



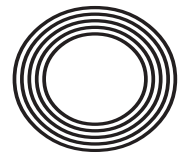
**TOP  
FOOD &  
DRINK  
FESTIVALS**

**BEAUTY TAKEOVER**  
Kylie Jenner shaping the  
beauty industry

**LONG HOT SUMMER**  
The truth behind the soaring temperatures

*Nadiya*  
**HUSSAIN**

Baking sensation takes over the small screen



**FREE**

Photo credit: BBC, Hungry Gap Productions Ltd, Danny Kohler (Greyscale Films Ltd)



Why choose Kitchenshaus?  
As the largest retailer of quality German engineered kitchens in the UK, we deliver rigid pre-built luxury kitchens manufactured in Germany at direct from the factory prices. View your dream kitchen in the luxurious surroundings of the largest kitchen showrooms in the UK.



UP TO **3 years**  
**0%**  
Interest free credit



**40% OFF**  
furniture

- Full installation service or supply only
- 12 months 'buy now' and 'pay later' option
- Kitchens designed and built to order
- Free in-showroom design consultation
- Trade enquiries welcome

Brentwood  
Farnborough  
London - Tottenham Court Road  
London - Finchley Rd  
Manchester  
York

Visit our website or our showroom  
6, The Baytree Shopping Centre,  
Brentwood, Essex CM14 4BX  
**01277 204447**

www.**kitchenshaus**.co.uk  
The **German** Kitchen



- 6 THE HEAT IS ON
- 8 HISTORY
- 11 HOME & DIY
- 19 LOCAL NEWS BRENTWOOD
- 33 LOCAL NEWS ONGAR
- 40 NADIYA HUSSAIN
- 46 GARDENING
- 49 HEALTH & FITNESS
- 53 BEAUTY
- 54 FASHION
- 57 TRAVEL
- 59 KIDS
- 61 FOOD & DRINK
- 65 WHAT'S ON
- 66 PUZZLES
- 69 MOTORING
- 71 BUSINESS & FINANCE
- 74 SPORT
- 76 THE **VISION** LISTINGS
- 78 LOCAL TRADES & SERVICES

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Brentwood Ongar.

I'm delighted to say that we've expanded our circulation and news coverage to go to homes in Ongar for the first time.

It's a big step for us and I've put a lot of hard work into making it happen.

But it wouldn't have been possible without you the readers and the local businesses who advertise in our magazine.

The really encouraging part for me is that the advertisers I speak to say they get a great response from local people.

In these days of Amazon's dominance and the High Street's demise it's never been more important to support local businesses.

So, when I see and hear about the support readers of the magazine give to advertisers it fills me with pride and optimism for the future.

While Amazon and the wider internet does have plenty to offer I'd hate to think that they'll ever totally replace our local stores which are an important part of our communities.

In local news, a fencer has a book published, a schoolboy sets up his third business during the summer holidays and get ready for The Big Battle with the Helen Rollason Cancer Charity.

Thanks for reading,

*Nik*

## CONTACT US

www.visionmagessex.com  
brentwood@visionmag.co.uk | 01277 554045

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
CO-ORDINATORS | Rebecka Fryer, Kim Plater, Amy Pollard  
CONTRIBUTORS | Tabatha Fabray, Tom Dyson

# LONDON'S No 1 STEEL SUPPLIER



## REINFORCING DIVISION

- Cut & Bent Reinforcing Bar
- Lenton Threading and Couplers
- Reinforcing Accessories
- Reinforcing Mesh
- Large and Small Contracts

## STEEL SECTIONS DIVISION

- Universal Beams \* Universal Columns
- Channels \* Angles \* Plates \* Flats
- Hollow Sections \* Squares \* Rectangles \* Circles
- All cut to length
- Crane off load available

# RAINHAM STEEL

RAINHAM STEEL Co. LTD KATHRYN HOUSE, MANOR WAY, RAINHAM, ESSEX, RM13 8RE  
TEL 01708 522311 FAX 01708 559024 SALES@RAINHAMSTEEL.CO.UK

WWW.RAINHAMSTEEL.CO.UK

ACROSS  
1. DEGREE, 4. SCOOPS, 9. ORLANDO, 10. NOUVEAU, 11. SINCE, 12. NEARS, 14. TACKY, 15. HIRER, 17. WADER,  
18. BIVOUAC, 20. UNARMED, 21. STAVES, 22. ESTATE,  
DOWN  
1. DROWSY, 2. CALENDAR, 3. ERNIE, 5. CALUMNY, 6. OGRE, 7. SPOUTS, 8. CONNECTICUT, 13. ACADEMIA,  
14. TROUNCE, 15. HABITS, 16. DREDGE, 17. WEARS, 19. VISA

When rain started to fall in the first week of August, an audible sigh of relief emanated from commuters, the elderly, stay-at-home mums and dads, and even the odd child. As summers go, this one has hit some dizzying heights, as have the temperatures, so with things starting to cool off a little, we're left wondering if the crazy climatic shift that has singed us as well as most of Europe was a one-off, or a prelude to future summers.

Firstly, let's all relax – something it's easier to do now without breaking into sweat every time we reach for the remote control – because although this summer has been one of the stickiest ever, the concept of a heatwave isn't anything new. What has made the past few months remarkable have been the lack of a break in play and the relief of some light rain.

The sweltering conditions were caused by temperatures in the North Atlantic, which have affected the strength and direction of the jet stream, thus keeping us truly ensconced in this barrage of heat.

The result has been the hottest and driest summer on record, with a temperature of 32C or more recorded for 15 consecutive days. And, of course, we're not alone – the rest of the northern hemisphere has felt the effects too, with Portugal and Spain topping 48C and Ouargla in Algeria recording a pulverising 51.3C.

Of course, any heatwave has its victims. As well as people unaccustomed to the heat and suffering the sometimes terrifying effects of heatstroke, the effect on nature sees wildfires commonplace, and this summer Greece and Sweden bore the brunt of some terrifying blazes, while Saddleworth Moor in Lancashire saw heathland alight for three weeks.

We won't know if this year's extreme temperatures were a one-off for about another 10 months when next summer rolls around, but average temperature across the whole of the year has been on the rise for the last couple of decades. In fact, by 2022, global increases are expected to break through the threshold put in place following the Paris climate change summit in 2015, which says we must not progress to more than 1.5C above pre-Industrial Revolution average temperatures.

And yes, climate change is now being taken very seriously as a contributing factor to this summer of extreme sun, but agreement differs still over where the line is drawn between natural planet temperature increases and those caused by human activity. Wherever the truth sits, the moves to combat global warming will continue... after all, the consequences (droughts, destruction of eco systems, rising of sea levels and increased spread of diseases) are too terrifying to consider. We are constantly reminded to reduce, reuse and recycle, to consider fuel usage (from the petrol and diesel we put in our cars to saving electricity and cutting back on air conditioning), to eat green, use local suppliers and even plant trees.

These are all small steps that, when combined, can produce tremendous, positive effects for our environment. They'll also ensure you can begin to enjoy the positive side-effects of the heat without the guilt... now how is that tan lasting?

# The Heat is On





HISTORY

# REMEMBERED

## FACTS YOU MAY NOT HAVE KNOWN ABOUT 9/11

You may think you have heard everything about the worse terrorist attack in living memory, but has time allowed some of the most startling facts from Tuesday, September 11, 2001, slip away unnoticed. Here are five 9/11 thoughts...

### FATHER MYCHAL JUDGE

The body bag marked Victim 0001 contained the corpse of Father Mychal Judge. Upon hearing that the World Trade Centre had been hit, he rushed to the site. The Catholic chaplain to the New York City Fire Department was asked to pray for the city and its victims. Judge prayed over the victims' bodies who were lying in the street and then entered the lobby of the North Tower where he continued to offer prayers for the rescuers, the injured and the deceased.

When the South Tower collapsed at 9.59am, flying debris entered the North Tower lobby killing many inside, including the Judge.

Despite others being killed before him, Judge was recognised as the first certified fatality as his body was the first to be recovered.

### SURVIVORS

Only 14 people escaped from the impact zone of the South Tower, which was from floors 77 to 85, after United Airlines Flight 175 struck, with just four

people from the floors above making it out (through the only remaining stairwell, A). In the North Tower, no one survived either in or above the impact area.

### COLLATERAL DAMAGE

Medical authorities, who conducted studies on the people affected by 9/11, published their findings in August 2013. They found that 1,140 people who either worked, lived or studied in Lower Manhattan at the time of the attacks had been diagnosed with forms of cancer as a result of "exposure to toxins at Ground Zero".

### PRESIDENT NOT PRESENT

So great was the perceived danger to George W. Bush, that the 43rd President of the United States was whisked off in Air Force One and stayed in the air until intelligence believed it was safe to bring him back to the ground. His was the only plane in US airspace for eight hours.

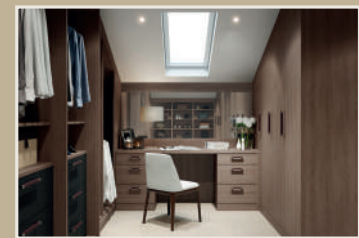
### WHITE ROSES

In 2013, a volunteer had the idea of placing a white rose on the name of each victim of the 2001 tragedy on the day of their birthday at Ground Zero. Every morning a member of staff at the 9/11 Memorial Museum checks to see who should be remembered on that day.



Custom Quality Award Winning Design & Installation

*The award winning home of high quality, bespoke fitted kitchens, bedrooms, home offices & TV media storage*



GET CREATIVE WITH UP TO **£500 CASHBACK**

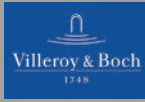


01277 554083  
WWW.ANSCOMBS.COM  
sales@anscombs.com

HOME INTERIORS BY  
**ANSCOMBS**

VISIT OUR SHOWROOM AT 42-44 SQUIRRELS HEATH LANE | HORNCHURCH | RM11 2EA

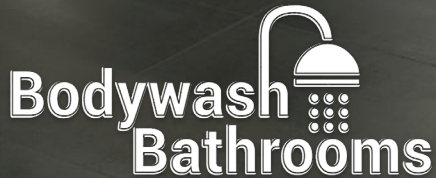
**BRING THIS ADVERT WITH YOU TO RECEIVE AN EXTRA 10% OFF UNITS**



**FREE  
UNDERFLOOR  
HEATING**

WITH THIS ADVERT  
ASK IN STORE FOR DETAILS

A12 Eastern Avenue  
Romford  
Essex



01708 736700  
sales@bodywash.uk  
www.bodywash.uk

**FOR EXPERT ADVICE & LONG LASTING QUALITY  
NOBODY DOES IT BETTER**



**ON TREND COLOUR**

# Clashes

HOME & DIY



**L**ike peanut butter and jam, these colour combos ought to clash, but somehow they work like an interior designer's dream.

### *Rose and almost every blue*

From electric to sky and royal to navy, there isn't a shade of blue that doesn't work beautifully with a delightfully dusky pink. Of course, which you choose depends on the effect you want to create. Pastel shades are more romantic and work particularly well when choosing bed linen and cushions; bolder blues make more of a statement; while a navy palette with hints of blush screams luxury.

### *Teal and raspberry*

The antique green of teal with a bright splash of raspberry is a disarming combination, and one for the intrepid interior designer. It is better to use the former as the overall base for the room, and then utilise the red to accentuate with a lamp or velvet sofa, creating a mysterious and somewhat oriental atmosphere.

### *Grey and lemon*

Grey is a gorgeous palette for interiors, but on its own it can feel dreary like an endlessly cloudy day. So, what's the cure for clouds? Sunshine, or in this case, bright, zesty lemon. And it really ought to be a daring hue to cut through, so seek out the most lip-puckering colour you can and add generous splashes of it.

### *Green and purple*

This is a bit of a 'love it or loathe it' combo. Done right, it can make a room feel regal and luxurious, but mess it up and your interiors can appear stuffy or strange. The solution is to choose lighter shades for a more bohemian feel, or bolder colours that evoke nature over acidic lime and bright purple.

### *White and gold*

Though it has flashy connotations, there is something about the buttery glow of gold against a clean white background that is wonderfully modern. So start out with the whitest of whites and heavily embellish with bling (photo frames, lamps, wall art...) to make your home a masterpiece.



HOME & DIY

# ROCK A BYE *Baby*

It's where your little one will first take in the sights, sounds, smells and textures of life, so why not make their nursery enchanting and engaging, as well as practical?

### Size it up

A size chart fixed on the wall is a brilliant long-term reminder of just how quickly your little one has grown up – either buy a themed chart for just a few pounds or make your own.

### All change

You'll spend the first couple of years constantly changing your little one's nappies and pull-ups, and it's backbreaking work when hunched over a bed. Instead, by adding side strips to the top of a chest of drawers, and with a cushioned change mat fitted on top, you can create your own bespoke change table.

### Get creative

A chalk board is the perfect solution for giving a youngster a designated doodling space, and may well prevent your walls being targeted instead. You can even reserve a space in the corner for a shopping tick list... Sudocrem please.

### Light of my life

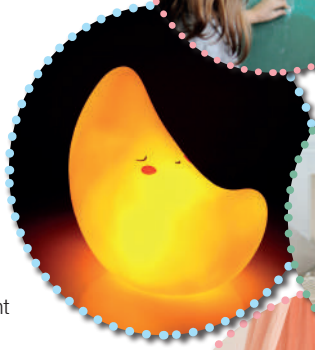
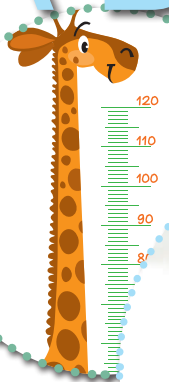
A safe light is essential for young ones puzzled by or fearsome of the dark, but better still is a dimmer so that different shades can reflect different moods, from story time to sleep time.

### Sign your name

Spelling out your child's name on a feature wall is a great idea, but better still, turn it into a fun task by purchasing canvases and paints to create a brilliant display of your own that you can both create.

### Baskets are best

Wicker baskets and boxes often stand out best in a room. They'll store inside draws and wardrobes neatly, yet if space is at a premium, they'll still look smart tucked under a bed or even arranged by a wall.



Loving the room.

With **0% finance** available over three years, it's never been more affordable to get more room for everything you love with Sliderobes.




Call **0800 454 465** or go online now to arrange your **FREE AT HOME CONSULTATION**

VISIT OUR SHOWROOM  
**BASILDON 01268 531144**  
Unit 3, Cranes Farm Rd, Basildon SS14 3JD

**SLIDEROBES®**  
SLIDEROBES.CO.UK

**CREATE THE LOOK**

**BESPOKE WINDOW SHUTTERS**  
STYLISH AND PRACTICAL

Pop into **kitchenCentra** to see our range of shutters we can supply and fit

KitchenCentra Showroom:  
Great Eastern Road,  
Brentwood, CM14 5EH

We fit the highest quality, bespoke, hand-crafted plantation shutters in Essex. Offering you ultimate style, choice and quality in your home.

Get a no-obligation quote today - **CALL: 01277 412178**

**STYLEHOUSE SHUTTERS**

† 01277 412178 m 07962 356184 e hello@stylehouses shutters.co.uk www.stylehouses shutters-essex.co.uk





HOME & DIY

# STAIRWAY TO *heaven*

The days of stairways merely operating as some sort of human A-road between floors are long gone. These days, they're a perspective-led invitation to experiment with every variety of colour and technique, as the new ombre stairs trend is certainly proving.

Ombre stairs use the principle of combining a constant tone for each horizontal step panel with a different colour on the vertical, which gradually graduates from dark to light, or vice versa. The end effect is a staircase that guides the idea, offers shadow and brightness where you most need them, and permits a personal colour touch that is modern, magnificent and marvellously matched to your hall or landing.

**ONE:** Sand your stairs for a smooth finish that's ready to paint (this will be your toughest and dirtiest job).

**TWO:** Apply a high-quality wood primer.

**THREE:** Using different mix ratios for different grades of colour (e.g. 13 parts teal to 13 parts white, right down to one part teal for 13 parts white), prepare tubs of this mixed paint, one for each step.

**FOUR:** Similarly, have your horizontal colour ready to go.

**FIVE:** Consider an appropriate colour for your handrail and balustrades, then get painting.

**SIX:** Add a protective coating.

Other options for brightening up your stairs and turning them into a feature could be to use

- > Feature Wallpaper
- > Decorative Tiles
- > Runner Carpet

Photo credit: www.freegreatpicture.com and www.politecnicaucuenca.com



# Create the perfect home

Where quality & peace of mind are assured



FASCIAS - SOFFITS - GUTTERING - FLAT ROOFING - WEATHER BOARDING

"A" Rated Windows | Composite Doors | Bi-Fold Doors | Stable Doors  
French Doors | Patio Doors and Rear Doors | Fascias | Soffits | Guttering  
Flat Roofing and Weather Boarding | Own specialist installation teams  
10 year insurance backed guarantee on all products

FOR YOUR FREE ONLINE QUOTATION VISIT

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

FOR MORE INFORMATION ABOUT OUR PRODUCTS CALL US ON:

01277 888 055

Email: [sales@aspenhi.co.uk](mailto:sales@aspenhi.co.uk)

Unit 6F, Whitesbridge Farm Retail Park, Crays Hill, Billericay, Essex, CM11 2UL

Please ask about our **Postcode Offer**

# Aspen





**GAROLLA**  
**ROLLER SHUTTER DOORS**



Great for:  
 Space Saving  
 Kerb Appeal  
 Easy To Use



**THERMALLY INSULATED ELECTRIC GARAGE DOORS!**

Acoustic & Thermal Insulation

Brush Sealed Rails & Thermal Insulation

No Deposit, Pay on Completion

18 Colours Available



FREE DISPOSAL OF OLD DOOR!

**GAROLLA** can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.



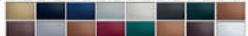
LIMITED OFFER - was £1354

**NOW ONLY £895**

inc.VAT, Fully Fitted!

MADE TO MEASURE, CALL US TODAY

SAVE £459!



**01277 800 142 07537 149 128**

Phone lines Open 7 Days a Week

- offer valid for openings up to 2.6m wide & inc: 2 remote keys, 55mm white slats, internal manual override -

*W.1*

**WEST ONE WOOD**  
 FLOORING COMPANY LTD

Call us on 01375 892233 • 01277 630837

www.westonewoodflooring.co.uk • 5 The Walk, High Street, Billericay, Essex CM12 9YB

Free Quote  
 No Obligation



# Boho ON SHOW

Photo credit: greenweddingshoes.com and WayFair & HarpersBazaar

In half a century, a trend that started in the wild, expansive outdoors of festivals such as Woodstock has progressed into a chic, stylish interior must-have.

At one turn it's hippyish, floaty and ever so slightly nihilistic, but boho these days isn't just all about flower-power and herbal cigarettes.

That's because 'modern boho' means something rather less wafy, with minimalism meeting maximalism in a celebration of bohemian style; where rustic fabrics, elegant patterns, shimmering tones and considered possessions morph closely in one area, before giving way entirely in other spaces to sweeping floors and contemporary skirting boards.

The great thing about this style is there's so much allowance for personal taste. The design trends that force us to subscribe to certain ideas and processes are rapidly being vanquished in this era of individualism, and the mass of possessions,

flavours, colours and textures that are ripe for composting with modern boho means that everyone – from goth to hipster, chav to yummy mummy – can style their own little nest.

Even when it comes to floors, permit parquet mixing in with elegant Moroccan tiles; consider fluffy rugs giving way to polished concrete – this is the style of the late noughties and, by its very nature, will allow you to update subtly as you see fit, without having to redecorate completely. You can even find a place for that garish lampshade your great aunt bought you.

If there's one piece of advice, it's to keep an eye on colours. White walls will paint your boho paradise in the best light, while brass and flexes of metal offer a beautiful offset.

To sum up modern boho, why not imagine vintage and contemporary meeting across a crowded bar, although for heaven's sake, don't for one moment try to suppose what sort of music they'd dance to.



# YOUR MOBILE FLOORING COMPANY

Carpet · Wood · Luxury Vinyl Tiles · Laminate · Vinyl · Rugs · Restoration

WE WILL BE OFFERING THE SAME FAST AND EFFICIENT SERVICE  
WHILST OFFERING BETTER PRICES ON ALL OUR PRODUCTS

## CALL US NOW FOR YOUR FREE SHOP AT HOME EXPERIENCE



Call us on  
**01277 211 822 or 07545 215 838**

Web: [www.flooringemporiumltd.co.uk](http://www.flooringemporiumltd.co.uk) Email: [flooringemporium@outlook.com](mailto:flooringemporium@outlook.com)

**15% OFF MY NEW FLOOR!** This voucher entitles me to 15% OFF my new carpet, luxury vinyl tiles, wood, laminate, sheet vinyl or rug!



LOCAL NEWS BRENTWOOD

# LOCAL NEWS

*from your neighbourhood*

## School fencer turns children's author

Brentwood School student and England fencer Madeleine Gale has now added published children's author to her growing list of accomplishments.

Madeleine's story *Leave with Me*, a children's story about leaving the safety of home and discovering the great world outside, was written five years ago when she was just nine years old.

She has used her experiences of travelling and being separated from her family to inspire her story of growing up, fleeing the nest and experiencing the world, even when it's hard.

*Leave with Me*, which was originally a school essay, is a timeless but simple tale for young children set in the warmth and innocence of the English countryside.

Meet a Leaf named Lila, her family of leaves and her worldly-wise friend Swithin the Swift, who encourages Lila to turn her fear of the unknown into confidence and excitement about the future.

In their first collaboration, Jack Terry's tender adaptation of Madeleine's gentle parable about growing up bathes in a modern tableaux of beautifully illustrated nature scenes, hand-drawn by emerging art talent James Weston Lewis.

*Leave with Me*, which seeks to reunite readers with the beauty, mystery and possibility of the great English rural tradition and wildlife, carries a much deeper message and can be enjoyed by parents and children alike.



## Find your dream home on Location, Location, Location

Channel 4 are looking for people in Brentwood and Ongar to appear on an episode of property programme *Location, Location, Location* when it comes to the area next month.

Property experts Kirstie Allsopp and Phil Spencer will be helping people find their dream home. Chain free buyers struggling to find the right property are welcome to apply. Please apply as soon as possible. Whether you're upsizing or downsizing, buying your first property or hoping to find your ideal forever home, you could have two top property experts on your side.

The online application form can be found by visiting [www.shortaudition.com/Location-Location-Location](http://www.shortaudition.com/Location-Location-Location)



# Students celebrate as top A-level grades increase

Sixth form students at Brentwood School were celebrating recently following an excellent set of A-level and International Baccalaureate (IB) Diploma results.

The school's A\*-B percentage at A-level increased by five per cent, with 25 students receiving all As and A\*s (or IB equivalent) and an impressive number being snapped up on apprenticeships.

Overall, when combining A-level and IB results, students achieved 44 per cent A\*-A, 78 per cent A\*-B, 96 per cent A\*-C and a 100 per cent pass rate.

Headmaster Ian Davies personally congratulated students who collected their results.

He said: "I'm very proud of the hard work and commitment that this year's cohort have put in over the last two years to achieve these results.

"I'm particularly pleased that our A\*-B percentage has increased so much, showing that our students are achieving more of the top grades, and that over three quarters of students received their first choice university.

"All of our students deserve huge congratulations and best wishes for the next step in their lives. As always a huge thank you goes to our wonderfully talented teaching staff for their continued support for our students too."

# Children's good deed gives elderly a sweet treat

It can be a challenge to keep your children occupied during the long summer holidays. Yet this small group of children have been keeping themselves busy by spreading a little kindness.

As part of the #SchoolsOutKind challenge set by a local social media campaign called Do Good In Brentwood, these primary school children harvested blackberries, turned them into jam and have distributed them to some of the sheltered housing in Brentwood whilst also raising the profile of Brentwood's newest charity Mayors' Community Trust Fund of Brentwood.

Once the jam was made, it was divided into 100 portion-sized pots, labelled with the charity's logo

and distributed to elderly residents in local sheltered housing.

Cllr Will Russell, founder and president of the Mayors' Community Trust Fund of Brentwood, said: "I was impressed with the initiative to spread a little kindness and the willingness of the children to be involved."

There are 24 acts of kindness for children wishing to take part.

You can find the list and learn more about the campaign on Twitter @DoGoodBrentwood, Facebook and Instagram @dogoodinbrentwood. To learn more about the charity, visit [www.mayorscharity.co.uk](http://www.mayorscharity.co.uk)



From the smallest job to the largest high profile project



Locally based company in Brentwood, with over 25 years experience. Our range of services include:

### PLUMBING

- Boiler servicing & landlord reports
- New boilers / repairs
- Bathrooms & kitchens
- Drainage works
- Powerflushing

### ELECTRICAL

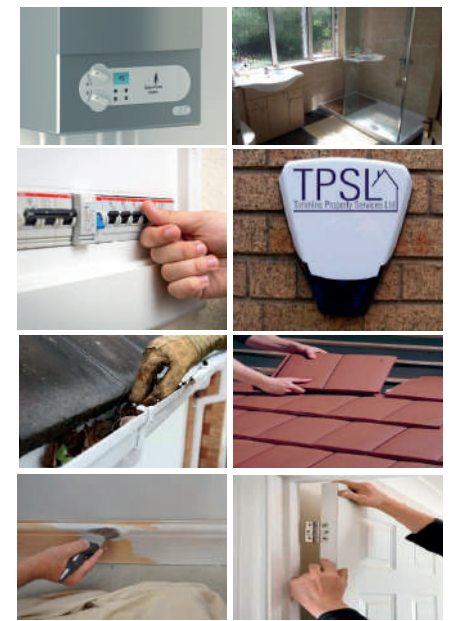
- All aspects of domestic, commercial and light industrial electrical works
- Security systems and alarms
- Replacement consumer units
- Periodic inspections and testing
- Full rewires, PAT testing and fault finding

### ROOFING

- All aspects of roofing / flat roof works / lead works
- Gutter repairs / replacements / cleaning
- Valley and chimney re-pointing / repairs
- Replacement roof tiles

### BUILDING

- Decorating / Painting
- Plastering / Rendering
- Wall re-pointing / repairs



Please contact us for further information on all our services

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

Tel: 01277 810005 | Email: [office@timminspsl.co.uk](mailto:office@timminspsl.co.uk)

Unit 15, Cockridden Farm Estate Brentwood Road Herongate Brentwood CM13 3LH

*Welcome to your better home*

**SECURITY**

We know that you need to feel safe in your home and our products have been developed with that in mind. Our aim is your complete peace of mind.

**QUALITY**

Our products are made in Britain, to exceptional standards of quality, by teams who take pride in their work. Everything we offer is tested, accredited and guaranteed.

**COMFORT**

Homes today don't have to be chilly or draughty. Our windows and doors are designed to be energy efficient and to make your home a quieter, more comfortable place to live.

**WE OFFER**

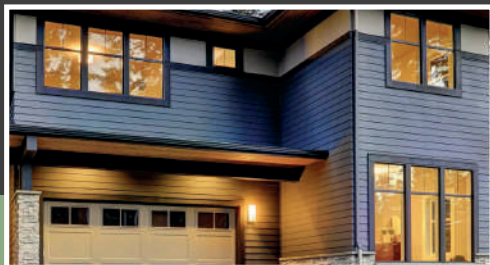
- Bi Fold Doors ■ Sliding Doors
- Front Doors ■ French Doors
- Single Doors ■ Roof Lanterns
- Windows ■ Integral Blinds

We are happy to liaise directly with architects, builders and project managers from their original design through to completion. Come and visit our showroom to view your options and discuss your project



**01277 233513**  
www.ewdcentre.co.uk  
sales@ewdcentre.co.uk

**Showroom Address**  
Brentwood Garden Centre  
Vicarage Close, Brentwood,  
Essex CM14 5GR



**Boy sets up third business at 15**

A boy who attends Brentwood School has made thousands of pounds after launching his own business selling teeth whitening products in his summer holidays.

Miami White is George Boast's third business venture to date – he also builds websites and sells Chinese goods on Amazon.

The 15-year-old was given a £500 loan by his dad to help him start up the business, which has proved to be the most successful of his ventures so far.

George said: "I'm quite fortunate. My dad is a stock broker and he invests in other businesses.

"He's very business minded. He has been telling me what I should and shouldn't be doing."

Much of George's success has been down to social media, where he promotes his products.

He continued: "I started social media and Instagram and went from there. The followers just came.

"One out of five people will post a photo of the product on social media. Ninety-five per cent of our sales come from social media."

George's friends thought the business was a joke

when he first told them, but now they have seen his success they are impressed with his achievement.

He said: "Everything has gone so fast. At the start my friends thought it was a bit of a joke.

"When I went on holiday recently I had to get some of my mates to come round and talk them through the whole thing like how to ship orders out and reply to messages about the products."

George would encourage others to create their own business, but not go into it light-heartedly.

He said: "I think it's important that you know what you're doing and think about what you're doing – go through it with someone else.

"I've had people emailing me telling me about business they'd like to start.

"You can't expect to go into business and wake up with £1,000 the next day.

"You've got to put in a lot of work, especially with social media."

**An extract from Secret Brentwood**

A new form of transport was to arrive in Brentwood in 1835: ballooning. Balloon ascents were popular at the time, not only for pleasure but also for scientific research, and many aeronauts took several instruments with them to measure temperature, air pressure and other information about the atmosphere. There were several pleasure gardens in London that offered balloon rides as part of the entertainment.

There was a report in *The Times* in 1835 concerning a monkey named Jacopo from Surrey Zoological Gardens, which were, in their time, a rival for the zoo

in Regents Park. Jacopo was sent up in a balloon with ballooning pioneer Charles Green and made a widely publicised parachute jump out of it. He landed in the garden of a publican in Walworth. A reward of £2 and free entry to the gardens was offered for the animal's return. The balloon, with Green still on board, then came down in Brentwood.

In 1836, one gentleman arrived in Brentwood in a most unusual manner. The Duke of Brunswick was making his first flight in a hot-air balloon and ended up falling out of it near Brentwood.





# Children brighten up the town

Pupils from a Brentwood school have helped brighten up the hoardings around the town hall with their creative artwork.

Remodelling work is taking place on the building to improve the use of space within it, reduce costs and create revenue streams.

The idea for the artwork stemmed from an enthusiasm for environmental initiatives which the pupils have been working on in school. The finished artwork is being displayed on the hoardings outside the town hall.

Holly Trees Primary School's deputy headteacher Byron Hocking said: "We were delighted to be invited to work alongside Farrans to brighten up our community. The Year 5 children chose an environmental theme as we are both a Forest School and a Green Flag Eco-school and it is great to see their ideas in large on the council hoardings."

The remodelling includes a new roof, new windows, new boilers, new lifts, the opening up of the office floors and residential units on the top two floors.

This was a great opportunity for pupils from Holly Trees Primary School to get creative and to add some colour to the site.

# Elderly resident targeted by burglars posing as workmen

An elderly resident was targeted by burglars posing as tree surgeons at his home in Brentwood.

The 85-year-old victim arranged for work to be carried out at his home on August 8 between 11.30am and 2pm.

He spoke to one of the suspects in his garden at some point during those times.

After the men left, the victim found a safe and a strong box containing valuables and sentimental items were missing from his home.

These items included photos, personal letters and documents and war medals belonging to the victim's late father.

It is believed up to three other suspects posing as workmen had entered the house while he was outside.

They were all described as wearing blue and purple polo shirts and were driving a Ford Transit van with an

open back and wood panelling on the sides. It was towing a wood chipper.

The safe and strong box were found empty close to the junction where the A127 meets the A128 towards Bulphan and Grays.

Investigating officer Detective Constable Jo Barnes said: "The suspects made a number of visits to the property to speak to the owner between 11.30am and 2pm.

"This a particularly callous crime, preying on a vulnerable victim and stealing items of such sentimental value.

"I am keen to speak to anyone who saw these men, or the vehicle, in the area at the time, or saw it in the area where the safe and strong box were later found.

"I also urge residents to please be vigilant and contact us if they see anyone acting suspiciously."



# BROADWAY

MANUFACTURER OF LUXURY BESPOKE KITCHENS



Visit our London, Essex or Midlands showrooms to see and feel the quality. Call to discuss your project and book a **FREE**, no-obligation design consultation

London 020 7118 8822

Essex 01277 212221

Midlands 0121 353 4999

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





**BKC**  
Billericay Kitchen Company

COME AND SEE OUR NEW SHOWROOM  
10a Radford Crescent, Billericay, CM12 0DU  
01277 655679 or 07790 556863  
www.billericaykitchens.co.uk



NEW 2018 DESIGNS KUHLMANN – GERMAN KITCHENS & SECOND NATURE 1909



LOCAL NEWS BRENTWOOD



Here at Street Pastor World we have been enjoying recharging our batteries over summer.

We have been receiving some gifts of finances from different groups that support what we do and feel blessed through this encouragement.

Our coordinator Phil Norton was happy to receive a cheque from Hazle's Pottery Barn in Barleylands after the recent Pot-A-Thon which raised £300.

We are happy to say that school pastors are now trained and ready to begin helping as volunteers at William De Ferrers and Billericay schools.

Our rail pastors were at Chelmsford station for the RiZE Festival which also happened to be on the same night that Essex were playing cricket at home.

A team of six rail pastors supported the staff and British Transport Police (BTP) and Land Sheriffs in keeping all the travelling public safe.

Later on in the evening we also had the opportunity of intervening in what could have been a very nasty

incident. A young lad had enough of life and decided that this was the night he was going to end it all.

This is very sad to think that people go through illness and situations and end up thinking this is the best decision. Fortunately, our team were quick to sense that something was not right and we managed to get him to safety and then all the support he needed kicked in and we continue to pray for him.

We will continue to serve our communities, during the night time economy, at schools and on the railway, as volunteers as we believe we are doing a good thing in a non-judgemental way. We only hope that we can be of help to people through our care, help and listening intention.

If you are interested more in getting involved, then why not email [noisyphil@gmail.com](mailto:noisyphil@gmail.com) or send us a message through our Facebook or Twitter accounts.

**Pinney Talfourd**  
SOLICITORS

*A bespoke legal service tailored to your needs*

Pinney Talfourd is one of the UK's leading law firms providing specialist services for individuals and businesses

**LEGAL 500** UNITED KINGDOM  
**Lexcel** Practice Management Standard Law Society Accredited

Upminster T 01708 229444  
Brentwood T 01277 211755  
Hornchurch T 01708 511000  
Leigh-on-Sea T 01702 418433  
Canary Wharf T 020 3059 7795

[www.pinneytalfourd.co.uk](http://www.pinneytalfourd.co.uk)  
E [mail@pinneytalfourd.co.uk](mailto:mail@pinneytalfourd.co.uk)

## Law firm to walk Three Pinney Office Challenge

Law firm Pinney Talfourd will be completing a fun walk between their three offices for their Charity of the Year, Tapestry on Saturday, September 15.

The route will take them from their Brentwood office on Ongar Road all the way to their office near Upminster Station (Station Road) and then on to North Street in Hornchurch, covering 13 miles of leafy countryside and the local streets.

The event starts at Brentwood at 9am and the team are hoping to reach Hornchurch at 1pm. Staff are asking you to cheer them on if they pass you with their collection buckets.

Tapestry is committed to supporting adults in leading a positive and fulfilling life in their later years. The money raised will help Tapestry in several ways; whether that's a hot meal for an older person or funding a minibus trip to help them get out and about.

For more information, to donate online or to see the full route, visit [www.pinneytalfourd.co.uk](http://www.pinneytalfourd.co.uk)



# Top 9 grade in reach for students

Brentwood School was celebrating recently after receiving its third best GCSE results in 10 years.

An impressive 18 per cent of pupils received 9s in those subjects graded that way and 29 students received all A\*/As (9-7s).

The percentage of A\*/A (9-7) grades rose three per cent and 97 per cent of students received C or above (9-4), also a rise of three per cent.

Headmaster Ian Davies was at school to greet students and their proud parents.

He commented: "My sincere congratulations to

all students who worked so hard to achieve such a fantastic set of results.

"There are several very impressive individual performances and virtually all students increased their grade since their mock examinations. This is a great testament to their commitment and the many hours put in by our talented teachers too.

"These will stand them in very good stead as they continue their studies with us in the sixth form, along with several dozen new students joining us from other schools."



# Bring on the Big Battle with cancer charity

Helen Rollason Cancer Charity is inviting the brave and courageous to take part in the new Big Battle challenge in Brentwood on September 29.

The 5km course will test your endurance and strength, all in the name of charity. A personal trainer will escort and encourage groups of participants around the course which will see you take on the famous Nuclear Races obstacles.

Participants should expect an ultra-muddy and obstacle-loaded course from Nuclear Races that will test your fitness as well as your nerve.

Held at the Event Village, Parsonage Farm, Ongar Road, Brentwood, the event is open to individuals and teams aged 13 or over.

Tickets are £50 per person and must be booked in advance as places are limited.

To find out more or register your interest, please visit [www.helenrollason.org.uk](http://www.helenrollason.org.uk), call 01245 380719 or email [fundraising@helenrollason.org.uk](mailto:fundraising@helenrollason.org.uk)



# the Radiator & Bathroom gallery

**ESTABLISHED 11 YEARS**  
**FREE PLANNING & DESIGN CONSULTATION**

**Enquiries: 01277 233378**  
**or email [sales@theradiatorgallery.com](mailto:sales@theradiatorgallery.com) • [www.theradiatorgallery.com](http://www.theradiatorgallery.com)**

**5-7 Coptfold Rd, Brentwood, Essex, CM14 4BN**  
**[Simply-burlingtonbathrooms.co.uk](http://Simply-burlingtonbathrooms.co.uk) • [Freestanding-baths.co.uk](http://Freestanding-baths.co.uk)**

# Complete Design & Build

Solutions for your perfect home

- ✔ Free One 2 One Design & Consultation
- ✔ Drawings & 3D visuals provided
- ✔ Complete Renovation & Refurbishment
- ✔ Full complete Project Management
- ✔ All types of building work
- ✔ Skilled, dependable workforce

Call today for a  
**FREE NO OBLIGATION QUOTE**  
**01277 350 800**  
[www.teddysathome.co.uk](http://www.teddysathome.co.uk)

Teddy's - the heart of your home...

Family run business for over 13 years

KITCHENS • BATHROOMS • BEDROOMS • EXTENSIONS

Come & visit our showrooms at: 47a, 120a & 122a High Street, Ingatestone, Essex, CM4 0BA



Photo Credit: Luke Dyson



## All RiZE as first festival deemed a success

A new and exciting festival came to Chelmsford's Hylands Park last month for two days – and didn't disappoint.

The inaugural RiZE Festival, held on the site of the popular V Festival, exceeded expectations and had everything – top musical acts, a plethora of eateries, face-painted crowds and a wide variety of stalls.

Some of the big names taking place on August 17 and 18 included headliners Liam Gallagher and Stereophonics, popular names Manic Street Preachers, Bastille, Craig David, Rita Ora, Years and Example, and up-and-coming gems Jacob Banks, Raye and Nina Nesbitt.

**VISION**BrentwoodOngar caught up with Nesbitt as she explained her love for festivals, the story behind her songs and what's coming up in her jam-packed schedule.

She said: "The festival was great. It's the first year of RiZE so I didn't really know what to expect but it was great. I've done loads of festivals but I haven't done any for two years so this year is my first year back.

"I'm just writing, getting the music right but the new music went very well today.

"I love playing at festivals because no one has bought

a ticket to see you. They're just here for the day seeing lots of artists and it gives people the chance to non-commit but also come and see you and try you out. It's a good way to get seen by new people."

Nesbitt says that writing with other artists is inspirational and she gets a lot out of it.

She added: "I think collaborating with people is really inspiring and everyone kind of has their own way of doing things and you can learn from other people and they can learn from you. It gives me an idea of what I'm good at and what I am not good at."

So, what does the future hold for the up-and-coming star?

She said: "I just got back from America and I'm going back there in a month so I'm touring with an artist called Max and then me and Lewis Capaldi are going round Europe together until Christmas. The album will come out early next year."

Musical talent and entertainment were in abundance across a wide stretch of greenery, with crowds filling up every space available.

The weather behaved itself, the hardcore fans roared their idols on and everyone left the festival with smiles on their faces.





# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



# LOCAL NEWS

*from your neighbourhood*



This edition of **VISION**BrentwoodOngar is published just as the new school term begins, with all the trepidation, excitement and change that brings.

For those who have just received GCSE and A-level results, the new term sees new paths to tread, with last term's GCSE students starting at sixth form, while those who have just received A-level and BTEC results will be looking at university, apprenticeships and employment.

UCAS data published last month shows a record rate of 18-year-olds accepted to university – with record rates of young people from disadvantaged backgrounds accepted. This builds on the fact that disadvantaged 18-year-olds were 50 per cent more likely to enter university in 2017 than in 2009.

My first foray into the world of politics was as a PhD student and lecturer, when I wrote in some frustration to the then Prime Minister David Cameron about the lack of essay writing and debating skills being shown by undergraduates at my university. I was not the only person to raise these concerns, and the government has now reformed A-levels so students are better prepared for future study.

But university is not for everyone which is why we have reformed apprenticeships to offer high-quality training led by employers and are introducing T Levels to be the gold standard technical option, enabling young people to progress directly into work.

If your household is waving off a university student or an apprentice to pastures new, I wish you well in supporting them in one of the most life-changing, eye-opening experiences of their lives. For those who have completed their GCSEs and are packing up your pencil cases for sixth form, good luck with you're A-level and BTEC choices. If you're studying politics or history, make sure you encourage your teachers to book you onto a tour of the Houses of Parliament, and get in touch with me if you'd like me to come and give you some first-hand knowledge.



Photo Credit: Essex County Fire and Rescue Service

## Fire station welcomes first female firefighter

Ongar Fire Station welcomed their newest on-call firefighter and first female firefighter recently.

Dita Kotoulova applied to be an on-call firefighter after attending a taster session earlier this year. Soon after, she visited Ongar Fire Station to introduce herself and was welcomed by the crew immediately.

She said: "Before I came to the station I wondered how they were going to look at me and if they'd be thinking 'oh she's a girl and she's not going to be able to do it', but I think when they saw how strong I was they just forgot about that. They treated me as part of the team straight away."

And from day one Dita has proven she's up for the challenge.

She continued: "I've found the fitness part quite easy."

"You do need to be strong and tough to deal with the heat, but the experience is pretty much exactly

as I expected, and I think that's because I'd already spoken to so many people about doing it."

Dita has also found that it fits into her life well. Being self-employed and not working a typical 9-5 job means she can offer daytime cover while still going about her life as normal.

As Ongar's first female firefighter, Dita is proud to tell her friends and family about her latest accomplishment.

She said: "They're all amazed and impressed – they all want to talk to me about it all the time. They are just over the moon and the Ongar crew are just as supportive – they even threw me a barbecue when I passed my training."

Dita has ambitions to become a wholetime firefighter in the future and is determined that by keeping up the hard work and motivation she'll continue achieving her goals.

[www.alexburghart.org.uk](http://www.alexburghart.org.uk)



## Two men jailed over stabbing in daylight



Photo Credit: Essex Police

Two men have been jailed for more than 13 years in connection with the stabbing of a man in Ongar in broad daylight.

The victim, a man in his 20s, had been approached by two men who had got out of a white Ford Fiesta in Cripsey Avenue at around 5pm on September 13, 2017.

After an altercation one of the men stabbed the victim in the stomach, before both men got back into the car and left the scene.

The victim was taken to hospital where he underwent surgery for three wounds.

The Fiesta was traced to an address in Loughton where Essex Police arrested 19-year-old Anthony Hamilton (pictured left) the next day.

Officers also stopped and arrested another man, 21-year-old Raphael Duke-Okeze (pictured right).

On September 15, Hamilton, from London, was charged with GBH with intent and possession of a knife in a public place.

Duke-Okeze, of Buckhurst Hill, was charged with threatening someone with a blade in a public place and attempted robbery.

They both denied the charges against them but were found guilty at Chelmsford Crown Court on March 27.

At the same court Hamilton was jailed for 11 years and Duke-Okeze was sentenced to two-and-a-half years, recently.

Investigation officer Detective Constable Ricky Rodd, from Loughton CID, said: "This was a violent attack in broad daylight in a residential area.

"Even though the victim required surgery his injuries could have been much worse and he could have been really seriously injured.

"It is galling that Anthony Hamilton was comfortable using this level of violence and I'm glad he and Raphael Duke-Okeze are now off the streets.

"I hope this sentence will provide the victim with some solace and shows Essex Police will not tolerate violent crime."

## Have your say with local police officers

Residents living in Ongar are being given the opportunity to speak to local police officers to find out more about what's going on in the area.

Drop-in meetings will take place on the second Monday of each month at 7.30pm.

PC Paul Harrison, Ongar Neighbourhood Officer, will be in attendance.

He requests that residents provide any evidence for investigation within the local community and/or details of any incidents.

On Monday, October 8, the meeting will be held at Jubilee Park Pavilion in Ongar.

This is an open meeting and all members of the public are welcome.

## Community groups receive £19k in funding

Community and voluntary groups in Ongar are being encouraged to apply for grants after Epping Forest District Council recently awarded over £19,000.

The groups awarded are involved in delivering community, cultural and sports activities.

Among those to receive funding were the Hertfordshire Boat Rescue, WAY 2000 and Grant A Smile.

The council is now encouraging other community and volunteer groups to apply for funding.

Councillor Helen Kane, leisure and community services portfolio holder, said: "The council greatly appreciates the work of the voluntary sector and encourages all local groups to get in contact to see if they are eligible to apply. The need for groups to receive funding is vital and our council has funds available to support local groups."

To apply, please visit [www.eppingforestdc.gov.uk/grantaid](http://www.eppingforestdc.gov.uk/grantaid) for more details and criteria.



Photo credit: Twitter @CllrHelenKane

**BRIGHT & BEAUTIFUL**  
A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

Enjoy the outdoors,  
leave the indoors to us

Professional Housekeeping & Ironing Services

**BRIGHT & BEAUTIFUL**  
A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

**FREE Basket of Ironing\***

Bright & Beautiful® know how difficult it can be to keep the outdoors from getting in during Winter! Muddy feet, paw prints and rain can take their toll.

Make the most of the season and leave the CLEANING and HOUSEKEEPING to us...

**CALL TODAY FOR A FREE CONSULTATION**  
**01277 287 503**

[www.brightandbeautifulhome.com/brentwood](http://www.brightandbeautifulhome.com/brentwood)  
**PLEASE QUOTE CODE: AD05**  
\*UP TO 1 HOUR OF FREE IRONING, WHEN YOU SIGN UP FOR A REGULAR SERVICE.

That's where we can help. Bright & Beautiful is an affordable REGULAR, or ONE-OFF, housekeeping service that ensures your home sparkles all year round. In a Bright & Beautiful home everything is in its place, the laundry is done and the ironing is immaculate.

# KEEP YOUR £ LOCAL

**SUPPORT YOUR LOCAL BUSINESSES...**

Your Monthly Lifestyle Magazine **VISION**

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

Bring warmth  
and style to  
your home



Visit our showroom which is open Monday to Saturday from 10:00 am to 5:00 pm, with ample free parking for all of our customers.

You can either call us on 01268 768844, or see a member of staff in store, and we can then make an appointment with you to survey your chimney to advise you of the best options available to you.

**01268 768844**  
[www.phoenix-fireplaces.co.uk](http://www.phoenix-fireplaces.co.uk)  
[sales@phoenix-fireplaces.com](mailto:sales@phoenix-fireplaces.com)

Hawk Hill, Battlesbridge, Essex, SS11 7RJ

ADVERTORIAL

# Has Your Double Glazing Steamed Up?

Established for over a decade Cloudy2Clear windows have become a leading company for glass replacement. Issues with double glazing can often be gradual and may only be noticed during a clear sunny day or during the winter. A failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed double glazing? **If you act now you can avoid these problems.**

Now, you may think you need to replace the

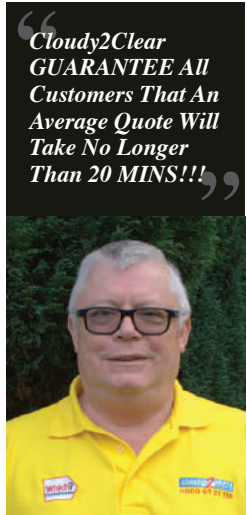
whole window including the frames and all the hardware, however Cloudy2Clear have come up with a simple and cost saving solution... Just replace the glass!!

If you see condensation in your windows just visit our website or give us a call on **0800 61 21 118**. We will send out our highly experienced engineers for a free no obligation quote. A Cloudy2Clear quote takes on average **no longer than 20 minutes**. Once the quote is completed, we will sit down with you and explain the problem and tell you how we can fix it. With

years of experience Cloudy2Clear have a wealth of knowledge and are recognised as a Which Trusted Trader, **plus our work is backed by an industry leading 25 year guarantee.** Cloudy2Clear also replace faulty locks handles and hinges on all windows and doors.

Your friendly local Cloudy2Clear specialist is Chris Miller and he services the Chelmsford, Brentwood & Basildon areas.

So, if your windows are steamed up, broken or damaged give Chris a call for a free quotation on **0800 61 21 118**.



*“Cloudy2Clear GUARANTEE All Customers That An Average Quote Will Take No Longer Than 20 MINS!!!”*

## Cloudy2Clear Windows... Service With A Smile!

Cloudy2Clear Are A...



**Which?  
Trusted  
Trader**

All Glazing Backed By Our

**25 YEAR  
GUARANTEE**



Priority Freephone

**0800 61 21 118**

[www.cloudy2clear.com](http://www.cloudy2clear.com)

Broken Or Damaged Windows? Faulty Locks, Handles, Hinges?  



**VISION Offer**  
Boiler Service &  
Gas Certificate  
for **£60**



**Boiler Installation** ● **Boiler Servicing**  
**Boiler Repair** ● **Plumbing**  
**Heating** ● **Drainage**

**Get In Touch: 01277 600 132**  
**07599 864 808**  
[www.eastplumbing.co.uk](http://www.eastplumbing.co.uk)  
[info@eastplumbing.co.uk](mailto:info@eastplumbing.co.uk)

**24**  
**HOURS**  
**A DAY**  
**7 DAYS**  
**A WEEK**




**Checkatrade.com**  
Where reputation matters



# DAVID LEPINE

## PAINTER – DECORATOR REPAIRS AND MORE

I've been a part of the **Tony Baxter Team** for the last 15 years. As Tony has now retired I will be carrying on with my own smaller team producing high quality work, fully insured, delivering a clean reliable service with better competitive prices, plus no VAT.

Kind regards, 



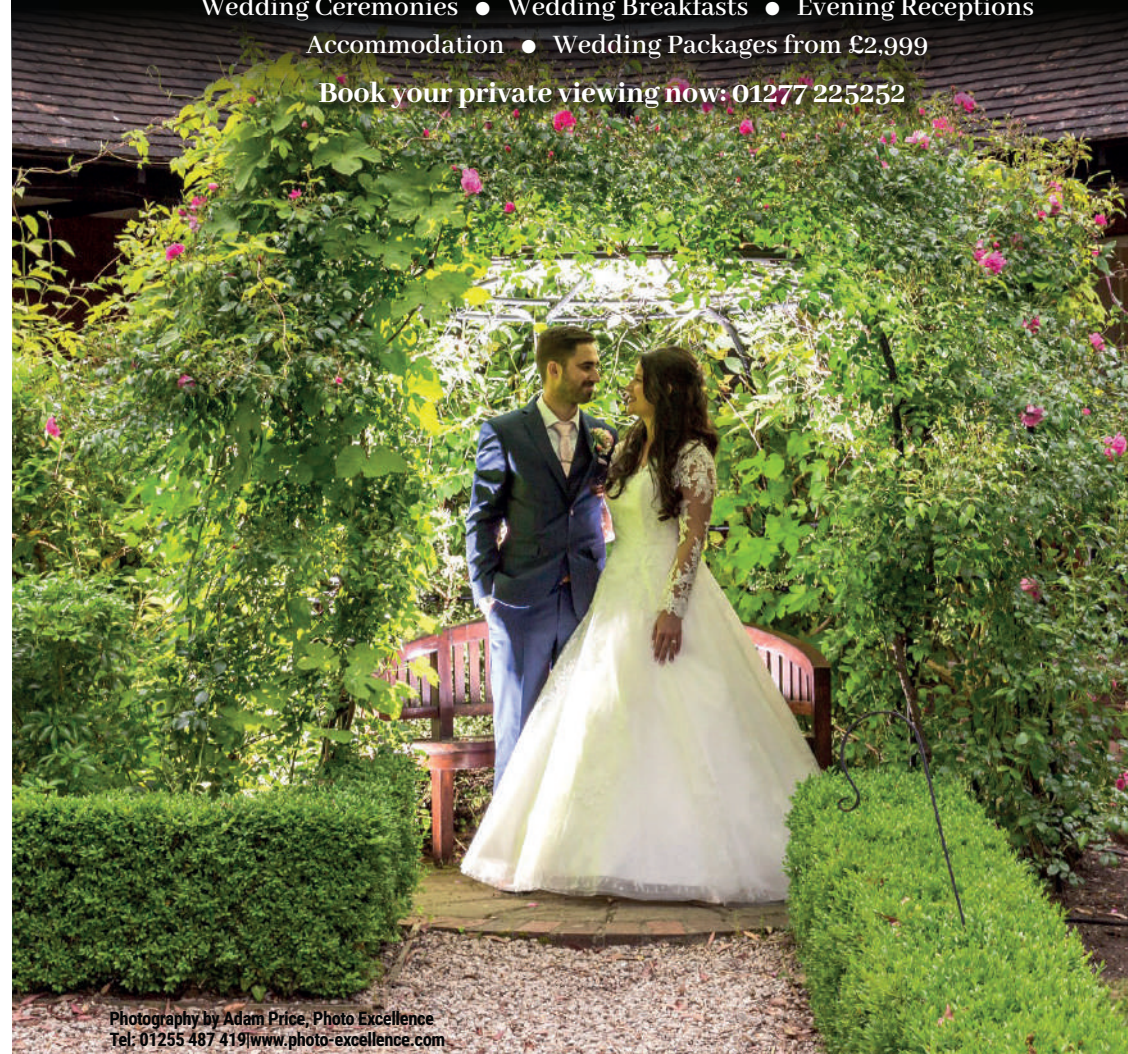
**Office: 01277 549277** ■ **Mobile: 07960 741973**  
**Website: [www.davidlepine.co.uk](http://www.davidlepine.co.uk)** ■ **Email: [d-lep@msn.com](mailto:d-lep@msn.com)**

# Marygreen Manor

*The Magical Backdrop for your Special Day*

Wedding Ceremonies ● Wedding Breakfasts ● Evening Receptions  
Accommodation ● Wedding Packages from £2,999

Book your private viewing now: **01277 225252**



Photography by Adam Price, Photo Excellence  
Tel: 01255 487 419 | [www.photo-excellence.com](http://www.photo-excellence.com)



AA ★ ★ ★ ★ AA

**MARYGREEN MANOR**  
HOTEL & RESTAURANT

Website: [www.marygreenmanor.co.uk](http://www.marygreenmanor.co.uk) Telephone: 01277 225252  
London Road, Brentwood, Essex, CM14 4NR

# Nadiya... Born to Bake

FROM THE COOKER TO THE CAMERA, A LIFE IN THE LENS FOR ONE OF OUR FINEST BAKERS.

When Nadiya Hussain sent in her application for *The Great British Bake Off* she made a deal with her husband Abdal that were she to do well, they would move from Leeds to London in order to make her baking career dream a reality. In the end of course, she would not only win the contest, but the hearts of the British public as well, allowing the affable star to embark on a glittering new career (though as a compromise the family moved to Milton Keynes over the capital).

Surpassing everyone's expectations – not least her own – the second-generation British Bangladeshi reveals it was always her lack of confidence, not talent, that held her back. "My whole life I have suffered from severe anxiety, but even though there were moments where I felt it creep up on me during the filming of the show, I have definitely learnt how to control it more than I used to. And sometimes, it's by pushing myself to do things that truly terrify me, that I can overcome them," says the 33-year-old.

Certainly, the enormous support she has received from fans nationwide must have buoyed her on what was a gripping journey that gathered pace so rapidly - the baker soon found herself being referred to as a modern cooking inspirational, particularly within the British Muslim community. Gracefully shrugging off questions such as why she decided to start wearing a hijab (to hide a bad haircut as a teenager) or why she settled on an arranged marriage... "I had no time to date," she quickly moved the focus back to the food.

And, as a result, life since *Bake Off* has been a whirlwind of television shows (*The Chronicles of Nadiya*, *Nadiya's British Food Adventure*, *Big Family Cooking Showdown*), cookbooks (*Nadiya's Kitchen*, *Nadiya's British Food Adventure* and *Nadiya's Family Favourites*) and numerous writing opportunities, including a regular column for *The Times Magazine*.

However, her most prestigious moment arguably came in 2016 when Nadiya had the enormous honour of baking the Queen's 90th birthday cake. Expressing a desire to do something "a bit different", she created a stunning three-tiered orange drizzle cake with orange curd and butter cream, resulting in a sponge that was decadent, beautiful and "very citrusy". On meeting Her Majesty, the baker recalled: "I suddenly found myself so nervous and tongue-tied, but she is so nice... I think it went well."

Determined to inspire the next generation of bakers, the mother-of-three has created her third children's book, *Nadiya's Bake Me a Celebration Story*, which combines charming stories inspired by annual celebrations from different cultures, with accessible recipes.

For someone who cherishes her role as a mother as much as she does her position as a baking icon, such forays into children's fiction are not surprising. And when asked how her life has altered since that stunning baking victory, she replies, somewhat bemused: "I definitely feel very lucky for how it has all turned out, but if it all came crashing down I would be fine too, because I have a wonderful family. And though I get to experience both worlds, I know which one is most important to me."



# Maximise your natural light with a beautiful skylight



- ✓ Free survey for roof and room design
- ✓ A wide range of lanterns and skylights available
- ✓ All roof lanterns have an aluminium finish
- ✓ All our skylights are compliant with Building Regulations
- ✓ Pilkington self-clean temperature glass as standard
- ✓ All structural works undertaken by High-Tech
- ✓ All internal works inclusive of new electrics and lighting
- ✓ A complete extension or conservatory thermally efficient transformation
- ✓ All waterproofing products will have our LIFETIME guarantee as standard



Roof lanterns look great inside and out

High-Tech Roofing have installed over 10,000 flat roofs along with 1500 plus skylights and roof lanterns. Every roof installed comes with a LIFETIME guarantee. Let us, a company you can trust, transform your extension or conservatory into a stunning orangery style room.



A complete conservatory transformation



Are you retired? Extra savings now available

Brochure and free sample available on request

For a Free Quotation

Call: 01277 886757 [www.flatroofs.net](http://www.flatroofs.net)

Head Office: Linden House, 30 Linden Road, Benfleet, Essex SS7 4BA

# Flood your Home with Natural Light

Advertorial

Flood your home with natural light – many of our clients are creating a stylish new living space flooded with natural light. Imagine an inspiring contemporary design feature not only enhancing your lifestyle but also adding value to your home.

Many would call it the **WOW** factor. We call it the aluminium roof lantern – an innovative pitched skylight range that's been created for today's style-conscious homeowner. Designed from the ground up around an innovative thermally broken system, it provides excellent thermal performance – keeping cool in the summer and warm in the winter – whilst delivering the architectural refinement you'd expect of a high-end aluminium lantern system.

We are continually upgrading extension roofs into beautiful orangery style extensions. Another option, also very popular, is to totally revamp an existing conservatory into a stunning and thermally efficient structure allowing all year-round use.

Along with every lantern installed, we also install the highest quality roofing system – keeping the elements out. In 1999, High-Tech Roofing first introduced the most advanced flat roof technology to the homeowner. Protan, based in Norway, has a pedigree in the design and manufacture of water-proofing

materials dating back to 1939, producing their first roofing membrane in 1971. Protan is our preferred PVC single-ply flat roofing system and will cope with all climates. Millions of square meters are installed here and abroad with a proven track record stretching over four decades. Protan is predominantly an architect-specified roofing system, winning many awards serving the very competitive commercial sector.

A High-Tech roof is dimensionally stable and solar reflective, the material is unaffected by climate change and 100% resistant to moss & algae growth. The membrane has a unique anti-slip finish allowing the roof to be walked on and is aesthetically pleasing. As it is a vapour permeable product it will never blister or become brittle and crack. High-Tech will create a 100% storm resistant watertight roof, maintenance free and guaranteed for life never to leak.

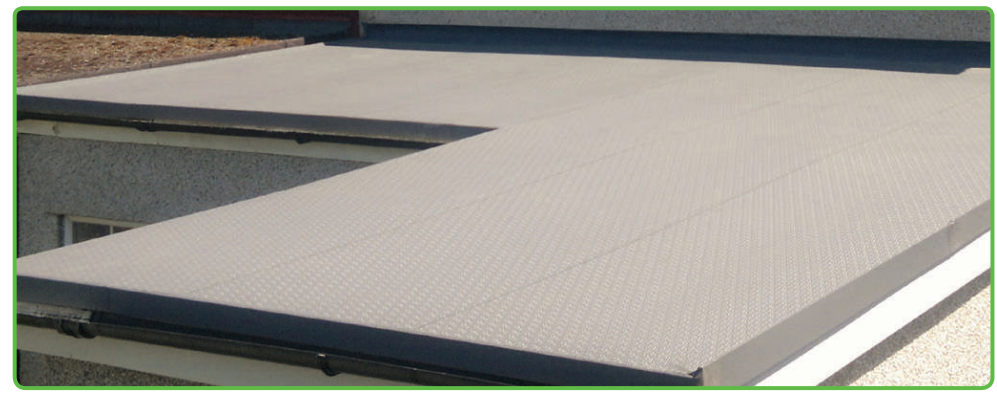
If it is a flat roof only you require please call us, all our work is carried out as to Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The home-owner should also be made aware that insurance companies will no longer accept any liability for any external or internal damage caused by a leaking flat roof which is over 10 years old.



Before



After



# We could fill Wembley Stadium with our monthly readership

Contact us to find out how to get your business seen by all of our readers

Photo courtesy of PA Images

## CONTACT US TO FIND OUT MORE

Your Monthly Lifestyle Magazine

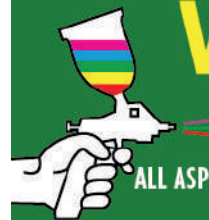


t: 01277 554045  
m: 07860 683239  
e: brentwood@VISIONmag.co.uk

t: 01708 578049  
m: 07967 079101  
e: hornchurch@VISIONmag.co.uk

t: 01277 554045  
m: 07860 683239  
e: bllericay@VISIONmag.co.uk

t: 0208 088 0386  
m: 07967 079101  
e: loughton@VISIONmag.co.uk



## WS Spray Finishings & Powder Coating

ALL ASPECTS OF WET SPRAYING & POWDER COATING FOR DOMESTIC & INDUSTRIAL MARKETS  
ITEMS FOR POWDER COATING UP TO 5m x 2m



**Are you tired of the look of your old kitchen?**  
Don't despair. Instead of paying a fortune for new units and doors why not have your existing doors, drawer fronts, cornice, light pelmets, cooker hoods, shelf displays and plinths re-sprayed in any colour and sheen of your choice? Removal & installation of most work available.  
We can spray any type of door solid wood, vinyl/plastic or MDF old or new. All work is fully cleaned & de-greased repaired if necessary and rubbed down prior to painting. We use a highly tough & durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel, fitted bedroom drawers doors & cabinets, internal room doors and all types of household furniture including brown furniture.  
This is a very good economic and environmental way of recycling your worn out kitchen, bedroom cabinets and old furniture, we strive to be as eco friendly as is possible.

01268 812414 • 07434 704673 • 07434 704681  
www.wssprayfinishings.co.uk • wssprayfinishings@gmail.com



Unit 4 Totman Close, Brook Road Ind. Est. Rayleigh SS6 7UJ

## TREES *Plus*

ARBORICULTURAL CONTRACTORS

### SERVICES

TREE SURGERY | STUMP REMOVAL | TREE SURVEYS  
HEDGE CUTTING | SITE CLEARANCE

35 Years Professional Experience  
Commercial and Domestic

Specialists in working with narrow access & confined spaces  
£2M PUBLIC LIABILITY INSURANCE • FREE ESTIMATES & ADVICE

01277 352033 | 07973 202400

www.treesplus.co.uk | info@treesplus.co.uk

The Barns, Paslow Common Farm, Nine Ashes Road, Ingatstone CM4 0JY



# GROUND WORK

If you think you've suffered from the heat of the past couple of months, think how that sun-baked lawn has fared without even so much as a dash of sun lotion.

Of course, any knowledgeable gardener will tell you it's better to take action to protect your flora while the sun is out, but if the damage done has only just become evident, there are at least a few techniques that will begin the restoration process for your beloved garden.

### WATER WATER WATER

It's the fuel that keeps your plants alive, so if the autumn proves to be as stingy on precipitation as the summer was – and, of course, providing there are no hosepipe bans in place – tend to your land with plenty of nature's lubricant in order to stimulate stems, fire up flowers and galvanise grass.

### NOTHING BUT A DIRTY GRASS

Just as you'd exfoliate your own skin to remove dead matter, do exactly the same with your garden. Remove debris and dust to make the land as ready for replenishment as possible.

### CUT BACK TO MOVE FORWARD

The more you mow, trim and prune, the quicker your greenery will spring back to life, so this is a great way to get your plant matter back in fully efficient mode.

### FIRST-CLASS FERTILISER

It does exactly what it says on the tin, and the best way to boost growth where your living matter is concerned is with an approved, high-quality fertiliser. Remember though not to apply until growth is already well on its way, or you'll simply end up scorching the earth.

### STARTING AFRESH

And of course, the best way to get your garden humming again is to invest in it. Consider plants, flowers and garden additions that will suit the rustic autumn season to come, and with a few new purchases you'll be inviting the neighbours round again before you know it.

bringing lawns to life

**20% OFF YOUR FIRST TREATMENT\*\***

Our wonderful customers like our service so much, that over 40% of new customers joined us through their recommendation which, if you think about it, is a recommendation in itself.

So, if you've been thinking about enjoying a great lawn this year – green, lush and weed-free, why not contact us today and let us bring your lawn to life.

We provide four seasonal treatments, as well as beneficial treatments to keep your lawn in tip-top condition - prices start from just £15\*.

Ask us about our annual plans, which allow you to both spread the cost and save up to 25%.

Simply call: 01277 352 236 or visit: [greenthumb.co.uk](http://greenthumb.co.uk)



PRICES FROM  
**£15\***  
PER TREATMENT

# GreenThumb

LAWN TREATMENT SERVICE

\*Based on a lawn size up to 40m<sup>2</sup> \*\*New Customers Only



Don't wait...

come and meet our experts.



Join us at our **FREE** upcoming events happening near you.

**P** **Your treatment guide to snoring and sleep apnoea.**  
Thursday 6th September 2018  
6.30pm with Prof Bhik Kotecha  
Consultant ENT Surgeon.

**P** **Let's talk women's health. The menopause, perimenopause and HRT.**  
Wednesday 12th September 2018  
7.00pm with Mr Rajiv Varma  
Consultant Gynaecologist.

**1:1** **Considering weight loss surgery?**  
Thursday 6th September 2018  
6.30pm with Mr Yashwant Koak  
Consultant Bariatric Surgeon.

**1:1** **Worried about a hernia? Ask an expert.**  
Thursday 20th September 2018  
6.45pm with Mr Sabu Jacob  
Consultant General Surgeon.

**P** Presentation    **1:1** 1:1 mini advice session

Spaces are limited, so don't miss out – book online today.

Visit [nuffieldhealth.com/book](http://nuffieldhealth.com/book) or for more information call 01277 886 984

Nuffield Health Brentwood Hospital  
Shenfield Road, Brentwood Essex CM15 8EH

# Alzheimer's

*Awareness - 10 signs to look out for...*

HEALTH & FITNESS

**A**dmitting to yourself that one of your family or friends may be developing Alzheimer's is a hard pill to swallow. Many may find it easier to bury their heads in the sand than face up to this harsh reality. But recognising this difficult illness is the first step in helping your loved one to manage their symptoms and continue to live a fulfilling life.

**1. Memory loss**

One of the most common signs of Alzheimer's with sufferers forgetting recent information as well as significant dates and scheduled events.

**2. Lack of concentration**

Your loved one may be struggling with numbers and not be able to sort their monthly bills due to difficulty in concentrating.

**3. Struggling to complete daily tasks**

Tasks that were once easy and familiar can become a struggle; recording a TV programme or setting a timer on the oven.

**4. Confusion over dates and places**

Sufferers may forget the day of the week and not be able to name what month or season it is.

**5. Problems with vision**

Some people experience problems with reading, judging distance and driving.

**6. Struggling to remember words**

A typical symptom is not being able to recall the right word that they want to say or using the wrong word in a sentence.

**7. Losing items or getting lost frequently**

A person with Alzheimer's will often lose items and not be able to find them. They may accuse others of stealing their belongings.

**8. Bad decision-making**

Changes in judgement are common, especially regarding money. Sufferers are more vulnerable to con artists.

**9. Avoiding social situations**

Your loved one may withdraw themselves from all social occasions due to fear or embarrassment.

**10. A negative change in mood and personality**

Sufferers often become depressed, anxious and suspicious of others, including family and friends.



Photo credit: [www.lancaster.ac.uk](http://www.lancaster.ac.uk)



# The Early Bird CATCHES THE WORM

Most people fall into one of two categories; either you are an early riser who jumps out of bed as soon as your alarm goes off or you are a night owl who comes alive once the sun sets.

If you fall into the latter group, it may be time to try to change your sleeping habits and reap the rewards of becoming a morning person.

### You have enough time for a nutritious and filling breakfast

Late risers who constantly snooze their alarm rarely have the time or inclination to prepare themselves or their family a decent breakfast. Instead they are more likely to reach for a quick sugary convenience snack or even skip breakfast altogether.

### Early birds are more likely to exercise daily than night owls

The morning is the most likely time that people will schedule a workout



and follow through with it; late risers will often sleep through this optimal time and therefore exercise less than their early counterparts.

### Getting up early leads to more proactiveness

Waking up before your spouse or family can result in a window of opportunity for being proactive and having time to get tasks completed without interruption ahead of a busy day. In fact, a 2009 study showed that early risers were more likely to agree with the statement "I feel in charge of making things happen."

### A chance to meditate and reflect on the day ahead

Waking early before the hustle and bustle of the day begins can enable you to have peace of mind and feel calm and centred for the day. Late risers who jump out of bed and rush around are much more likely to feel flustered and unprepared.

*Balayage Offer*  
AVAILABLE AT SALON 63 BRENTWOOD

FULL HEAD OF BALAYAGE, TONER PLUS A CUT AND BLOW DRY FOR ONLY £99  
MON - THURS ONLY

salon63  
T: 01277 201053 WWW.SALON63ESSEX.CO.UK

**6 October from 2pm**

COME AND JOIN US FOR A DRINK TO CELEBRATE OUR LAUNCH

salon63  
T: 01277 201053 WWW.SALON63ESSEX.CO.UK

*Special Offer*  
AVAILABLE AT SALON 63 BRENTWOOD

FULL HEAD HIGHLIGHTS £60  
HALF HEAD HIGHLIGHTS £45  
- VALID WITH SHAWNA ONLY

salon63  
T: 01277 201053 WWW.SALON63ESSEX.CO.UK

Look Beautiful. Feel Beautiful. Be Beautiful.

## salon 63

01277 201053 \* www.salon63essex.co.uk

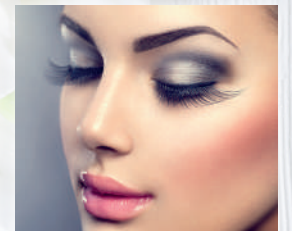
63 Ongar Road, Brentwood, CM15 9AZ

f salon63brentwood @salon63brentwood

MENTION VISION10 TO RECEIVE A 10% DISCOUNT

# HARMONY BRENTWOOD

THE PLACE TO BE FOR EVERYTHING BEAUTY IN ESSEX  
Eye Lashes ■ Nails ■ Massage Therapy ■ Professional Makeup ■ Facial Treatments ■ Body Treatments



To book an appointment or for more information about our treatments call us on

**01277 375751**

www.harmonybrentwood.co.uk



3 Hatch Road, Pilgrims Hatch, Brentwood, Essex CM15 9PU



## DIRECT MARKETING SPECIALISTS

- ▶ PARTNERS WITH A WIDE RANGE OF ORGANISATIONS – DELIVERING AN EVEN WIDER RANGE OF ITEMS
- ▶ IN-DEPTH LEAFLET DELIVERY KNOWLEDGE
- ▶ NO CAMPAIGN TOO BIG OR SMALL

Call for a free quote  
**07723 384643**  
[www.storkdistribution.co.uk](http://www.storkdistribution.co.uk)  
[info@storkdistribution.co.uk](mailto:info@storkdistribution.co.uk)



Covering all  
of Essex

## HIS & HER WELLBEING

### Massage and Therapy



We specialise in therapeutic massage for couples, ladies and gentlemen

- ✦ Thai Traditional Full Body Massage ✦ Thai Back, Neck and Shoulder Massage ✦ Thai Foot Massage
- ✦ Deep Tissue Massage ✦ Swedish Massage

[www.hisandher-wellbeing.co.uk](http://www.hisandher-wellbeing.co.uk)

**01277 500280**

Enquiries@hisandher-wellbeing.co.uk  
 10.30 am to 9.00 pm daily (Sunday: bookings only)  
 147 Kings Road, Brentwood, CM14 4EG

# THE KYLIE EFFECT



On track to becoming one of the youngest billionaires ever, Kylie Jenner is literally shaping the beauty industry.

**K**ylie Jenner is an unlikely candidate for the cover of *Forbes*. In fact, five years ago many would have scoffed at the idea given her role as the youngest of the Jenner-Kardashian clan, a reality television dynasty which would have probably lost its allure by now were it not for the sheer relentlessness of its members, particularly savvy 'Momager' and matriarch of the brood, Kris Jenner.

But thanks to her Kylie Cosmetics Makeup Company, the 21-year-old mum – Kylie gave birth to daughter Stormi in February – is estimated to be worth around \$900million, with predictions that she could eventually usurp Facebook founder Mark Zuckerberg as the world's youngest self-made billionaire (aged 23).

Launched two years ago with a \$29 'lip kit' consisting of a matching set of lipstick and lip liner, the brand has gone from strength to strength, selling more than \$630million worth of makeup, and in the process making it one of the hottest cosmetic brands around.

Naturally, much of its success is down to Kylie, face of, founder and 100 per cent owner of her empire, as fans flocked to buy the very first line of lip kits (selling out within the first minute of their launch) in a bid to mimic the star's infamous full lips. And though the company now also offers other products, the lip kits remain the cornerstone of the brand.

Naturally, such enormous success draws its fair share of critique, particularly as *Forbes* labelled the fledgling entrepreneur as a 'self-made' businesswoman, with no nod to her famous family. But the real question is, does Kylie have real influence within the beauty industry? Well, having recently announced that she had removed all her lip fillers, we can only wait and see if the more natural pout will become du jour. Chances are that where the youngest Jenner leads, beauty devotees are sure to follow.



BEAUTY



The team at Neroli will make sure you look your very best

"Great place, lovely girls, wonderful cut and blow dry by Courtney."

**01277 211233**

nerolihairdressing

DW Fitness, Chindits Lane, Brentwood CM14 5LF

**MATRIX**  
IMAGINE ALL YOU CAN BE

**M**  
MOROCCANOIL

**SPECIAL OFFER** HALF PRICE CUT & BLOW-DRY FOR ALL NEW CLIENTS ON TUESDAY AND WEDNESDAY ONLY



FASHION



# FASHION Bloggers



**STYLE BUBBLE**  
 @susiebubble  
 Founded by Susie Lau back in 2006, this is the fashion editor's blog of choice, and one of the original fashion blogs to make it big. London-based Susie's idiosyncratic style has placed her on the A-list in fashion circles, but within her blog she maintains a focus on spotlighting young and unknown talent. Definitely one for the cool kids.



**HELENA BORDON**  
 @helenabordon  
 If you're looking out the window and despairing at the grey vista, a look at Brazilian blogger Helena Bordon's Instagram feed will brighten up your day in an instant. Classically gorgeous, charming and inherently stylish – her mother is the style director of Brazilian *Vogue* – Helena is a front row favourite and always in the know when it comes to the hottest trends.



**SONG OF STYLE**  
 @songofstyle  
 LA-based interior designer Aimee Song began her blog, Song of Style, in 2008. Initially focusing on fashion and Aimee's enviable laidback California flair, the multitasked internet star has since added more lifestyle content, including interior inspiration, travel and beauty.



**GRACE VICTORY**  
 @gracevictory  
 They call her the "internet's big sister", and that's why blogger, presenter and self-care advocate Grace Victory is such a huge and valuable cog in the online blogosphere. Determined to promote body image positivity, Grace proves you can be stylish at any size and always feel beautiful in your own skin. A genuine fashion hero.



**A FASHION FORTE**  
 @rosiefortescue  
 If the name Rosie Fortescue rings a bell, it's probably because you've seen the blonde beauty pouting and sashaying her way through the streets of south-west



Photo credit: Everett Collection/Shutterstock.com, Twocom/Shutterstock.com & DKStyle/Shutterstock.com

SPECIAL PRICES ON ALL REMAINING WINTER WEDDINGS UNTIL APRIL 2019



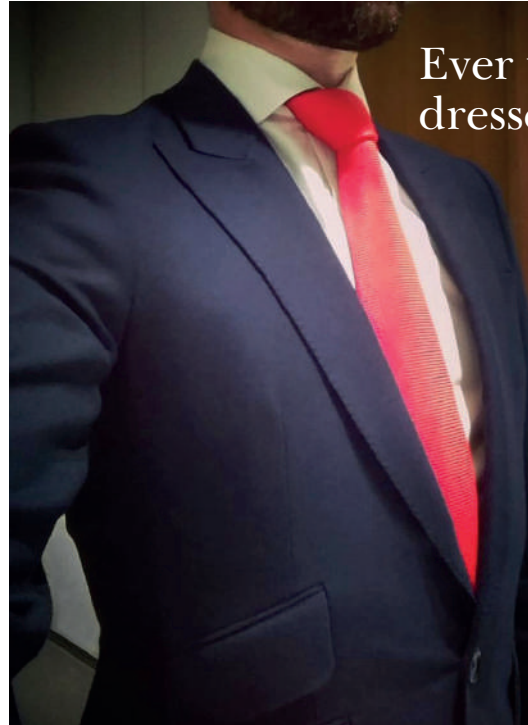
## Gavin Woollard Photography

With the experience of nearly 2000 weddings and thousands of Portrait clients including a 17 year commission at Buckingham Palace when you choose Gavin Woollard for your wedding photography you are choosing one of the very best.

Call 01245 421224

gavinwoollard@gmail.com • www.reportagephotography.com

The Granary, No 1 Rumsey Row, The Green, Writtle, Chelmsford, Essex CM1 3YA



### Ever wanted to be the best dressed person in the room?

Book an appointment with our visiting Savile Row trained tailor to be the smartest at every occasion

Formal, Business & Casual Wear Weddings & Special Events

Call Dan Chumley on 07824 153880

"our passion for service and style is a cut above the rest"



Ross Carrington Bespoke Tailoring



# UNLEASH YOUR

# Wild Side

Photo credit: forever21.com



Photo credit: wellis.co.uk



The bold and somewhat terrifying animal print trend is set to be massive for autumn/winter 2018, with designers such as Victoria Beckham, Michael Kors and Diane Von Furstenberg embracing their animalist instincts on the runway earlier this year. And the good news is this trend can work for men and women alike.

**1. For those who prefer a subtler approach, invest in a leopard print accessory**

If you feel overwhelmed by the 'look at me' tone of this autumn trend, a leopard print clutch bag or sleek wallet is the way to go.

**2. For fashion aficionados who like to push boundaries, mix and match your animal prints**

This may have been a fashion no-no a few seasons ago but now due to the neutral tones found in each, you can happily combine two different prints without fear of clashing. We love the zebra/leopard combo.

**3. Let your feet do the talking with leopard print shoes**

Feeling bored with your office suit day in and day out? A pair of leopard print flats will brighten up even the dullest of outfits. Or for a laid back weekend look, men should invest in a pair of leopard print Vans.

**4. Become an instant girl or boy about town with a leopard print coat**

If you want to invest in only one animal print this season, you can't go wrong with a stylish leopard print coat. Pair with denim and a slogan T-shirt for a cool 90s vibe.

**5. Stand out from the crowd by rocking this trend with other prints**

Do not be afraid to mix animal prints with other prints such as stripes, spots and plaids. The key is to treat your animal print items like any other plain colour you wear.



# Eat, drink, repeat

CONSIDER YOURSELF TO BE A FOODIE? THEN YOU WILL LOVE THESE TOP DESTINATIONS WHERE THE CUISINE IS THE TOP TOURIST ATTRACTION.

**Somerset, UK**

Those who consider themselves to be taste titillators will probably be familiar with Bath and its wealth of fine dining experiences, including Menu Gordon Jones and The Olive Tree, plus the 'sea-foodie' must-visit, The Scallop Shell. But venture out of the city and you find even more unique delights such as the Michelin-starred restaurant-cum-pub The Pony and Trap in Chew Magna, and The Willow Tree in Taunton.

And September could be a great time to plan a road trip through the county, as Weston-super-Mare hosts the eat:Weston festival (Sept 22), showcasing some of the best local producers.

**San Sebastian, Spain**

Boasting the second highest concentration of Michelin stars per square mile in the world after Kyoto, this Spanish Basque city is a unique culinary gem. But beyond the critically acclaimed Alameda, Elkano, Kokotxa and Zuberoa, there is also an array of fine tapas available in the old quarter of the city.

**Melton Mowbray, UK**

Chocoholics would be crazy not to head to this quintessential English market town on the weekend of November 17/18, when Chocfest descends in all its melty, sugary glory. Known as the 'Rural Capital of Food', Melton Mowbray has become the centre of excellence for local food producers, famed traditionally for its pork pies and Stilton cheese.

**Rome, Italy**

It may seem obvious to list Rome as a famous foodie location, but when you consider the global influence Italian food has across the world – pasta, pizza, bolognese, fish and so much more besides – it would be remiss not to mention these taste technicians. And that doesn't mean you can't still venture off the beaten track – working-class Roman cuisine (much more heavily featuring pancetta, onions, ox tail and artichokes) shows our understanding of carb-heavy meals perhaps needs refining... with help from a lingering drop of Chianti from the hills of Tuscany.

**UK FOOD & DRINK FESTIVAL DATES FOR YOUR DIARY**

- Abergavenny Food Festival  
15 - 16 September
- Aldeburgh Food & Drink Festival  
29 - 30 September
- Powderham Food Festival  
6 - 7 October
- Dartmouth Food Festival  
19 - 21 October





All Play Castles



Certified

# Inflatable Hire

**BIRTHDAYS  
EVENTS**

**PRIVATE HIRE  
AND MUCH MORE**



**Not just for kids**

**Call us to book today**

**07842 012201 ☎ 01277 554079**

**bustabouncessexltd.co.uk**



# AFTER SCHOOL

# snack Hack



KIDS

Every parent knows that the moment your kids get in from school they will declare themselves starving and start raiding the snack drawer for as many high sugar and high fat foods as they can carry.

Avoid this by having a delicious but healthy snack to hand that will instantly curb their hunger pains.

## Frozen Banana Bites

Perfect for those with a sweet tooth, these simple snacks are made by dipping slices of banana in melted chocolate and desiccated coconut and then freezing. Bananas are rich in potassium, vitamin B and high in fibre.

## Hummus with a selection of veggies

Made from blended chickpeas, olive oil and lemon juice, hummus is extremely budget-friendly and a very filling snack for your little ones' hungry tummies. Offer a selection of sliced peppers, carrots, avocado and pitta bread for dipping.

## Fruit Kebabs

Super quick to make in advance, simply add your child's favourite fruits to a skewer and keep in the fridge until snack-time. You could serve these with a plain yogurt dip or some melted chocolate if you feel like offering a treat.

## Mini Tortilla roll-ups

We recommend using wholemeal tortillas as this will provide your child with more fibre than the plain white variety. Fillings we love include cucumber and tuna, chicken Caesar salad and cream cheese with celery.

## Smoothies

Homemade smoothies are an easy and cost efficient way of getting your children to eat their five a day. Try to use seasonal fruit and vegetables as these will be cheaper. Avoid high sugar fruit juices and instead blend your chosen fruit and vegetables with either milk or yogurt. We recommend a blend of mango, blueberries, milk and Greek yogurt. Delicious.



# THE CHEEKY GREEK

GREEK STREET FOOD

FIND US IN

Brentwood High Street  
on Saturdays



QUOTE VISION FOR A FREE BOTTLE OF WATER WITH EVERY FOOD ORDER

TheCheekyGreek

thecheekygreek1



## ALMA ARMS FREEHOUSE

Real Ales and Good Food at affordable prices  
Cooked daily on the premises since 1970



**FAMOUS FOR PIES**

**FRESH FISH DAILY**

Delivered fresh daily

**2 COURSE MENU**

**ALWAYS AVAILABLE – £10.95**

Lunches 12-2.30pm • Dinner 6-8.30pm (12-7pm Sunday)

Keep your table as long as you like  
Large car park 🍷 Large parties welcome

Phone 01277 372629

[www.almaarms.com](http://www.almaarms.com)

Horsemanside, Navestock CM14 5ST

## BRENTWOOD KEBAB HOUSE

### FREE DELIVERY

Min Order £10 Brentwood, Ingrave, Hutton, Warley

Min Order £13 For Doddinghurst, Kelvedon hatch, Herongate

Min Order £15 For Wyatts Green & Stondon Massey, Navestock & Hook End

DELIVERY HOURS: MONDAY TO SUNDAY 4.00pm - 11pm



**OPEN 7 DAYS A WEEK**

Including all Bank Holidays Except Christmas Day

Opening Hours: Sunday -Thursday: 2.00pm - 12.00am

Friday - Saturday: 2.00pm - 12.30am

**01277 21 85 42**

**76 A Ongar Road, Brentwood CM15 9AX**

## M&M Kitchen

Traditional Turkish Restaurant & Takeaway

UNDER NEW MANAGEMENT

M&M Kitchen Party Orders Welcome

**BEST Quality** **100% PREMIUM Quality**

### M&M Kitchen

TURKISH RESTAURANT

Opening Hours:  
Monday to Saturday: 12.00 - 23.30 / Sunday 12.00 - 22.00

TELEPHONE ORDERS ARE WELCOME ( COLLECTION ONLY)

3 Warley Hill, Warley, Brentwood, Essex, CM14 5HT

**T: 01277 500 720**

Party Order Available

# colourful CONCOCTIONS

You may have noticed that colour-changing gin has suddenly appeared on your supermarket's shelves; a novelty idea that is certain to impress at your next party.

But what if we told you that you can make this revolutionary product from the comfort of your own home with only one specialist ingredient?

**How to make your colour-changing spirits**

**YOU WILL NEED**

Gin | Vodka | Tequila | And the secret ingredient Dried Butterfly Pea Flower Tea (which can be bought at several online retailers)

**HOW TO MAKE**

Simply infuse one cup of each of the spirits with 5-8 butterfly pea flowers in a sterile jar for a few hours or overnight if possible.

You will find that your vodka and tequila will turn purple and your gin a deep shade of blue.

Once this has happened strain your alcohol into labelled bottles.

Now you have your specialised spirits you can start making magic with the below cocktails...

### The Miraculous Margarita

**YOU WILL NEED**

1.5oz of colour changing tequila | 3oz lime and lemon juice  
1oz sugar syrup | 1.5oz triple sec | Half a lime | Salt

**HOW TO MAKE**

Rub the rim of your margarita glass with lime and then salt the rim

Pour in the lime and lemon juice, syrup and triple sec

Gradually add the butterfly pea-infused tequila

Watch your spirit change from purple to a sunset orange/yellow combination

**OTHER COLOUR-CHANGING COCKTAILS YOU CAN TRY ARE...**

#### The GlowGin Martini

Simply mix lemon juice, sugar syrup, vermouth and your preferred frozen fruit, then add your colour-changing gin.

#### The Magic Mint Julep

Mix lime juice, sugar syrup, creme de menthe, 10 mint leaves and kiwi juice, then pour in your colour-changing vodka.

Photo credit: [www.theflavourbender.com](http://www.theflavourbender.com)



FOOD & DRINK

# Foods To Improve YOUR MOOD

**W**e all know that the food we put into our bodies has a direct effect on our physical wellbeing, but did you know that it can also have an impact on your mental health?

By making a few simple changes to your daily diet you can significantly improve your mood, feel more energetic, think more clearly and reduce your risk of mental health problems such as depression, ADHD and Alzheimer's disease.

## SPINACH

This leafy green is rich in folic acid and tryptophan which help increase the levels of serotonin in the brain (this is the happy hormone), reducing your risk of depression, fatigue and insomnia. Studies have also shown people who eat one to two portions of green vegetables such as spinach or kale are considerably less likely to experience cognitive decline than those who don't.

## EGGS

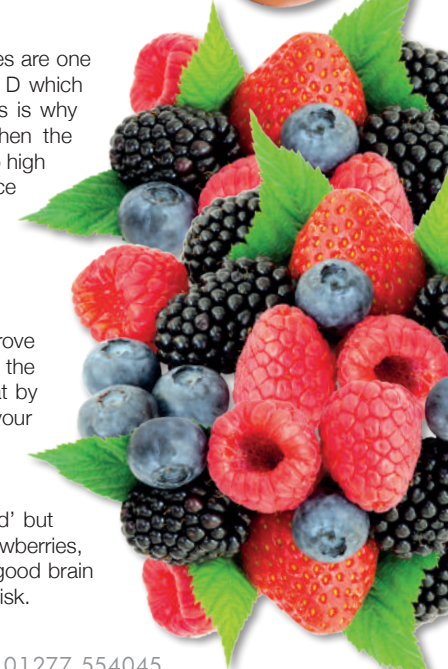
These cheap and cheerful kitchen staples are one of the few food sources of vitamin D which is known to lift your mood; this is why most people feel happier when the sun is shining. Eggs are also high in protein and a great source of omega 3s which help improve your overall health and wellbeing.

## BRAZIL NUTS

The Brazil nut is the most important nut variety for helping improve your mental health as it contains selenium which is crucial for the prevention of depression and anxiety. And the great news is that by eating only one Brazil nut a day you are getting 125 per cent of your daily requirement of selenium.

## A VARIETY OF BERRIES

A few years ago, blueberries were hailed as the new 'superfood' but in fact all berries offer amazing health benefits; raspberries, strawberries, blackberries and blueberries. This versatile fruit family supports good brain health including preventing memory loss and lowering dementia risk.



**OPEN 7 DAYS**

# Eigh TEA<sup>9</sup>

Breakfast • Lunch • Brunch

**Call us on 01277 210029**  
**89 High Street, Brentwood, Essex, CM14 4RR**  
 (Next to HSBC Bank)

# Brentwood Care Centre Recruiting Now!

## SUMMER 2018 SIGNING-ON BONUS\*

- Great New Pay Rates
- Great Career Opportunities
- Wide Variety of Benefits
- Free Ongoing Training

Incl. Perkbox

HEALTH CARE ASSISTANTS & SENIOR HEALTH CARE ASSISTANTS

**£300**

SIGNING-ON BONUS\*

Where Care Matters

REGISTERED NURSES

**£2500**

SIGNING-ON BONUS\*

For further information, or to submit a C.V. please contact us at:  
[recruitment.brentwood@rancode.co.uk](mailto:recruitment.brentwood@rancode.co.uk) | Call: 01277 375 316  
 Or feel free to drop into... Brentwood Care Centre, Larchwood Gardens, Pilgrims Hatch, Brentwood, CM15 9NG | [www.rchcarehomes.co.uk](http://www.rchcarehomes.co.uk)

\*Terms & Conditions Apply





# Summer Respite Breaks

## Do you care for a loved one living with dementia, but need a break to catch up with the demands of everyday life?

Our respite breaks give you the opportunity to do just that. Whether you are looking for a well-deserved break, or a little extra support following a period of illness, your loved one can enjoy all of the benefits of our newly opened Windsor Suite.

With a number of beautifully appointed rooms, all with en-suite facilities, our new suite has been carefully designed to encourage independence and well-being, all with the very best care and support from our passionate care team.

Take a break with the assurance that your loved one will be in the safest of hands, so you can relax and enjoy a break too.

**Call us today to find out more about our great summer 4 for 3 respite offer!**

*'The staff are always very friendly and anything we ask for is never too much trouble. I would recommend this care home to anybody who requires this type of care. Many thanks'*

Husband of resident



Brentwood Care Centre  
Larchwood Gardens, Pilgrims Hatch  
Brentwood CM15 9NG

Telephone: 01277 375316

Email: sarah.webber@ranccare.co.uk | www.rchcarehomes.co.uk



# WHAT'S ON

## in your area

WHAT'S ON

### Brentwood Supper Club

20 Gresham Road, Brentwood, CM14 4HN  
September 8, 7pm – 11pm

After the success of our first Supper Club we have decided to do it all over again.

Join us at our home in Brentwood, where we will transform our garden into an intimate space for you to enjoy good food with good friends.

There are 18 tickets available for the event consisting of one large table. Please keep this in mind when booking.

Tickets include a five-course meal. Please bring your own drinks, jugs of water will be provided on your table.

Visit [www.eventbrite.co.uk/e/brentwood-supper-club-tickets-49374176491](http://www.eventbrite.co.uk/e/brentwood-supper-club-tickets-49374176491) for more details.

### Back to Clubbercise

Adagio School Of Dance, The Studios, 661  
Rayleigh Road, Brentwood, CM13 1SS  
September 11, 7.30pm – 8.30pm



All the routines are super easy to follow and designed for people of all capabilities, so whether you're a total beginner or a keep-fit queen, you will definitely get something out of it.

The work out level you take it to is entirely up to you, give as much or as little as you want, that's the beauty of it.

Price is £6 for the class and £5 for the reusable glow sticks (glow sticks to be purchased in class).

Booking is essential as spaces are limited. Visit [bookwhen.com/clubbercise-classes](http://bookwhen.com/clubbercise-classes)

### Ongar Centenary Ploughing Match

High Laver Hall, High Laver, Ongar, CM5 0DX  
September 15, 9am – 2pm

A hundred years of ploughing – come and see this spectacle.

A hundred machines ploughing by steam, horse

or tractor power. Plus, modern mechanical giants.

The Hunt will also parade with hounds so bring the children to see them all.

Try your hand at ploughing a straight furrow on a tractor.

Bacon rolls being served early, posh ploughman's at lunchtime, plus a bar and raffle.

Free entry.

Email Helen McTurk on [opmsecretary@btinternet.com](mailto:opmsecretary@btinternet.com) for more information.

### Ongar antiques and collectables fair

Ongar antiques and collectables fair  
Zinc Art, Great Stony, High St, Ongar, Essex  
CM5 0AD

September 16, 9am – 5pm

We will have 30+ tables in four rooms and the central area. Items on offer will include glass, china, stamps, postcards, coins and jewellery.

Refreshments will be sold and there will be free parking. Entry only £1.

For more information, visit [www.zincarts.org.uk](http://www.zincarts.org.uk)

### The Big Battle

Nuclear Race Course, Kelvedon Hatch,  
Brentwood, CM15 0LA  
September 29, 11am



Prepare to get muddy by taking part in the very first Helen Rollason Cancer Charity's Big Battle.

A personal trainer will escort and encourage you round the 5k obstacle course at your own pace. You will be able to take on a handpicked selection of the famous Nuclear Races obstacles including the zip wire and death slide into water.

Free parking, shower facilities and refreshments are available on site.

See the Local News section for more information.

# PUZZLES & TRIVIA

PUZZLES

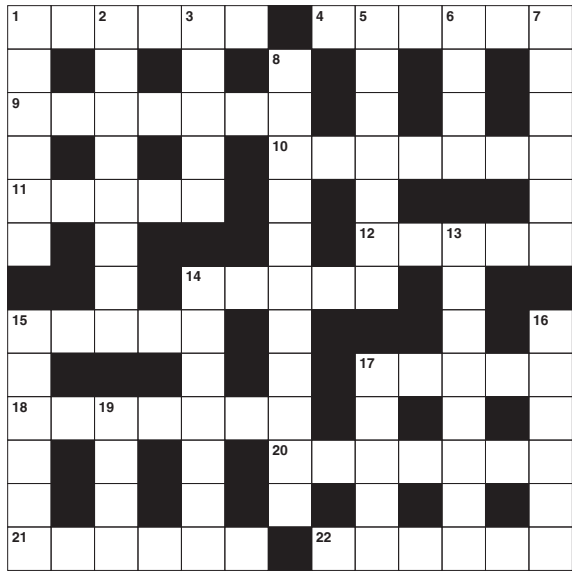
Answers can be found on the Contents Page 4

### ACROSS

- Decide with authority (6)
- Exclusive stories (6)
- \_\_\_ Bloom: English actor (7)
- Modern; up to date (7)
- From that time (5)
- Approaches (5)
- Sticky (5)
- Employer (5)
- Long-legged bird (5)
- Temporary camp (7)
- Not carrying weapons (7)
- Averts something bad (6)
- Large property with land (6)

### DOWN

- Lethargic; sleepy (6)
- Eg Gregorian or Julian (8)
- \_\_\_ Els: golfer (5)
- Slander (7)
- Man-eating giant (4)
- Sounds off at length (6)
- US state (11)
- The scholastic world (8)
- Beat easily (7)



- Garments worn by nuns (6)
- Remove silt from a river (6)
- Erodes (5)
- Document allowing entry to a country (4)

### DID YOU KNOW

- ▶ The first animated film to be nominated for an Oscar for best picture was Disney's *Beauty and the Beast* in 1991.
- ▶ Hollywood produces around half the number of movies a year compared to Bollywood.
- ▶ All of the clocks in *Pulp Fiction* are set at 4:20.
- ▶ Victoria Beckham, Johnny Depp and Will Ferrell all voiced characters in *Spongebob Squarepants*.
- ▶ Charlie Chaplin received a 12-minute standing ovation at the 44th Annual Academy Awards – the longest in Oscars history.
- ▶ Daniel Radcliffe's stunt double for the first six *Harry Potter* movies was paralysed from an accident on set in the seventh movie.

### SUDOKU

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

# Howard Lodge & Dudbrook Hall

Family owned and managed care homes for the elderly

Celebrating  
**27** years  
1991-2018



**Residential & Dementia care in small 'hamlets', creating a better quality of life for our residents**

- Day & respite care facility available
- Short & long stay placements
- Monthly luncheon club available from £5.00



ST MICHAELS HOMES LTD

To arrange viewings for any of the homes please call **01277 372095 – option 4**

E: enquiries@stmichaelshomesltd.com W: www.stmichaelshomesltd.com  
Dudbrook Hall, Brentwood CM14 5TQ ● Howard Lodge, Brentwood CM14 5FQ

Caring for the frail and elderly and those with dementia since 1991

### YOUR LOCAL MOBILE LOCKSMITHS



**FREE CALL OUT OAP DISCOUNT**



**CALL US ON**  
**01277 554 043**  
**01708 453 168**  
**07968 940 678**

- UPVC & COMPOSITE DOOR LOCK MECHANISMS
- 3 STAR INSURANCE APPROVED BREAK SECURE CYLINDERS
- MULT-LOCK KEYS
- SAFES
- SECURITY GRILLS & GATES
- INSURANCE APPROVED FRONT DOORS
- ALL LOCKS CHANGED
- ALL LOCKS OPENED & REPLACED



Around The Clock Locks Ltd, 45 Elms Farm Road, Hornchurch Essex RM12 5RH



# Andys Aerials

Essex CM4 **Your local aerial installer**

- **New aerial & satellite installations**
- **Aerial & satellite repairs**
- **Extra TV points**
- **TV wall mounting**
- **System design & install**
- **Freesat & YouView installations**

Family-run business with over 20 years of experience.

Trading Standards Approved Aerial Installer.

Quality Workmanship At Sensible Prices.



**digital** Approved Member

Freephone: **0800 77 97 047**  
 Mobile: **07916 305 977**  
 Mobile Local Rate: **0 333 900 333 2**  
 Email: **andy@andysaerials.com**  
**www.andysaerials.com**



THE **ESSEX** CAR GROUP

## PRESTIGE CARS

**SALES | LEASING & FINANCE OPTIONS | 4x4 SPECIALISTS**

Browse our selection of luxury cars for sale – Sport's, 4x4 or 7-Seater. Speak to our team of experts today to find out the options available to you



Tel: 01277 374679 | 07562 464 585 Email: info@theessexcargroup.com  
 TheEssexCarGroup | www.theessexcargroup.co.uk | @theessexcargroup

# WHEN 2+2 EQUALS 4x4

After months of anticipation, the new luxury Audi Q8 coupe-SUV is finally here, and what a rival it is to the Mercedes GLE and BMW's X6. So how does it stack up?

The Audi Q8 coupe-SUV has arrived. More bubbly, more bullying and perhaps with smoother lines than we might expect, it is the trademark, iconic grill that again keeps the German brand that step above.

As sister to the Q7, the Audi Q8 comes with a similar £65,000 price tag. It may be shorter in length than the Q7, but it is longer than both the main competitors as well as being slightly wider than its stablemate.

The car has a large 605-litre boot, plus more internal space than both the BMW and Mercedes challengers, and is available in 12 colours. Although just one choice of engine at present - a 282bhp, 3.0-litre diesel V6 50 TDI, this still achieves 6.3-second 0-62mph acceleration and 144mph maximum speed. And there is a monster 335bhp petrol 55 TFSI arriving next year, with a V6 45 TDI 228bhp version later in 2019.

The car's 48V mild-hybrid technology allows an extended stop-start and coasting function. Add in Quattro 4WD as standard, titanium styling, an ear-bashing Bang & Olufsen sound system and Park Plus Assist, and what once felt futuristic in car technology is quickly becoming the norm.

What's also interesting about the premium market is that the longevity and durability of these iconic brands – with engines now able to push up to and beyond 150,000 miles without any major qualms – is allowing in used-car purchasers, with the entry point for models seven years older now starting as low as £5,000.

That means the days of matching cars to the stereotypical travelling salesman or Chelsea Tractor WAG are rapidly disappearing.

Next up, expect a big response from Jaguar, Lexus and Land Rover, as the manufacturer muscle gets flexed even further.



PERSONAL SERVICE ■ AFFORDABLE FIXED PRICES  
ACCREDITED EXPERTS ■ FREE HOME VISITS



SAVE UP TO  
**£200**  
PREPARE YOUR  
POWER OF ATTORNEY  
AT HALF PRICE

# PLAN AHEAD MAKE YOUR WILL

## K&CO Estate Planning

WILLS ■ LASTING POWER OF ATTORNEY  
PROPERTY PROTECTION TRUSTS ■ FAMILY PROTECTION TRUSTS  
PRE PAID FUNERAL PLANS ■ EQUITY RELEASE



For General Enquiries & Appointments: 01277 625050  
kandcoestateplanning.com ■ info@kandcoestateplanning.com  
f KandCoEstatePlanning



BUSINESS & FINANCE

## START SAVING SMART



**A**n estimated eight million people in the UK will fall behind with their finances this January as a result of Christmas spending. Furthermore, one in four Brits want to start saving early according to the Money Advice Trust.  
But can you start saving this late in the year? The answer is yes.

### 1. GET ORGANISED

Make a list of everything you need to purchase for the Christmas holidays. This includes presents, food and drink, decorations and socialising. This way you will know exactly how much you need to save.

### 2. PAY INTO A SEPARATE SAVINGS ACCOUNT

Leaving money in your current account at the end of the month is a poor choice as most offer very low interest rates. Instead pay a certain amount into a savings account each month. Just make sure that it has easy access withdrawal with no penalty fees so that you can access your money in time for Christmas.

### 3. SWITCH BANK ACCOUNTS

Many high street banks are offering cash incentives if you switch to their bank accounts; some paying as much as £100-£150. Don't delay, switch today.

### 4. SELL UNWANTED POSSESSIONS

Not only will this earn you some much-needed extra cash, it will also clear some space for all the new toys and presents that you will have come Christmas Day. eBay is a great way to sell specialist or more expensive items, whereas Facebook is ideal for bulk items or bundles of toys and clothes.

### 5. JOIN A SUPERMARKET SCHEME

This option is particularly good if you are loyal to one supermarket and shop there often. They offer generous bonuses on what you spend throughout the year; usually between three to six per cent.



## NEW OPPORTUNITY?

Sector Recruitment are a Brentwood based recruitment consultancy, providing temporary, contract and permanent opportunities within a number of industries

If you're looking for a new opportunity in the local area and want to be considered for future vacancies or if you're a business needing help in connecting with local talent please get in touch



- Horticulture and Arboriculture
- Waste and Recycling
- Industrial and Warehouse
- Facilities and Building Services
- Maintenance Trades
- Office Support and Operations



**hello@sectorrecruitment.co.uk**  
**or call us on 01277 245 890**

## ON THE MONEY

Financial advice from our financial adviser Andy Costin  
Contact 01277 654153



### PENSIONS JARGON – BUSTED

No one should be deterred from planning for their retirement by the jargon used in the pension industry. Happily, we are well versed in turning complex financial terms into plain English. Here we unravel a couple of terms that you may have come across and be unclear about.

#### ANNUITIES

When you retire, you can choose to take some or all of your pension pot as an annuity, an insurance product that provides a guaranteed income for life. One of the benefits that annuities provide is security. Unlike other retirement income products, and with the exception of investment-linked annuities, you aren't exposed to stock market risk which could erode your income. On the downside, should you die early, the residual value of the annuity dies with you; there is usually no return of capital to your estate.

#### DRAWDOWN

With income drawdown, you take a retirement income direct from your pension pot while leaving the rest of the cash invested, providing an opportunity for future growth. There is no minimum amount for drawdown,

so you could, for instance, take your 25% tax-free lump sum and choose to leave the remaining funds invested. You can also move funds into drawdown in stages, known as partial or phased drawdown. The 25% tax-free amount doesn't have to be taken at once on retirement – smaller amounts can be taken over time, each with 25% tax-free. Once in drawdown you can access funds as you need them. You could, for example, vary the amount you take each year, taking less if you wish to remain in a lower tax band, or more if you have plans to spend. After taking your 25% tax-free cash, your withdrawals will be subject to income tax and your drawdown income is added to any other income you receive in that tax year. It's important to remember that taking large withdrawals may result in you paying tax at a higher rate.

As part of the service at HCR, we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current pension plans and financial situation, please contact Andy Costin, Independent Financial Adviser on 01277 654153.

## When it comes to Financial Planning

### We're here to help you



- ✓ SAVINGS AND INVESTMENTS
- ✓ INHERITANCE TAX PLANNING
- ✓ PENSIONS ✓ PROTECTION

Tel 01277 654153 • Fax 01277 658383

Suite 5, First Floor, Foremost House, Radford Way, Billericay CM12 0BT

# IT'S BACK!

## CLUBS INVEST HEAVILY IN PREMIERSHIP CHALLENGE

**F**ootball may not have come home during the summer, but with the new season now under way, it's available at a ground near you.

As we all fall back into a reassuring football routine, the big questions beg to be answered. Can Manchester City retain the title they won in such audacious style back in May? Will Liverpool clinch their first league crown since 1990? Or will we see another surprise package emulate Leicester City's fairy-tale triumph in 2015/16?

Well, the Abu Dhabi-run boys of the Etihad have kept the nucleus of their squad together and also lured one of the Foxes' star players across with Algerian winger and former African Footballer of the Year Riyad Mahrez joining the Cityzens for a fee of £50million. That's arguably City's best summer signing.

Liverpool's business in the player market was completed early. Jurgen Klopp broke the world record for a goalkeeper by bringing in Brazilian stopper Alisson Becker from Italian Serie A outfit Roma. Add to that midfielders Naby Keita of Leipzig and Fabinho of Monaco and the Reds seem to have strengthened in positions they may have previously felt lacking.

Manchester United added Brazilian Fred (yes, really) for £53million, plus 19-year-old right-back Diogo Dalot from manager Jose Mourinho's former club, Porto, for £20million, although the Red Devils failed in their bids to land Leicester City's Harry Maguire or Atletico Madrid's Diego Godin.

Chelsea lost their Belgian goalkeeper Thibaut Courtois to Real Madrid, then promptly broke Becker's world record fee by landing Athletic Bilbao number one Kepa Arrizabalaga for £71million, while new manager Maurizio Sarri also recruited midfielder Jorginho from former club Naples.

Arsenal were one of the busier sides, though a succession of new signings – Lucas Torreira, Stephan Lichtsteiner, Bernd Leno, Matteo Guendouzi and Sokratis included – will have to improve rapidly on their opening-day 2-0 home defeat to Manchester City if new manager Unai Emery is to win over arguably the Premier League's most disillusioned supporters.



Photo credit: Matt West/BPI/REX/Shutterstock



Photo credit: Alan McKenzie/SWPix.com/REX/Shutterstock & BBC

# Golden Tale

## of Two Cities for Team GB

**A**s an athletics championship goes, this was a strange one, split across those two brotherly cities with so much previous history – Berlin and Glasgow.

But despite the lack of a clear tournament identity (and if you think this one was confusing, brace yourselves for Euro 2020, across 12 cities and 12 countries), our British competitors excelled against the very best from the continent. GB won the most medals overall (74, including an incredible 26 gold), with both the men and the women wrapping things up in style by romping to 4x100m relay success on the final day.

Swimming trio Adam Peaty, Duncan Scott and James Guy clinched four golds each – indeed pool and cycling excellence dominated again with eight of our top nine medal winners coming from those specialisms; the other being triple-gold sprinter Dina Asher-Smith.

Team GB scored the most medals in athletics, but for Russia's lop-sided dominance in synchronised swimming would comfortably have scored the most golds as well.

The championships also saw the emergence of some dominant new names and sports, with Kyle Evans scoring a gold in the BMX event and Matthew Hudson-Smith holding on for a dominant 400m sprint title.

But perhaps our swimmers are those who deserve most credit. Peaty, still only 23, broke his own 100m breaststroke world record, while the emergence and consolidation of several others – such as Georgia Davies in the 50m backstroke, Scott in the 200m freestyle and Jack Laugher in the 3m springboard – shows how water to an island nation can be a perfect route to sporting brilliance.

## AUTO BODY REPAIRS

### SQUIRRELS HEATH AUTOS

Est. Over 30 years taking care of major & minor bumper scuffs, dents, scratches etc. Call for details 01708 437721 | 07745 629957

## BATHROOMS & KITCHENS

### BROADWAY KITCHENS

Manufacturer of luxury bespoke kitchens. Visit our Brentwood, Essex showroom to see and feel the quality or Call to discuss your project on 01277 212221

### TEDDYS

Kitchens, Bathrooms, Bedrooms, Tiles, Carpets, extensions for a FREE no obligation design and quotation call 01277 350999 | 01277 350800

### RADIATOR AND BATHROOM GALLERY

Established for 11 years. Offering FREE planning and design consultation. For enquiries call 01277 233378 or email sales@theradiatorgallery.com

## BEAUTY

### HARMONY BEAUTY

The place for everything beauty in Essex from eye lashes, nails, facial and body treatments. Call 01277 375751 3 Hatch Road, Brentwood, CM15 9PU

## BEDROOM & WARDROBE DESIGN

### SLIDE ROBES

Fitted wardrobes, Sliding Wardrobes, Wardrobe interiors, free at home design, most popular styles, 0% finance available. Call us on 01268 531144 or visit our Basildon showroom

## BOUNCY CASTLE HIRE

### BUSTABOUNCE

Inflatable hire for Birthdays, Events and much more. PIPA tested & certified. Call us to book today on 01277 554079 | bustabounceessexltd.co.uk

## BUILDING SERVICES

### TIMMINS PROPERTY SERVICES

From the smallest job to the largest high profile project, FREE estimates with no obligation. Emergency 24hr service. Call us on 01277 810005 or email t-p-s-l@btconnect.com

### RJ EVANS ROOFING

Local Brentwood based Flat Roofing Specialists. Call today on 01277 260204 | 07739 207726 | rjevansroofing@sky.com

### HIGH-TECH MEMBRANE ROOFING

Brochure and FREE sample available on request. For a FREE quotation call 01277 886757 | www.flatroofs.net

## CARPET & FLOORING SPECIALISTS

### FLOORING EMPORIUM

Quality flooring at affordable prices from Carpet, Solid Wood, Vinyl, Design Flooring & Laminate. Call on 01277 211822 or visit our showroom 140 Hutton Road, Shenfield, CM15 8NL

### WEST ONE WOOD FLOORING

Manufacturing, Installation, Restoration. Competitively priced call us on 01277 630837 or visit us at 5 The Walk, Billericay, CM12 9YB

## CLEANER

### BRIGHT & BEAUTIFUL

Professional Housekeeping & Ironing Services...affordable regular or one-off. Call today for a quote 01277 287503. Please quote code AD05 for FREE basket of ironing.

### OVENCLEAN

Oven cleaning specialists. Completely Safe, eco-friendly cleaning system. Removes grease, fat and burnt on carbon deposits. Call Paul Gooding on 07591 730663 to book today.

## DOG & CAT GROOMING

### WAGNIFICENT

54 Hutton Road, Shenfield, CM15 8LB - Puppy packages, Luxury bath & blowdry, nail clipping & Full Grooms - book online wagnificent.co.uk or call 07935 544063

## DOMESTIC & KITCHEN APPLIANCE REPAIRS

### SPIN DOCTOR

We repair all makes and models, Washing Machines, Tumble Dryers, Dishwashers and other household goods. Call us on 01277 785013

## ELECTRICIAN

### PARKERS ELECTRICAL SOLUTIONS

No Job Too Small, Kitchen/Bathroom electrics, Inspections & Testing, Friendly reliable and fully insured contact Joe today on 07737 447302 or email pesolutions@hotmail.com

## FINANCIAL SERVICES

### COVERSURE INSURANCE BRENTWOOD

Property insurance for Landlords & Commercial Insurance specialists contact us today on 01277 295504 or email brentwood@coversure.co.uk

### HCR

Independent Financial Advisers. Can help with advice on: Savings and Investments | Inheritance Tax Planning | Pensions | Protection. Call us on 01277 654153

## FIREPLACE & CHIMNEY SERVICES

### PHOENIX FIREPLACES

Modern or traditional designed fireplaces that bring warmth and style to your home. Visit our showroom Battlesbridge, Essex, SS11 7RJ -phoenix-fireplaces.co.uk

## GARAGE DOORS

### GAROLLA ROLLER SHUTTER DOORS

Thermally insulated electric garage doors, Great for space saving, Kerb appeal & easy to use, No deposit, Pay on completion, 18 Colours available. Call today 01277 800142.

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

## GARDEN SERVICES

### GREEN THUMB

Lawn Treatment service, if you have been thinking about enjoying a great lawn this year - Simply call 01277 352236 or visit greenthumb.co.uk

### TREES PLUS

For both commercial and domestic customers - Tree Surgeons, Hedge Cutting, Site Clearance. FREE estimates and advice. Call 01277 352033

### ANDREW SMITH CSJK WEED CONTROL SERVICES

Advanced CRB checked. Local gardening/clearance, hedging, landscaping. alljapaneseknotweed eradication.co.uk | 07868 243111 | 01277 264651

### CLIVE'S GARDEN CARE

Creating the garden you desire. If your garden isn't working for you, help is at hand from maintenance to makeover. 07725 051653

### SEALING TECHNIQUE

No more Weeds. Sealing Technique will seal your driveway, patio or other surfaces. Over 15 years experience in the sealing industry. Call Lionel 07834 897654 for a FREE quote.

## JEWELLERY REPAIRS

### BRENTWOOD JEWELLERS

In-house workshop for all Jewellery repairs and remodelling, exceptional service and craftsmanship. Call Robert on 01277 227401 | 87 High Street, Brentwood, CM14 4RR

## LOCKSMITH & SECURITY

### ATCL LOCKSMITHS

Your local Mobile Locksmiths. All locks changed and all locks opened and replaced. Free Call out and OAP discount contact us on 01277 554043 or 07968 940678

## PAINTING & DECORATING

### DAVID LEPINE PAINTING & DECORATING

Painter, Decorator, Repairs & More. Over 15 years experience, high quality work, fully insured, a clean reliable service with competitive prices & NO VAT. Call 07960 741973

## PLASTERING

### BLACK LION PLASTERING

Quality workmanship, Plastering, Coving, Skimming. Local Brentwood based. Free Site Visit with a free quote. Call Jason 07713 726 398

## PLUMBING & HEATING

### EAST PLUMBING & HEATING

Boiler installation, Boiler Servicing, Boiler Repair, Drainage, Plumbing, Heating. 01277 600132 | 07599 864808

## SHUTTERS & BLINDS

### STYLEHOUSE SHUTTERS

Bespoke Window Shutters both stylish and practical that are Hand Crafted. Free no obligation quote 07962 356184 or email hello@stylehouses shutters.co.uk

## SPRAYING & POWDER COATING

### WS SPRAY FINISHINGS

All aspects of wet spraying & powder coating for domestic & industrial markets. 01268 812414 | 07434 704673

## TV AERIAL & SATELLITE SERVICES

### ANDYS AERIALS

Family Run Business, Trading standards approved. Aerial & satellite repairs, extra tv points, Tv wall mounting, Call Andy on 07916 305977 or email andys@andysaerials.com

## WINDOWS & DOORS

### CLOUDY 2 CLEAR

Broken or Damaged Windows, Faulty locks, handles, hinges repaired or replaced. Which? Trusted Trader call us today on 0800 6121 118

**DISCLAIMER: VISION** does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

# THE FLAT ROOFING SPECIALIST

- 3 LAYER FELT ■ MASTIC ASPHALT
- FIBREGLASS ROOFING (GRP)
- LIQUID COATINGS
- SINGLE PLY/RUBBER ROOFING

Tel: 01277 260204 M: 07739 207726  
 email: rjevansroofing@sky.com  
 www: rjevansroofing.co.uk



## APPLIANCE REPAIRS AND SALES

Tel: 0800 9 239 239  
 or 01277 785013  
 www.spindoctoruk.co.uk

Need a repair today?  
 Local Friendly Professional Service

We repair all makes and models

- Washing Machines • Tumble Dryers
- Dishwashers • Ovens • Hobs • Cookers
- Fridge/Freezers • Extractor Hoods



Fixed labour charges and full safety tests on all repairs  
**NEW APPLIANCES IN STOCK AT COMPETITIVE PRICES**

# PARKER

## ELECTRICAL SOLUTIONS

### NO JOB TOO SMALL

- ★ Fuse Board upgrades
- ★ Fault finding and Repairs
- ★ Kitchen/Bathroom electrics
- ★ Inspections and testing
- ★ Appliance installation/showers/cookers
- ★ Full Re wires
- ★ Extra sockets and lighting

JOE: 07737 447 302  
 pesolutions@hotmail.com



15% OFF FIRST VISIT  
 Quote Vision



### MY SERVICES

- 🐾 Full Dog Groom
- 🐾 Wash & Go
- 🐾 Hand Stripping
- 🐾 Nail Trim
- 🐾 Anal Glands released on all grooms

## Professional Dog Grooming

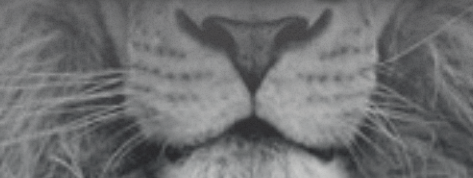
### PAWLINES PARLOUR

Contact Pauline on  
**07845 030877**  
 pawlinesparlour@gmail.com

25 Catherine Close, Pilgrims Hatch, Brentwood CM15 9RJ

# Black Lion Plastering

FREE SITE VISIT  
 WITH A FREE QUOTE



## QUALITY WORKMANSHIP

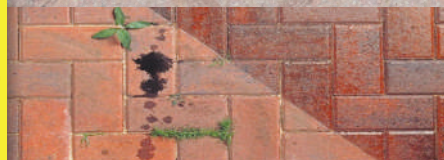
WE GUARANTEE  
 NO HIDDEN COSTS

Contact Jason  
**07713 726398**

jasonharmse@googlemail.com  
 @ black\_lion\_plastering

## SEALING TECHNIQUE

CLEANING & SEALING OF  
 DOMESTIC DRIVEWAYS & PATIOS  
**NO MORE WEEDS**  
 WORK GUARANTEED  
 Matt finish



"Avoid Cowboy Trades & Services"



Simply Business  
 Public Liability: £1m  
 View our policy details

**WWW.SEALINGTECHNIQUE.COM**

for only £9 per sq metre  
 Call Lionel or Luke

01268 449771 / 07834 897654 / 07817 726966  
 19 St. Davids Way, Wickford, Essex SS11 8EX

10% OFF with this advert

Keep me, you never know when you might need me?



## OVENCLEAN

The original oven cleaning specialists

Ovenclean will transform your oven and put the sparkle back into your kitchen!

- ✓ Friendly, professional and reliable
- ✓ Completely safe, eco-friendly cleaning system
- ✓ No fumes, no mess, no bother
- ✓ Removes grease, fat and burnt on carbon deposits from:
  - Ovens
  - Grills
  - Extractors
  - Filters
  - BBQ's
  - Microwaves
  - Hobs
  - Ranges
  - AGA's

Call today to book your oven clean  
**Paul Gooding**

**07591 730663**

www.ovenclean.com

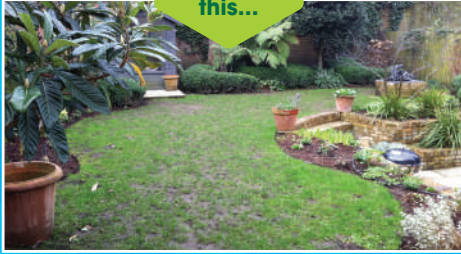


# easigrass™

ESSEX

the artificial grass company

from  
this...



...to  
this



Award-winning Easigrass is the UK's No1 artificial grass company and the only industry name to have been crowned 'Best in Show' for a Judged Show Garden at RHS Chelsea Flower Show.

## Call now for your garden transformation

**10% off**  
easigrass

quote 'easiautumn' when  
making your order



# T: 01277 203355

The Brentwood Garden Centre,  
Vicarage Close, Brentwood, Essex, CM14 5GR

email: [fraser@easigrass.com](mailto:fraser@easigrass.com) Web: [essex.easigrass.com](http://essex.easigrass.com)