

**inside**

# Chingford and Highams Park

May & June 2026

competition

**WIN**  
**£25**  
to enter p29

inside this issue:

**tv stars:**

**Jenny Agutter**

**baking:**

**Baked nectarines**

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

**FREE** local community magazine and business directory

# KINGLEA COURT CARE HOME

Residential and Dementia Care



*This is Your Home*

When you make Kinglea Court your home you are choosing the perfect blend of comfort and independence.

Our all-inclusive, fixed pricing includes everything you would expect, and more.

- ✓ 24-hour residential, dementia and respite care
- ✓ Delicious home-cooked meals every day
- ✓ A vibrant programme of activities and events
- ✓ Spacious en-suite bedrooms
- ✓ Boutique cinema and quiet library
- ✓ All-inclusive fee that does not change based on a resident's care needs

*"Live well,  
every day, at  
Kinglea Court  
care home"*

Anthea Turner,  
Crystal Care Collection  
Ambassador



## ONE ALL-INCLUSIVE FEE

Contact our friendly team to find out more:

# 0208 153 3556

e [kingleacourt@crystalcarecollection.co.uk](mailto:kingleacourt@crystalcarecollection.co.uk)  
Sewardstone Road, Waltham Abbey E4 7RE

Crystal Care  
COLLECTION

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

# Has Your Double Glazing Steamed Up?

As the foremost domestic glass replacement company in the UK for more than 18 years, Cloudy2Clear Windows are the leading name in the industry. There is now no need for you to risk your windows by using the dreaded double glazing cowboy down the street. You can join over 340,000 happy customers and replace your glass ethically and affordably. If you have a failed glass unit it may not provide you with the protection you need, or be as energy-efficient as it once was. Why not take a minute to check your home to see if any double glazing has failed? Taking action now can prevent future financial problems.

When talking to the Manager of Cloudy2Clear Stephen Moon it became evident that the value of saving their customers money has been held dear for

a number of years. In addition since starting the business in 2005, Cloudy2Clear have committed to supporting the local community by providing a service that saves the public both time and money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Stephen commented "By doing this we make the customer considerable savings and there is much less upheaval in the family home. Also, whether communities find themselves in a financial crisis or not, saving money when you don't need to waste it is always the sensible option, and our service does just that".

For a free quotation please call 0800 61 21 118 or visit [www.cloudy2clear.co.uk](http://www.cloudy2clear.co.uk).

*Ask me about our fantastic Energy Saving Glass.*



## Have Your Windows Steamed Up?

**Replace the pane, not the frame!**

All glazing backed by our

**25  
YEAR  
GUARANTEE**

*"I really liked the fact that they were a local community run business"*

*Janet Beard*



We are a  
Checkatrade  
Member



Get a FREE Quote

**Your trusted local expert**

**Faulty locks, handles or hinges?**

**cloudy2CLEAR**  
WINDOWS  
REPLACING YOUR FAILED DOUBLE GLAZING

Priority freephone  
**0800 61 21 118**

[www.cloudy2clear.co.uk](http://www.cloudy2clear.co.uk)

**Glass, it's better when it's clear!**



# inside Chingford and Highams Park



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

This time of year is a favourite for home improvements and whether it's a coat of paint or a major makeover, you

can bet that the latest looks and colours will influence your choices.

Fashion is just as prevalent in the home as it is on the catwalk. Remember when carpet in the bathroom – and sometimes even carpet in the kitchen - was popular? And tiles were put up vertically not horizontally as all are now.

I'm sure I'm not alone when I say that hours of trawling the internet to spot the latest trends and to narrow down personal preferences can leave you overwhelmed with the choices. The final decision becomes so hard that you give up and live another year with tatty, dated rooms and furnishings.

A couple of years ago I was in exactly that position. I needed to renovate the bathroom and couldn't seem to make a decision. Eventually, the thing that got the ball rolling was to visit a small local bathroom retailer. Although the company did have a showroom, it was talking through my plans with the business manager that really helped me.

The point here is that the big stores do have their place, but you just can't beat speaking directly to a local company to turn your plans from ideas to reality. And it's a chance to chat to a real live person - and it made me appreciate the value of face-to-face communication.

*Tania Houston*

**NB.** Copy deadline date for our next issue (July/August) is June 12th.

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.



16

## CONTENTS

### PUZZLES

Sudoku	12
Crossword	14
Fun Quiz	24

### HOME & GARDEN

Double Glazing	10
Baking: Baked nectarines with coconut and chocolate	16

### GENERAL

TV stars: Jenny Agutter	18
Ready to Ramble?	20
Travel Feature: China uncovered	32

### COMMUNITY

Local Useful Numbers	28
Community Events	30

### INDEX OF ADVERTISERS 34

**Copyright © 2026 E4 PUBLISHING**

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

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

**Editor:** Tania Houston

**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](mailto:sales@insidemagazinelocal.co.uk)

w: [www.insidemagazinelocal.co.uk](http://www.insidemagazinelocal.co.uk)

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

Robert Gerrard  
*Adding value to busy people*

Insurance with...

Real People. Real Experience.

### COMMERCIAL

Safeguarding with tailor-made insurance cover for the specific risks your business faces on a day-to-day basis.

### PERSONAL

Protecting the things that matter to you personally, with specialist expertise in non-standard risks and high value possessions.



**Experience insurance the right way** – tailored, dependable, and underpinned by decades of industry experience:

- ✓ Over 50 years of insurance knowledge
- ✓ No call centres, no queues
- ✓ A dedicated team of friendly advisors
- ✓ Local, trusted, and here when you need us.

Contact Robert Gerrard, Chingford:

☎ 0208 529 3333

✉ [info@robertgerrard.com](mailto:info@robertgerrard.com)

🌐 [robertgerrard.com](http://robertgerrard.com)



Robert Gerrard is a trading name of Jenston Insurance Brokers Ltd, which is authorised and regulated by the Financial Conduct Authority. Registered address: Coversure House, Vantage Park, Washingley Road, Huntingdon, PE29 6SR. Registered in England No: 08284692.

**QF<sup>2</sup>** Carpet & Flooring Specialists  
 Family Run Business  
 25 Years Experience  
 CARPETS & FLOORING We Bring Samples To You

🌐 [qf2carpetsandflooring.co.uk](http://qf2carpetsandflooring.co.uk)  
 📞 07873 137275 • 0204 541 2164  
 ✉ [qf2carpetsandflooring@gmail.com](mailto:qf2carpetsandflooring@gmail.com)  
 QF2 Carpets and Flooring on all Socials

**FIND YOUR PEACE THERAPY**

NLP life coach & hypnotherapist level 5 IAPC&M  
 Accredited, GHR registered

Phobias, Anxiety, Goal Setting  
 Couples Mediation  
 Virtual Gastric Band and much more

Betty Televantou - Hyp.Dip.GQHP  
 07967 605 338 - [bettytelevantou@gmail.com](mailto:bettytelevantou@gmail.com)

THERAPY by Rose

*Feeling overwhelmed,  
 anxious or stuck?*

I am a qualified and accredited Counsellor, CBT and EMDR Therapist, offering a warm, confidential and professional space to support you, also in French

**I can help with:**

- General anxiety • Panic & Social anxiety
- Health anxiety • OCD • Depression
- Trauma • PTSD • Life changes, and more

Using Talking Therapy, CBT & EMDR,  
 I support you to process difficult experiences  
 and create lasting change.

**I offer:**

- Short-term & long-term therapy • Individual & couples sessions
- In-person in Chingford or online

**FREE INITIAL CONSULTATION**  
 ☎ 07462 309305 | 🌐 [www.therapybyrose.co.uk](http://www.therapybyrose.co.uk)

**Rose Matadi**  
 Accredited Counsellor  
 CBT & EMDR Therapist

**Arbis**  
 Waste Removal

**Do you really  
 need a skip?**

**FULLY  
 LICENSED  
 WASTE  
 CARRIER**

e: [arbিসwaste@googlemail.com](mailto:arbিসwaste@googlemail.com)  
 w: [www.arbисwasteremoval.co.uk](http://www.arbисwasteremoval.co.uk)

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

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

**07944 502 992**



# FNB Roofing and Building Ltd

FNB Roofing and Building Ltd have over 15 years of experience in the profession, and are happy to offer expertise and a full range of roofing and guttering services.

- New Roofs
- Roof Repairs
- Leak Repairs
- Tiling & Slating
- Fibreglass Flat Roofing
- 3 Layer Felt Roofing
- New Gutters
- Gutter Repair Service
- Gutter Cleaning
- UPVC Fascias
- UPVC Soffits
- UPVC Cladding
- Chimney Stacks Re-pointed
- Chimney Stacks Rebuilt
- Leadwork
- Damp Proofing
- Rendering
- Dry Ridge Systems



**FREE SCAFFOLDING SUPPLIED ON ALL NEW ROOFS & MAJOR REPAIRS**  
**14 Day Cooling Off Period Applies**  
**All Work Guaranteed • Full Public Liability Insurance**

**FRANK BAKER** | Managing Director

07776 744 224 | [fnbroofing@gmail.com](mailto:fnbroofing@gmail.com)

**[www.fnbroofingandbuildingltd.com](http://www.fnbroofingandbuildingltd.com)**

Essex: 01708 909 206 London: 0208 226 5909

FNB Roofing & Building Ltd 16 Wood Lane, Woodford IG8 9TE

FOR MORE INFORMATION, FIND US ON



Proud members of  
**Checkatrade.com**  
Where reputation matters



# GARDEN OPENING FOR THE NATIONAL GARDEN SCHEME (NGS)

**H**elp raise money for charity by visiting your local NGS garden at 26 College Gardens, Chingford, E4 7LG on Sunday 14th June, from 2-5pm.  
Admission £4, children free.

ALL proceeds go to the charities as identified on the NGS website.

Tea, coffee and cakes will be on sale. It makes a perfect way to spend a June afternoon and supports your local NGS garden. For more info, visit [ngs.org.uk](http://ngs.org.uk)





Join us for  
our next  
event

Ivy Grove care home,  
Chingford

## Fish and chips Friday

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 dementia friendly fish and chips meal, prepared by our Head Chef. Our friendly team will be on hand to give helpful advice and support.

Trusted to care.



To book please call  
**020 3930 5476** or email  
**april.jones@careuk.com**



# Double check

When should you repair faulty double glazing, and when should you replace it?

Double glazing should last between 15 and 20 years, though much depends on the conditions it's exposed to. Sunshine, changing temperatures inside and out, building movement and harsh weather can take their toll.

Here are the key problems you can face as windows age and the best ways of tackling them:

## Condensation between panes

Not only does misting or obvious damp between the layers of glass look unsightly, but "blown" double glazing is a sign that the seals have failed and moisture is getting in.

**The fix:** In most cases, you don't need to replace the whole window frame, just the sealed glass unit. There are companies that specialise in replacing the panes and this restores insulation and clears the fogging. This will be more cost effective and less disruptive than replacing the entire window.

## Draughts

This is another symptom of a failed seal. Your home will be harder to heat, and it will feel colder.

**The fix:** Professional resealing might be all that's needed.

## Damaged windows

Chips or cracks can occur as a result of temperature changes – especially heat – or structural movement.

**The fix:** While a repair using clear resin will improve the look of your window, damage of this kind means a replacement glazed unit is the best option, both for safety and better insulation.



## More noise

The insulation provided by double glazing keeps noise out and warmth in. Increased levels of noise from outside are a sign that your windows are nearing the end of their useful life.

**The fix:** Replacement is required.

## Higher energy bills

If your central heating is struggling to keep your home warm and your bills have been increasing over time, this could indicate the energy efficiency of your double glazing is not what it was.

**The fix:** It could well be time to replace your windows before winter.

## Damaged frames or hardware

Window frames can swell, making the window hard to open or close. This problem can also be caused by faulty hardware, such as handles, locks or hinges, or even a build-up of dirt. Meanwhile, wooden windows can rot and UPVC ones discolour.

**The fix:** Hardware can be replaced, while keeping frames clear of dirt may help windows open and close better. Yellowed frames can be improved with a baking soda paste. Leave it for around 15 minutes, then rinse and dry. Commercial uPVC cleaners may also be effective. If not, or if you have rotten wooden frames, they will need replacing.

Repair is cheaper than replacement, whatever the issue with your windows. However, modern double glazing offers better thermal performance and is likely to last longer than the glass you have now.

# 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](http://www.mediacomms.co.uk)

[info@mediacomms.co.uk](mailto:info@mediacomms.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**

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

**WANTED**

MOTORBIKES  
SCOOTERS • MOPEDS  
UNFINISHED PROJECTS  
NON RUNNERS  
ANYTHING CONSIDERED

CALL NOW  
07939 045286

**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

**NO CALL OUT CHARGE • 0VP DISCOUNTS**

**KEY CUTTING SERVICE**

t: 020 8524 5566 (office)  
m: 07816 916 952 (24hrs)

[www.uniquelocksmiths.co.uk](http://www.uniquelocksmiths.co.uk)  
 UNIQUE LOCKSMITHS, 89 STATION ROAD, NORTH CHINGFORD E4 7BU

**HAIR**

**Tina Heard**  
 Hair Stylist/Colour Specialist

Harrods Trained

Mobile Hairdresser, will visit.  
 Hair styling in the comfort of your own home.

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

# A NEW CHAPTER FOR AINSLIE WOOD: 'OUTSTANDING' LEADER JULIE CROUCH TAKES THE HELM

**CHINGFORD** – There was a palpable sense of excitement in the air at Ainslie Wood Primary School this April as the community officially welcomed its new headteacher, Julie Crouch.

Following a rigorous selection process, Mrs. Crouch joins the school with a formidable reputation and a clear, heart-led mission: to ensure every single child feels they truly belong.

## A Proven Track Record of Excellence

Mrs. Crouch is no stranger to the high stakes of educational leadership. She makes the move to Ainslie Wood from a large primary school in nearby Wanstead, where she recently led the staff and pupils to a milestone achievement: an 'Outstanding' rating from Ofsted across every single category.

While the accolades are impressive, Mrs. Crouch insists that the secret to a great school isn't found in a trophy cabinet, but in the hallways and classrooms.

"Data and ratings are important, but they are the byproduct of a happy school," says Mrs. Crouch. "When children feel safe, seen, and valued, the 'Outstanding' results tend to follow naturally."

## More Than Just a School: A Place to Belong

At the core of Julie's educational philosophy is a deep-rooted passion for inclusion. For her, inclusion isn't just a policy on a piece of paper; it's a lived experience.

Her vision for Ainslie Wood is centered on the value of belonging. She believes that for a child to reach their full potential, they must first feel that the school is a second home—a place where their unique backgrounds and abilities aren't just "accommodated," but celebrated.

## What to expect under her leadership:

- **A "Listen-First" Approach:** Mrs. Crouch has already been spotted at the school gates, greeting parents and learning the names of her new pupils.
- **Inspirational Learning Environments:** A focus on creative, inclusive teaching that meets every child where they are.

- **Community Integration:** Strengthening the bond between the school, local families, and the wider Chingford area.

## A Warm Welcome

The transition marks a "new chapter" for Ainslie Wood, a school already known for its vibrant spirit. Parents have expressed optimism about the appointment, noting that Mrs. Crouch's blend of high-level experience and genuine warmth is exactly what the school needs to soar to new heights.

"I am incredibly honoured to join the Ainslie Wood family," Mrs. Crouch shared in a recent letter to parents. "Together, we are going to build a future where every child believes they can achieve anything, because they know they belong right here."

Chingford Podiatry Centre  
**MR MARK FREEDMAN**  
B.Sc. (Hons), M.Ch.S., H.C.P.C. Registered

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

(020) 8524 3916

More info at [www.sorefeet.co.uk](http://www.sorefeet.co.uk)

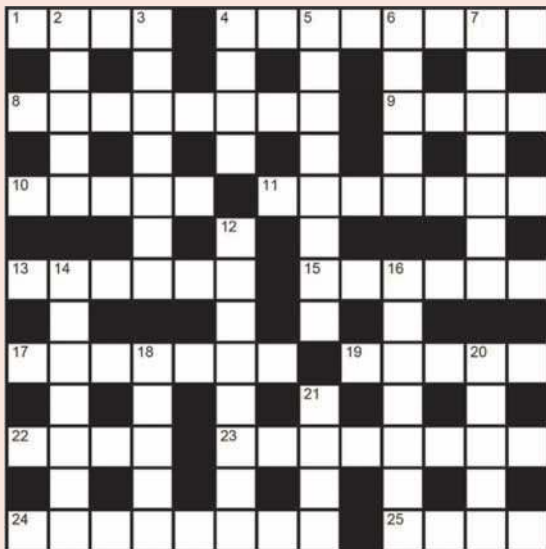
- All foot problems treated
- Saturday appointments available

Established over 20 years in Chingford

 **SRE**feet.co.uk  
CHINGFORD PODIATRY CENTRE

# CROSSWORD

Solution on page 26



## Across

1. Health resorts (4)
4. Glass cylinder closed at one end (4,4)
8. Buildings used to house military personnel (8)
9. European capital city once called Christiania (4)
10. Conduit for carrying off waste products (5)
11. Most direct route (7)
13. Official language of Hungary (6)
15. Part of a shoe that covers the arch of the foot (6)
17. Place out of sight (7)
19. Italian poet famous for writing the Divine Comedy (5)
22. Small bunch of flowers (4)
23. Scientifically detached, unemotional (8)
24. Military wake-up call (8)
25. Hair on an animal's neck (4)

## Down

2. Rigid layer of the Earth's crust (5)
3. Doctor's consulting room (7)
4. Tortilla rolled around a filling (4)
5. Affecting the body as a whole (8)
6. Supernatural creature that lives in the mountains (5)
7. Difference between the credit and debit totals of an account (7)
12. Diplomatic etiquette (8)
14. Inflammable liquid widely used as an organic solvent (7)
16. Large structure for open-air sport (7)
18. Be similar in sound, especially with respect to the last syllable (5)
20. Procession of camels travelling in single file (5)
21. Toy flown in the wind (4)

## 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

## 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](http://www.pd-electrical.co.uk)

Phone: 0208 524 5981  
Mobile: 07932 720982

E-mail: [p.delectrical@btinternet.com](mailto:p.delectrical@btinternet.com)



BEFORE



AFTER



# ALAN'S PLUMBING YOUR LOCAL PLUMBER

All types of plumbing work  
•GOOD RATES •FREE ESTIMATES

Phone me on my mobile anytime,  
I will answer your calls, NOT a recorded  
message or answering machine.

**Family-run business**  
with over 40 years experience

We specialise in all types of plumbing  
and walk-in bathroom & mobility needs.  
DISCOUNTS FOR SENIOR CITIZENS

## 07973 670 383

POWER DRAIN



CLEANING



## Cosyloft Conversions

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



Transforming unused loft space into bright,  
functional living spaces with quality  
workmanship and smart design - adding  
space, style, and value to every home

*est: 1996*



**CONTACT US:**



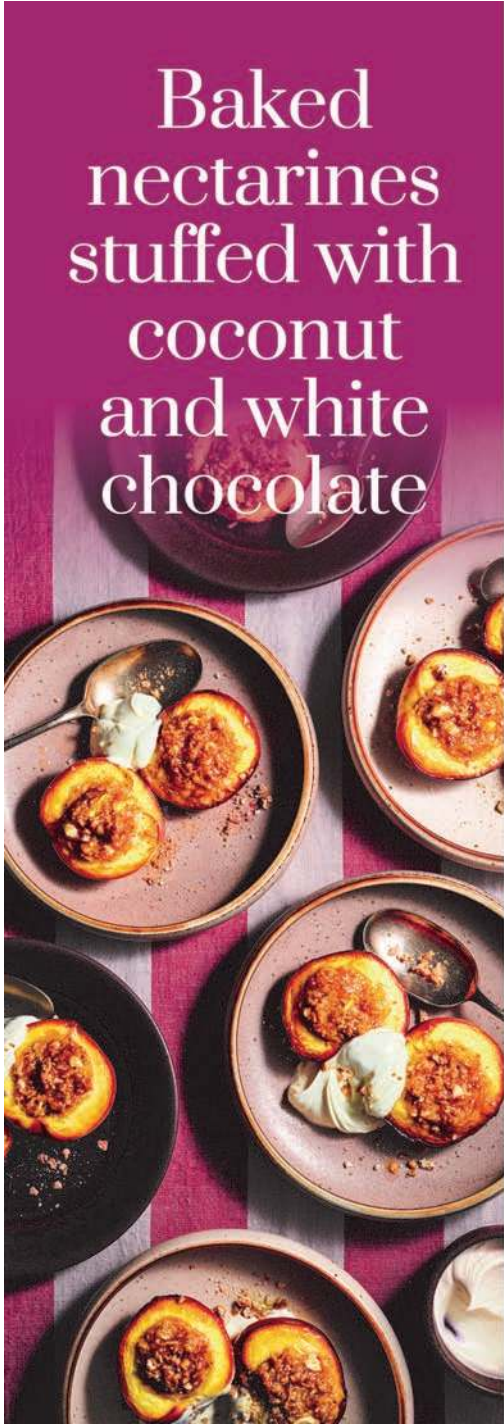
**02085002159**  
**info@cosyloft.com**

why choose us?

- family run
- fully insured
- no hidden costs
- 10 year guarantee
- free no obligation quotes



# Baked nectarines stuffed with coconut and white chocolate



Sweet, succulent and juicy South African nectarines take the starring role in this effortless yet impressive-looking dessert.

---

**Serves 6**

**Preparation time** 20-25 minutes

**Cooking time** 25 minutes

---

## Ingredients

- 6 South African nectarines
  - 50g white chocolate, finely chopped
  - 50g amaretti biscuits, chopped finely
  - 25g shredded coconut, or desiccated coconut
  - 30g unsalted butter, softened
  - 1 egg yolk, lightly beaten
  - To serve, thick cream or crème fraîche
- 

## Method

1. Preheat the oven to 180°C, fan 160°C, gas mark 4.
2. Cut the nectarines in half and remove the stones. Using a small, sharp knife, cut away the centres to make a shallow cavity approximately 3cm across, then finely chop the cut-away centres and reserve.
3. Combine the chopped white chocolate, amaretti biscuits, coconut and reserved nectarine flesh in a bowl, then stir in the softened butter and egg yolk and combine well.
4. Place the nectarines, cut side up, in a roasting pan and divide the coconut mixture among the cavities, mounding it slightly.
5. Bake in the preheated oven for 25 minutes or until the nectarines are soft and the filling is light golden.
6. Serve the stuffed nectarines, hot or warm, with a dollop of thick cream or crème fraîche.

Recipe devised by chef Reuben Riffel using South African stone fruit. Photography & styling © Costas Millas (@madebymmillas). For more sweet and savoury recipe inspiration, visit [www.southafricanfruit.co.uk](http://www.southafricanfruit.co.uk).

## EAR-DOT-CLEAR



**£55**  
FOR  
BOTH EARS

YOUR TRUSTED PARTNER IN EAR HEALTH

### MOBILE EAR WAX REMOVAL

MICROSUCTION &  
WATER IRRIGATION PROCEDURES

Ear-dot-clear offers CPD qualified, DBS checked technicians to provide safe and effective ear wax removal service ensuring a comfortable experience in your own home

**BOOK NOW - 07414 993 023**

Chingford, Highams Park, Woodford Green,  
South Woodford, Wanstead & surrounding areas

## 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 LUNCHEONS  
PRIVATE PARTIES  
HOT & COLD BUFFETS  
BBQ'S

e: [info@ridgewaycateringcompany.co.uk](mailto:info@ridgewaycateringcompany.co.uk)  
w: [ridgewaycateringcompany.co.uk](http://ridgewaycateringcompany.co.uk)



## 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](mailto:kluaneh@gmail.com)



## 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](mailto:meow@cosycatz.co.uk)**  
**[www.cosycatz.co.uk](http://www.cosycatz.co.uk)**

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



# Timeless talent

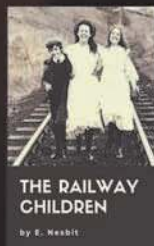
Jenny Agutter is one of Britain's most versatile actresses, with a career spanning more than six decades.

Born in Taunton, Somerset, the daughter of a British army officer, Jenny Agutter lived in many different countries as a child. The first place she remembers is Singapore. The family also moved to Cyprus. She recalled, "I loved it. We were a small family and spent idyllic holidays in the Troodos mountains or sailing in our homemade boat."

She adored ballet, and her parents sent her to Elmhurst Ballet School. But she realised she lacked the dedication to become a dancer. "When I was 16, I took a lead role in three films, instead of getting on with exams, and left school with no qualifications," she said. "So, I just had to continue with the profession I enjoyed and had fallen into."

## Early days

In fact, Jenny Agutter had made her acting debut aged 11, when she appeared in "East of Sudan" alongside Anthony Quayle and Sylvia Syms. Her first major break came in 1970 as Roberta (Bobbie) in "The Railway Children".



In 1972, she won an Emmy for Outstanding Supporting Actress for her role as Fritha in the BBC TV film of "The Snow Goose". She subsequently won a BAFTA for "Equus" in 1978.

Jenny turned to the stage to broaden her experience. Aged 21, she joined the National Theatre to play Miranda in Sir Peter Hall's production of "The Tempest" with Sir John Gielgud, before heading across the pond.

## International star

Starring in "Logan's Run" in 1976 introduced her to Hollywood stardom. However, Jenny never fully abandoned British film and television, starring in films such as "An American Werewolf in London" and "The Parole Officer". Her small-screen work has included hit espionage drama "Spooks" and, of course, the BBC's award-winning "Call the Midwife".

She has been with the show since it began in 2012, playing Sister Julienne, the sister-in-charge at Nonnatus House. This fictional east London convent was inspired by the real-life St Frideswide's Mission House in Poplar.

Jenny's husband Johan Tham, a Swedish hotelier, died in 2025 aged 81. They had been married since 1990 and had one son, Jonathan. Awarded an OBE in the 2012 Birthday Honours for her charitable services, Jenny gives her time to several organisations, including Cystic Fibrosis Trust and St Giles Trust.

## Constant presence

Jenny has aged on screen with grace, embracing parts that reflect maturity, wisdom and moral complexity.

"I am lucky to have had some good roles in television and classic films, but I don't attach myself to their success. When a job is finished, an actor is always looking for the next role to play."

All episodes of series 15 of "Call the Midwife" are available on BBC One and BBC iPlayer.



EST 1932

## WOODFORD GREEN PREPARATORY SCHOOL



WGPS is a school where children are inspired to explore, question, and create. With a strong focus on nurture we achieve excellent academic results and develop confident learners, ready to make their mark on the world.



Find out more at our  
**Open Event**

Or book a Personal Tour

Independent Co-educational Day School For 3 - 11 Years

wgprep.co.uk  0208 504 5045  admissions@wgprep.co.uk

Glengall Road - Woodford Green - Essex - IG8 0BZ

# Ready to ramble

What better way is there of exploring the great outdoors, connecting with nature and clearing your mind than going on a leisurely walk?



Slower and less intense than hiking, rambling is more about the journey than the speed. It is not about steps counted, calories burned or records broken. A ramble begins when you leave behind the idea that walking must achieve something and instead allow it to just “be” something.

Unlike a hike, a ramble welcomes distraction. You might stop to watch sheep negotiate a gate with unexpected intelligence or linger beside a stream when the water’s doing something interesting with the light. The route can change on a whim: “That path looks promising” is reason enough. Getting a little lost is not a failure but part of the pleasure.

Historically, rambling has always been more than a pastime. In Britain, especially, it carries a quiet defiance. The right to roam was not freely given; it was demanded by people who believed the countryside should not be reserved for the privileged few. To ramble, then, is to participate – gently, almost unknowingly – in a tradition that values access, freedom, and shared land. Every footpath walked is a reminder that the landscape is not just something to admire from a distance but something to move through and belong to.

## **Sociable stroll**

Walking in the open air can be an extremely sociable activity and can improve our sense

of community too. Group walks can also be an effective way to improve our fitness while strengthening bonds with family and friends.

You can set up a social walk yourself by planning to meet with friends and finding a route that suits you all. Alternatively, you can join one of the many walking groups in the UK. They cater for people who lack the knowledge and confidence to plan walks that tick all the boxes.

There are more than 500 Ramblers groups across Britain – and there’s probably one (or more) near you – hosting 50,000 Ramblers group walks every year, all guided by a walk leader. To find out more, visit [www.ramblers.org.uk](http://www.ramblers.org.uk).

## **Health and well-being**

Walking is free, easy to do and has a host of benefits – and many of these are just as important for our mental health as for our physical health. It can boost your mood, alleviate stress, clear your mind and help you feel more relaxed.

A good ramble ends not with triumph but with contentment: tired legs, a clearer head, and the subtle sense that something has been put back into balance. You return home muddier, maybe, but lighter too. And often, before the boots are even dry, you find yourself wondering where the next path might lead.

# WE NEED YOU!



Become a Golden Heartbeat  
**VOLUNTEER FOR US...**

Exciting volunteering opportunities in Havering, Barking and Dagenham, Redbridge, Brentwood and West Essex. Contact us today and join our amazing team!

[sfh.org.uk/volunteer](http://sfh.org.uk/volunteer)



© Saint Francis Hospice - all rights reserved.  
Saint Francis Hospice is a registered charity, number 275913.

Saint  
Francis  
Hospice  
Caring for you

**inside**  
Magazine

**Inside Magazine  
(Chingford and  
Highams Park)**

**It's easy to be in  
Inside Magazine  
And it's incredible value, too.  
Most importantly, it works.**

**An advert this size costs  
just **\*£49** for 1 month.**

For more info on advertising in  
this magazine, call

**0800 610 2240**

or email [sales@insidemagazinelocal.co.uk](mailto:sales@insidemagazinelocal.co.uk)

\*1/4 page b&w advert on a 6 month booking

**NGK**  
LANDSCAPES

(Formerly NG Gardens)

Landscaping & Maintenance

Over 30 years experience

We are a friendly local team that you can trust with no hidden fees and no call out charges.

- Fully insured
- Private & Commercial properties
- Patios
- Garden design
- Turfing
- Fencing
- Tree Surgery
- Mowing  
and much much more!

**Call now for a no obligation quote:**

**07714 400086 or**

**01279 218066**



# K BUCKLEY

PROPERTY, MAINTENANCE & LANDSCAPING

Patios • Paths • Fencing • Decking • Turfing  
Driveways • Brick Walls

New Roofs • Roof Repairs • Flat Roofs • Chimneys • Dry Verges  
Guttering • Fascias & Soffits • Repointing • Ridge Tiles

Tree & Garden Services • Cladding • Pressure Washing  
Interior & Exterior Painting • Plastering • Rendering

All rubbish & waste removed  
Free Estimates & Advice

Family run business - est. 1990



01245 933 077



07414 665 668

**High-Impact JET & PRESSURE WASHING**  
That Instantly Restores Value & Appearance

- ✓ Driveways & Patios
- ✓ Roofs & Gutters
- ✓ Commercial Properties

**£2M INSURED**   **ECO-SAFE**   **TRUSTED 500+ CLIENTS**   **GUARANTEED RESULTS**

- ✓ Instant Transformations
- ✓ Fully Insured & Certified
- ✓ Eco-Safe & Effective
- ✓ Email one

**— GET YOUR FREE QUOTE —**

CALL: 020 8914 7871   WHATSAPP: 020 8914 7871  
EMAIL: [info@jet-it-clean.co.uk](mailto:info@jet-it-clean.co.uk)

Serving London, Essex, Kent, Surrey, Hertfordshire

**INSTANTLY TRANSFORM YOUR PROPERTY!**

Professional Jet Washing for Homes & Businesses Across London & the South East

**BEFORE**   **AFTER**

**Our Jet Washing Services**

- ✓ Retail Parks & Shopping Centres
- ✓ Warehouses & Distribution Yards
- ✓ Loading Bays & Forecourts
- ✓ Oil & Chewing Gum Removal

**DOMESTIC**

- ✓ Driveways & Pathways
- ✓ Patios & Decking
- ✓ Roof Moss Cleaning
- ✓ Walls, Fences & Render

**GET YOUR FREE QUOTE NOW!**

020 8914 7871   020 8914 7871  
[info@jet-it-clean.co.uk](mailto:info@jet-it-clean.co.uk)

# Electrician

[www.Electrician-in-Chingford.co.uk](http://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**



## 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.



**T: 0208 524 2160**

**M: 07709 431 635**

**Better Pest Control**

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

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

## 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**

# QUIZ!

(answers on page 26)

## Keys

1. In bingo, what number is referred to as "key of the door"?
2. Francis Scott Key is best remembered for writing a poem called Defence of Fort M'Henry that was later set to a tune to become which famous song?
3. An allen key is used to turn a screw or bolt that has a recess of what shape? a) triangle; b) pentagon; or c) hexagon?
4. Featuring a key on its front cover, what is the title of the third novel in E. L. James' Fifty Shades series?
5. Each labelled with the letter "F" and then a number, how many function keys are there on a standard PC keyboard?
6. In which well-known 1962 film does the title character own an island called Crab Key?
7. Singer Alicia Keys featured on the 2009 hit single Empire State of Mind by which rapper?
8. If there are 88 keys in total on a standard piano, how many of these are black?
9. In the lyrics of the song Brand New Key by Melanie, what does the singer have a "brand new pair of"?
10. Together with his daughter Lucy, which famous person wrote a series of children's books that started with 2007's George's Secret Key to the Universe?

## 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



**NO CALL OUT CHARGE**  
**020 8529 1489**  
**07802 952005**

<https://robertsplumbingandheatingservices.co.uk>



Your well-being is our No. 1 priority



Outstanding professional care in the comfort of your home.

Enabling your Reablement

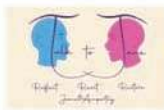
Get in Touch

**Mob: 07377 194 610**

[delexhealthcareservice@gmail.com](mailto:delexhealthcareservice@gmail.com)

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

+ Our Counselling Services



# CABIN GRILL



**KEBABS - BURGERS - WRAPS - PIZZAS**

**Telephone Orders Welcome - Minimum Order £20**

**ONLINE & IN STORE ONLY**

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



**TEL: (020) 8617 1976 | 7 THE BROADWAY LONDON E4 9LQ**

**Opening Times - Monday To Saturday: 12noon - 11pm**

**Sunday: 1.00pm - 11pm OPEN 7 DAYS A WEEK**

**IF YOU HAVE ANY FOOD ALLERGIES PLEASE TELL OUR STAFF BEFORE ORDERING**



**GoCruise&Travel**  
Joanne Cornwall

Contact Joanne Cornwall to discover your next ocean adventure

**07849 705900**

[joanne.cornwall@gocruiseandtravel.co.uk](mailto:joanne.cornwall@gocruiseandtravel.co.uk)  
[gocruiseandtravel.co.uk/joannecornwall](http://gocruiseandtravel.co.uk/joannecornwall)

**NO-FLY CRUISE SPECIALISTS**

**ROBERT JAMES**

**PLUMBING & HEATING**

**WORK UNDERTAKEN;**

- Plumbing Repairs
- Boiler installations
- Boiler service and repair
- Central heating upgrades
- Power flushing
- Radiator installation
- Landlord gas safety certificates

**FREE QUOTES**

**RELIABLE LOCAL SERVICE**

**SERVING THE LOCAL COMMUNITY SINCE 1995**

**CONTACT ROBERT ON:**

Mob: 07903 057 778  
Email: [rjamesplumbgas@gmail.com](mailto:rjamesplumbgas@gmail.com)

# 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](http://abbey-group.net)

## PUZZLE SOLUTIONS

### Crossword **page 14**

#### Across:

1 Spas, 4 Test tube, 8 Barracks, 9 Oslo, 10 Sewer, 11 Beeline, 13 Magyar, 15 Instep, 17 Secrete, 19 Dante, 22 Posy, 23 Clinical, 24 Reveille, 25 Mane.

#### Down:

2 Plate, 3 Surgery, 4 Taco, 5 Systemic, 6 Troll, 7 Balance, 12 Protocol, 14 Acetone, 16 Stadium, 18 Rhyme, 20 Train, 21 Kite.

### Sudoku **page 12**

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

### Quiz **page 24**

- |  |                     |
|--|---------------------|
| 1) 21  | 5) 12               |
| 2) The Star-Spangled Banner (the national anthem of the United States) | 6) Dr. No           |
| 3) c) hexagon  | 7) Jay-Z            |
| 4) Fifty Shades Feed   | 8) 36               |
|  | 9) Roller skates    |
|  | 10) Stephen Hawking |

## AFFORDABLE LOCAL ADVERTISING

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

**call Andy on 0800 610 2240**

## 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

# 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](mailto:computerescue@aol.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**

## 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



# PLUMBER & GAS ENGINEER

- All plumbing & Heating work
- Boiler Replacements
- Landlord Gas Safety Certificates • All Gas works
- Gas Central heating upgrades
- Breakdown and Repairs • Bathrooms

OVER 30 YEARS EXPERIENCE • NO CALL OUT CHARGE

Ring Peter on  
**07734 002303**  
**020 3724 9721**



## 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:

**0800 0086 811 (10 am-10pm)**

**w: www.al-anonuk.org.uk e: via website**

Family Groups Ltd., Registered Charity.



# DMB ELECTRIC

Over 27 years experience

DOMESTIC ELECTRICAL CONTRACTORS

## 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](mailto:dmbelectric@gmail.com)

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



## MHP Decorating

- We offer a professional friendly service.
- All aspects of decorating undertaken.
- Interior & Exterior
- Household refurbishments & repairs.
- Kitchen units & bedroom furniture hand painted.

**Call Martin!**

**t: 020 8506 1864**

**m: 07966 143 810**

**e: [mhpeskett@hotmail.com](mailto:mhpeskett@hotmail.com)**

## 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](mailto:competition@e4publishing.co.uk)  
Closing date is **30 JUNE 2026**

#### 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](http://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.**

## JOKES

I left my job at Starbucks because of all the name-calling.

I was in the back of a taxi and tapped my driver on the shoulder. Instantly, he screamed and swerved and nearly hit a tree.

"A bit jumpy?" I asked.

"Sorry," he replied. "It's my first day. I've been driving a hearse for 20 years."

A friend's career as a street fighter didn't last long. He broke his hand punching a kerb.

Did you hear about the first restaurant to open on the moon? It had great food but no atmosphere.

My dad told me his password is:  
MickeyMinnieGoofyDonaldPlutoHueyLouieDeweyDublin.

He said it was because it had to contain eight characters and at least one capital.

# COMMUNITY EVENTS

and what's on...

## FORTHCOMING

### 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>

### CONCERT

**Saturday July 4th, 6.30pm**

Chingford Parish Church, The Green, Chingford E4 7EN.

South West Essex Choir present

'Music for the Royal Court' Programme includes Handel:

Zadok the Priest; The King shall Rejoice; Hallelujah Chorus

Parry: I was glad. Elgar: Te Deum

Vaughan Williams: Antiphon (Five Mystical Songs). Rutter: O clap your hands

Directed by Simon Winters

Tickets: see website for details <https://swessex-choir.org.uk/>

Also available at 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**

**15th July** - Luke Jones (Organ Scholar, Chingford Parish Church)

**22nd July** - Michael Emerson (Director of Music, Chingford Parish Church)

**29th July** - Joel Colyer (Director of Music, St Francis of Assisi, Welwyn Garden City)

**5th August** - Stuart Whatton (Organist, Esher Parish Church)

**12th August** - John Rippin (Organist Emeritus, Chingford Parish Church)

**19th August** - David Cook (Organist, All Hallows by the Tower)

**26th August** - Emma Gibbins (Director of Music, Chelmsford Cathedral)

Admission free. Collection in aid of music funds.

## ONGOING

### WEST ESSEX RAMBLERS

Each week we organise four walks of varying lengths throughout Essex, Central and

North East London.

Fully trained and experienced leaders ensure you'll see the very best of the local countryside, as well as exploring fascinating aspects of the great city on our doorstep.

The West Essex Ramblers programme is designed to suit the capabilities of all walkers and our social calendar encompasses quiz nights, coach trips and holidays in the UK and abroad.

See more at [www.west-essexramblers.org.uk](http://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@insidemagazine.local.co.uk](mailto:ce@insidemagazine.local.co.uk)

COPY DEADLINE DATE FOR

ALL LISTINGS IS

NORMALLY THE 15th

OF THE MONTH

PRIOR TO PUBLICATION.

## 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@insidemagazine.local.co.uk](mailto:sales@insidemagazine.local.co.uk)

w: [www.insidemagazine.local.co.uk](http://www.insidemagazine.local.co.uk)

inside  
Magazine

Inside Magazine  
(Chingford and Highams Park)

An advert  
**THIS SIZE**  
costs just \*£25 for 1 month

CALL **0800 610 2240** NOW  
TO BOOK YOUR SPACE

\*1/8 page b&w advert on a 6 month booking

## 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

## 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](mailto:sales@insidemagazinelocal.co.uk) | w: [www.insidemagazinelocal.co.uk](http://www.insidemagazinelocal.co.uk)



**Room of Decor**  
RESIDENTIAL INTERIOR DESIGNERS

Elevating your home through the transformative power of interior design

Plans: Space | Lighting | Electrical  
Design: Colour Schemes | Furniture Selection | Wardrobe Design

A certified professional

[www.roomofdecor.com](http://www.roomofdecor.com)  
[tamia@roomofdecor.com](mailto:tamia@roomofdecor.com)

# RECORDS WANTED

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

**07906 224 080**

# China uncovered

China is a land of contrasts, where skyscrapers and high-speed trains nudge shoulders with imperial palaces and archaeological wonders. Whether you're looking to lose yourself amid the bright lights of Beijing or walk in the footsteps of merchants along the ancient Silk Road, here's a breakdown of China's unmissable sights.

## Explore a section of the Great Wall

Weaving haphazardly across mountains, valleys and deserts for over 13,000 miles, the Great Wall was built to protect China from invasion and to guard its Silk Road trade, with sections dating back 2,000 years.

Extending from the Gobi Desert in the west to the Bohai Sea in the east, the wall passes through 15 Chinese provinces. Badaling, just outside Beijing, is one of its most famous segments but, for fewer crowds and equally scenic views, travel a little further to the Mutianyu or Jinshanling sections.

## Be dazzled by Beijing

If you only have time to visit one of China's captivating cities, let it be Beijing. The city's top sights include the crown jewel of China's imperial palaces, the Forbidden City – the seat of Ming and Qing dynasty emperors for over 500 years. The lakes, pavilions, palaces and bridges that make up the Summer Palace are also worth exploring.

Sample Beijing's street food and wander the hùtongs, narrow residential lanes that offer an insight into how the locals once lived.

## Marvel at Xi'an and its Terracotta Army

The eastern starting point of the Silk Road, Xi'an is most famous for housing one of the world's most spectacular archaeological marvels: the Army of Terracotta Warriors.



Commissioned by China's first emperor, this staggering collection of life-size ceramic soldiers, chariots and horses was created to protect him in the afterlife. While there are roughly 8,000, many remain underground, with excavations continuing to discover new figures.

## Meet giant pandas

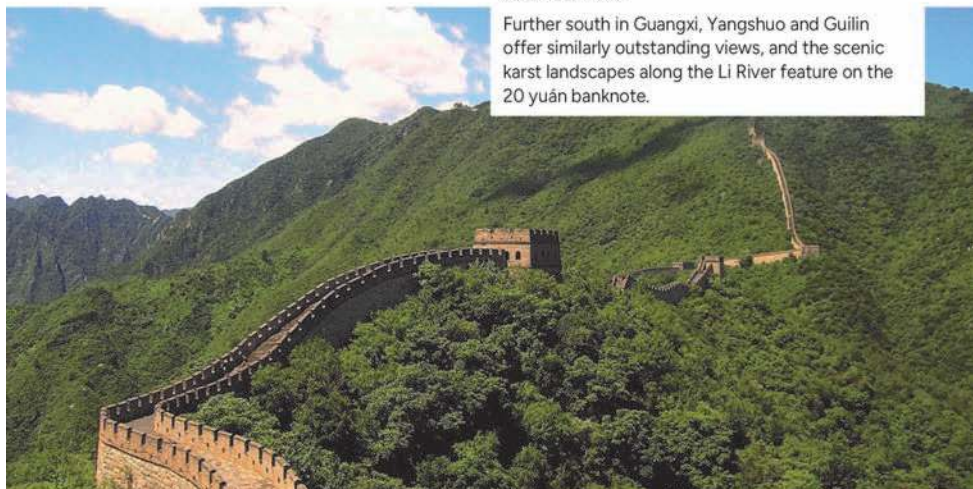
The only wild populations of China's rare giant panda live within its Sichuan, Shaanxi and Gansu provinces.

In Sichuan, the Chengdu Research Base of Giant Panda Breeding is the best place to catch a glimpse of these endearing creatures, alongside the red panda. Conservation initiatives such as these have improved the giant panda's status from endangered to vulnerable.

## Discover otherworldly landscapes

China's landscapes have inspired artists and poets for centuries. Some, such as Zhangjiajie National Park in China's Hunan province, need to be seen to be believed. Its towering sandstone spires inspired the scenery in the "Avatar" franchise. Heaven's Gate, a natural arch at Tianmen Mountain, can be reached via 999 steps or one of the world's longest cable-car rides.

Further south in Guangxi, Yangshuo and Guilin offer similarly outstanding views, and the scenic karst landscapes along the Li River feature on the 20 yuán banknote.





Fitted Wardrobes • Home Office • Kitchens  
Media Walls • Under stairs storage

RPB Fitted Bedrooms is a two generation friendly family-run business with over 40 years experience. Based in Essex we cover London, Essex and the surrounding areas.



Check out our latest projects on our social media [RPBFittedbedrooms](#)  
Find our customer reviews on Checkatrade.

We build bespoke made to measure fitted furniture from planning and designing to completion. Our wealth of experience enables us to offer a highly professional service to customers requirements and taste. We are fully insured.

Contact us today to book your FREE no obligation quotation.

Call **07961 952 959**

## OUT OF SCHOOL WORKSHOPS IN English, Maths & Reasoning

Inspiring children from pre-school to  
GCSE to achieve their full potential



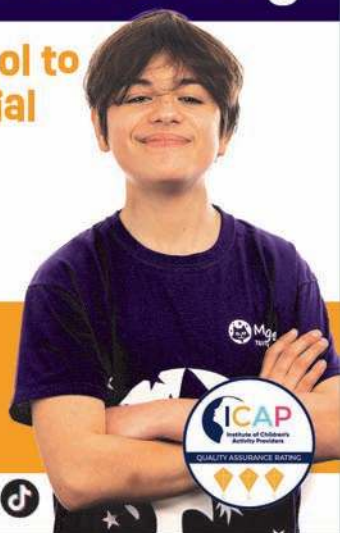
**MagiKats**  
TUITION CENTRES

**MagiKats Woodford**

[magikats.co.uk/woodford](http://magikats.co.uk/woodford)

Call: 0208 150 7174

Learning Without Limits



# INDEX

of advertisers

## Aerial & Satellite Installations

Mediacoms 11

## Building Services

CP Building Contractors 27

## Care Home

Ivy Grove 9  
Kinglea Court 2

## Carpets and Flooring

QF2 Carpets and Flooring 6

## Catering Service

Ridgeway Catering 17

## Chiropodists

Mark Freedman 12

## Computer Services

Computer Rescue 27

## Decorating Services

MHP Decorating 29

## Digital & Satellite

Jupiter 14

## Double Glazing Services

Cloudy2Clear MK 3

## Ear Care

Ear-Dot-Clear 17

## Electrical Services

DMB Electric 29

PD Electrical 14

Tack Electrical Solutions Ltd 23

## Fitted Bedrooms

RPB Fitted Bedrooms 33

## Fitted Kitchens & Bathrooms

Hunters Brook Ltd *back cover*

## Furniture Repairs

Abbey Group 26

## Gardening Services

NGK Landscapes 21

## Home Care Services

Delex Health Care 24

## Hospice

Saint Francis Hospice 21

## Independent School

Woodford Green Preparatory  
School 19

## Insurance Broker

Robert Gerrard 5

## Interior Design Services

Room of Décor 30

## Jet Pressure Washing

Jet-it Clean 22

## Life Coach & Hypnotherapist

Betty 6

## Locksmith

Unique Locksmiths 12

## Loft Conversions

CosyLoft Conversions 15

## Mobile Hairdresser

Tina Heard 12

## Motorbike Dealer

Springers 12

## Pest Control Services

Better Pest Control 23

## Pet Services

Cosy Catz 17

## Piano Lessons

Audrey's Piano Lessons 23

## Plumbing/Heating Services

Alan's Plumbing 15

KB Plumbing & Maintenance 27

Ken 27

Peter Peachey 28

Roberts Quality Plumbing 24

Robert James Plumbing &  
Heating 25

## Property Maintenance & Landscaping

K Buckley 22

## Record Dealer

Records Wanted 30

## Restaurant

Cabin Grill 25

## Roofing Services

Cook & Son 35

FNB Roofing and Building 7

## Security Systems

Mediacoms 11

## Singing Lessons

Singing Lessons by Klu 17

## Therapist

Therapy by Rose 6

## Travel Consultant

Go Cruise & Travel 25

## Tuition Centre

MagiKats Woodford 33

## Waste Disposal

Arbis 6

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](mailto:sales@insidemagazinelocal.co.uk) | w: [www.insidemagazinelocal.co.uk](http://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**

**07770 431 581**

**NVQ Qualified**



32 Heathfield, Chingford E4 6SE



# HUNTERS BROOK

The Kitchen & Bathroom Specialist

Fitted to Perfection

## Seamless Design Flawless Finish

Specialists in Kitchens, Bathrooms and Bedrooms for over 30 years, our dedicated team offer expertise and advice on Kitchen, Bathroom and Bedroom design, manufacturing and installation



### Why Choose Hunters Brook?



#### Open 7 Days a Week

We are open 7 days a week for your convenience



#### Trade Enquiries

Trade customers are most welcome. Please contact us for further details.



#### A Complete Package

From a free design & planning service to undertaking all building work.

Scan Me to view our kitchens



→ Contact Us

01279 261 461

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

Visit our Showrooms  
Unit 28, St James Centre, East Wood,  
Temple Fields, Karlow CM20 3JX

Hunters Brook Ltd

Huntersbrookkitchens

