



FREE

Photo credit: Shutterstock

The ROYAL FUTURE

Prince Harry and Meghan Markle begin their exciting journey



Sleek, rigid German engineering at direct from the factory prices!

Why choose Kutschenhaus? 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.

nobilia

Miele

NEFF

SIEMENS

BOSCH



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

Brentwood
Farnborough
Manchester
Sutton Coldfield
York
London

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

01277 204447

www.**kutschenhaus**.co.uk

The **German** Kitchen

6	DANCING ON ICE
8	NICK KNOWLES
11	HOME & DIY
19	LOCAL NEWS
26	GARDENING
28	ROYAL ENGAGEMENT
30	HEALTH & FITNESS
33	BEAUTY
34	FOOD & DRINK
39	FASHION
41	BUSINESS & FINANCE
42	TRAVEL
44	PUZZLES
46	WHAT'S ON
48	SPORT
50	MOTORING
52	THE VISION LISTINGS
54	LOCAL TRADES & SERVICES

CONTACT US

www.visionmag.co.uk/billericay
billericay@visionmag.co.uk | 01277 554045

 @visionmagessex  @visionmagessex

EDITOR | Nik Allen DESIGN EDITOR | Misha Mistry

CO-ORDINATORS | Rebecca Fryer, Kim Plater

CONTRIBUTORS | Amy Pollard, Kim Cutler

Editor's notes...



Nik Allen, Editor

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

Happy New Year.

This year promises to be dominated by the ongoing Brexit negotiations.

I've come across several businesses raising their prices and blaming Brexit for it.

But regardless of your view on the decision to leave the EU I'm sure you'll agree there are some things we simply can't blame Brexit for.

Recently a friend of mine told me he had contacted three businesses to supply him with a quote for different services.

Nobody answered the phone when he called. But more shockingly, none of them even replied to the voicemail he left. Not responding to a sales enquiry is a cardinal sin in the business world.

Poor attitudes to customer care and how services are delivered are more damaging to businesses than any exit from Brussels will ever be. Customers vote with their feet and anyone in business who provides great customer service usually does well and thrives.

In local news, Billericay FC's owner Glenn Tamplin wins an award, a man is sentenced for sexual assault and two people are made homeless following a fire.

As always, please let our advertisers know you have seen them in **VISION** first when reaching out to them for their services.

I hope you enjoy this month's edition.

Nik

THE LOWTAX GROUP ARE BACK IN BILLERICAY



the **LowTaxGroup**[®]
ACCOUNTANTS & TAX ADVISERS

www.lowtax.co.uk

helping you keep what you earn

**15% OFF
FIRST YEAR FEES
QUOTE VISION**



**Overspent
at Christmas?
We can help you
get back on track**

ACCOUNTING ● BOOKKEEPING ● BUSINESS START-UP

BUSINESS PLANNING ● COMPANY FORMATION

COMPANY SECRETARIAL ● CORPORATE TAX PLANNING ● PAYROLL

SELF ASSESSMENT ● ESTATE PLANNING ● TAXATION ADVICE

PERSONAL TAX PLANNING

01277 314000

www.lowtax.co.uk



The LowTax Group, First Floor, 39 High Street, Billericay, Essex, CM12 9BA

ACROSS
1. DOGS, 3. GLASGOW, 9. FLEECES, 10. TUNIC, 11. RUE, 12. LEARN, 13. ERODE, 15. WANDA, 17. ALDER, 18. CHI,
19. INEPT, 20. MALARIA, 21. NOSTRILS, 22. FLEE,
DOWN
8. SCREENWRITER, 14. REDEEMS, 16. NORMAL, 18. CAROL,
1. DEFORESTATION, 2. GREBE, 4. CASINO, 5. TITTLATTLE, 6. ANNUALS, 7. DECONTAMINATION,

DANCING ON 100

GET YOUR skates on



One of ITV's most popular shows will be returning in 2018 after a four-year break and a production shake-up. A host of celebrities will be taking to the ice partnered with some old and some new professional skaters. Ice-skating legends Jayne Torvill and Christopher Dean will also return, but this time on the judging panel alongside Jason Gardiner and new recruit Ashley Banjo. Phillip Schofield and Holly Willoughby will front the new series. The pair hosted the first six years between 2006 and 2011 together before Holly departed and was replaced for the final three series. Appearing on the show are a host of celebrities, including actresses, singers and reality TV stars.

With a fresh look and several years away from the screens, we're snow excited for the return of *Dancing on Ice*.

The Celebs

Candice is best known for winning *The Great British Bake Off* in 2016. Since then she has got engaged, become a *Sunday Times* columnist and released cookery books. She will be paired with returning professional Matt Evers.

Max is a rugby star who is best-known for winning 44 caps for Scotland. He is also the cousin of radio DJ Chris Evans. Max will be appearing with skating partner Alejandra Izquierdo.

Donna shot to fame after appearing in *Byker Grove* alongside Ant and Dec. After leaving the show she was part of a pop duo called Crush. She then turned her attention to TV presenting and fronted shows including *The Big Breakfast* and *MTV Select*. She will be paired with Mark Hanretty.

ITV viewers will be used to seeing Antony on their TV screens after his long run in *Coronation Street*. He joined the soap back in 2003 and has been a familiar face ever since. He has been partnered with newcomer Brandee Malto.



Stephanie is best known for playing Cindy Cunningham in the Channel 4 soap *Hollyoaks*. She has been paired with Sylvain Longchambon.

Perri is used to rigorous training regimes due to competing as a track athlete. She will be competing with Hamish Gaman.

Shooting to fame after his appearances on *The X Factor* and *I'm A Celebrity*, Jake will now take to the ice alongside Vanessa Bauer.

The outlook is cold and icy for TV presenter Alex. He will take to the ice with partner Brianne Delcourt – who has been a finalist three times and won in 2011.

Singer Lemar will take the place of Monty Panesar, who had to withdraw from the competition after sustaining an injury in training. Lemar will be skating with partner Melody Le Moal.

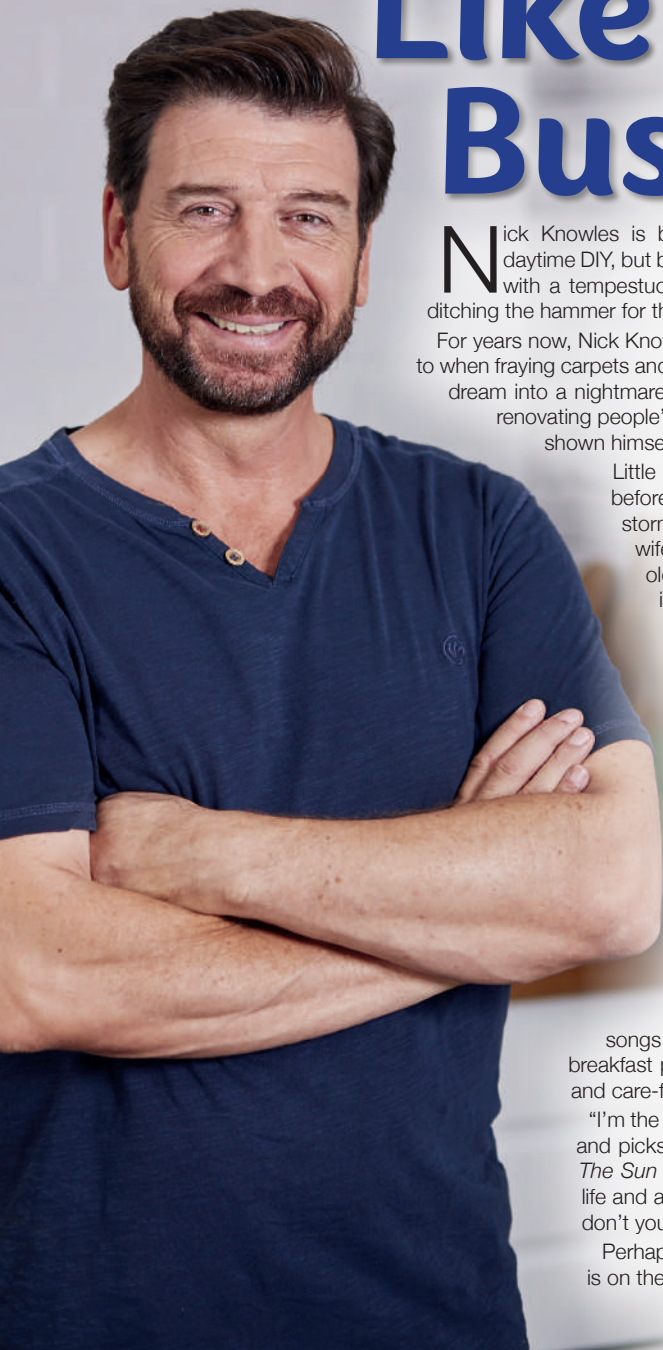
Actress Brooke Vincent has played the role of Sophie Webster in *Coronation Street* since May 2004. Admitting she has been battered and bruised in training, Brooke will appear in the show alongside partner Matej Silecky.

Cheryl is used to competing and won the Eurovision Song Contest with Bucks Fizz in 1981. She will be skating with professional Dan Whiston, who has won the show three times.

Self-confessed *Dancing On Ice* lover Kem will be appearing on the show after shooting to fame winning ITV2's *Love Island*. He has been coupled with Alex Murphy.



There's Knowles Business Like Show Business



Nick Knowles is best known as the undisputed don of daytime DIY, but beneath all that dust and debris lies a man with a tempestuous love life – and a very real interest in ditching the hammer for the harmonica...

For years now, Nick Knowles has been known as the man to turn to when fraying carpets and faulty sockets are turning your domestic dream into a nightmare. But when the *DIY SOS* front man isn't renovating people's abodes – and lives – for the better, he's shown himself to be a man of many talents.

Little was known about Knowles off-screen before saucy details emerged of a somewhat stormy personal life. After divorcing second wife Jessica Moor in 2015, the 55-year-old was the subject of various tabloid interest. A brief reunion with Moor while she successfully battled cervical cancer proved not to last, and since then Knowles has been romantically linked with a succession of reality TV individuals, the most recent being *The Only Way Is Essex*'s Pascal Craymer.

Now, the DIY superstar and former presenter of game show *Who Dares Wins* has added yet another string to his entertainment bow in the form of a debut album, *Every Kind of People*. Having played the guitar for over 40 years, Knowles has struck a deal with Universal to cover a few of his favourite songs – and even took to Lorraine Kelly's breakfast programme to show off his husky vocals and care-free strumming style.

"I'm the kind of person who gets home from work and picks up the guitar and strums a lot," he told *The Sun* last month. "It's always been part of my life and a friend of mine said to me one day, 'Why don't you do an album?' It's been really exciting."

Perhaps a reworking of the *DIY SOS* theme tune is on the cards next? Then again, perhaps not.

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

MANUFACTURING INSTALLATION RESTORATION



WEST ONE WOOD
FLOORING COMPANY LTD



- Specialist in the manufacturing, installation and restoration of timber flooring
- Stunning timber floors for domestic properties and commercial projects
- Installation by a skilled friendly professional team
- Competitively priced with innovative solutions to suit your needs

Call us on **01375 892233 • 01277 630837**

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

Stockists of



TED TODD



WOODWORKS

Free Quote
No Obligation

BATHROOM SALE



JANUARY SALE NOW ON!!



Bodywash
Bathrooms

A12 Eastern Avenue, Romford, Essex. RM5 3AL

01708 736700 sales@bodywash.uk www.bodywash.uk (Ilford Is Now Closed)

WILD WOOD

If you've embarked on a home improvement project lately, you might find yourself with odd bits of wood that you don't know what to do with. But don't throw them in the fire right away, as you can make beautiful and eclectic items for your home, easier than you may think.

For the absolute beginner, craft a set of coasters. Simply take your timber and saw it into even squares, which you can then sand – ensuring an even surface – and then varnish. Slightly more ambitious is a chopping board, which can be achieved with three pieces of uniform hardwood (must be thoroughly sanded and not warped). Remove excess glue with a chisel before applying several coats of a food-safe finish like mineral oil, walnut oil or beeswax, allowing the oil to fully absorb into the wood – this oil will need to be re-applied regularly.

Your carpentry projects needn't be limited to old floorboards and scraps, and if you're lucky to find yourself in possession of a large piece of driftwood, you can create a spectacular candle holder. The wood will need to be treated to prevent rot and decay, so thoroughly scrub and soak your timber in soapy water before immersing in a diluted bleach solution. Now you can begin sanding and carving out the holes for your tea lights, before finishing with several coats of a good wood preservative like furniture oil or liquid wax.

Once you've mastered the basics of repurposing wood, the only limit is your imagination. You can be ambitious and craft bigger items like coffee tables or chairs, make your own wall art, or spruce up old furniture by using your scraps for cabinet refacing. It's even possible to make a lampshade by gluing slivers of wood shavings together. Basically, when it comes to wood, you can always turn it into something good.



HOME & DIY



LIGHTBULB moment

HOW TO UNDERSTAND THE COMPLEX WORLD OF THE ECO-LIGHTBULB

Buying a bulb used to be a straightforward affair. First, one would figure out if they required a bayonet or screw-in fitting, then settle on a wattage – from 40w for a cosy glow, to 100w for those who prefer more of an interrogation room ambience. But as energy efficient lightbulbs have become not just ubiquitous, but a legal requirement over the past few years, it's easy to find yourself in the dark.

Firstly, let's look at what was wrong with the old incandescent lightbulb, which despite its lovely golden glow, was woefully lacking economically, losing 90 per cent of its energy through heat leakage. Comparatively, eco-lightbulbs last much longer, provide better value for money and can generate the same amount of light as the old bulbs while using at least 45 per cent less energy... which is why it was a no-brainer

when EU legislation began phasing out the traditional variety at the start of the decade.

Currently there are two main types of energy efficient light bulbs available in the UK. Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs). But while these thrifty little beauties save you money – the Energy Saving Trust maintains that by replacing all bulbs in your home with LED alternatives, you could save around £35 a year on your electricity bills – it's hard to create that same gorgeous radiance, particularly as the new bulbs are measured in lumens (brightness) and Kelvins (colour temperature), and the watts equivalent varies from bulb to bulb.

Here's a rough guide: to create around a 60w brightness, you need around 700 lumens, and for a similar warmth, between 2,700 to 3,000 Kelvins (a candle is around 1,500K, colder daylight is around 5,000K). LEDs generally cost more than CFLs, but they are more efficient, last far longer and offer a better quality of light. Eureka.




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

SHUTTERTEC

**SHUTTERTEC's specialists offer
complete bespoke shutter installation.
We cover all across Essex, London, Herts & Kent**

**We can offer you shutters in
as little as three weeks!**

Choose from one of the most complete range
of shutters available to any customer

Hardwood Shutters | MDF Shutters
Solid Panel Shutters | Shaped Shutters
Tracked Shutters

0800 023 5754
www.shuttertec.uk
info@shuttertec.uk

Checkatrade.com
Where reputation matters





HOME & DIY



CAST IRON IDEA

Is it worth investing in cast iron cookware?

They're expensive, heavy and prone to rust, and yet there are many chefs out there who swear by cast iron cookware. Why? It's tough as nails, to start with. As cast iron skillets don't have plastic or wooden handles, you can sear meat on the hob then happily throw the entire pan in the oven to finish. And while it isn't the greatest heat conductor – you need to warm up your pan for at least five minutes on the burner – it can withstand much higher temperatures, giving your steaks a mouth-watering crust while keeping the meat inside juicy and tender.

They also last for years, and even the rustiest skillet makes a hot find at a car boot sale as it can be scrubbed, re-seasoned and restored to its former glory. However, this need to season one's skillet – a process by which a layer of animal fat or vegetable oil is applied and cooked onto the cookware to make it stick-resistant – is a bone of

contention for some, particularly the time-starved; why not just buy a Teflon frying pan?

One argument is that this will cost you more over time as Teflon coating wears off, and the pans aren't as hardy. And the reason non-stick pans work so well is because they're coated with compounds known as fluoropolymers. When the pans start to chemically decompose at elevated temperatures, they're more likely to leach into your food and the air.

Having been around since the Han Dynasty in China (206 BC – 220 AD), cast iron has earned its reputation. It also looks great and is one of the few kitchen utensils you may one day pass down to your kids. It all comes down to preference. Though if you like your steak chargrilled on the outside and pink in the middle, cast iron may just be the pan of your dreams.



BROADWAY

MANUFACTURER OF LUXURY BESPOKE KITCHENS



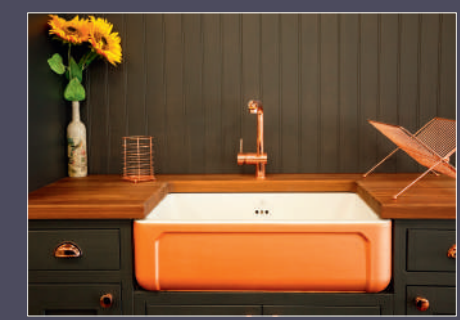
Visit our London, Essex or Midlands showrooms to see and feel the quality. Call to discuss your project and book a **FREE**, no-obligation design consultation

London 020 7118 8822

Essex 01277 212221

Midlands 0121 353 4999

www.bespokekitchensbybroadway.co.uk



The Definitive *High-Tech*
Flat Roofing Solution

High-Tech
membrane roofing

**Interest
Free Credit
Available***

Flat Roofing Guaranteed for *Life*

High-Tech Roofing has now installed and guaranteed more than 9000 domestic projects – every roof we install comes complete with a LIFETIME guarantee, we give the homeowner absolute peace of mind.



We guarantee our roofs are...

- ✓ 100% resistant to algae & moss
- ✓ Free of stone chipping's
- ✓ Manufactured never to blister or crack
- ✓ 100% maintenance free
- ✓ Proven in all climates
- ✓ Durable enough to be walked on
- ✓ Designed with a unique anti-slip finish
- ✓ Storm resistant
- ✓ Installed never to leak
- ✓ Aesthetically pleasing



Sarnafil
Roof Assured



Brochure and free
sample available on request

www.flatroofs.net

**For a Free Quotation
Call: 01277 888778**

*T&Cs apply. Finance subject to status. Example:- borrow £2000.00 pay £2000.00 one year later with no added charges. If required the loan amount of £2000.00 can be paid over a further 60 months at £38.72 per month 4.49% APR, total amount payable £2,323.20.

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

Flat Roofing Guaranteed for Life

Advertorial

The Problem



Around 70% of homes in the UK incorporate a mineral felt flat roof.

Mineral felt generally has a slow breakdown often allowing water ingress to cause unnecessary damage before anything can be visibly detected within the home.

A failing roof & the warning signs – look for signs of cracking around the roof edge, pipes, upstands and roof lights etc. Beware of blisters on the roof surface, during colder months they can become brittle and crack. Felt will attract moss and algae further degrading the roof surface.

IMPORTANT – ALL PROPERTY OWNERS PLEASE BE AWARE

When a flat roof is replaced there are Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The homeowner 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.

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, and producing the 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.

The Solution



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 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.

Let there be natural light

Many of our clients are requesting skylights and roof lanterns to be installed in conjunction with our roofing system. We offer a huge range of style and are all made to measure complementing any home.

High-Tech will carry out all structural works along with all external and internal finishing works. High-Tech can turn an extension or an ageing conservatory into a stunning thermally efficient orangery compliant with Building Regulation.





Andys Aerials

Essex CM4 **Your local aerial installer**

Family-run business with over 20 years of experience.

Trading Standards Approved Aerial Installer.

Quality Workmanship At Sensible Prices.



digital 
Approved Member

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

Freephone: **0800 77 97 047**

Mobile: **07916 305 977**

Mobile Local Rate: **0 333 900 333 2**

Email: **andy@andysaerials.com**

www.andysaerials.com



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

LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: British Transport Police

Man sentenced for sexual assault on rail replacement bus

A man has been sentenced to 16 weeks in prison for sexually assaulting a man and a woman on a rail replacement bus to Billericay.

Hassan Hassan, aged 27, of Bell Farm Avenue, Dagenham, Essex, was convicted at Chelmsford Magistrates' Court recently.

He was sentenced to 16 weeks' imprisonment, ordered to pay a victim surcharge of £115 and placed on the Sex Offenders Register for seven years.

On October 8 this year, Hassan was travelling on a railway replacement bus to Billericay railway station.

When the bus arrived at the station, Hassan sexually assaulted a woman who was travelling on the bus with a young child. She screamed and staff came to her aid.

Whilst a member of staff was ejecting Hassan from

the bus, Hassan sexually assaulted a male member of staff and then punched him.

Hassan was detained by staff until police arrived and arrested him.

Investigating officer PC Matthew Hooper said: "We will not tolerate unwanted sexual behaviour or violence on the transport network. Hassan showed absolutely no remorse for his crimes and I applaud the court for sending him to prison.

"Members of the public should be able to travel on trains and buses without fear of being accosted, and members of staff should be able to carry out their duties without fear of violence.

"I encourage anybody who experiences unwanted sexual behaviour on the rail network to report it to the British Transport Police."

Gas leak concerns following collision

Fire crews were concerned about a gas leak following a road traffic incident recently.

Crews were called to the scene of an accident on Crays Hill, Billericay, on December 10 at around 1pm after a car skidded on ice, mounted a pavement and landed on top of a gas regulator in a garden.

Watch manager Sean Norris said: "Although no one was trapped, the car recovery company was

concerned about moving the car and dislodging the regulator further.

"Our crew worked alongside the National Grid to isolate the gas regulator, remove the car and ensure the scene was safe."

The crew worked on scene for almost two hours and deemed the scene to be safe by 2.40pm.

BILLERICAY TOWN FC

LOCAL NEWS

LOCAL NEWS

Glenn Tamplin wins prestigious award



Billericay Town Football Club owner Glenn Tamplin was awarded recently for helping to fund life-saving surgery for a young boy.

Glenn won the Ultimate Award at the Pride of Essex Awards alongside Harry Parker, who received Glenn's generous donation.

Harry was born with cerebral palsy, which meant he was unable to use any of the muscles in his lower body.

To be able to get out of his wheelchair, he needed to have an operation called selective dorsal rhizotomy (SDR). However, this was not funded by the NHS and would cost around £75,000.

Harry's family began fundraising and managed

to raise £30,000. Glenn personally put up the remaining £45,000.

Three weeks after enduring the seven-and-a-half-hour operation, Harry was walking and even running.

To the delight of Billericay FC fans, the chairman of the club was able to walk Harry onto the pitch and introduce him to them before a match.

Glenn has since erected a user-friendly stand for disabled fans and named it the Harry Parker Stand.

Tweeting after the event, Glenn said: "Winners. BTFC and myself have been recognised for our hard work and won the PRIDE OF ESSEX award for our DISABLED STAND, the work our club has done for Harry and other disabled children we are helping. So humbling for us all at Billericay and shows how unique we are."

Blues show that charity begins at home



Billericay FC manager Glenn Tamplin and the rest of the club are throwing their weight behind a fundraising campaign for a four-year-old boy who is stricken with muscular dystrophy.

Earlier this year Glenn met with four-year-old Fraser and his mother. Back in February 2014, little Fraser was diagnosed with Duchenne muscular dystrophy - a progressive and life-limiting condition which will waste away his muscles causing paralysis and failure of the heart and lungs.

Rob Rank set up a fundraising page for Fraser with the aim of raising £10,000. At the time of writing, £4,000 had been raised.

Rob explained more about the condition and said Glenn and the rest of the club are keen to be able to help. Duchenne muscular dystrophy is 100 per cent fatal and has no treatment options available - life expectancy is just 25.

Rob wrote: "Fraser's body does not produce a protein called dystrophin which is needed for the repair of muscles, so whilst footballers are strong and have muscles that work properly allowing them to do their dream job, Fraser already lives his young life full-time from a wheelchair - he will never

be able to play football."

Being a Dad of five children, Glenn was touched by Fraser's story and wanted to do something to help the family.

Rob explained: "There will be many life-assisting pieces of medical equipment that Fraser will need to enable him to have independence and the most fulfilling life possible, such as powered wheelchairs and breathing ventilation, most of which is not funded by the NHS. Adapting the family home to ensure Fraser has a happy and safe childhood is vital, yet there is very little help available.

"Glenn wanted to help raise some money towards the things that Fraser will one day need. It is also hoped that through the profile of the club, people will learn about this lovely little Billericay Boy, learn about Duchenne - awareness is so important. The Simmonds Family are so grateful to have the support of Glenn, BTFC and its fans. Just because you can't physically play football, doesn't mean you can't love football."

To donate, go www.gofundme.com/lifeassisting-medical-equipment



#TogetherWeSailAsOne

FROM ACCOUNTANTS TO ZUMBA TEACHERS



ADVERTISE NOW
For just
£180
+VAT per year
AND BE SEEN BY OVER 15,000 READERS MONTHLY...

You'll find them and everything inbetween in...
THE VISION LISTINGS

Your
Monthly
Lifestyle
Magazine



CONTACT US TO FIND OUT MORE

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

ON PATROL WITH... THE PASTORS



LOCAL NEWS



Street Pastors in Billericay and Brentwood have had another very busy month. We have been volunteering in the High Street on Friday and Saturday nights helping anyone that needs it. We will continue to try to help throughout Christmas and New Year.

In addition to this we have launched a new initiative called Schools Pastors in partnership with Sawyers Hall Church, the council, schools ministry and police. We aim to support young people in many ways.

We have also launched Rail Pastors who will now be patrolling the Greater Anglia line between Shenfield

and Colchester to support the Samaritans in all they do and try to intervene in any circumstances where people feel there is no hope.

Billericay Christmas Market, hosted by the Rotary Club, was a great occasion where thousands of people had the opportunity to meet us to see what we do and be aware of what we look like and why we volunteer.

Want to get involved? Are you over 18 and been in church attendance for at least a year? Email Billericay@streetpastors.org.uk or follow us on Facebook or Twitter.

Charity receives £310,000 lifeline

Disadvantaged children and young people in Billericay will soon be able to receive extra support after a charity has announced it will expand its services.

Kids Inspire was awarded more than £310,000 from the Big Lottery's Reaching Communities Fund.

The grant will enable the mid-Essex-based charity to launch its Reclaiming Lives project in South Essex.

The project supports young people aged up to 19 who are affected by emerging mental health issues or trauma.

Reclaiming Lives provides each child with a tailored package of support including therapies that combine art, play, drama and music techniques.

Children referred to Kids Inspire often display dangerous behaviours such as suicidal thoughts, self-harm, eating disorders or substance abuse.

Janice Lee, bid development fundraiser at Kids Inspire, said: "The process of researching and writing the bid opened a lot of doors in itself - we now have strong relationships with Basildon Council and Basildon, Billericay and Wickford CVS, which will help us to reach local children in need of our services."



Photo credit: Basildon Council



GREENWOODS HOTEL & SPA CELEBRATES A £100k MAKEOVER WITH OFFERS TO HELP YOU SHAPE UP FOR NEW YEAR

It's not surprising, the average person in the UK piles on around 7lbs over Christmas but you can lose weight this new year and find all the motivation to stay healthy and fit at Greenwoods Hotel & Spa fully refurbished gym. The light and airy gym space located in the main hotel has undergone a £100K makeover and now boasts the latest cardio and resistance equipment from market leaders Life Fitness to make your work out fun and easier to do.

Fully interactive with a range of workout options to help you achieve your goals all the machines including the treadmills and high steppers have interactive screens to help you adapt your exercise routine as well as monitor your goals. There's also a handy app you can download your workout information to that'll help you monitor your progress.

Membership at Greenwoods Hotel and Spa is flexible with a range of options, and all packages which start from £54.50, include access to studio classes as well as to the award-winning spa with its 20 metres pool, Jacuzzi, steam and sauna plus up to 20% off spa treatments and special offers.

Gym Manager Robin Hart says: "We're really excited and pleased to be able to offer this range of equipment to existing members and hotel guests: it's smooth and easy to use and is designed to get you motivated to be fitter. We're already having some great feedback and our gym staff are always on hand to give help and advice and a full induction on all the equipment to help get you started"

To kick start your New year countdown to fitness, all current members of Greenwoods are being invited to bring along a friend to train for free for the month of January and there are some great opening offers on membership too.

And if you're thinking of ways you can improve your approach to fitness, try following these five golden rules.

**FOR FURTHER
INFORMATION ON GYM
PACKAGES AVAILABLE
AND TO BOOK AN
APPOINTMENT TO VIEW,
CALL GREENWOODS
HOTEL & SPA
ON 01277 829990,
TODAY!**

1. Set your goals.

We all know the saying 'fail to prepare, prepare to fail'. Set yourself a challenge but make sure your fitness and weight loss goals are achievable and challenging too.

2. Change your outlook.

There's nothing like a jog or walk outdoors to get your circulation going in winter. Getting outdoors for a fast walk or run will not only have physical benefits but emotional and psychological ones too. Plan to go the same time each day and it'll become part of a new routine and take a friend to keep you motivated.

3. Get kitted out.

The kids are all back at school for the new term, so make a new start for yourself on the fitness front with some new training gear to motivate you. You don't have to get a whole new work-out wardrobe, but opt for thin layers that will keep out the chill of the autumn air.

4. Make your own soup.

The soup season is here and it's a lot easier to make than you might think! Kale and all kinds of tasty squash vegetables are in season now and are packed with nutrients and powerful antioxidants. All you need is brown oil and garlic - add washed kale and any other green vegetables with vegetable stock then simmer for 15 minutes before blending.

5. Switch your timetable.

If the darker nights mean you're less inclined to exercise after work, change your routine by adding a midday workout. 30-minute high intensity blasts and one-to-one sessions with a personal trainer are achievable during your lunch-break.



GREENWOODS HOTEL & SPA OPENS FULLY INTERACTIVE GYM

Workout smarter and easier at the newly refurbished gym which now features fully-interactive Life Fitness cardio and weight resistance equipment to help you get fitter, healthier and slimmer in a fun way that let's you monitor your progress.

SPECIAL OPENING OFFER OF £99 FOR TWO MONTHS TRIAL MEMBERSHIP - A SAVING OF £60

Terms and conditions apply.

With full access to Greenwoods award-winning spa. Limited spaces available so call today!



GREENWOODS
★★★★
Hotel & Spa



REVIVE



RELAX



WORKOUT



DINE



STAY

For more information
and to book, call
the Events team on
01277 829990

www.greenwoodshotel.co.uk
Greenwoods Hotel & Spa,
Stock Road, Stock, Essex, CM4 9BE



ESSEX'S
AWARD WINNING
PREMIER VENUE!

How does your garden grow?

Green-fingered? Here are the gardening blogs you need to know about.

The Patient Gardener - patientgardener.wordpress.com

For those who have a long-running fascination with their garden, this blog is run by Helen Johnstone, a self-confessed 'plant obsessive'. Offering an insight into Helen's own horticultural paradise ('patience' cultivates an almost otherworldly garden, it seems), the blog documents the month-to-month progress of the plants, the festivals Helen attends, along with gorgeous snaps of nature and general gardening advice. A great all-rounder.

The Middle-sized Garden - themiddlesizedgarden.co.uk

Alexandra Campbell – creator of The Middle-sized Garden – is a novelist and journalist by trade, so it should come as no surprise that each post is beautifully written. Fortunately, none of the practical aspects of gardening are lost, as Alexandra does her best to solve the conundrum of 'the middle-sized garden' which requires 'more manure, plants and hands-on help' than a tiny courtyard garden. Informative, captivating and with an emphasis on money-saving tips and environmental conscientiousness, this blog is a joy to read.

The Compost Bin - the-compostbin.com

The 'Compostwoman' lives with her family in rural Herefordshire and has an enviable four acres of garden and woodland which is populated with veg plots, chickens and all manner of other wildlife. A thorough and informative blog, The Compost Bin covers everything from composting (obviously) and veg-growing to chicken-keeping, cooking, preserving and sustainable living.

Urban Veg Patch - urbanvegpatch.blogspot.co.uk

Ideal for anyone who lives in a built-up area and dreams of nurturing their own veg, albeit on a very small plot of land, Urban Veg Patch was founded by Caro Shives, who helped develop the gardens of the flats where she lives in North London, turning them from a barren wasteland into a self-sufficient space with mini orchard and children's plot. Truly inspirational.

GARDENING

BLOG

BLOOMIN' JACKS

Flowers ❁ Gifts ❁ Homeware



Book Valentine's Day flowers
in January and receive
10% off



Wedding and
Funeral specialists

www.bloominjacks.co.uk

For a free consultation contact us on 01277 202727 or email us at info@bloominjacks.co.uk
24 Crown Street, Brentwood, Essex CM14 4BA

Thanks to a roast chicken dinner and a sparkling ring HARRY & MEGHAN GET ENGAGED



Sometime this month, Prince Harry will fly to California with his wife-to-be, Meghan Markle, for a very important meeting – to meet her dad, the reclusive Thomas Markle.

Although he has spoken to him on the phone, during which he asked for Meghan's hand, Harry has not yet met his prospective father-in-law.

It is likely the meeting will be somewhere in Los Angeles where Mr Markle's ex-wife and Meghan's mother Doria Ragland lives. Mr Markle, who now lives in Mexico, has already said he is looking forward to giving Meghan away at her wedding in May in St George's Chapel, Windsor Castle.

Harry has met Doria and they get on well together and he asked her the same question – “Can I marry your daughter with your blessing?”

The answer was an unconditional yes. The scene was set for the engagement in September last year when Harry and Meghan were photographed holding hands at the Invictus Games in Canada which was their first public outing.

Within a few short weeks, Harry, 33, and Meghan, 36, became officially engaged.

We learned that Harry had designed her engagement ring himself from a diamond from Botswana, where the couple shared an intimate holiday. It also incorporates diamonds belonging to his mum, Princess Diana.

Meghan also described the proposal at Nottingham Cottage on the grounds of Kensington Palace: “We were roasting chicken. It was just an amazing surprise. It was so sweet and natural and very romantic.”

That the proposal dinner was roast chicken sent the internet into a frenzy, particularly in America where engagement chicken is apparently a thing.

The actress admitted she “barely” let her husband-to-be finish proposing before she said:

“Can I say yes now?”

Harry added: “She didn’t even let me finish, she said can I say yes, can I say yes and then there were hugs and I had the ring in my finger and I was like ‘can I – can I give you the ring’? She goes ‘oh yes, the ring’.”

Their love affair started with a blind date and they really fell for each other under the stars in Botswana.

The couple disclosed how the Royal Family helped their relationship blossom, with the “incredible” Queen and “fantastically supportive” Duchess of Cambridge helping the American actress settle in.

All this is vastly different for the girl from Los Angeles who, like Harry, comes from a broken home and succeeded in her ambition to become an actress culminating in her starring role in the US legal drama *Suits*.

Her father is white and her mother African American, and her biracial background was reflected in *Suits*. She is also a divorcee, whose marriage to Hollywood produced Trevor Engelson collapsed after two years.

Harry said his mother would have been part of their “crazy journey” and would be as “thick as thieves” with Meghan.

They also shared their hopes for the coming years, from having a family in the near future to setting off around the Commonwealth to carve out their joint future as working royals.

“The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars have aligned and everything was just perfect,” said Prince Harry.

“This beautiful woman just tripped and fell into my life. We’re a fantastic team, we know we are and over time we hope to have as much impact as possible.”





NEW YEAR

New You

12 WAYS TO KICK START 2018

DETOX

Even just a one-day juice fast will give your digestive system a rest after the period of indulgence.

SUPPLEMENT

Having attended so many parties and events, the least you can do is boost your immune system with a good-quality all-round multivitamin.

GET A GOOD NIGHT'S SLEEP

Rest is vital, so try to balance those late nights with a couple of early ones.

MEDITATE

Staying sane as the new year begins is a challenge in itself, so give your brain a break with meditation. Even 10 minutes a day is said to have a positive effect on wellbeing.

GO OUTSIDE

The urge to bed-in with endless box sets and bottomless tubs of Celebrations can be overwhelming, but will ultimately leave you feeling sluggish and blue. So, go for a walk, breathe in the air and let the natural world enchant you.

DO YOGA

If you don't have time for a full workout, try to fit in 20

minutes of yoga. The deep breathing will calm you and the stretching will counteract all the hunching from present-wrapping.

MAKE A SMOOTHIE

Start the day with a delicious smoothie packed with berries, seeds, bananas and almond milk.

EAT NUTS

They're packed with nutrients (Brazil nuts in particular) and keep sugar cravings at bay.

PUT DOWN YOUR PHONE

What better time to have a mini digital detox than in 2018? Make it your new year's resolution.

PILE ON THE VEG

Christmas dinner leftovers are actually good for you – turkey is a superfood after all. Just make sure you eat all those sprouts.

HYDRATE

If you do only one good thing for your body this new year, drink lots of water.

BE THANKFUL

Christmas can be completely manic, so now it's over, take some time to be truly grateful to be with the ones you love.



THE CHANGE AGENCY

Changing People's Lives

A FRESH APPROACH TO PERSONAL DEVELOPMENT, COACHING AND THERAPY

Three Steps to Reducing your Stress!

Your life is full of creative potential. Your inner world is one of beautiful feelings; peace, joy, happiness, compassion and gratitude with the richness of life filling your day. Motivated and inspired, you find easy answers to life's problems and enjoy fulfillment in your relationships at home and work.

Actually, it's not like that at all, is it?

Because you are stressed!!

In reality, when was the last time you had a good night's sleep? Does your mind go at a hundred miles an hour? Do you eat meals and snacks without really tasting your food? Are you drinking a few glasses of wine more than you should?

If you feel like you're in a whirlwind of uncontrolled thoughts and uncomfortable feelings, there are Three Steps to changing your response to stress:

1. Understanding what stress is.
2. Learning how stress works.
3. Tooling up with some effective solutions to get your busy life back on track!

Why is the first step of understanding stress so important?

Imagine you're on a flight when the aircraft hits violent turbulence. Passengers start panicking, possessions flying about, drinks spilling, and your nerves start to jangle!

After a few minutes of mayhem, the aircraft steadies and everything calms down but you've noticed that a man sitting in the seat across the aisle from you was the only passenger who hadn't appeared to have been bothered by the whole event.

You ask him how he'd remained calm and he explains, "I'm an experienced pilot, I've been trained to fly in all weathers and I understand the true nature of turbulence."

Like that pilot, once we understand the true nature of the process that causes the turbulence, or stress, in our everyday lives we will be more equipped to ride through it, to "fly in all weathers" with confidence – and much calmer feelings.

If you want a calmer inner world you can experience benefits of the Three Steps for yourself by attending **The Change Agency's** Stress Reduction Clinics. We run personal sessions and group classes and because we know that stress is very real, we teach these practical and effective ways to help you to reduce its effects, so that you can get on with your busy life and get the results you want.



David Cotterill

Contact David Cotterill on 07841 437951
www.thechangeagency.life hatsofftchange@gmail.com
 The Change Agency, Room 2, 10 Radford Crescent, Billericay CM12 0DU





HARROW DENTAL PRACTICE

DENTAL IMPLANTS & FACIAL AESTHETICS CENTRE

01708 479717

www.harrowdentalpractice.co.uk

enquiries@harrowdentalpractice.co.uk



New Year Offer – 20% Off All Anti-Wrinkle Treatments and Dermal Fillers



50% Off Home Whitening Treatment

Hygienist • Dental Implants • Invisalign • 6 Month Smile Braces • Whitening • Cosmetic Makeover
• Veneers • Crowns • Bridges • Wrinkle Reduction • Dermal Fillers • I.V. Sedation • Dentures

Opening Hours: Monday -Thursday 8.00am - 8:00pm • Friday 8.00am - 5:00pm • Saturday 9.00am - 3:00pm

23-27 High Street, Hornchurch Essex RM11 1TP



BEAUTY

PAIN REACTION

The scary reality of hair dye allergies and how you can prevent one happening to you

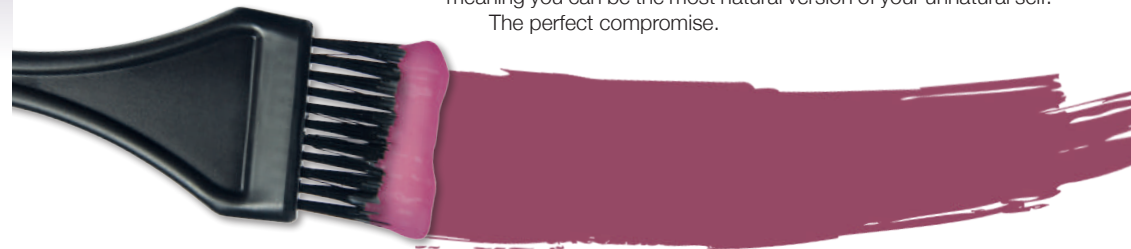
If you've ever sauntered into a salon expecting to get your hair dyed, only to leave a few minutes later with a blotch of the dye behind your ear and an untouched mane, don't be frustrated. The fact is, your stylist could be saving your life. Salons are obliged to perform skin patch tests, where a small dab of dye is applied to the skin for 48 hours to test for any allergies, as in the event of a client having a reaction they will not only be culpable, but it could in extreme cases prove fatal.

Most hair dye reactions are caused by one particular chemical: para-phenylenediamine (PPD). While PPD is present in 99 per cent of all hair dyes, it is thought that around five per cent of the population are allergic to it, with symptoms including scalp burning, eye swelling, face blistering and, in rare cases, anaphylaxis, where your immune system feels under attack, releasing a flood of chemicals which can cause you to go into shock – a reaction which can lead to death.

Though such an extreme reaction is unlikely, it is somewhat worrying how blasé we have become about applying such substances to our bodies. After all, how many times have you purchased a home hair dye kit from a chemist and forgone the recommended skin test? Furthermore, how many school children are having their hair coloured despite the fact that hair dye manufacturers say they are not intended for anyone under the age of 16?

The good news is that having an allergy to PPD doesn't mean you can never dye your hair again, as manufacturers strive to create more colourings that don't contain the compound – meaning you can be the most natural version of your unnatural self.

The perfect compromise.





WINTER WARMERS

Hopefully the autumn harvest has given you an abundance of vegetables in all manner of golds, greens and purples, just perfect for the kind of nourishing suppers we crave as the cold nights draw in.

Beetroot...A nutritious powerhouse, the humble beet boasts exceptional nutritional value, both in the root and the leaves (which can be cooked the same way as spinach). Try juicing raw beetroot with apple and carrot for a blast of cold-preventing vitamins, or wrap in foil and roast to serve alongside the Sunday roast. Excess beets can also be home-pickled – much nicer than store-bought.

Leek...Leek and potato soup is an obvious home for this winter beast. But leeks, with their delicate sweetness, work surprisingly well when braised in a cheese sauce, baked in a gratin or encased in pastry alongside leftover roast chicken.

Sweet Potato...Some may be surprised to know that the sweet potato is actually not related to the potato. It is a root vegetable but is different in taste and texture. Sweet potatoes are extremely versatile and can be baked, mashed or fried for a sweet and nutritious accompaniment. It also counts as one of your five-a-day and is a good source of four essential nutrients.

Parsnip...Roast parsnips make a delightful winter side dish when roasted and caramelised with maple syrup. They can also be mashed or made into a satisfying soup with nutmeg and a swirl of apple sauce. Autumn in a bowl.

Cabbage...Thanks to the 'cabbage soup diet' fad, this wonderfully versatile veg has a bad rep for being bland, soggy and, well, gassy... but served properly, cabbage can be a joy. Cabbage mashed with potatoes becomes colcannon, and served with a poached egg makes a hearty, cold-morning breakfast. You can eat it raw when shredded in a winter coleslaw alongside apples and pecans, and the truly brave can ferment their own kimchi, which is very good for the gut and can help keep viruses at bay.





LOVE TAPAS?
LOVE COCKTAILS?
LOVE MUSIC?

THE CORNER BAR IS FOR YOU!

Happy HOUR
EVERY FRIDAY & SATURDAY
4pm – 8pm
2 for 1 COCKTAILS

FOOD & FIZZ
TUESDAY & WEDNESDAY
2 TAPAS DISHES & A GLASS OF PROSECCO £9.95pp

THIRSTY THURSDAYS
Bottle of Prosecco
Only £19.50



the CORNER wine bar

THE CORNER BAR, HIGH STREET, INGATESTONE, CM4 9DU

RELAX AND ENJOY OUR EXCELLENT FOOD AND DRINK!

LUNCH
2 COURSES £14.95
3 COURSES £18.95

A LA CARTE
3 COURSES £25.00
TUESDAY – THURSDAY

SUNDAY
HOMEMADE ROASTS SERVED ALL DAY



Call 01277 352 026

THE PLOUGH, 169 ROMAN ROAD,
MOUNTNESSING, CM15 0UG



TOO BUSY IN DECEMBER?

Celebrate Christmas in January

Book your All-Inclusive party night now!

Available Fridays & Saturdays in January

HOLIDAY INN BASILDON

Call: 01268 824048

or email: meetings@hibasildon.co.uk



LAWSON'S PIE & MASH

Traditional Hand Made Pies
Cooked to order & hot ready to eat



FREE HOME DELIVERY

01277 286141 www.lawsonspieandmash.co.uk

Minimum order £10 • Payment must be made by debit/credit card when placing the order

Thurs, Fri & Sat from 5.00pm-8.00pm for takeaway
18 Ardley Works, London Road, Billericay CM12 9HP

[/lawsonspieandmash](https://www.facebook.com/lawsonspieandmash)

[@LawsonPIEnMASH](https://www.instagram.com/LawsonPIEnMASH)

[/lawsonspiemash](https://www.instagram.com/lawsonspiemash)

CRYSTAL

Bowls



FOOD & DRINK

From botanical flavours to 'bleeding' veggie burgers, here's a look at what we might be eating in 2018.

Plant-based everything – Vegan food has been gaining in popularity for a while now, but things are about to go one step further as veggie burgers 'bleed' beetroot juice and expertly-sliced tomatoes mimic tuna in sushi. Also, much like nose-to-tail eating, we will be using every part of the veg with stems being used in salads, while melon rinds are pickled to be eaten. Vegan desserts are expected to get a makeover too, becoming creamier and even more indistinguishable from the real thing.

Japanese dude food – Much like 'dirty burgers' became the hot thing in American cuisine, miso and sashimi are no longer the cool kids in Asian dining, as Japan's heartier, more calorific fare like yakitori skewered chicken or deep-fried tofu in broth – dishes often served in the country's late-night izakaya bars – become de rigueur.

Botanical delights – Food is going floral as restaurants and producers alike take inspiration from the garden. Think rose-flavoured lemonade, lavender-infused chocolate and everything elderflower.

Indian street food – A natural evolution from the food van trend that has populated markets and urban spaces these last few years, Indian street food is set to make its way into our supermarkets and, by proxy, our homes. So ditch that boring old korma and get your chops around scallops in pickled ginger, or a fat Puri stuffed with veg and drizzled in chutney.

Super powders – It's well-known that the goal of every vegan diet is getting enough protein, which is why plant-based protein powders are becoming ubiquitous. The humble latte is also getting a healthy revamp as turmeric, masala chai, matcha and cacao find their way into more hot beverages.



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.



Are you getting married? Then please make contact by phone or email to meet at my studio for a chat about the photography for your special day.



Earn yourself a bottle of champagne by simply sharing Gavin Woollard Photography with a friend that's getting married. When your friend contacts us get them to quote 'Vision magazine' and 'champagne offer'. If they go on to book their wedding photography with Gavin Woollard you will receive a free bottle of champagne!

Call 01245 421224 • gavinwoollard@gmail.com
www.reportagephotography.com



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

SCREEN ICONS

FIVE HOT WINTER TRENDS AND THE FABULOUS FILM STARS WHO INSPIRED THEM

TREND: Dazzle

Set your party dress to 'sparkle' this winter as fashion goes full-on glitz with chainmail minis, crystal mesh and everything sequins. But despite its shimmering façade, there is a minimalist touch to this trend, making it effortlessly modern.

ICON: Daryl Hannah in *Blade Runner*

The original futuristic babe, no one can pull off a sparkling mini quite like Ms Hannah, but that doesn't mean you shouldn't try.

TREND: Silk shirts

An improbable trend, silk shirts have a reputation for erring on the side of garish, but not the tailored, stylish delights that graced the catwalks this season.

ICON: Al Pacino in *Scarface*

Glamorous, bold and outrageously bling, Miami in the Eighties was a lavish playground, and you better believe that the boss of it all, Tony Montana, wasn't going to let the side down.

TREND: Seventies

If you've got any tweed, corduroy or brown suede languishing in the back of your wardrobe, pull it out because that Seventies look is bang on trend.

ICON: Ryan O'Neal and Ali MacGraw in *Love Story*
Get your fashion love story on and try a little Seventies synchronicity with your sweetheart. Casual, cool and rocking every shade of brown, O'Neal and MacGraw were the original college hipsters.

TREND: Female tailoring

Suits are back, but not in the exaggerated shoulder pads of the Eighties kind of way. Instead, think loose silhouettes, slimline blazers and elegantly pressed slacks.

ICON: Faye Dunaway in *Bonnie and Clyde*

In this 1967 classic, Dunaway plays infamous real-life gangster Bonnie Parker. Possibly the most stylish bank robber ever, the American starlet rocks some serious tailoring, fabulous blouses and a chic beret, all the while toting a shotgun. Girl power.





Healthcare
Practice

Quality Health Insurance

For individuals and families, the self-employed, professionals
and companies of all sizes

To find out more contact your local Healthcare Partner:

Terry Upham

Director of Tau Advisory Ltd, an Appointed Representative of WPA Healthcare Practice Plc

07928 491232

terry.upham@hcp-plc.org.uk



Please note:

Pre-existing and long-term medical conditions are generally not covered. Applications are subject to medical underwriting and a maximum joining age applies on some policies.

WPA Healthcare Practice Plc ("Healthcare Practice") is part of the Western Provident Association Limited Group of Companies. Registered in England and Wales No. 07320330. The Healthcare Practice is authorised and regulated by the Financial Conduct Authority. Registration No. 757721.

12/17924

WEDDING
FAVRE

10th June 11am - 3pm
14th October 11am - 3pm



WEDDINGS AT *Holiday Inn Basildon*

*Outdoor Ceremonies and bespoke
Wedding Packages available*

Call us on:
01268 824052

or email:
meetings@hibasildon.co.uk



Holiday Inn Basildon,
Waterfront Walk, Festival Leisure Park,
Basildon, SS14 3DG

www.hibasildonhotel.co.uk



BUSINESS & FINANCE

SWAP & Save

Think you can't survive without your daily café-bought latte? What may seem like a few quid a day actually adds up, and this innocent treat could be stopping you from buying something you really covet in the long run. Here's how and why you should consider cutting back...

Coffee has never been so popular. From ubiquitous green mermaids on the High Street, to artisan Antipodean beaneries in the hipster parts of town, everyone is (literally) full of beans. But at around £3 a cup, coffee is not just powering up your day, its powering the economy, and what may seem like a small amount is actually a hefty wedge of your wage over time.

STOP SLURPING, START SAVING...

Here's what cutting back on the beans could afford you:

1 week...£14

Pizza or pasta main course and glass of wine/beer in a restaurant

1 month...£60.90

Pod coffee machine

3 months...£182.70

Espresso machine

6 months...£365.40

European weekend break

1 year...£730.80

One-week all-inclusive European Holiday

5 years...£3,654

Second-hand car

20 years...£14,616

Nice pot for a 'rainy day'

(based on £2.80 average for medium latte)

Whilst there are many variables on how much you might actually save, the bottom line here is value for money and if your daily dose of the black stuff is worth the half-hour of pleasure you get from it. Buying coffee every single day is a habit. To slow down that addiction, try telling yourself that a bought coffee is a treat item.

For some, life without coffee may be too much, so here are some tips for recreating that coffee shop buzz:

- ☞ Invest in a good coffee machine at home – pods are good, fresh beans are better
- ☞ Put your home brew in a posh portable cup for on-the-go sipping
- ☞ Buy a one-cup dripper or AeroPress for quality coffee at work

Recreate sweet treats by buying big bottles of your favourite syrups and creamers.

18

DESTINATIONS FOR 2018

18 OUT-OF-THIS-WORLD PLACES THAT WILL WOW THE WORLD OVER THE NEXT 12 MONTHS



TRAVEL



Punta Cana, Dominican Republic
Crystal blue waters, white sand, beach parties and Caribbean culture.



Kerala, India
Treasure, temples and stunning backwaters including five large lakes linked by canals.



Kruger national Park, South Africa
One of South Africa's largest game reserves and your best chance of seeing the big five: lions, leopards, rhinos, elephants and buffalos.



Lisbon, Portugal
Fascinating history, flea markets and fabulous food.



Reykjavik, Iceland
Breathtaking architecture, wild nightlife and natural wonder.



Curepipe, Mauritius
Quaint, steeped in colonial history and home to Trou aux Cerfs, a dormant volcanic crater.



Vardzia, Georgia
Unlike anything you have ever seen, this a cave monastery site excavated from the slopes of the Erusheti Mountain.



Khao Lak, Thailand
Perfect for peace and quiet, this resort destination combines lush tropical rainforest and expansive white beaches.



Beijing, China
Home to the grand Forbidden City complex, the imperial palace during the Ming and Qing dynasties.



Valletta, Malta
Named as the European Capital of Culture 2018, this is one hot spot.



Salzburg, Austria
Medieval and baroque buildings, stunning vistas and the birthplace of Mozart.



Montevideo, Uruguay
A vibrant and eclectic city hosting some of the world's best steakhouses.



Langkawi, Malaysia
An archipelago made up of 99 islands on Malaysia's west coast, this is literally paradise.



Wellington, New Zealand
Fan of *Lord of The Rings*? Then you will LOVE the Weta Workshop in Miramar.



Lake Assal, Djibouti
A crater lake in the Danakil Desert, surrounded by black lava fields and dormant volcanoes.



Seoul, South Korea
A vibrant metropolis where the futuristic meets the ancient.



Patagonia, Chile
Wild, vast and unbelievably picturesque, this is one for naturalists. Also home to guanacos, an elegant cousin of the llama.



Vilnius, Lithuania
If Prague is becoming too commercialised, try a cosmopolitan city with diverse architecture, from the old to the modern, and where a pint only costs £1.30.



PUZZLES & TRIVIA

PUZZLES

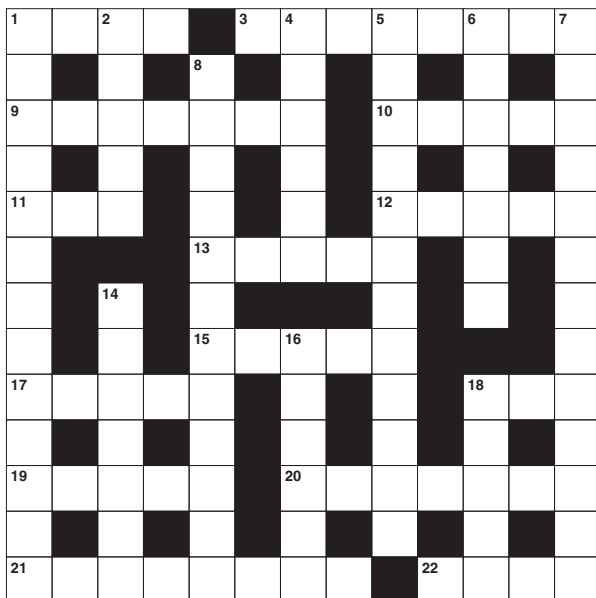
Answers can be found on the Contents Page 4

ACROSS

1. Canines (4)
3. Where one finds Glasgow (8)
9. Swindles (7)
10. Uniform jacket (5)
11. Herb; regret (3)
12. Discover (5)
13. Decay (5)
15. A Fish Called ____ : film (5)
17. Tree of the birch family (5)
18. 22nd Greek letter (3)
19. Maladroit (5)
20. Tropical disease (7)
21. Channels of the nose (8)
22. Run away (4)

DOWN

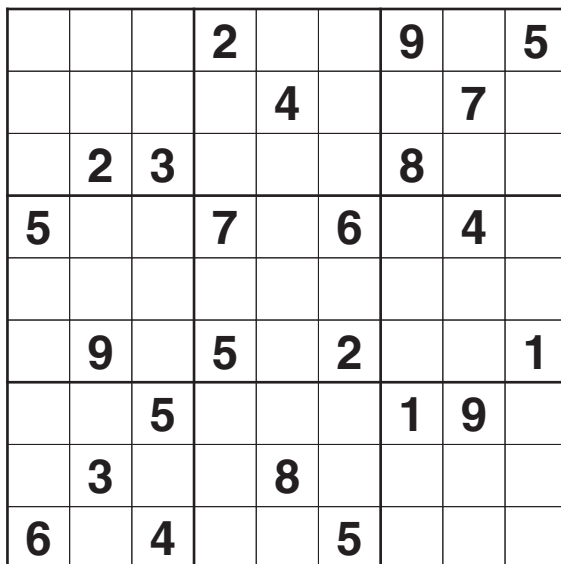
1. Removal of trees from an area (13)
2. Diving waterbird (5)
4. Building for gambling (6)
5. Casual chatter (6-6)
6. Plants that live a year or less (7)
7. Remove dangerous substances from (13)
8. Creator of film scripts (12)
14. Restores honour (7)
16. Standard; usual (6)
18. Servant in a royal household (5)



DID YOU KNOW

- ▶ August had the highest percentage of births
- ▶ November is the only month used to represent a letter in the phonetic alphabet.
- ▶ Months that start on a Sunday will always have a Friday 13th
- ▶ Rio de Janeiro translates to river of January.
- ▶ In the original Roman calendar, October was the eighth month, hence 'octo' meaning eight
- ▶ Even though October has 31 days, it is the longest month of the year due to the clocks going back one hour

SUDOKU



Giving you a helping hand



At Any Little Thing Ltd we are very proud of ourselves for being passionate about offering reliable and trustworthy assistance to those in need. No matter what your state of mind or abilities, EVERYONE appreciates a helping hand!

We cover a whole multitude of services and our team approach is to help where we can, for as long as you need us to.

Our company offer help and assistance with a variety of jobs for anyone, including older people needing an extra pair of hands, new mums struggling to juggle home life, those with mental health challenges, for carers or for those that just simply struggle to manage their time.

We can carry out basic gardening, basic cleaning, check on your home whilst you are on holiday. We can stay in for packages too if you know you will not be available for your delivery slot. Other services also include, ironing, day trips, accompaniment to appointments, picking up prescriptions as well as shopping and odd jobs around the house. We can also offer dog walking services & can check on any other furry friends you may have throughout your working day or whilst you are on holiday.

Our staff are fully qualified and caring individuals, who are thorough in what they do. This is to ensure both the security & the happiness for our clients.

Pick up the phone today if there are any little things you may need help with at home. We would be more than happy to offer a free assessment, if necessary, as well as our ongoing services once needs are confirmed.

We look forward to hearing from you.



Lucy & Lisa
Directors of Any Little Thing Ltd



Providing reliable and trustworthy support

Home Help Service

Dog Walking 🐕 Cleaning 🧹 Shopping
Heating Meals 🍲 Doctors/Hospital Appointments

WE ARE A LOCAL FRIENDLY SERVICE PROVIDING RELIABLE AND TRUSTWORTHY SUPPORT
PLEASE CONTACT US FOR "ANY LITTLE THING" THAT YOU MAY NEED

Call us: 01268 928878 📞 01277 554068

WHAT'S ON

in your area

The Magic In Your Soul

Soul Space, 16 West Park Crescent,
Billericay, CM12 9ED
January 6 – January 7



A two-day seminar with Tony Stockwell.

This course will potentially set those attending on a path of discovery, revealing the truth of their own divinity and positive relationship with the universal power often referred to as God or the Great Spirit. This is not about connecting to the Spirit incarnate, but the incarnate wonderful Spirit inside us all.

Tony hopes to show you how to liberate the Spirit within and live your life as your Soul dictates.

For more information, visit www.eventbrite.co.uk

Gone Too Soon Bereavement Support Group

Reids, 66 - 68 Laindon Road, Billericay,
CM12 9LD

January 15, 7pm – 9pm

Gone Too Soon is a monthly bereavement support group for parents who have lost a son or daughter. During the meetings there will be at least one counsellor to facilitate and support the sessions. For more information, please contact Linda on 07387 805406 or email lyn-currie@hotmail.co.uk

Michael Buble tribute

Reids, 66 - 68 Laindon Road, Billericay,
CM12 9LD

January 23

You will be *Feeling Good if you Close Your Eyes as It's a Beautiful Day To Love Somebody* like this Michael Buble Tribute, featuring Marc Dillon. Three-course meal plus entertainment only £29.95.

For more information, visit www.reidsbillericay.com

Live at St Mary's: Clare Sands

Saint Mary's Church, High Street, Billericay,
CM12 9BQ
February 9, 7pm



Photo credit: www.claresands.com

Clare Sands is a young multi-instrumentalist, composer and songwriter who hails from the vibrant musical city of Cork.

Tickets are £7 in advance plus fees or £9 on the door. There is general seating.

There will be a reasonably priced 'Honesty Bar' available with Billericay Brewery ale.

Tickets and more information are available at www.wegottickets.com/event/422775

Solid on Tour

Billericay Baptist Church, 140 Perry Street,
Billericay, CM12 0NS

February 16, 6.30pm – 9.30pm

Solid is going on tour in two different locations – Billericay and Romford during February half term.

Combining aspects from the festival: inflatables, silent disco, worship, live Christian music, sports café and cage football. We hope to recreate the flavour of Solid on a local level. The evening will be full of music, fun and God and fuelled by a burger van for your dinner (purchases not included in the ticket price).

For more information, visit www.eventbrite.co.uk

WE'RE HIRING!

WE ARE LOOKING FOR...

A Field Salesperson



Are you limited in your current earnings?



Want a more dynamic, exciting and rewarding sales team culture with real career potential?



Do you have a great personality, enjoy talking to people, have a flair for getting great conversations going and driven to achieve results?



Have worked in sales for at least 6 months and feel you are not being stretched or paid your true value?



IF SO, THEN THIS MIGHT BE THE JOB FOR YOU!

CONTACT US TO FIND OUT MORE

Your
Monthly
Lifestyle
Magazine



t: 01277 554045 m: 07860 683239

e: billericay@visionmag.co.uk



@visionmagessex



@visionmagessex

SPORTING CALENDAR

Football fanatic, or just a total tennis-head? Don't miss an ace, goal or hole in one with this handy guide to what's what in the sporting world of 2018....

FEB

**4th: Super Bowl LII,
Bank Stadium**

The 52nd Super Bowl will take place in Minneapolis. The New England Patriots are the current defending champions, and Justin Timberlake will be returning to the stage for the coveted half-time show slot – 14 years after his appearance with Janet Jackson featured an unfortunate wardrobe malfunction.



APR

**5th-8th:
The Masters, Augusta**

Last year's champ, Sergio Garcia, is expected to feature, along with England's most recent victor, Danny Willett, and four-time winner Tiger Woods.

14th: Grand National, Aintree

The Grand National will hit Aintree in early April in a thunder of hooves and a menagerie of fascinating hats. Last year, 14/1 outsider One For Arthur grabbed the title – and a good chunk of the £1million pot that makes this race the most lucrative in the sport.



JUN

**14th-July 15th:
FIFA World Cup, Russia**

Yes, England are through and will be hoping for a strong start to manager Gareth Southgate's international competitive debut. But the Three Lions will need to be at the very top of their game if 2018 is finally going to be the year that football comes home, with Spain and France looking strong and holders Germany hoping to emulate Pele's Brazil with consecutive wins.



Photo credit: A RICARDO / Shutterstock.com

JUL

**2nd-15th:
Wimbledon, London**

Reigning champion Roger Federer will be aiming to add to his record of eight victories at the All England Tennis Club, while newly-knighted Andy Murray will be hoping to give the home fans something to cheer about. In the women's matches, new mother Serena Williams may well return – looking to continue her almost superhuman domination of the sport.

7th-29th: Tour de France

Brit Chris Froome will be hoping to keep hold of cycling's coveted Yellow Jersey this year – but there'll be stiff competition in the 21-stage race which, at 3,329km, will be the shortest route of the 21st century.



SEP

**28th-30th:
Ryder Cup, Le Golf National**

The biggest names in transatlantic golf will be heading to France this year for the chance to get their hands on those famous green jackets. The United States are the current defending champion, but last won in Europe in 1993.

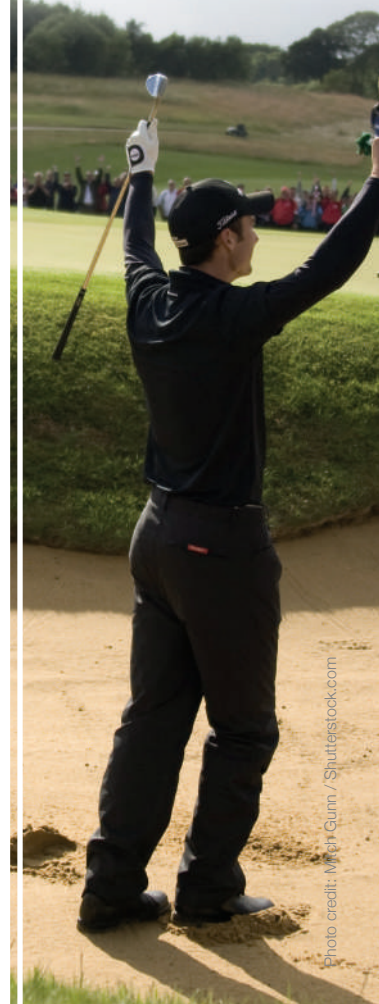


Photo credit: Mark Gunn / Shutterstock.com

Speed Demons

The Land Speed Record is one of the oldest accolades – but how much do you know about the brave drivers who sought to go faster than anyone before them? Andy Green, the current record holder, speaks to **VISION**...

In 1898, French engineer Eugène Brillié and his business partner Gustave Gobron founded a car company which created the Gobron-Brillié. Six years later, Louis Rigolly became famous for being the first man to go beyond the speed of 100mph – 103.56mph to be exact – at Chatillon-sur-Seine in France. Rigolly must have considered his automotive accomplishment to be insurmountable; the Frenchman was the first of many daring drivers to put their lives at risk in the pursuit of speed.

During the next decade, Rigolly's record was smashed seven times. From Henry Segrave attaining 200mph with the Sunbeam 1000HP in 1927, to renowned speed junkie Sir Malcolm Campbell's famous 300mph run with the Blue Bird in 1935. In 1965, another impossible dream was made real when Craig Breedlove took to the Bonneville Salt Flats in American Spirit and went at the speed of sound in a land vehicle for the very first time.

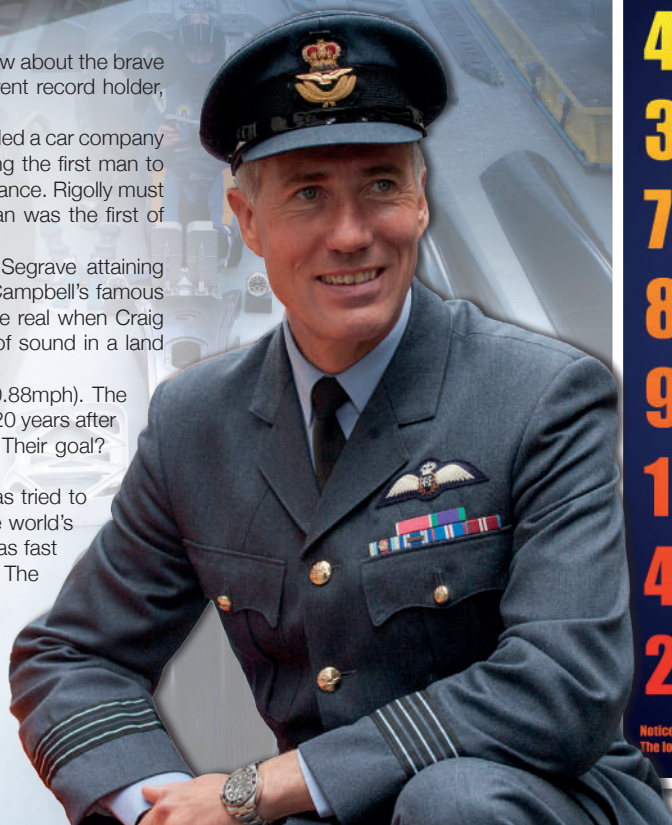
In 1997, Andy Green teamed up with his predecessor Richard Noble (Thrust 2, 650.88mph). The resulting vehicle, Thrust SSC, was the first to exceed the speed of sound on land. Now, 20 years after this momentous motoring marvel, Green and Noble are back with Bloodhound SSC. Their goal? 1,000mph.

"We've solved problems that no one has even addressed before because nobody has tried to build a car doing 1,000mph at ground level," Green says. "To put into perspective, the world's fastest jet fighters max out at about 900mph at ground level in thick air. They go twice as fast up in thin air at 50,000ft, but we're aiming to build a car that is faster than any jet fighter. The task is that ambitious."

Green is looking to become the first man in history to break his own land speed record.

"In the Bloodhound, I'm accelerating at 2G and slowing down at 3G, that's 60mph per second," the 55-year-old explains. "So it's equivalent to driving at 60mph and completely stopping in one second; that's how quickly the car will slow down."

Bloodhound SSC is operational, but Green is already looking to the next generation of speed demons.



BLOODHOUND SSC

SPEED COMPARISONS OF THE FASTEST THINGS IN THE WORLD

28 _{mph}	USAIN BOLT	The maximum speed USAIN BOLT reached when he set his 100m record of 9.58 seconds in 2009
48 _{mph}	SIR CHRIS HOY	11 time world champion SIR CHRIS HOY can reach speeds of over 48mph using pedal power alone!
317 _{mph}	SPIRIT of AUSTRALIA	KEN WARBY built his jet-powered boat in his back yard in Sydney. His record has stood since 1978!
763 _{mph}	THRUST SSC	In 1997 ANDY GREEN became the first and only person to drive a car faster than the speed of sound!
833 _{mph}	FELIX BAUMGARTNER	FELIX BAUMGARTNER had to jump from a height of 38,969 metres to reach these very high speeds!
988 _{mph}	RED BARON	The low altitude record is held by DARRYL GREENAMYER in his F104 - which he built out of scrap parts!
1050 _{mph}	BLOODHOUND	At peak speed BLOODHOUND SSC will be faster than a bullet from a .357 Magnum!
4510 _{mph}	NASA X-15	The rocket powered X-15 flew so high that two flights counted as space flights!
24790 _{mph}	SATURN V	SATURN V 160 times more powerful than BLOODHOUND SSC - generating 21.6 million Thrust HP at launch!

Notice how most of the really fast things achieve their speeds very high up where there is little or no air resistance (drag). The lower you go, the more dense the air becomes. At top speed Bloodhound could experience almost 20 tonnes of drag!

THE VISION LISTINGS

ACCOUNTANT

THE LOW TAX GROUP

Accountants & tax Advisors specialising in business start ups, payroll, self assessment, personal tax planning, bookkeeping and much more Call us on 01277 314000

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

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

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 810 005 or email t-p-s-1@btconnect.com

TIME SCAFFOLDING

Scaffolding for all residential or commercial property needs. Contact us on 01277 554056 / 07935 432543 or email info@timescaffolding.co.uk

RJ EVANS ROOFING

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

CARPET & FLOORING SPECIALISTS

WEST ONE WOOD FLOORING

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

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

USHA KHOKHAR

For mortgage and financial guidance, life insurance and building and contents insurance. Call me today on 07738 292420 or email me usha@cooperandparks.co.uk

LEGAL MEDIATION

Sandy Brown can help you with Family Mediation - Workplace Mediation - Civil & Commercial Mediation. 07947 534756 or email sandy.brown@legalmediation.co.uk

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

FLORIST

BLOOMIN JACKS

Wedding & funeral Specialists, flowers, gifts and homeware. Contact us on 01277 207272 or email info@bloominjacks.co.uk 24 Crown Street, Brentwood, CM14 4BA

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

GAS & HEATING ENGINEER

FIRST CALL GAS SERVICES

Local Brentwood based Plumbers and Gas safe Engineers available 24 hours a day all work guaranteed. Call today for a free no obligation quote 01277 562075

HEALTH & WELLBEING

WPA - TERRY UPHAM

Quality Health Insurance - contact Terry Upham 07928 491232 For Individuals and families, the self-employed, professionals and companies of all sizes

ESSEX PRIVATE DOCTORS

Visit Dr Kannan Athreya & Dr Alice Scott Contact us now to book an appointment 01277 201001 First Floor, 40 Hutton Road CM15 8LB

HARROW DENTAL PRACTICE

Offering a wide variety of treatments, Harrow Dental Practice provide NHS & Private quality dental treatment at a central location in Hornchurch. 01708 479717

ARLETTE ANFIELD

Counselling & Therapy in Brentwood - Helping you with stress, anxiety, and bereavement. Call me today on 07766 592434 or visit arletteanfieldcounselling.co.uk

THE CHANGE AGENCY

Personal Development, Coaching, Therapy. Contact David Cotterill on 07841 437951 or hatsofftchange@gmail.com - website www.thechangeagency.life

HOME HELP SERVICES

ANY LITTLE THING

Shopping, Heating Meals and accompanying on doctors/hospital appointments for any little thing contact us today. 01277 554068 / 01268 928878

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

MARKETING SERVICES

DIGITAL ESSEX

Local Essex based Digital Marketing company, Business Online Marketing Specialists, Rebranding, Social media, Contact Dan on 07889 681395

PHOTOGRAPHER

GAVIN WOOLLARD PHOTOGRAPHY

Former Buckingham Palace official photographer - Family portraits, headshots, weddings, corporate events. Call 01245 421224 or email gavinwoollard@gmail.com

RECRUITMENT

SECTOR RECRUITMENT

Brentwood based recruitment consultancy, providing temp, contract and perm opportunities. Call us on 01277 245 890 or email hello@sectorrecruitment.co.uk

SHUTTERS & BLINDS

SHUTTERTEC

Shuttertec's specialists offer complete bespoke shutter installation. Essex based. We can offer you shutters in as little as 3 weeks. Call 0800 023 5754 or email info@shuttertec.uk

STORAGE

BILLERICAY SELF-STORAGE

Billericay Self Storage is a self storage facility for residential and commercial purposes, Short and Long term rent. Flexible. 01277 525430 Radford Crescent Billericay CM12 0DP

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 and replaced. Which? Trusted Trader call us today on 0800 6121 118

JOIN THE LISTINGS...for just £180 +VAT per year

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**.

ace BATHROOMS

S U P P L Y & I N S T A L L A T I O N



VISIT OUR SHOWROOM

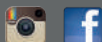


01277 653656

info@acebathrooms.co.uk

www.acebathrooms.co.uk

3 Alma Link, Billericay, Essex CM12 9GF



**YOUR LOCAL MOBILE
LOCKSMITHS**



**FREE
CALL OUT
OAP
DISCOUNT**



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



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



Call us 24 hrs a day for any emergency call out

We pride ourselves on giving you the highest standard of workmanship all all times, at affordable prices



- ✓ Boiler Breakdown Service
- ✓ Boiler Repair & Installation
- ✓ Heating Maintenance
- ✓ All Plumbing Requirements
- ✓ Powerflushing
- ✓ All Work Guaranteed
- ✓ Gas Safe Engineers

www.firstcallgasservices.co.uk

For a FREE No Obligation Quotation

CALL 01277 562075



YOUR LOCAL Trades and Services

TIME
SCAFFOLDING SOLUTIONS LTD

**WE ARE A FAMILY RUN BUSINESS
OFFERING A COMPETITIVE AND
COMPREHENSIVE SCAFFOLDING
SERVICE FOR ALL DOMESTIC AND
COMMERCIAL PROJECTS**



**Think ahead, think
TIME SCAFFOLDING**
www.timescaffolding.co.uk

WE COVER ESSEX & LONDON
01277 554056 | 07935 432 543
info@timescaffolding.co.uk

— New Year —

NEW HOME

At Tec-Lifestyle we offer interior solutions for the most important rooms in your home.

Whether it's your kitchen, bathroom, bedroom or living area's we take pride in providing our customers with every product to create the desired look

www.tec-lifestyle.com



tec-Lifestyle
Home Spaces To Inspire