

inside

Chigwell and Buckhurst Hill

March & April 2026

competition

WIN
£25

to enter p29

inside this issue:

beauty:

Au naturel

baking:

Apple and pistachio Rabri

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

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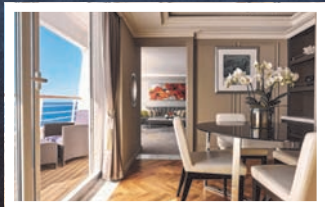
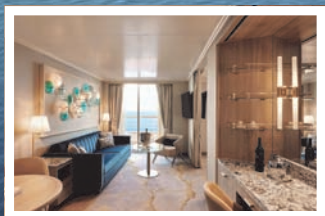
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inside Chigwell and Buckhurst Hill



Welcome to the **March/April** edition of Inside Magazine, the local magazine for Chigwell and Buckhurst Hill.

As much as you might prefer to 'buy local', there will always be national retail outlets you have to use. Supermarkets like Tesco,

Sainsbury and Asda will inevitably get your custom. Likewise, furniture retailers and clothing stores offer low prices and lots of choice, so big businesses remain part of everyday life.

However, particularly in service-based sectors, independent businesses are not just valuable but essential. Trades such as roofers, electricians and plumbers; personal services like hairdressers and beauticians; and professionals including solicitors, funeral directors and will writers are inherently local.

These businesses rely on trust, reputation, local knowledge and personal relationships. They are rarely scalable or profitable enough to operate nationally, which is why there are so few "chain" providers in these sectors.

That micro-business model also means they don't have the budget for TV ads or billboards, and they won't appear on your social media feeds every day.

They do still need new customers to survive though, and that's where you come in. If you've had good service from a small business, it costs nothing to recommend them to friends, family, or in a local Facebook group or Google review.

Many also promote themselves in this magazine, because it reaches exactly the people who buy from them. Finally, this is us too. We're a small, independently owned business. When you use our advertisers, you support us as well. Thank you!

Tania Houston

NB. Copy deadline date for our next issue (May/June) is April 10th.

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.



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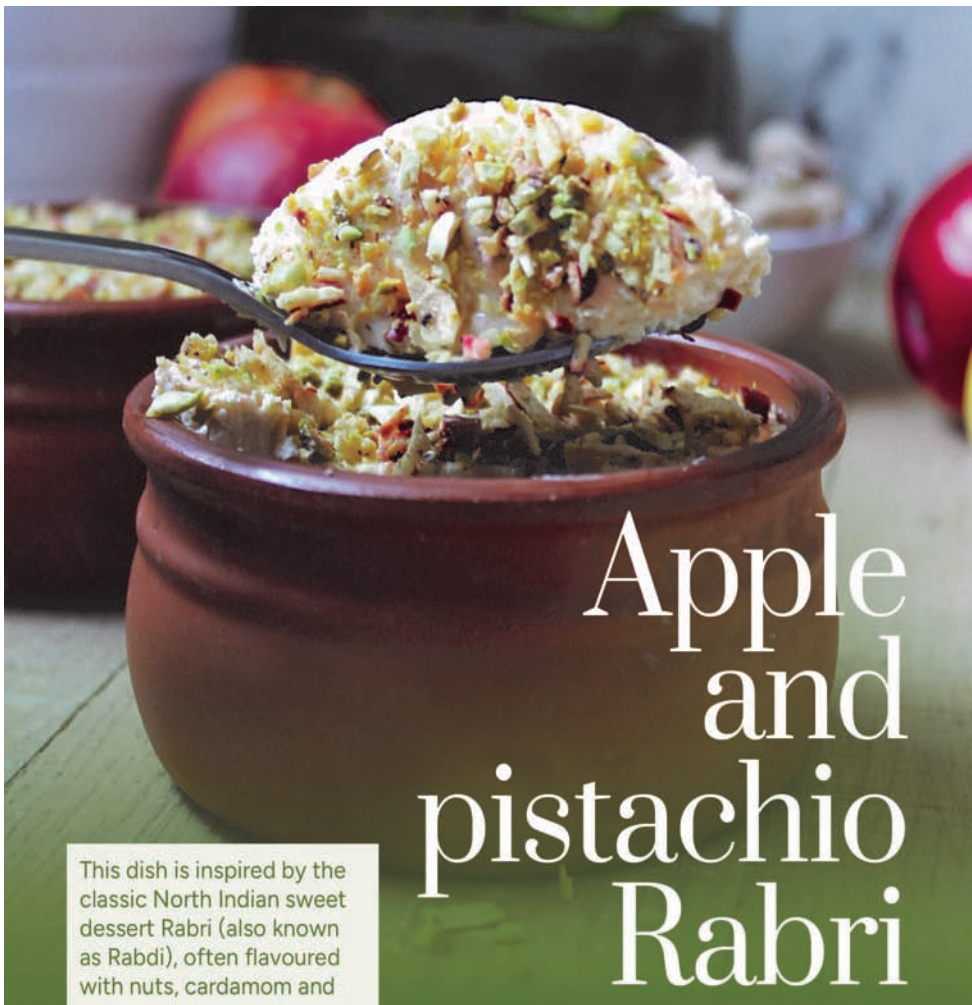
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Apple and pistachio Rabri

This dish is inspired by the classic North Indian sweet dessert Rabri (also known as Rabdi), often flavoured with nuts, cardamom and saffron, and served in earthen clay pots.

Serves 2

Preparation time 20-25 minutes

Cooking time 15-20 minutes

Ingredients

- 2 Jazz apples
- 125g pistachios
- 250ml plain yoghurt
- 125ml sweetened condensed milk
- 125ml evaporated milk
- 1 tsp vanilla extract

Method

1. Slice 1 apple into thin wedges, arrange on a lined baking tray and bake in the oven on a very low heat until the thin apple wedges have dried out.
2. Finely chop the pistachios and dried-out apples, then set aside.
3. Preheat the oven to 160°C, fan 140°C, gas mark 2.
4. Peel and grate the remaining apple and add to a bowl with the yoghurt, condensed milk, evaporated milk and vanilla extract. Mix well and divide between 2 clay pots or ramekins.
5. Place on a baking tray and cook in the oven for about 15-20 minutes, or until set completely.
6. Generously add the reserved apple and pistachio crumble over the Rabri and serve straightaway.

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Solution on page 26

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



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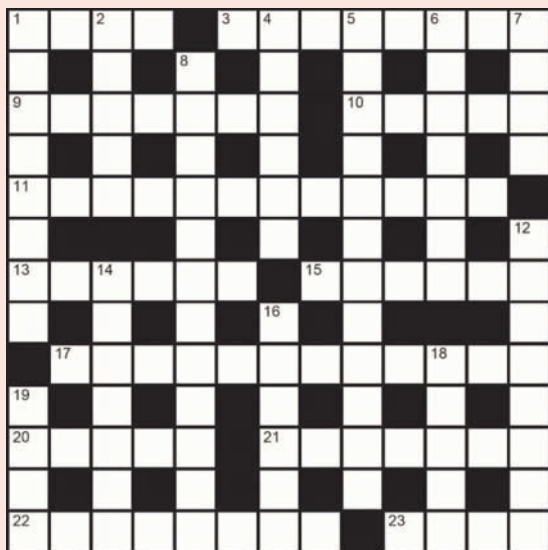
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CROSSWORD

Solution on page 26



Across

1. Finishing line for a foot race (4)
3. Microscopic disease-carrying agents (8)
9. Enduring strength and energy (7)
10. Snow leopard (5)
11. Moving mechanism that transports objects, as in a factory (8,4)
13. Small stamp or seal on a ring (6)
15. Liquid produced by a flower (6)
17. London district in which the Royal Opera House is sited (6,6)
20. Gold coin formerly used on the Continent (5)
21. Stylish and graceful (7)
22. Leave one's country of residence for a new one (8)
23. Palm fruit (4)

Down

1. Legal action where the outcome is likely to set a precedent (4,4)
2. Shrimp-like crustacean (5)
4. Major river flowing through Brazil (6)
5. Someone who deliberately stirs up a problem (12)
6. Curled lock of hair (7)
7. Declare formally as true (4)
8. Instrument used to locate buried explosive devices (4,8)
12. Person with dark brown hair (8)
14. Shaped and stuffed pasta dumplings (7)
16. Thoroughfare (6)
18. Theatrical entertainment (5)
19. Boundary, rim (4)

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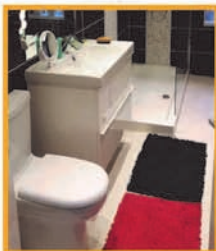
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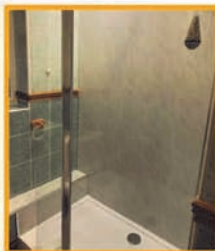
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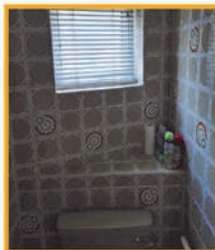
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Au naturel

By Kate Duggan

Get a cheat's version of the natural look with just a few tweaks to your makeup routine.

Ace the base

Hydration is key to nailing the 'I-just-woke-up-like-this' look. Properly moisturised skin appears plumper, which means makeup is less likely to settle into fine lines. So, use a night cream before bed and a day cream or serum that contains hyaluronic acid.

Do you want to even out your complexion without looking overly made up? Try a tinted serum. (Yes, it's fine to layer it on top of another serum.) Personally, I like Ilia Super Serum Skin Tint SPF 30 (£42). It comes in 24 shades, blends easily, boosts hydration and gives you a natural glow – perfect for that 'your-skin-but-better' finish.

If you struggle with rosacea, hot flushes or hyperpigmentation, you may need more than a tinted serum, but you don't need to resort to plastering on foundation. Instead, try Dr.Jart+ Cicapair™ Soothing Colour Correcting Treatment SPF 30 (from £19.50). Unlike some colour-correcting products, it won't irritate your skin or block your pores. And it really works. You can wear it under foundation if you want extra coverage, but I find it does the job perfectly well on its own.



Tone it down

Aim for colours that are as close as possible to your own skin and hair. That might mean swapping your black mascara for a brown one and your pink blush for a peach one, and opting for the 'nudest' of the nude shades in your eyeshadow palette. Use a light touch and less product than you think you need, and blend well to avoid obvious lines.

No7 Pro Artist Moisture Muse Lipstick (£14.95) gives you a subtle hint of colour that enhances your lips rather than masking them. It doesn't last long but feels very nourishing, so you won't mind reapplying it.



Practise precision

If you want to hide spots and scars rather than drawing attention to them, invest in a magnifying mirror. (It's pretty difficult to achieve precision if you can't see what you're doing.) Dot concealer on as lightly as you can and then tap with your fingertip to blend it.

We all know that eyebrows help to frame the face, but an obviously drawn-on brow suits very few people. If your eyebrows are very thin or patchy, you'll want to lightly fill them in with a precision brow pencil or pen. Soap & Glory Archery 48hr Brow Stain & Go (£11.99) is a good option. It has a very fine brush, so you can create hair-like strokes easily if you use a light enough touch. And it stays put for up to 48 hours.

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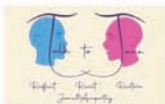
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Shop around and check reviews to see how the instructor teaches and what kinds of lessons they offer. With a private instructor, there will likely be just one car, whereas driving schools usually have a fleet. Many companies offer a block of ten driving lessons for around £300 to £400.

Practice the theory test

The theory test comprises 50 multiple-choice questions covering various driving scenarios. To pass it, you need to score at least 43. There is also the 'Hazard Perception' test, which involves several computer-generated driving scenarios where you have to click on every potential hazard ahead. To pass, you must score at least 44 out of a possible 75 points.

Familiarise yourself with the questions in the theory test and learn any answers you get wrong. There are plenty of mock Hazard Perception tests available online.

Buy a car to practice in

If you can afford it, try to buy a car while you're learning to drive, so you get more practice.

Obtain some quotes for insurance first, to make sure you're not caught out by the price. Having your own car means you can get provisional insurance to allow you to drive with a passenger who has had a driving licence for more than two years.

Manual or automatic?

If you're not a confident driver, an automatic car may be a good choice, as it's easier to use. The downside is that it only qualifies you to drive vehicles with two pedals. If you want to drive a manual, you'll have to retake your test in a manual car. This means it's almost always best to learn to drive in a manual, as you'll be able to access all types of transmission once you've got your full licence.



Learn 'show me, tell me' questions

One of the first parts of the practical driving test is the 'show me, tell me' questions, in which the examiner will ask you two vehicle safety questions before you drive off.

A typical question might be, "Tell me how you would switch your headlight from dipped to the main beam and explain how you'd know the main beam is on."

Your driving instructor will normally run through questions you might encounter on the day, so it's best to get to know the vehicle you're using, practice where everything is and revise some of the likely questions.

Learn the driving test routes

Your instructor should know the different test routes, so ask them to take you out so you can familiarise yourself with them, as it will make you a lot more confident on the day of your test. You're also more likely to pass on a route you've learnt through driving lessons.

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Conveyancers: making moves happen

When you're buying or selling a house and it's taking forever, it's tempting to blame the conveyancers. Not all conveyancers are great communicators, but they do handle a myriad of tasks you might not be aware of.

Conveyancing caseload

A conveyancer is a lawyer who's there to protect your interests as a buyer or seller. They'll handle the sale process, which includes exchanging contracts, dealing with stamp duty and capital gains tax, the transfer of mortgage funds and legally recording the change of ownership with the Land Registry. Conveyancers also have a legal duty to carry out anti-money laundering checks.

However, it's the stages before the final sale that often seem to drag on. This is when your conveyancer will be looking for anything that could cause legal problems. This includes scrutinising the title deeds, making sure the seller really does own the property and checking exactly where the boundaries lie. If it's a leasehold property, they'll also examine the lease for any concerns.

Conveyancers look for 'restrictive covenants'. These are restrictions on land use, often dating from the property's construction, that automatically transfer to new owners. These can often seem irrelevant, such as a ban on putting up advertising hoardings, and unlikely to be enforced. However, conveyancers must still make you aware of them.

Other searches

Other searches include environmental risks such as mining in the area, potentially dangerous gases and flooding. The conveyancers are often waiting themselves for government authorities, so it can be difficult to know who – if anyone – is dragging their feet.

A conveyancer isn't responsible for a property survey. This isn't actually part of the legal agreement for a house sale, as the building's condition comes under the 'caveat emptor' (buyer beware) principle.

How to choose

For most buyers, it doesn't matter where your conveyancer is based, as long as they're qualified in the relevant legal system (Scotland has its own legal system, for example). Larger national chains may be cheaper, often using junior staff for admin, while senior solicitors handle the legal elements and declarations. They may also offer online portals that let you access status updates.

On the other hand, you may prefer a local company which is more accessible and can give you more personal attention. This may also be a good option if local issues, such as mining, apply.

Look for conveyancers registered with the Solicitors Regulation Authority or Council of Licensed Conveyancers in England and Wales, and the Law Society in Scotland. Technically, you can hire anyone as a conveyancer, or even do it yourself, but this is ill-advised given the legal consequences of getting anything wrong. In practice, if you have a mortgage, your lender will almost certainly insist on a licensed and qualified conveyancer.



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QUIZ!

(answers on page 26)

Statues

1. The Statue of Liberty was given to the United States as a gift from the people of which country?
2. On top of the Old Bailey sits a bronze statue of Lady Justice. What two things does she hold in her hands?
3. Which character from a Hans Christian Andersen fairy tale has a statue in Copenhagen harbour?
4. Also the title of a famous 1913 play, what is the name of the sculptor in Greek mythology who fell in love with a statue he had carved?
5. In which British city would you find statues of Desperate Dan and Minnie the Minx?
6. On which island in the Pacific Ocean would you find a large number of monolithic statues called moai?
7. In which country would you find a 182-metre-tall statue called the Statue of Unity that is the tallest statue in the world?
8. Outside which London Underground station would you find a statue of Sherlock Holmes?
9. Which famous statue stands on the peak of Corcovado mountain?
10. In 2013, a bronze statue in Barnsley of which famous person from the world of sport was elevated onto a plinth in an attempt to stop people hanging items on its raised finger?

Where there's a Will

How to provide for your pet when you pass away

Pets are beloved family members, so it's good to know that it's possible to make arrangements for them in your Will if you're no longer around.

Legal beagle?

In England and Wales, and in Scotland too, pets are legally classed as personal property – or chattels – similar to furniture or cars. This means they won't automatically go to the person you might choose to look after them unless you specify this clearly in your Will. But it's very important to discuss it with the potential future caregiver first, to ensure they're willing and able to take on the responsibility.

Money matters

You can leave a financial gift to the person you designate to care for them, to help with costs such as food, insurance and vet bills. However, it's worth considering what should happen to any remaining funds if they aren't used up on your pet's care.



Some people prefer to create a trust dedicated to ongoing pet-care expenses. This can be helpful for animals with high maintenance costs or long lifespans, such as horses.

Charity care

If you don't have anyone suitable to name, certain charities offer pet rehoming schemes that can be written into your Will to ensure your pet is safe and looked after. These include Cats Protection and The Cinnamon Trust.

Ultimately, the best way to protect your pet's future is to plan ahead and think of them when you're drawing up your Will.

Advertising locally works...

Testimonial from **The Abbey Group**, to **Inside Magazine** (19 January 2026);

We have been committed to E4 Publishing's The Inside Magazine for nearly 11 years, and throughout that time they have consistently demonstrated a strong understanding of our business and its marketing needs. From the outset, we had confidence in their ability to deliver, based on both their experience and reputation.

Thanks to The Inside Magazine's efforts, we have significantly expanded our client database and seen our customer base grow dramatically. While we understood that recognition typically takes at least six months, we began receiving enquiries and increased brand recognition within the first two editions — all of which converted into genuine business and sales.

Our decision to advertise was based not solely on price, but on the positive feedback and strong results shared by other advertisers. The team at The Inside Magazine have always been professional, responsive and courteous, and the advertising scheme has proven to be a great benefit to Abbey Antiques & Furnishings and The Abbey Group as a whole.

We have no hesitation in recommending The Inside Magazine to other businesses. Should you require any further information, please do not hesitate to contact us.

Thank you.

Kind regards,
Lisa Cannings
Director
The Abbey Group / Abbey Antiques & Furnishings

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COMMUNITY EVENTS

and what's on...

FORTHCOMING

CONCERT

Saturday May 2nd, 5.30pm
Chingford Parish Church, The Green, Chingford E4 7EN.
The London Forest Choir and the Sylvan Ensemble
Bach: St Matthew Passion
Directed by Jonathan Rathbone
With soloists including Andrew Kennedy – tenor; Jimmy Holliday – bass
Tickets: See website for details: www.londonforestchoir.org
Also available at the door

CONCERT

Saturday May 9th, 7.30pm
Chingford Parish Church, The

Green, Chingford E4 7EN.
Chingford Ladies Inspirational Choir perform
Kim Andre Arnesen: Stabat Mater, and music by Grieg, Gjeilo and others.
Musical Director: Fru Chilvers
Tickets: £17 including refreshments, in advance or at the door
www.ticketsource.co.uk/clic
www.fb.com/CLiCChingfordLadies

CONCERT

Saturday June 27th, 5.30pm
Chingford Parish Church, The Green, Chingford E4 7EN.
Concert by The Chingford Singers including music by Britten, Chlicott & Faure.
Musical Director: Michael

Emerson
Tickets available at the door: £12, concessions £10, under 15s free.
See website for full details: <https://parishofchingford.org.uk/music>

ONGOING

BROADEN YOUR HORIZONS

Our Welcome
Are you no longer fully employed and therefore have gained time to broaden your horizons? Then it's now that you can cultivate new interests and learn new things. Maybe you just want to widen

Continued on page 29 ▶

PUZZLE SOLUTIONS

Crossword **page 14**

Across:

1 Tape, 3 Bacteria, 9 Stamina, 10 Ounce, 11 Conveyor belt, 13 Signet, 15 Nectar, 17 Covent Garden, 20 Ducat, 21 Elegant, 22 Emigrate, 23 Date.

Down:

1 Test case, 2 Prawn, 4 Amazon, 5 Troublemaker, 6 Ringlet, 7 Aver, 8 Mine detector, 12 Brunette, 14 Gnocchi, 16 Street, 18 Drama, 19 Edge.

Sudoku **page 12**

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

Quiz **page 24**

- France
- A sword and scales (of justice)
- The Little Mermaid
- Pygmalion
- Dundee (home of the comics The Dandy and The Beano that feature these characters)
- Easter Island
- India
- Baker Street (near to his fictional address on this street)
- Christ The Redeemer (in Rio de Janeiro)
- Dickie Bird (the finger was the cricket umpire's signal to indicate a batsman was out)

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Advertising locally works...

Testimonial from **Rightio Plumbing & Heating**, to **Inside Magazine** (17 December 2025);
I just wanted to take a moment to say a genuine thank you for all your support this year and for allowing Rightio to be a part of your magazine and your community.

With your help, we have been able to support many of your readers with their plumbing and heating needs, and we hope to continue helping many more in the year ahead.

Please see below a couple of reviews we have picked out from your readers:

"Having seen Rightio advertised in my local magazine, I contacted them when my elderly mother's heating suddenly stopped working. They arrived within the hour and had her heating back on by lunchtime. My mum said the engineer was incredibly kind, patient, and reassuring throughout, which gave us both real peace of mind."

"From the first phone call through to the engineer completing the job and taking payment, everything was clear, professional, and stress free. Having had poor experiences with plumbers in the past, it was genuinely refreshing to deal with a company that communicated well and delivered exactly what was promised."

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Day 1

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Afternoon - Walk into the Jordaan and explore the independent boutiques and quirky museums. Try the city's famous apple pie at Winkel 43. Just down the road lies the city's most visited museum, the Anne Frank House, which preserves the secret annexe where Anne Frank wrote her diary during the Second World War.

Evening - End your first day with a peaceful walk along the canals and dive into one of the lively bars in the De Pijp neighborhood. A popular haunt for stag and hen parties, Amsterdam has an infamous after-dark reputation, exemplified by the Red Light District!



Day 2

Morning - Start in Amsterdam's Museum Quarter, home to the Rijksmuseum, Van Gogh Museum and Stedelijk Museum. While the Rijksmuseum houses masterpieces such as Rembrandt's 'Night Watch', the Van Gogh Museum has the world-famous 'Sunflowers'.

Afternoon - One of the best ways to explore Amsterdam is on two wheels – just like the locals. The Vondelpark is always a pleasure to pedal around; this large green space's restaurants and cafés are perfect for a lunch stop.

Evening - For your final evening, book a candlelit table at a canalside restaurant, and why not top off your trip with a twilight canal cruise?

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(links below) to see which groups are active at the moment.

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

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