

inside

Chingford and Highams Park

March & April 2024

inside this issue:

baking:

White chocolate,
Pistachio and Rose Ring

travel:

Summer holidays without the heat

competition

WIN
£25
to enter p29

Local Community Events and What's On
& all your usual favourites!

CONSTRUCTION
by Design



f 0800 048 7636

FREE local community magazine and business directory



EXPERIENCE GOLFING EXCELLENCE
ALL YEAR ROUND



LADIES MEMBERSHIP

7 DAY FULL - £ 1,200

5 DAY FULL - £ 900

01708 688396
WWW.ABRIDGEGOLF.COM



SUPERB COURSE - LOVELY PEOPLE - A PROPER GOLF CLUB



CONSTRUCTION

by Design



- Extensions
- House Renovations
- New Builds
- Loft Conversions
- Garden Rooms
- Design & Planning

www.constructionbydesign.co.uk

info@constructionbydesign.co.uk

 **0800 048 7636** 

*Looking forward to completing
another professional project in
your area*

inside Chingford and Highams Park

Welcome to the **March/April** edition of Inside Magazine, the local magazine for Chingford and Highams Park.

Anyway, we were talking about manners. (You remember – April 2017 – don't say you've forgotten already.) Because there seems to be a new set of manners prevailing, and this became apparent to me recently in a restaurant, where the young man who served us said "No worries," when I proposed that we might order in another five minutes.

His blithe reply should not have troubled me, but my inner grumpiness suggested that he should have had some worries, at least. Not necessarily worrying about my dallying over the menu, but he had specifically told me that he had no worries, where I felt that he ought at least to have worried about the prospect of world war, the cost of living, and the recent dip in form of a famous football club.

I kept quiet, however, and tipped him handsomely after our meal, on the basis that he had brought us dishes that corresponded fairly well with what we'd requested, and he hadn't tipped it down my shirt.

"Thank you," he said, showing a rather old-fashioned concept of language.

"No worries," I replied, "Except for those relating to geo-politics, socio-economics, and the day to day grind of existence. And thank you."

"Er...you're welcome?" he said, with that annoying upward inflexion.

David Young

NB. Copy deadline date for our next issue (May/June) is April 12th

Inside Magazine (Chingford and Highams Park) is published bi-monthly by E4 Publishing.

Editor: David Young

Features Editor: James McGowan

Sales Manager: Andy Green

Proprietor & Publisher: Peter Atkinson, E4 Publishing

Inside Magazine

Tel: 0800 610 2240

e: sales@insidemagazinelocal.co.uk

w: www.insidemagazinelocal.co.uk

E4 Publishing, PO Box 64950,
Chingford, London, E4 0BG

Printed on FSC accredited paper. For every tree felled significantly more are planted. Vegetable based inks are used throughout, which are far more environmentally friendly than oil based inks. Waste paper from the printing and binding process is recycled and goes back into providing pulp for recycled paper products.



E4 Publishing cannot be held responsible for any errors or omissions or endorse companies, products or services that appear in this magazine.



CONTENTS

PUZZLES

Sudoku	12
Crossword	14
Fun Quiz	24

HOME & GARDEN

Baking: White chocolate...	18
----------------------------	----

GENERAL

The Greatest Star	8
Travel Feature: Summer holidays without the heat	10

COMMUNITY

Community Events	22
Local Useful Numbers	28

INDEX OF ADVERTISERS

30

Copyright © 2024 E4 PUBLISHING
All rights reserved. No part of this publication may be reproduced in any form without the **prior** written consent of the publisher.

BARRETTS

working hard to make the law easy for you

FAMILY

Family separation? You need the best family law firm to pull your case together.

Solicitors | Notary Public | Mediators

0203 649 0550 | barrettslaw.co.uk | [@barrettslaw](https://www.instagram.com/barrettslaw)

Electrician

www.Electrician-in-Chingford.co.uk

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

- ◆ Extra Lights ◆ Additional Sockets ◆ New Fuse Boards ◆ Rewires
- ◆ New Installations ◆ Landlord and Homebuyer Inspections

Fault Finding and Repairs

- ◆ Qualified Electrician ◆ Fully Insured ◆ Reliable Service ◆ Tidy Work
- ◆ Free Quote ◆ Flexible Hours ◆ Reasonably Priced

Satisfaction Guaranteed



I will assure you of a quick response and
a reasonably priced service...



Call Karl on

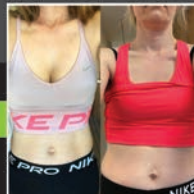
020 8088 0660



HIITBEAT

YOUR TRANSFORMATION BEGINS HERE

112 BROOKER
ROAD, WALTHAM
ABBEY EN9 1JH
07980 717 223



www.hiitbeat.co.uk

425b Mill Lane, Woodford Green, IG8 OXG

ARBIS

WASTE DISPOSAL

Do you really
need a skip?

We clear
HOUSES, GARAGES,
SHOPS, OFFICES, etc,
and do the loading!



FULLY
LICENSED
WASTE
CARRIER

**SAME DAY &
NEXT DAY SERVICE**
Single items to full loads

020 8529 7589 | 07944 502 992



PIANO LESSONS

With Audrey,
Professional Piano Teacher
ALCM; LLCM(td); GLCM; PGCE

- Tutoring beginners & advanced
- All ages welcome
- ABRSM exams or pleasure
- Reasonable rates
- DBS checked

Contact Audrey on
Tel **(020) 8527 3701**
or **07852 297 951**



SINGING LESSONS

Fun, friendly teacher
with 15+yrs experience
BMUS (Performance Voice) and DBS Checked

Pop, Rock, Musical Theatre,
Classical and more!

Children & Adults | Beginner-Advanced

Sing for pleasure, audition
prep & exams (ABRSM)

Call Klu: 07449 667 282
E-mail: kluaneh@gmail.com

THE GREATEST STAR

or Bigness, Betelgeuse and Brown Bins

STORY: DAVID YOUNG

IMAGES: OPEN SOURCE

“**O**oh, look at that lovely sunrise,” my wife said to me as we walked together, hand in hand, to put the bins out.

Ever keen to educate and inform, I squeezed her hand and said, “Yes. And did you know, it’s really really big?”

“How do you know all this stuff?” she asked, squeezing my hand in turn as she deftly steered the green bin alongside the brown one.

“The university of life,” I said smugly. “And the green bin goes next to the black one. Just so you know.”

“And is the sun the biggest thing that there is?”

“There are larger things,” I said.

“And where are these bigger things?”

“I’ll let you know later. And stop squeezing my hand.”



THE LARGE MAGELLANIC CLOUD

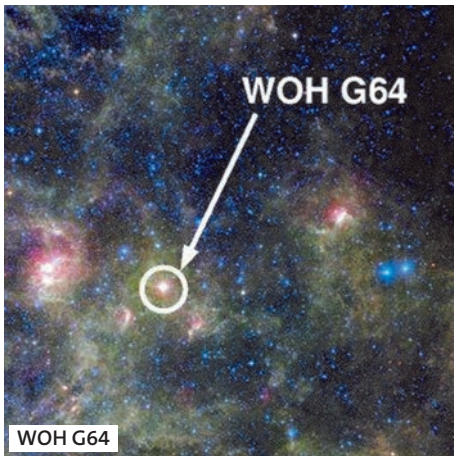
Annoyed to have been found lacking in the department of knowing stuff about the universe, I decided to find out what was the biggest thing ever. I thought back to my early studies in astronomy (that was one heck of a nursery school) and tried to remember what we’d learned, but the memory was hazy. The only way to find the real truth was to search the internet.

So what sort of amount of bigness are we looking at? A quick sum tells me that I can fit about a billion trillion houses inside our planet, and a million planets inside the sun, so the sun can take a thousand trillion trillion houses. I had conclusively proven that the sun was indeed big. The sun has immense bigness (or ‘size’, as scientists call it). And plenty of room for new builds.

The next bit of research was to find where our sun rated in the league of star sizes. Premiership? Whatever the other divisions are called? A few old boys on Sunday? Me in my back garden doing keepy-uppies? (I can’t.)

Our sun is very average. Even in our own average galaxy, there are billions of bigger stars and billions of smaller stars. Some teeny ones and some whoppers. Tell me if I get too technical, won’t you?

One of the bigger stars in the Milky Way is Betelgeuse. Its diameter is about 750 times that



WOH G64

of the sun. We could fit about 400,000 of our suns inside it. It's a red giant, nearing the end of its life, and will probably become a supernova within the next... hold on to your hats... thousand or million years. If you put the Betelgeuse where our sun sits, it would engulf our planet.

Enough bigness? No. There are bigger monsters lurking out there, beyond what the naked eye can see.

For decades, the prize for Greatest Star, or Star with Most Bigness, went to UY Scuti. This romantically named star was calculated to have about 1,700 times the diameter of the sun. It was first spotted in 1860. But recent observations now estimate it to be less than half that size. It's nearer than we thought.

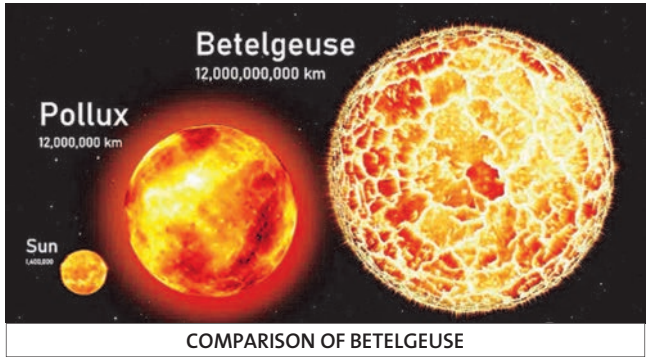
When I was young, I thought that the sun must be smaller than my football, because the latter could obscure the former. Patiently, my parents explained to me the laws of perspective.

I sucked thoughtfully on my lollipop before saying, "So I guess you two are actually larger than my little finger."

"Bless him," my mother said. "He won't go far in life. Now get back in your cot."

Scientists have a theory that no star can hold itself together if it is more than 1,500 times the diameter of the sun, and the reduction to the size of poor old OY Scuti seemed to fit the theory. This means that, should a star be found that reached that limit, it would probably be the Star of Biggest Bigness.

The Large Magellanic Cloud is a nearby galaxy that is about a hundredth the size of ours, with a laughably meagre 20 billion stars. But mock it at your peril as this galaxy is due to collide with ours in a couple of billion years. Then you won't be laughing, clever clogs.



Inside this Large Magellanic Cloud lurks a red supergiant of a star. Its name makes our UY Scuti sound imaginative, as it is known as WOH G64. It's 1,500 times the diameter of our sun, and a quarter of a million times as bright.

I can't be bothered figuring out how many houses we could shove into it. I'm told this is no longer the criterion used by top scientists. But who are they to talk? After all, they called it 'WHO G64'. Me, I'd have called it 'Red Giant of Biggest Bigness'.



NG GARDENS

WE COVER ALL ASPECTS OF GARDENING

We are a friendly local team that you can trust with over 20 years experience

Fully insured | Private & Commercial properties
 Weekly/Monthly Maintenance | Garden Design
 Turfing | Fencing | Patios | Tree Surgery
 Mowing | Pruning | Bedding & much more!

Call now for a no obligation quote:

07714 400086
or 020 8172 0149

replace repair maintain

Glazing Maintenance services



- replacement window and doors
- repairs to hinges, handles, locks
- misted/broken glass units

www.glazingmaintenanceservices.com

info@glazingmaintenanceservices.com

Mervyn J Lynch

020 8529 8020 answerphone / 07973 522 525 direct

Summer holidays without the heat

When we think of summer holidays, our minds automatically envisage a sizzling sun and temperatures over 25°C. However, summer across Western Europe is becoming increasingly stifling – with 2023's being the hottest on record. The result? Crowded beach areas and lots of hot and bothered – not to mention sweaty – tourists.

If you're not a fan of heat, humidity and heaving crowds, but still want a change of scenery this summer, here are some ideas for a cooler summer holiday outside the UK.

Stockholm, Sweden

Sweden's capital is notoriously chilly for much of the year, but come summer the city becomes a playground for outdoors enthusiasts. The long sunlight hours definitely help. In July the sun doesn't set until 10:00 pm, so you'll see locals picnicking, boating and partying into the night.

With temperatures hanging around the low 20s, the weather's perfect for cycling. Then there's the Stockholm archipelago to explore, a cluster of over 30,000 islands and islets, many of which are just a short ferry journey from the city centre.



Vancouver, Canada



Where else can you museum hop in the morning, hike in the mountains after lunch and be sailing by sundown? Vancouver's harmonic blend of urban and rural make it one of the most liveable cities in the world.

To top it off, Vancouver is mostly mild and dry throughout the summer months. Hit the beach, explore Stanley Park's forest trails and time your visit around festival season (between June and August) to soak up some of Canada's biggest music and multicultural events.

Zermatt, Switzerland

Sitting in the shadow of the world's most recognisable mountain, the Matterhorn, the town of Zermatt is renowned for being one of Europe's most popular ski resorts in winter – although its appeal extends all year round.

Whether you're hiking through meadows to the sound of cowbells or admiring the view from a cable car, Zermatt is the ultimate base for a summer adventure. Temperatures at this time of year rarely climb above 20°C, generally hovering at around 15°C.



Lake Bled, Slovenia



If you're looking for a blue-sky break without the extreme heat, Slovenia is a winner. This Balkan beauty's mountains, caves and lakes keep the region cool in the summer.

One of its more famous bodies of water, Lake Bled, is a particularly popular spot. With its shimmering lake, picture-perfect church, medieval castle and some of the highest peaks of the Julian Alps, Bled draws everyone from honeymooners to backpackers, who come for the hiking, biking and water sports opportunities.

Travel Agent

DAVID KNIGHT

- Package Holidays
- Cruise & Tours
- Fully Atol Protected
- Personal Tailored service
- Local Expert Available with No Extras Fees

BOOK NOW

david@swordstravel.co.uk
0203 907 1104



Going away?

We will take care of your cats or other small pets in their own home whilst keeping a watchful eye on your property.

PLUS - Welcome Home Service provides up to 5 items of shopping for your return.

Tel: 020 8257 9996
meow@cosycatz.co.uk
www.cosycatz.co.uk

SECURITY VETTED AND FULLY INSURED
A MEMBER OF THE
NATIONAL ASSOCIATION OF REGISTERED PETSITTERS



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



PROUD MEMBERS OF
Checka trade.com
When you're serious

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



BB LOCKSMITH SERVICES

Locally based locksmith, providing a wide range of lock related services, UPVC mechanisms and various home security solutions for homes and businesses.

07866 464 803
ben@bblocksmiths.co.uk

SUDOKU

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

*It's fun.
It's challenging.
It's addictive!*

Solution on page 26

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

What About My Mental Health



EXPRESS EMOTIONAL SUPPORT THERAPY

Working with me will help you to discover why your mental health is suffering and identify insights on how to improve it.

- One off or multiple sessions
- Bespoke packages
- Mindset coaching to help you to live the life you want to live.
- Become able to deal with negative emotions and change them!

See me in person or online.

Discover your mind's story - make that change!



No commitment until you're ready to commit!

I am a qualified and experienced therapist, trained by the renowned Marisa Peer

07831 738 849 | therapy@wammh.co.uk

www.WAMMH.co.uk

LOCAL LOCKSMITH

FULLY CERTIFIED All lock issues 24 hours

★ Locks opened ★ Locks replaced ★ Handles fitted new

★ Extra security ★ Quick entry

★ UPVC DOOR SPECIALIST

★ 24 HOUR BOARDING UP



t: 020 8524 5566 (office)

m: 07816 916 952 (24hrs)

www.uniquelocksmiths.co.uk

UNIQUE LOCKSMITHS, 89 STATION ROAD, NORTH CHINGFORD E4 7BU

HAIR

Tina Heard

Hair Stylist/Colour Specialist

Mobile Hairdresser, will visit.

Hair styling in the comfort of your own home.

Working in your area. **07957 977 380**

Harrods Trained



MagiKats

TUITION CENTRES



It's fun learning
English and Maths!

★ English ★ Maths ★ Reasoning ★



MagiKats Woodford

Out of school tuition for pre-school to GCSE, enabling students to achieve their full potential.

magikats.co.uk/woodford Call: 0208 150 7174



Learning Without Limits



Chingford Podiatry Centre MR MARK FREEDMAN

B.Sc. (Hons), M.Ch.S., H.C.P.C. Registered

Rear of the Well Pharmacy
267 Chingford Mount Rd. E4 8LP

(020) 8524 3916

More info at www.sorefeet.co.uk

- All foot problems treated
- Saturday appointments available

Established over 20 years in Chingford



CASH LOANS

WARNING: Late repayment can cause you serious money problems. For help, go to: www.moneyadviceservice.org.uk

£100 - £500

020 8666 0270

www.bolton-loans.co.uk

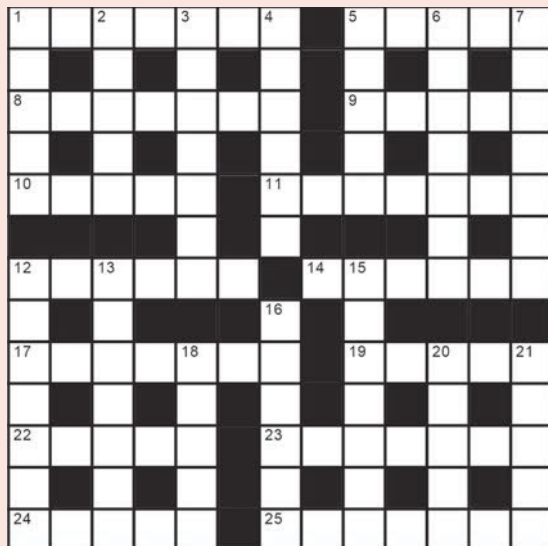
Details available on request. Loan duration up to 5 months. Loans subject to status.

Terms and Conditions apply.

N. Boltons Finance Ltd.
Authorised & Regulated by the
Financial Conduct Authority

CROSSWORD

Solution on page 26



Across

- 1 Maybe (7)
- 5 Bike (5)
- 8 Cleaning liquid (7)
- 9 Precise (5)
- 10 Additional (5)
- 11 Cooking area (7)
- 12 Truthful (6)
- 14 Moves smoothly (6)
- 17 Dried grapes (7)
- 19 Aristocratic (5)
- 22 A small fruit (5)
- 23 Graceful (7)
- 24 Countryside (5)
- 25 Large jug (7)

Down

- 1 Ski run (5)
- 2 Cook in a hot oven (5)
- 3 Becomes visible (7)
- 4 Scares (6)
- 5 Trunk (5)
- 6 Collided (7)
- 7 Makes larger (7)
- 12 Marina (7)
- 13 Louder (7)
- 15 Tolerant (7)
- 16 Not awake (6)
- 18 Perfect (5)
- 20 Overbearing (5)
- 21 Go into (5)



T & L
Windows & Doors

- * replacement windows & doors
- * repairs to hinges & handles
- * replacement misted units

for a **free estimate** call Terry on
020 8529 5897 or **07940 092 203**
 Kings Head Hill, E4

RECORDS WANTED

Single/EP/LP records in
 good condition (no 78s)
07906 224 080

Quality care in Chingford you can trust

When a family is thinking about care for a loved one, they want the best - they want to know that the care home they choose will put their loved one's safety, happiness and wellbeing first.

Ivy Grove is managed by award-winning provider Care UK - one of the UK's most highly successful care home operators* with over 40 years' experience of delivering high quality care to older people.

Living at Ivy Grove is all about quality of life. Every colleague in the home is passionate about enabling residents to enjoy a fulfilling lifestyle, tailored around their unique needs and preferences. The lifestyle team organises a huge variety of group and one-to-one activities, with plenty going on each day.

With the extra support that our care home offers, new residents are often surprised at what they can do, whether that's being able to continue with an activity they've enjoyed in the past, or even discovering new hobbies with our daily activities.

The purpose-built home is designed for enjoying a luxury lifestyle, with en-suite rooms and facilities including a café, pub, hair and beauty salon, and comfortable lounges and dining rooms. The home also boasts a lovely garden with wheelchair friendly pathways - the perfect place to spend some time when the weather allows.

Whether your loved one enjoys a quiet cup of tea in bed before starting the day, loves going for strolls in the landscaped grounds,

or enjoys a chat over a glass of wine, the team at Ivy Grove will spend time to enable them to continue living life the way they want to.

Ivy Grove care home
71 Hatch Lane, Chingford,
Greater London E4 6LP
020 3930 5122
careuk.com/ivy-grove



Join us for our next event

Fish and chips day

Last Friday of every month,
2.30pm - 3.30pm

A wonderful opportunity for individuals who are 65 and over to make friends and enjoy a delicious fish and chips meal, prepared by our Head Chef. Your complimentary meal would also include freshly brewed coffee or tea, served in our stylish café bistro.

Contact the home to RSVP.

*As rated by the Care Quality Commission in England and the Care Inspectorate in Scotland.



GREGORY INTERIORS

IMPROVE YOUR HOME, IMPROVE YOUR LIFE

Whilst the home has always been a sanctuary it is now our everything
Where we work. study eat relax and exercise.

Interior Design • House Stylist • Chromologist
Curtains And Blinds • Kitchens • Furniture & Accessories

WWW.LORRAINEGREGORYINTERIORDESIGN.CO.UK

STYLISH AND FUNCTIONAL

020 7989 0920 • 07956 914584

FOR ALL YOUR INTERIOR REQUIREMENTS
INFO@LORRAINEGREGORYINTERIORDESIGN.CO.UK

Based locally, we cover all local areas

Luxury Private Villa for rent in Spain

at sensible prices, with free use of our car that greets you at the airport



Lots of
luggage?



No
problem



**Located close to wonderful beaches on the sun-drenched Costa Blanca
just an hour from Alicante Airport, in the Moraira region,
and about £200 per week cheaper than comparable properties.**

(Even cheaper than a cottage in Cornwall)

The story so far...

We bought the villa in late 2018 after battling months of red tape. We didn't buy it to get rich, but wanted to create something that would be truly special for us, our friends, and for local people to enjoy (I live in Buckhurst Hill), making best use of our retirement pot.

We thought of things that annoy us when going away; the first was arriving to pick up a rental car, only to be told we have to get a bus 15 minutes away, and then fill in endless forms. So we decided to make no charge for Bertie, our wonderfully reliable and fuel-efficient automatic car, and garage it close to the airport, delivered when you get off the plane.

Then we considered having to rent parasols and sunbeds at the beach, which for a family of 6 adults can cost €100 per day (parasol and sunbed each), so we provide everything to take down there. This attitude is everywhere at the villa; a real home from home with everything catered for.

Families are welcome, but as the pool is not fenced and the villa has an exterior staircase, sadly, we can only offer the villa to those with children of at least secondary school age (11+).

For a brochure with prices, please email: Marilyn.MaD@outlook.com

Our villa has 3 double bedrooms, 3 bathrooms and a 10 metre pool

Rates start from £120 per night, depending on season

Check out our 360 Virtual Tour to get a real flavour of what it's like, visit

tinyurl.com/villa360



Serves 8 Preparation time 30-35 minutes Cooking time 50-55 minutes

This pretty ring cake is aromatic and full of class. It makes an impressive centrepiece and has the added bonus of being extremely simple to make – the perfect treat for Mother’s Day or to enjoy at Easter.

Ingredients

- 250g soft butter
- 200g caster sugar
- 5 eggs
- 2 tsp rose water
- 100g white chocolate, melted and cooled
- 200g ground pistachios
- 175g self-raising flour (plus 1 tbsp for dusting the tin)
- 1 tsp baking powder
- A pinch of salt

To decorate

- 75g white chocolate, melted and cooled
- 35g unsalted shelled pistachios, finely chopped
- 1-2 tbsp edible dried rose petals

1. Preheat the oven to 160°C, fan 140°C, gas mark 3. Lightly grease and flour a 25cm Bundt tin.
2. Cream the butter and sugar together until light and fluffy. Whisk in the eggs, one at a time, followed by the rose water and white chocolate. Fold in the ground pistachios. Sift in the flour and baking powder, and add the salt before folding the dry ingredients into the mixture.
3. Spoon the mixture into the prepared cake tin and bake in the oven for 50–55 minutes, or until an inserted skewer comes out clean. Leave the cake to cool in its tin for 10 minutes on top of a wire rack, before turning out and leaving to cool completely.
4. Once cold, place the cake on a serving plate and drizzle the white chocolate over the top, before sprinkling with the chopped pistachios and rose petals. Leave the chocolate to set at room temperature before serving.

Recipe extracted from *Deliciously Chocolatey Cakes & Bakes* by Victoria Glass, published by Ryland Peters & Small, priced £20, with photography by Dan Jones © Ryland Peters & Small.



Ridgeway Catering Company

- DELICIOUS FOOD
- PROFESSIONAL & RELIABLE
- MENUS TO SUIT YOUR REQUIREMENTS & BUDGET

For further enquiries contact
KAREN

020 8529 6178
07942 339020



YOUR OCCASION
CATERED TO
PERFECTION

CHRISTENINGS
WEDDINGS
FUNERALS
BUSINESS LUNCHES
PRIVATE PARTIES
HOT & COLD BUFFETS
BBQ'S

e: info@ridgewaycateringcompany.co.uk
w: ridgewaycateringcompany.co.uk



"A Quality
Trusted care
service"



AQT Homecare Services
provides a
care and support service.

We are person-centred and
like to accommodate around
your choice of needs.

We prefer to find solutions
together to make life
more comfortable.

Our team are compassionate,
professional care-loving people.



Call us for your free consultation and any help needed
T: 020 8531 5239 or 07807 837 478

Website: www.aqthomecare.co.uk
Email: info@aqthomecare.co.uk



Radfield
Home Care

**"My carer is absolutely
fantastic. She not only
cares but anticipates
my every need."**

- Sara



Exceptional care in your own home

- Wellbeing.
- Personal care.
- Dementia care.
- Companionship.
- Household tasks.
- Outings & activities.
- Medication support.
- Assistive technology.

Speak with your local care manager

02081 541 781

chingford@radfieldhomecare.co.uk
www.radfieldhomecare.co.uk

m mediacomms

AUDIO VISUAL. DATA. SECURITY

- Aerial Installations
- Sky Installations & Subscriptions
- CCTV & Security Alarms
- Freesat Installations & Receivers
- Audio Visual Installations
- Multiroom Music & TV Distribution
- Wireless & Wired Networks
- TV Wall Mounting Services
- Family Run Business



020 8524 6882 - 0800 587 2556

45 Larkwood Road, Chingford, London, E4 9DS

Wireless Security

Intruder alarms

Intruder alarms have never been so simple to operate, clean to install and affordable.



Mediacoms Security uses the latest wireless technology to keep you secure.

YOUR HOME AND COMMERCIAL SECURITY INSTALLER
ALARMS CCTV DOOR ENTRY GATE AUTOMATION

www.mediacomms.co.uk

info@mediacomms.co.uk

ROBERT'S QUALITY PLUMBING & HEATING SERVICES

North Chingford, E4

- ⇒ All plumbing & heating work
- ⇒ Breakdown and repairs
- ⇒ Gas central heating upgrades
- ⇒ Boiler replacements
- ⇒ Landlord safety certificates

Over 30 years experience



IPHE REGISTERED

NO CALL OUT CHARGE
020 8529 1489
07802 952005

<https://robertsplumbingandheatingservices.co.uk>



MHP Decorating

We offer a professional,
friendly service.

All aspects of decorating undertaken.

Interior & exterior

Paper hanging & special paint effects.

Household refurbishments & repairs.

Kitchen units & bedroom furniture
hand painted.

Call Martin

t: 020 8506 1864

m: 07966 143 810

e: mhpeskett@hotmail.com

NO CALL OUT CHARGES
RAPID RESPONSE

**LOCAL PLUMBING/
HEATING ENGINEER**



30 YEARS EXPERIENCE

- All Plumbing & Heating
- All Gas Works
- Central Heating
- Bathrooms
- Senior Citizens Special Discount
- No Job Too Small



TRUSTED
TRADESMAN

RING KEN ON
07956 442 523 | 020 8989 6409

PROPERTY MAINTENANCE

MCS MAINTENANCE SOLUTIONS

www.mcsmaintenancesolutions.co.uk

LOCAL HANDYMAN SERVICES PROVIDER

All work covered, just give us your 'to-do' lists,
and we will take care of the rest!

- MAINTENANCE, RENOVATIONS & REPAIRS •
- CARPENTRY, PAINTING & FLOORING •
- ELECTRICAL & CABLES •
- HANGING & FITTING •
- FURNITURE ASSEMBLY •



For more info, call

Tel: (020) 3930 9221

Mob: 0754 535 7000

Email: office@mcsmaintenancesolutions.co.uk

Online booking:

www.mcsmaintenancesolutions.co.uk/book-online

COMMUNITY EVENTS

and what's on...

FORTHCOMING

CONCERT

Saturday May 4th, 4.30pm.

Chingford Parish Church, The Green, Chingford E4 7EN (note start time)
Talents from Imperial College Chamber Music Society
Music for pianos (solos / duets and two pianos); cello sonata (with a guest RCM cellist); chamber ensembles (piano trio) etc. Organ music by Joel Colyer
Tickets at the door: £10, students £5, under 5s free
In aid of Chingford Parish Church Organ Refurbishment

CONCERT

Saturday May 18th, 7.30pm.

Chingford Parish Church, The Green, Chingford E4 7EN
The London Forest Choir with soloists
J. S. Bach: MASS IN B MINOR
Jonathan Rathbone, conductor
Tickets: £18 in advance from Ticketsource, £20 on the door, Children £5, Benefit Recipients £9 on the door
See website for details:
www.londonforestchoir.org

EAST LONDON'S FINEST VINTAGE FAIR

Wanstead Vintage gives you the chance to explore a treasure trove of vintage and antique items from fashion to homewares, accessories to furniture ... You'll find something to suit all tastes and budgets, plus get to meet passionate sellers and collectors who can share their stories and tips.

Discover the best of the past; Reusing, recycling and remembering.

Preloved to Reloved. Everything you need for your home and wardrobe.

Saturday 1st June

Saturday 31st August

Saturday 2nd November

Wanstead United Reformed Church, Nightingale Lane, Wanstead E11 2HD
Wanstead or Snaresbrook tube (Central Line) - 5 minute walk
Early entry 9.30am - £5.00
Standard entry from 10.30am - £3
Concessions for NUS and OAP from 10.30am - £2
Accompanied children under 14 - Free. Email: karen@wansteadvintage.com
Instagram/X/Facebook: [wansteadvintage](https://www.instagram.com/wansteadvintage)
Website: www.wansteadvintage.com

CONCERT

Saturday July 6th, 7.30pm.

Chingford Parish Church, The Green, Chingford E4 7EN
South West Essex Choir
Will Todd: MASS IN BLUE & Edward Nesbit: The genuine History of the life of Richard Turpin
A dynamic and distinctive jazz-style setting of the Latin Mass plus a new choral work
Andrew Sackett, conductor
Tickets in advance or at the door: £16. (£14 in advance before 1st March), under 18s £5. see website
www.southwestessexchoir.org.uk
or available on the door

CONCERT

Wednesdays in Summer at Chingford Parish Church, The Green, Chingford E4 7EN
Our popular concerts of

Lunchtime Organ Music

1.10 - 1.50pm

July 24th – Michael Emerson (Director of Music, Chingford Parish Church)

July 31st – Simon Hogan (sub-organist, Southwark Cathedral)

August 7th – Joel Colyer (Organ Scholar, Chingford Parish Church)

August 14th – William Layzell-Smith (Organ Scholar, St Mary's Nottingham)

August 21st – John Rippin (Organist Emeritus, Chingford Parish Church)

August 28th – Tammis Slater (Organ Scholar, St Michael's Highgate)

Admission free. Collection in aid of music funds.

ONGOING

WEST ESSEX RAMBLERS

Local walks from 3 miles upwards four times a week – every week. Walking together brings health benefits, well being and the opportunity to make new friends.
www.west-essexramblers.org.uk

Not Listed?

Free
space

for local charities and non-profit making organisations.

If you'd like your organisation to be listed here, please email the details to:

ce@insidemagazinelocal.co.uk

COMPUTER RESCUE

(Laptops & Desktops)

*Repairs & Upgrades

*Data Recovery

*Virus Removal

*Internet Security & Networking

WE COME TO YOU

No fix, No fee

Fast Response, Reasonable Rates

T: 07960 250 305

email: computerescue@aol.com

KB Plumbing & Building — Maintenance —

From a Tap Washer to a New Bathroom

Central Heating Power Flush

Blocked Drains and Gutters

Special rates for senior citizens

Free Estimates

No Call Out Charge

We can supply and fit Bathroom Aids for the elderly & for those living with a disability

Tel: (020) 8529 8756

M: 07956 443 645

CP Building Contractors & Roofing Services

Painting & Decorating

Building Services

Plastering, Kitchens, Electrical, Fencing

Roofing Services

New Roofs, Roof Repairs, Flat Roofs, Torch Felting
Guttering, UPVC Facias & Soffits

Residential & Commercial

26 Years Experience | References always available

INSURANCE WORK UNDERTAKEN

High Standard of Workmanship

FREE
Estimates

No Job Too Small

Fully
insured

Special rates
for Senior Citizens

Costas Petrou

Mobile: 07850 103 357
TellFax: 020 8529 9246

Pipers Moon, Daws Hill, Chingford, E4 7RD



All Domestic Work undertaken

*Garden Power and Lighting
From Single Switch to Full Rewire
Extra Sockets and Lights*

Electric Vehicle Charging Points

*Fuse Board Upgrades
Full Testing and Fault Service*

Fully Insured and Guaranteed
FREE QUOTATIONS ON REQUEST



Call David Bird on:
07876 235300

email: dmbelectric@gmail.com

www.dmbelectric.co.uk



1. The 15th of February in 1971 is often referred to as D-Day in the UK and Ireland. What did the initial letter D stand for in this name?
2. What colour is the letter "E" in both the Google logo and the eBay logo?
3. Which 2013 film, which was nominated for a Best Picture Oscar, set a Guinness World Record for most swearing in a feature film, including 506 instances of the f-word?

4. In which sport are competitors scored by reference to a line known as the K-point or K-line?
5. Which author added the middle initial M to his name for novels he wrote in the science fiction genre, such as The Player Of Games, Use Of Weapons and Look To Windward?
6. Who played Q when the character was reintroduced to the James Bond film series in the 2012 film Skyfall?
7. What colour is the letter "S" that Superman wears on his chest?
8. "Dominating the T" is a key strategy in which sport?
9. What colour is the triangle that represents a U certificate film in the UK, indicating that it is suitable for all audiences?
10. Which real life person did Josh Brolin star as in the 2008 film W.?

Quiz error, January/February
Q4, re the coronation of King Charles III; the answer was incorrectly given as February, when of course it was actually held in May.

Thank you to all those who contacted us about this.

Peter Atkinson, E4 Publishing.

Advertising locally works...

"I am really happy with the readership and response our advert has had."

Karl Brooks, Tack Electrical Solutions Ltd

Inside Magazine

promoting your business to grow your sales

For more info on advertising in this magazine, call Andy on

0800 610 2240

e: sales@insidemagazinelocal.co.uk

w: www.insidemagazinelocal.co.uk

GO
further
cycling

CYCLE HIRE IN EPPING FOREST

SERVICING & REPAIRS

BIKE SALES & SPARES

020 8524 6626
WWW.GOFURTHERCYCLING.CO.UK
4 BURY ROAD CHINGFORD LONDON E4 7QJ



WOODFORD GREEN PREPARATORY SCHOOL

EST 1932



EXCELLENT
IN ALL AREAS

ISI Independent
Schools
Inspectorate

Registration open for
7+ Assessments

Assisted Places available from 7+

Independent Co-educational Day School For 3 - 11 Years

www.wgprep.co.uk Tel: 0208 504 5045 Email: admissions@wgprep.co.uk

Glangall Road - Woodford Green - Essex - IG8 0BZ

IB Wills & family

Make your will for just £90 - in the comfort of your own home

IB Wills and Family Matters are a local family business, with over 30 years' legal experience. We promise you expert advice, friendly service and free home visits - all at a price you can afford.

**Get in touch now: call 07743 471452
or email ian@ibwills.co.uk**

ibwills.co.uk

PUZZLE SOLUTIONS

Crossword page 14

Across:

1 Perhaps, 5 Cycle, 8 Shampoo, 9 Exact, 10 Extra, 11 Kitchen, 12 Honest, 14 Glides, 17 Raisins, 19 Noble, 22 Olive, 23 Elegant, 24 Rural, 25 Pitcher.

Down:

1 Piste, 2 Roast, 3 Appears, 4 Shocks, 5 Chest, 6 Crashed, 7 Extends, 12 Harbour, 13 Noisier, 15 Lenient, 16 Asleep, 18 Ideal, 20 Brush, 21 Enter.

Sudoku page 12

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

Quiz page 24

- 1) Decimal (it was the day these countries decimalised their currencies)
- 2) Red
- 3) The Wolf of Wall Street
- 4) Ski jumping
- 5) Iain Banks
- 6) Ben Whishaw
- 7) Red
- 8) Squash
- 9) Green
- 10) George W. Bush

AFFORDABLE LOCAL ADVERTISING

To find out how Inside Magazine can help you and your business,

call Andy on 0800 610 2240



THE CHINGFORD VILLAGE FESTIVAL ® 30th Anniversary



Incorporating 'A Day in the Life of Music' with 650+ performers

Featuring Soul, Funk, Blues, Rap, Rock, Rock/Roll, Reggae, Choral, Bag Pipes, Folk, Show Songs, Country, Ukuleles, Acoustic/Song Writers, Pop, Jazz/Fusion Festival Vibes, Violins, Motown, Hip-Hop & Blue Grass. Join in with Belly Dancing, Zumba & Keep Fit,
Kid's Entertainment by Sally Squiggle



*

TAKING PLACE AT

The Front & Back Green and SS Peter & Pauls Church, Mornington Hall/Gardens,
The Green, Station Road, & The King's Head Pub, Kings Head Hill. North Chingford E4 7EN

*

ON

Saturday 15th June 2024 from Noon to 7.00pm – (7.30 in the pub)

FREE ENTRY

Overall Event kindly Sponsored by **THE STOW BROTHERS**

Stage kindly sponsored by **NORTH CITY AUTOS**

*

*A community event –something for everyone of any age – come and enjoy the array of craft, food, charity, business stalls, licenced bar, kid's games & rides & of course *the music* which is the beating heart of this event.

*

Where possible please come by public transport

LOOKING FOR: A venue near the green to host a poetry event,
A Face Painter, Magician, Dance/Sports Clubs, & Stall Holders:
Inc. Health/Well Being, Kid's activities & helpers at the event (must be aged 16+),

*

FOR FURTHER DETAILS PLEASE CONTACT:

Festival Founder & Organiser: Irene Bull

Tel: 020 8559 4500 email: irenebull@hotmail.co.uk

www.chingfordvillagefestival.info

Abbey group

Abbey Group are specialists in creating, repairing and restoring quality furniture and wood surfaces to the highest standard.



From antique to modern we can repair, strip, re-spray, polish, wax, upholster and bring woodwork back to life.

We take great pride in our work and clients appreciate our care and attention to detail.

We think you will too.

01708 741135

Free quotations and no carriage charges with this advert.

abbey-group.net

USEFUL NUMBERS

all in one place

Whipps Cross Hospital	(020) 8539 5522
Silverthorn Medical Centre	(020) 8430 7210
Childline	0800 1111
L. B. of Waltham Forest	(020) 8496 3000
Crimestoppers	0800 555 111
Consumer Advice	0808 223 1133
Police (non emergency)	101
Gas Emergencies	0800 111 999
Citizens Advice Bureau	0800 144 8848
NHS Direct	111

EMERGENCY SERVICES - FIRE/POLICE/AMBULANCE - DIAL 999 (or 112)

Samaritans	116123
RSPCA Cruelty Line	0300 1234 999
National Rail Enquiries	03457 48 49 50
Heathrow Airport	0844 335 1801
Gatwick Airport	0844 892 0322
Stansted Airport	0844 335 1803
Luton Airport	01582 405 100
London City Airport	(020) 7646 0000
Library: Castle Ave and Station Rd via email;	
libraries.support@walthamforest.gov.uk	

AL-ANON FAMILY GROUPS

For friends and families of alcoholics. Al-Anon Family Groups offer understanding and support to anyone whose life is, or has been deeply affected by someone else's drinking whether the alcoholic is still drinking or not, whether you are living with the alcoholic or not. You need not be alone. To speak to someone who understands and for details of an Al-Anon meeting near you, ring the confidential helpline on:

020 7403 0888 (10 am-10pm)

w: www.al-anonuk.org.uk e: enquiries@al-anonuk.org.uk

Family Groups Ltd., Registered Charity.



Local Pest Control Company in Chingford, working in all the surrounding areas

- 7 Days a week call out • Fully qualified and experienced. DBS checked • We treat all Pest Problems: Rodents, Insects, Birds and Foxes • We work in Domestic and Commercial premises • We accept Cash, Cards, Cheques and Transfers.



Better Pest Control

T: 0208 524 2160
M: 07709 431 635

info@betterpestcontrol.co.uk
www.betterpestcontrol.co.uk

KVW BOOKKEEPING SERVICES

AAT Licenced bookkeeper with 30 years experience offering a professional and reliable service tailored to the needs of your business.

- Bank and credit card reconciliation
- Manage supplier and customer accounts
- CIS: verification/returns/certificates
- Deal with all HMRC queries
- Clearing of bookkeeping/ payroll backlog
- Credit control
- VAT returns
- Payroll

aat Licensed Bookkeeper

Email: kvwbooks@gmail.com
Tel: 07425 567500

PD Electrical London Ltd

Peter Dawes EngTech TMIET

Domestic & Commercial Electrical Contractor

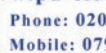
- Fuse board upgrades
- Outside lighting & power
- Inspection & Testing
- Telephone & Data points
- Full or part rewires
- Fault finding
- Electrical installation condition reports
- Fully insured
- All work guaranteed

www.pd-electrical.co.uk

Phone: 0208 524 5981

Mobile: 07932 720982

E-mail: p.electrical@btinternet.com



DIGITAL & SATELLITE

- DIGITAL TV & DAB RADIO AERIALS
- FREEVIEW
- MULTI-ROOM SYSTEMS
- PLASMA & LCD TV REPAIRS
- TUNING & WALL MOUNTING SERVICE
- CITY & GUILDS QUALIFIED

FREE ESTIMATES



Call Kevin
07928 004 259

WIN £25

FIND THE HIDDEN SMILEY COMPETITION

All you have to do is find the hidden image somewhere within one of this issue's advertisements.



HOW TO ENTER

Only one entry allowed per household from the E4 postcode area.

All entries to be made via email only, to: competition@e4publishing.co.uk
Closing date is 30 APRIL 2024

You must state the following details;

- 1) the page number and which advert featured the symbol
- 2) your name, full address, and contact phone number

Incomplete entries ie failing to disclose the required information in items 1 and 2 will be disqualified.

One winner will be chosen at random from all valid entries, and the winner will be contacted and notified.

IMPORTANT

By entering the competition you agree to our terms as listed here, and if you win, you agree to your name and address being published on our website (www.e4publishing.co.uk/resources/competition.pdf). The winner will be announced there no later than 2 weeks after the closing date.

Your details will not be passed onto any third party and we will not use your details for any purpose other than to contact the winning entrant.

No correspondence will be entered into and the judges/ editor's decision is final.

INDEX

of advertisers

Aerial & Satellite Installations

Mediacoms 20

Bookkeeping Services

KVW Bookkeeping Services 29

Building Services

Construction by Design 3

CP Building Contractors 23

Care Home

Ivy Grove 16

Cash Loans

N Bolton Finance 13

Catering Service

Ridgeway Catering 19

Chiropodists

Mark Freedman 13

Computer Services

Computer Rescue 23

Community Event

Chingford Village Festival 27

Cycle Hire & Servicing

Go Further Cycling 24

Decorating Services

MHP Decorating 21

Domestic Appliance Repairs

Spin Doctor UK Ltd 11

Digital & Satellite

Jupiter 29

Electrical Services

DMB Electric 23

PD Electrical 29

Tack Electrical Solutions Ltd 6

Fitness - Misc

Hiitbeat 6

Furniture Repairs

Abbey Antiques 28

Gardening Services

NG Gardens 9

Glass & Glazing

Glazing Maintenance 9

Services 9

Golf Club

Abridge Golf Club 2

Handyman

MCS Maintenance Solutions 21

Home Care Services

AQT Homecare Services 19

Radfield Home Care 19

Independent School

Woodford Green Preparatory School 25

Interior Designer

Gregory Interiors 16

Locksmith

BB Locksmiths 11

Unique Locksmiths 12

Mobile Hairdresser

Tina Heard 12

Pest Control Services

Better Pest Control 29

Pet Services

Cosy Catz 11

Piano Lessons

Audrey's Piano Lessons 7

Plumbing/Heating Services

KB Plumbing & Maintenance 23

Ken 21

Roberts Quality Plumbing 21

Record Dealer

Records Wanted 14

Replacement Windows & Doors

T & L Windows & Doors 14

Roller Garage Doors

Garolla *back cover*

Roofing Services

Cook & Son 31

Security Systems

Mediacoms 20

Singing Lessons

Singing Lessons by Klu 7

Solicitors

Barretts Law 5

Therapist

WAMMH 12

Travel Consultants

Swords Travel 11

Tuition Centre

MagjKats Woodford 13

Villa Rental

Marilyn Smyth 17

Waste Disposal

Arbis 7

Wills & Family Matters

IB Wills & Family Matters 26

Live Local...
Think Local...

Buy
Local

Advertising locally works...

"I am really happy with the readership and response our advert has had."

Karl Brooks, Tack Electrical Solutions Ltd

For more info on advertising in **Inside Magazine** call Andy on

0800 610 2240

e: sales@insidemagazinelocal.co.uk | w: www.insidemagazinelocal.co.uk

promoting your business to grow your sales

Cook & Son Roofing Contractors Ltd

A GENUINE FAMILY BUSINESS **Est. 1967**

New roofs specialists

**ALL WORK FULLY GUARANTEED
RELIABLE & PERSONAL SERVICE**

- UPVC FASCIAS & SOFFITS
- VELUX WINDOWS FITTED
- GUTTERING
- TILING & SLATING
- VALLEY GUTTERS & BAYS
- REPAIRS & MAINTENANCE
- HIGH PERFORMANCE FELT ROOFING
- GRANT WORK
- ZINC & LEADWORK
- CHIMNEY STACKS

20 YEAR GUARANTEE ON ALL NEW FLAT ROOFS
25 YEAR GUARANTEE ON ALL NEW SLATE AND TILE ROOFS

**For a free estimate with
no obligation call Mr Cook on**

020 8524 0431
07770 431 581

NVQ Qualified



**32 Heathfield
Chingford E4 6SE**

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

Checkatrade
Where reputation matters
9.68 out of 10

 **Trustpilot**
★★★★★
4.7 out of 5 / 6,000+ reviews

GAROLLA
ELECTRIC GARAGE DOORS

CALL TO ARRANGE A **FREE** SURVEY

01992 830 113

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