hot dogs and fries – and to this day, it boasts arguably the simplest menu of any high street brand. Everything was to be fresh – there are no freezers – and made to order, while products are wholesome and simple. For instance, the fries are hand cut, double cooked and contain just potato, peanut oil and salt.

The rapid expansion came at a time of macro change in public perception and awareness over food, helping Five Guys rise to the top of the industry. It also capitalised on the social media drive, where word of mouth could drive the brand's popularity.

As a result, there was no publicity, no marketing campaign, no PR stunts, and don't ever expect to see a TV commercial. Instead, quality and originality of product, plus accidental endorsement by some of the biggest names on the planet, from Barack Obama to Ed Sheeran to Adele, have led Five Guys to a place that's as honest and wholesome as a 5am violin lesson.

Photo credit: fiveguys.co.uk



MARLBOROUGH HOMES



WINTER OFFER!

FREE RENT INSURANCE*

*(all new managed lets Jan - March 2024 CODE FRG24)

PROPERTY TOUR & FLOOR PLANS INCLUDED
LANDLORD & TENANT PORTAL

☎ 020 8989 8796 ✉ matthew@mbhomes.co.uk

🌐 www.mbhomes.co.uk

📍 9 MBC, 96 George Lane, London E18 1AD



BEEWISE

CARD MACHINE OFFER

- 🔄 Free next day settlement
- 💰 Low rates
- 💳 £1 terminal rental
- 📞 24/7 Helpdesk

£1 ONLY

MERCHANT SERVICES

Beewise with what your business needs.

Join the Beewise Family

0208 088 3086
www.beewiseld.co.uk



SCAN ME





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

PUT THE SPARKLE BACK INTO YOUR KITCHEN



Domestic Oven Cleaning Specialists

Est. since 2007

Prices

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

No VAT to pay



BEFORE



AFTER



PLEASE CALL FOR A FREE QUOTATION

01279 432444 ✨ www.ovenbright.co.uk



SPORT

Zorbing is a pursuit many know, though few are brave enough to try. Can our review of one of the fastest-growing extreme sports tempt you to give it a try?

Imagine losing your footing and rolling down a steep hill, gathering ever-increasing speed, and with every turn considering what impending injury may confront you when you finally come to rest.

Well, while Zorbing – that is, being housed inside a transparent round orb – is by no means an injury-free pursuit, it's a somewhat safer way of descending a slope, as well as being exhilarating to boot!

Zorbing was first popularised in the early 1980s in the south of England (Oxford and London) by a group of pioneering thrill seekers who called their group the Dangerous Sports Club. It was one of a number of different activities they undertook that also included the early days of commercial bungee jumping.

Entering the Oxford English Dictionary in 2001 where it is officially described as “a sport in which a participant is secured inside an inner capsule in a large, transparent ball which is then rolled along the ground or down hills”, the orb is composed of two sections. The outer comes into contact with terra firma (and also water in some cases) while the inner one is the part that provides the shock absorption.

The balls are usually around 10ft (3m) in height, and invite participants to test endurance, speed and the strength of their stomachs as part of the thrill!

Indeed, South African Steve Camp travelled 570 metres on a single roll; Keith Kolver of New Zealand reached 32mph in his orb; and Irishman James Duggan blazed 100 metres in 23.2 seconds.

The sport has since evolved into Zorb Football, where the zorb encompasses the top half of the player and a normal football is used on the deck. Also known as Bubble Football, the first World Cup took place in Shoreditch in 2018.

Discover THE BEAUTY OF...

Rhossili Bay, on the Gower Peninsula in South Wales, was the first British beach to be awarded TripAdvisor's Best Beach Award two years in a row. It has also consistently featured on lists of the top beaches in the world. So what makes it so special?

LOCATION, LOCATION, LOCATION

First of all, the beach is vast and beautiful – three miles of stunning golden sand looking out onto the Atlantic Ocean and backed by majestic limestone cliffs. There's also the tidal island known as Worms Head – it's around 400m from the coast and connected to the mainland at low tide by a causeway known as the Devil's Bridge.

A RICH HISTORY

The beach and surrounding area are steeped in history. In the water, there are remnants of a shipwreck. And in Rhossili Down, just above the bay, there are ancient stone circles and burial chambers. You can also spot the remains of an Iron Age fort and a Second World War radar station.

STUNNING WILDLIFE

Among the wildlife found on the Commons are brown hares, skylarks, coughts, marsh fritillary butterflies, the narrow-bordered bee hawk-moth, southern damselfly, and various invertebrates. Worms Head is also home to a colony of Atlantic grey seals.

AN OUTDOOR PLAYGROUND

In addition to its natural beauty, Rhossili Bay offers plenty of activities for visitors to enjoy. Surfing enthusiasts flock to the beach to ride the waves, while hikers and walkers can access coastal paths and trails along the cliffs. The beach is also famous for paragliding.

FUTURE PROTECTION

The local community is committed to preserving the beach's natural environment and promoting sustainable tourism, as is the National Trust which owns and manages the beach and its surroundings.

HOW TO GET THERE

Rhossili Bay is near the village of Rhossili, approximately 19km (12 miles) southwest of Swansea. There is a car park at Rhossili and buses run from Swansea and Mumbles.

...RHOSSILI BAY

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)

garolla.co.uk



SECURE YOUR GARAGE

FREE
Intruder alarm
worth £85*

+

FREE
5yr Warranty

+

FREE
Installation

BUY A NEW ELECTRIC GARAGE DOOR AND RECEIVE A FREE INTRUDER ALARM

- Unlock 25% more space
- Expertly fitted by a local Garolla engineer
- 100,000+ doors installed
- Manufactured in the UK
- UK's No.1 recommended
- Prices start from £995

Cheekatrade 9.68 out of 10
Trustpilot 4.7 out of 5 (15,000+ reviews)

GAROLLA
ELECTRIC GARAGE DOORS

CALL TO ARRANGE A FREE SURVEY
01992 830 024

*Offer only available on selected products until 31st March 2024

IS YOUR CAR TRULY SAFE?

CAR & VAN SECURITY SPECIALISTS



SMART CAR PROTECTION WITH GHOST IMMOBILISER

Greater London & surrounding M25 areas

7 days a week
8am to 10pm

0208 088 3140

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

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

FROM ONLY £450

KEYS SOLUTIONS

Jump ON THE BANDWAGON

MOTORING

Jump starting a car might seem straightforward, but doing it safely is crucial to prevent irreparable damage to the battery, fried electronics and even serious personal injury!

To start with, inspect both the battery and the leads. Do not attempt to jump start if the battery is damaged, swollen or leaking. Similarly, damaged jump leads should not be used, and if they get hot during use, stop immediately.

When connecting the leads, safety in your environment is key. Remove any loose clothing like scarves or ties to avoid them getting caught in engine parts, and keep metal objects away from the batteries to prevent sparks that could ignite battery gases.

With both cars turned off, connect one end of the positive (red) lead to the positive terminal of the dead or lagging battery, and the other to its equivalent on the good battery. Then, connect one end of the negative lead (black) to the good battery. For the other end of the negative lead, attach it to a metal ground on the engine block of the car with the dead battery, away from the battery itself. This helps to prevent sparks.

Once the leads are securely connected, start the engine of the car with the good battery, let it run for a few minutes, then start the car with the dead battery. Let both vehicles run while still connected for a further two or three minutes.

With the jump-started vehicle running, detach the cables in the reverse order you attached them and close the bonnets. Keep the jump-started vehicle's engine running for about 30 minutes for the battery to fully charge – driving it around or leaving it running on the driveway have exactly the same effect.




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 0203 856 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 | @APElectralessex

GLADE ENERGY SERVICES LTD

We cover all types of electrical work in your home. LED lighting, Fusebox upgrades, CCTV & Home automation. Please call 0203 906 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

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

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 0203 897 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

DECORATING SPACES

Transform your space with colour, our decorating services bring vibrancy to your home and business, competitive prices with quality. 07743 494614 | www.decoratingspaces.co.uk

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. 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 major brands. Installation available, FREE local delivery. Free standing & built in appliances. 01708 447752

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**.

To advertise call **VISION** on **0208 088 0386**

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

WORDLADDER: DRUM, DRAM, TRAM, TEAM, BEAM, BEAT



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION listings

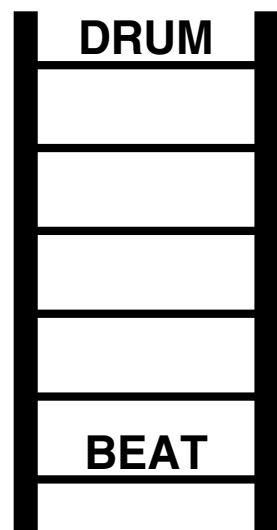
- ▶ ASHIBETSU
- ▶ ENA
- ▶ ETAJIMA
- ▶ FUJISAWA
- ▶ HEKINAN
- ▶ KITAKAMI
- ▶ KOBAYASHI
- ▶ KYOTO
- ▶ MITO
- ▶ MIURA
- ▶ MIYAKO
- ▶ NAGOYA
- ▶ NANTAN
- ▶ OSAKA
- ▶ RUMOI
- ▶ SAITO
- ▶ SAPPORO
- ▶ SHIRAKAWA
- ▶ TOKYO
- ▶ YOKOHAMA

Z	N	U	A	F	R	N	P	U	A	A	E	N	Q	A
S	A	R	S	U	I	O	S	D	R	G	A	O	S	K
A	G	U	T	P	K	T	A	O	U	N	I	A	U	A
P	O	M	T	A	E	L	I	Y	I	V	I	E	V	S
P	Y	O	Y	B	L	X	E	K	M	T	S	R	M	O
O	A	I	I	V	H	A	E	O	O	D	M	L	P	V
R	M	H	L	V	I	H	E	T	A	J	I	M	A	P
O	S	R	S	H	I	R	A	K	A	W	A	H	Y	F
A	N	M	N	A	N	A	N	M	Y	E	T	R	O	U
J	A	K	X	A	U	P	F	W	I	O	W	P	K	J
I	T	A	R	F	A	H	E	Y	H	T	T	V	O	I
L	N	C	U	Y	T	J	Z	S	U	E	O	O	H	S
F	A	I	H	S	A	Y	A	B	O	K	N	X	A	A
H	N	Y	N	U	R	A	W	Y	W	R	L	A	M	W
Z	A	K	I	T	A	K	A	M	I	E	V	Q	A	A

DID YOU KNOW?

- ▶ Most owl species have asymmetrical ears, with one positioned higher than the other, as this allows them to better pinpoint the source of a sound.
- ▶ There are around 250 species of owl and they all live above ground – except for the burrowing owl, which nests in burrows left by other animals such as armadillos.
- ▶ Most owls pair with the same mate every year to breed, and work together to raise their young.
- ▶ Owls have special bones in their skulls to support their large eyes, but this means their eyes are fixed in place, hence their ability to turn their necks 270 degrees in either direction.
- ▶ A group of owls is called a parliament.

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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

Join our
extended family



ORAL HEALTH CARE
NEW PATIENTS
WELCOME
GENERAL DENTISTRY

FREE CONSULTATIONS FOR: TEETH STRAIGHTENING
DENTAL IMPLANTS ♦ TEETH WHITENING ♦ SLEEP APNOEA
FACIAL AESTHETICS ♦ AND MORE

We've served generations of patients with the highest level of care, and state-of-the-art technology. Try us for yourself!

020 8504 2704
improveyoursmile.co.uk

162 HIGH ROAD WOODFORD GREEN IG8 9EF

EXPERIENCE YOU CAN TRUST



improve
your smile

WOODFORD HOUSE
DENTAL PRACTICE