



## TIGER WOODS

The miracle comeback

## HINCH YOUR HOME

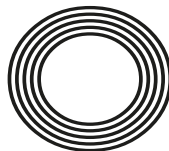
Top tips from the clean queen

## MARGARET THATCHER

40 years since entering N° 10

# Prince CHARLES

The Royal winning public support



FREE

Photo credit: Bart Lenoir/Shutterstock.com



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.

**BUY NOW  
PAY 2020**

**10% Deposit Only**

\*Terms & Conditions apply

UP TO **3 years**  
**0%**

**Interest free credit**

**nobilis Miele**

**NEFF SIEMENS**

**BOSCH**



**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.kutschenhaus.co.uk**  
**The German Kitchen**



May 2019

CONTENTS

- 6 HISTORY
- 8 NOTRE-DAME
- 11 HOME & DIY
- 19 LOCAL NEWS BILLERICAY
- 27 LOCAL NEWS SHENFIELD
- 32 PRINCE CHARLES
- 34 GARDENING
- 39 HEALTH & FITNESS
- 42 BEAUTY
- 47 TRAVEL
- 48 PUZZLES
- 51 WHAT'S ON
- 53 BUSINESS & FINANCE
- 57 SPORT
- 58 MOTORING
- 60 THE **VISION** LISTINGS

CONTACT US

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

@visionmagessex @visionmagessex

Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecca Fryer, Amy Pollard

CONTRIBUTORS | Tabatha Fabray, Tim Green

# Editor's notes...



Nik Allen, Editor

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

I'm writing this just a few hours after witnessing one of the greatest sporting comebacks of all time - Tiger Woods winning his 15th major golf title, 11 years after his last.

During that period in the wilderness, Woods went through a divorce, arrests, loss of form, addiction issues and had four operations on his back. At his lowest point he was ranked outside of the top 1,000 golfers in the world.

Think about that for a second. A man who had ruled golf with an air of imperial invincibility was consigned to also-ran status. That humiliation would've been enough for most to call it a day.

That makes his recent achievement even more remarkable and historic. And by the way I don't even like golf very much. Woods' story shows what can be achieved with hard work, resilience and the support of the right people.

The life lessons that have come out of Tiger's comeback are profound and I'm feeling fired up just writing this. I'll be taking that feeling of enthusiasm, belief and a willingness to work my behind off as we grow the **VISION** publications into other parts of Essex this year.

Our continued success is down to our readers and advertisers. In just the same way Woods was spurred on by his legions of fans, I'm grafting and loving what I do by you, the readers and our army of local advertisers. Thanks for your support.

*Nik*

THE HARVARD  
INN  
Hotel • Restaurant • Wine Bar

## Your Wedding Bespoke • Individual • Unique

We invite you to hold your special day at The Harvard Inn.

You are welcome to meet with our Chefs who will help design a bespoke menu for you to meet with your requirements.

We have capacity for your individual & intimate Wedding Breakfast for up to 50 guests and for your evening celebrations 150 guests.

We also have 11 tastefully furnished bedrooms which can be reserved for yourselves and your guests to relax in after your unique occasion.



### DESIGN YOUR WEDDING WITH US

To speak to one of our wedding coordinators Tel: 01277 840008  
Or for further information visit [www.theharvardinn.co.uk](http://www.theharvardinn.co.uk)

ACROSS: 1. ROBINS, 7. CRACKERS, 8. FEZ, 9. AUPAIR, 10. NAVY, 11. MORAL, 13. STEEPLE, 15. CENTRAL, 17. OPTIC, 21. GRIN, 22. LAUREL, 23. ION, 24. THEMATIC, 25. HEDGES  
DOWN: 1. REFORM, 2. BAZAAR, 3. SCRAP, 4. PARROTS, 5. SKIN DEEP, 6. GRAVEL, 12. AUTONOMY, 14. MALLETS, 16. EARTHS, 18. TILING, 19. CHUNKS, 20. HUTCH



# THATCHER'S BIG ENTRANCE

*40 years on*

MAY 4 MARKS 40 YEARS SINCE MARGARET THATCHER BECAME THE UK'S FIRST FEMALE PRIME MINISTER.

While the current disillusionment over the role of politics in our lives requires little debate, at least we are united in what has become a mutual collective sigh of discontent.

In the past, we didn't even have that, notably when the incoming Conservative government of 1979 left a nation severely divided.

The context of Margaret Thatcher's promotion to Prime Minister is vital in the sense of understanding her actions and bullish approach thereafter.

It's fair to say the UK had been in economic and social turmoil for quite some time leading up to the infamous Winter of Discontent strikes across late 1978 and early 1979. In the years before, the country's economy had been so weak that Labour's Foreign Secretary James Callaghan warned his fellow Cabinet members of a complete breakdown in democracy, brazenly stating "If I were a young man, I would emigrate".

Despite the green shoots of recovery forming, the Conservatives won a 44-seat majority at the 1979 General Election, and in the process Margaret Thatcher became the country's first female Prime Minister.

When arriving at Downing Street for the first time as Prime Minister on May 4, 1979, Thatcher paraphrased the misattributed Prayer of Saint Francis, in saying: "Where there is discord, may we bring harmony; Where there is error, may we bring truth; Where there is doubt, may we bring faith; And where there is despair, may we bring hope."

Whether she and Thatcherism succeeded in those goals really depends what side of the political divide you sit, but what can certainly be said without any conjecture is British politics, and British life, would never be the same again.

While the Iron Lady's devastating tourniquet-like grip on the economics of government was designed to ease high levels of unemployment, one of her greater legacies turned out to be deregulation. She saw private ownership making labour markets more flexible, whilst at the same time diminishing the power of the trade unions.

And while recession in the early 80s saw her popularity wane, victory in the Falklands Conflict lifted the mood, and subsequent election victories in 1983 and 1987 saw the country begin to emerge as one of the world's service and financial sector giants.

But there was always a cost, and few forgave Thatcher for the way she cut a swathe through the manufacturing and mining industries, destroying not just job prospects but entire communities.

And it was one controversial economic policy too far – the Poll Tax – that eventually saw the Grantham girl hoisted by her own petard. After being ousted as leader in 1990, she quit the House of Commons entirely in 1992, accepting a life peerage as Baroness Thatcher.

Thatcher died of a stroke in 2013, aged 87, and while she left behind mixed feelings amongst the electorate, it remains important to mark the 40th anniversary of her entering Downing Street.

At the time a landmark event for women in politics, Thatcher drove a stake through a male-driven institution that reflected its staid values on an entire nation; and it's fair to say the promotion of strong women thereafter came through in all sectors, all avenues, and all corners of everyday life.



# Fuelling the fires *of restoration*

Photo credit: Thierry MALLET/SIPA/Shutterstock

*Why the fire at Notre-Dame means this iconic building will return even more significant than before.*

When fire ripped through Notre-Dame Cathedral on the night of Monday, April 15, it not only threatened to destroy a structure that had stood for 850 years, but tried to take with it into the Paris sky some of the most treasured artefacts and relics from an iconic city's incredible past.

That fire crews were able to limit damage at the 13th century building to just the central cathedral and spire is a miracle in itself, and as folk all around the world woke to the news that the rebuilding process was already several hundred million euros in – thanks to pledges from those of all backgrounds – people could begin to come to terms with what was yet another devastating night for a city that has endured so much in recent times.

The trouble with Notre-Dame is it represents so many different things to so many different people. For the fiercely religious it is a spiritual place of

worship, for others a symbol of historical excellence, while those passionate about architecture or just French culture will all lay claim to it.

Yet as one reporter said, events such as these are what make cathedrals, castles, buildings, boats and more, living, evolving objects. They are constantly on the move, constantly living in the present, not in history, and have enveloped and endured life around them since the day they were made.

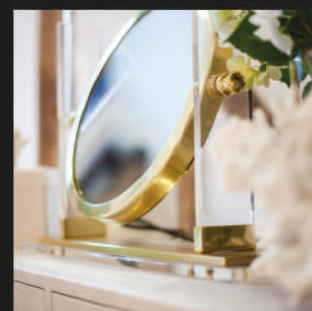
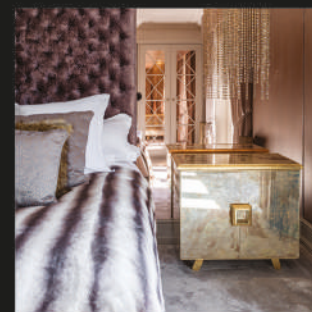
From a similar fire at Windsor Castle in 1992 – which led to a £40million, five-year repair process – to seeing the Cutty Sark reduced to a mass of smouldering cinders in 2007, we are in an era where sympathetic restoration can actually not just repair, but breathe new life into these behemoths of culture.

As the French President Emmanuel Macron said, “She will return more beautiful than ever” – and with yet another story to tell.

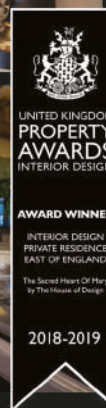


HOUSE OF DESIGN

Interior Design Consultants



The House of Design specialises in luxury residential property for private & commercial clients throughout the UK. We deliver a full interior design, furniture design and styling service, tailored to each individual client



Pencil Wood Barn, Molehill Green Road, Felsted, Essex CM6 3JR

T: 01245 210093 E: [admin@thehouseofdesign.co.uk](mailto:admin@thehouseofdesign.co.uk)

Instagram: [@thehouseofdesignuk](https://www.instagram.com/thehouseofdesignuk) Facebook: [thehouseofdesignuk](https://www.facebook.com/thehouseofdesignuk)

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





Villeroy & Boch  
1748

**FINANCE AVAILABLE**  
Please ask for details

A12 Eastern Avenue  
Romford  
Essex

**Bodywash Bathrooms**

FOR UNBEATABLE SERVICE AND PRICES

**NOBODY DOES IT BETTER**

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

**Ideal Finance**  
— Home Finance Specialists —



HOME & DIY

Simple, stunning and easy to achieve, industrial-inspired interiors are a fantastic way to modernise a space in a unique and impressive way.

Old factories and warehouses are rarely associated with style and glamour, but as the industrial-style trend proves, decor inspired by these buildings can be both timeless and effortlessly modern. The combination of exposed brickwork, oversized metal light fittings and elements of natural wood create the kind of space that is open, but also warm and welcoming.

This is often thanks to the open plan design, a look that comes from the presence of trendy lofts and characterful workshops in cities that have been converted to homes. But you don't have to live in an old shoe factory to achieve this look, as adding just a few elements can really transform a space, large or small.

So how do you achieve industrial style in your home? Firstly consider your colour palette, which ought to be neutral. Not white, but more of an earthy,

natural colour scheme with plenty of browns, tans and greys. If you're lucky enough to have exposed brickwork, make this the centrepiece.

When selecting furniture, go for raw materials, the more rugged the better. A large dining table for example, made from reclaimed wood; armchairs upholstered in buttery tanned leather; stainless steel cabinets and antique hanging lighting features with Edison bulbs that bathe the space in a warm, golden glow.

Those who have money to burn can buy expensive reproductions of vintage pieces, but anyone wanting to create something that is truly unique must be prepared for the treasure hunt, because the industrial style by its very name requires pieces to have history and a certain amount of wear and tear.

So no, you don't need to actually live in an old factory to obtain this look, but were you to chance upon some chairs or light fittings recently expelled from one, they would be a valuable contribution to your aesthetic.







HOME & DIY



Mrs Hinch  
HINCH YOURSELF HAPPY  
All the Best Cleaning Tips to Shine Your Sink and Soothe Your Soul

# Hinchhikers

## GUIDE TO SANITY

She's got over two million followers, has just released a book which became the second fastest-selling title ever on the Bookseller's non-fiction chart, and even made a guest appearance on *This Morning*, so what is it that makes Mrs Hinch so popular? Quite simply, she makes cleaning a cinch.

Anyone who has ever stared hopelessly down a filthy toilet bowl or spent hours trying to successfully restore limescale-encrusted taps back to their former shine, can appreciate that any hack is gratefully received when it comes to the thankless task of cleaning.

That's why even the most begrudging scrubber can enjoy the daily tips, tales and musings of Instagram's hottest 'cleanfluencer' Mrs Hinch – AKA former hairdresser and Essex housewife Sophie Hinchliffe.

The 28-year-old social media star openly admits that cleaning provides a positive outlet for her various anxiety issues, revealing that a thorough scrubbing session can even ward off an impending panic attack.

This notion that a clean house can help create a clean mind is not a new one, but her fuss-free and fun approach – Mrs Hinch even names her favourite cleaning tools: Pinkie the sponge, Dave the fluffy duster – makes the experience enjoyable. And anyone feeling overwhelmed by housework might find her debut book, *Mrs Hinch – Hinch Yourself Happy*, just the ticket for creating calm in a chaotic home.

And following her Christmas Day announcement that she and husband Jamie are expecting their first child, exhausted mums everywhere will be excitedly anticipating tips on how to 'Hinch' their way through motherhood.

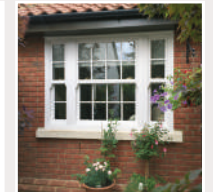
### Mrs Hinch's top tips:

- > Rid yourself of plughole smells by pouring in soda crystals, followed by white vinegar spray, neat disinfectant and a kettle of boiling water.
- > Make mattress stains disappear by sprinkling on bicarbonate of soda which can be hoovered off once dry.
- > Use tumble dryer sheets to remove dust from blinds - the anti-static sheet attracts dust.
- > De-suff doors by dabbing fabric conditioner onto a scourer and then buffing.



# 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)

Please ask about our  
**Postcode Offer**

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

# Aspen





**ATCL LOCKSMITHS**  
FOR ALL YOUR HOME & BUSINESS SECURITY NEEDS  
**YOUR LOCAL MOBILE LOCKSMITHS**



- FREE CALL OUT
- OAP DISCOUNT - 10%
- FIXED PRICING
- NO HIDDEN CHARGES
- 12 MONTH WARRANTY ON ALL WORK









**01277 554 043**  
**07515 519 971**

**THE HIGHEST QUALITY SCAFFOLDING AT COMPETITIVE PRICES**

HS&E TESTED | FULLY INSURED  
ALL SCAFFOLDERS ARE CISRS TRAINED

**UK**  **BROTHERS UK SCAFFOLDING LTD**

www.brothersukscaffolding.co.uk  
01268 987870 | 07432 565868  
brothersscaffolding3@yahoo.com






**24 HOUR CALL OUTS AVAILABLE**  
**CALL NOW OR EMAIL FOR A FREE QUOTE**

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



**FREE Basket of Ironing\***

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

**CALL TODAY FOR A FREE CONSULTATION**

**01277 287 503**  
www.brightandbeautiful.com/brentwood  
**PLEASE QUOTE CODE: VS01**

\*UP TO 1 HOUR OF FREE IRONING, WHEN YOU SIGN UP FOR A REGULAR SERVICE.

**HARVEY'S**  
**Painters & Decorators**  
**Repairs & Home Maintenance**



**Call now for a Free Quote**

Former employees of **Tony Baxter** for over 13 years

- \* Interior Decorating \* Exterior Decorating
- \* Wallpaper Hanging \* Plastering/Over Artex
- \* Carpentry Work \* Plumbing
- \* Electrical & Much More...

**NO JOB TOO BIG OR TOO SMALL**

For high quality work & reliable business call  
**07908 170777 / 07702 430866**  
harveysdecor@gmail.com  
www.harveyspaintersanddecorators.co.uk 

# Decorate...










## to your taste

If you find yourself at home on a Friday night staring at the four walls, there are one of two things happening. One - you're bored out of your mind; two - you've already embraced some of the brilliant design ideas below.

Whether you're decorating the smallest of spaces, or perhaps a room akin to *Downton Abbey*, getting your walls working with your surroundings is imperative for an inspirational home. Here are seven sumptuous design dalliances:

### One: ART

Either hung from the wall or propped against it, art is a great method for matching wall colours to that of furniture. A single-piece painting or perhaps collection of record covers can immediately give a room personality and a theme, and at low cost.

### Two: SIMPLE SHELVES

Practical and decorative, shelves can be thick, thin, bracketed or suspended, but they add interest and busyness to a space that needs livening up.

### Three: YOU'VE BEEN FRAMED

A collection of different picture styles in a variety of

frames can speak so many moods and really create a mixed identity to a wall. Never dull, it offers small stories within one main visual.

### Four: STRING IT UP

Hanging string or suspending plants across a wall can draw the eye from one side to the other, with the gentle sag of material taking away what can sometimes be stark, sharp angles, particularly in new-builds.

### Five: EFFORTLESS ENTERTAINMENT

Go ultra-modern with your ultimate entertainment wall, housing widescreen telly, gadgets, computer console screens, LED signs and anything else that screams 'tech'.

### Six: MIRROR MIRROR

If you're lacking surface area, a mirror is the best cheat going for reflecting, adding to and intimating space and light.

### Seven: ASTOUNDING STORAGE

If you're really clever you can make a design feature out of storage - suspend a bike, create a hat montage or show off your shoes!



HOME & DIY





# RESIN BOUND DRIVEWAYS

by  GREENSTONE  
LANDSCAPES

Improve the appearance of your property and reduce any maintenance requirements with a resin bound driveway from Greenstone Landscapes.

With over 30 years' experience, numerous accreditations and an exceptional team, we can provide advice, guidance and a free of charge visualisation service to enable you to select the perfect colour and finish for your drive. All our installations come with a 10 year guarantee.

## LEADING SPECIALISTS IN RESIN RESURFACING

SINCE 1986

T: 01245 890175  
E: [info@greenstonelandscapes.co.uk](mailto:info@greenstonelandscapes.co.uk)  
W: [www.greenstonelandscapes.co.uk](http://www.greenstonelandscapes.co.uk)

The Coach House, West Hanningfield Road, Baddow Park, Chelmsford; Essex. CM2 7SY

CALL TO DISCUSS YOUR DRIVEWAY  
PROJECT & BOOK A **FREE** DESIGN CONSULTATION.  
**FREE** VISUALISATION SERVICE PROVIDED TO SEE HOW  
YOUR PROJECT COULD APPEAR WHEN FINISHED.



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Special Olympics GB

## Footballer wins world gold

A footballer from Billericay helped his team to win gold at the Special Olympics World Games in Abu Dhabi recently.

Reece Johnson was part of the Special Olympics GB seven-a-side football team who defended their title following a 3-1 win against Australia in the final.

Having beaten Australia the previous day, the team went into the final full of confidence. However, the opposition were ahead after just two minutes.

Great Britain responded well with Stephen Law-Bate managing to equalise in the fifth minute.

The momentum carried on with the team and Joe McKenzie took them into the lead with a left-footed strike in the seventh minute.

In the nineteenth minute, vice-captain Derek Taylor hammered home a goal into the top corner of the net

to extend the teams lead.

Following an uneventful second half, the Great Britain squad were crowned champions, having only conceded one goal in the whole tournament.

Michelle Carney, CEO of Special Olympics Great Britain, said: "Words cannot describe the feelings I have for the 128 athletes that make up the Special Olympic Great Britain team.

"They not only performed amazingly well, but they entered into the spirit of the games 110 per cent and have been amazing ambassadors for Great Britain.

"Hearing some of the heartbreaking stories that most of these athletes have experienced in their lives and then witnessing what they have achieved in Abu Dhabi and through our weekly Special Olympics GB sport programme, makes me so proud."



QUARELLA

CIMSTONE

SILESTONE

caesarstone

NEOLITH

COSENTINO



GRANITE  
ORANGE



Specialists in Granite, Quartz & Marble worktops

Fabricated in our own factory | Guaranteed quality and service

Working with you to enhance your kitchen | 5-7 days turn around time

**Do you have a new kitchen, or do you just want to replace  
your existing worktops?**

THE ONLY  
WAY IS  
GRANITE

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

01277 800 023

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

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

Unit 6 Pilot Close, Fulmar Way,  
Wickford, Essex SS11 8YW



Checkatrade.com  
Where reputation matters

FIND US AT THE



**SAVE UP TO 30% OFF SELECTED WORKTOPS**  
QUOTE VISION30

## Man to be honoured for giving the gift of life

A Billericay man who donated a kidney to save his brother's life will be honoured at an appreciation ceremony held by charity Gift of Living Donation (GOLD) this month.

Lloyd Esson selflessly donated the organ to his brother Raymond who was suffering from polycystic disease.

Lloyd said: "I wanted to give my brother a new lease of life, so he asked me to be his donor. I said yes, no questions asked. He is happy and healthy, and I'm pleased to have done the deed. It's a great honour to be recognised for this and I'm looking forward to the ceremony."

To find out more about becoming an organ donor and how to support the work of GOLD please visit [www.giftoflivingdonation.co.uk](http://www.giftoflivingdonation.co.uk)







# ON PATROL WITH... THE PASTORS



Billericay Street Pastors continue to patrol the High Street area on Friday and Saturday nights.

In this last month, our volunteers have given 134 hours of time on patrol and even more now as they continue to train both new recruits and experienced volunteers who keep up-to-date with strategic changes.

Schools Pastors continue to support Billericay School and have added in some after-school patrols initially around the back gate and underpass. We are really enjoying building relationships with the young people and staff and hope to continue to support their pastoral work.

We have just recruited five more volunteers who are undergoing training.

Not only are we training but we are also



preparing for several public events including the Soap Box Derby and Summerfest where our volunteers will be happy to explain personally what we do and why.

Thank you to the community for your continued support. We are on Facebook and Twitter if you want to know more or email [billericay@streetpastors.org.uk](mailto:billericay@streetpastors.org.uk)



## Parkrun raises awareness for aplastic anaemia

A special event called Be the Superhero was held at Billericay parkrun to raise awareness of aplastic anaemia and get people to sign up to the stem cell donor register.

Zoe Howe, from Billericay, has been fighting to raise awareness of the illness after her son's best friend, Henry, became ill.

There was no match for Henry on the stem cell donor register which meant that they had to use a parental donor who was just a 50 per cent match.

Zoe wanted to do something to help.

She continued: "Henry's family have incredible strength. They're an incredible unit. I asked them what I could do to help and they said to just donate blood or be on the stem cell donor register because that's what's keeping Henry going."

Zoe is a regular at Billericay parkrun, which takes place every Saturday at 9am at Lake Meadows.

She said: "I use running as a way to think. I was thinking that day about Henry, his family, and my boy.

"I had been reading up about stem cell donation and essentially if you're aged 17 to 55, and are relatively healthy, you need to be on the list.

"I realised I was surrounded by 17 to 55 year olds in good health. I then spoke to the run director and managed to secure the date."

The stand was set up at parkrun, a free event which is organised by volunteers, on March 23.

Zoe explained: "We ran out of swabs within the first half an hour. It was an absolutely huge event.

"We don't know how many donors will be found from this yet, but hopefully in the future we'll be able to say this is the number of donors added to the list which will be an amazing legacy."

If you missed out on the event, check social media for two more events which will be held in June.

Photo credit: Billericay parkrun

## 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

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

**KUHLMANN – GERMAN KITCHENS & SECOND NATURE** 1909 kuhlmann



## Former cancer patient wants to 'give back'



Photo credit: Basildon Hospital

A woman has traded her day job in Billericay to volunteer at Basildon Hospital's Breast Care Unit.

Cathrine Robinson was a stage-three breast cancer patient in 2015 and wanted to give back to the team after completing her treatment programme.

As an employee of Waitrose, the John Lewis Partnership provided the opportunity for her to do a volunteer placement with the charity of her choice.

Talking about the role, Cathrine said: "This is a great opportunity for me. When I saw the information about the programme, I knew immediately that I wanted to come to the breast care unit and give something back.

"When I leave in mid-May I will leave the unit better than I arrived. This experience really makes a difference and hopefully will enhance the experience of patients."

## Charity ball to be held to raise money for charity

A woman is holding a charity ball in Billericay this October to raise money for Alzheimer's Research UK.

Zoe Higginson, from Wickford, is calling for the support of local businesses to sponsor the event, which she is organising after being inspired to fundraise by her mother Joanne who has early-onset Alzheimer's disease.

The 25-year-old's mum has a rare form of Alzheimer's disease that usually affects people in their 40s, 50s and 60s. She was diagnosed four years ago at the age of 45 and has "deteriorated quite quickly" since then.

Zoe said: "It's hard to see somebody who was so close to you be affected in this way. My mum was

my best friend – she was very bubbly and outgoing, always smiling, laughing and having a joke. It's hard to watch her getting frustrated and not being able to be independent.

"If I know that I've done as much as I can raising money to try and find a cure then I'll be able to say that I've done my best and tried as much as possible."

The ball will take place at Reid's, on Laindon Road, on October 12.

To donate a prize or offer sponsorship, or if you can help in any other way with this event please contact Holly Noon on [holly.noon@alzheimersresearchuk.org](mailto:holly.noon@alzheimersresearchuk.org), or speak to Zoe directly on [zoe.higginson@hotmail.com](mailto:zoe.higginson@hotmail.com) or 07939 995249.

## Tributes paid to man who died following accident

A family has paid tribute to a man who died following a collision.

Essex Police provisionally identified him as 53-year-old David Norris, pending the opening of an official inquest.

Officers were called to Maldon Road, also known as the B1019, in Ulting just after 3.30pm on March 29 to reports of a motorcyclist who had cardiac arrest. He sadly died at the scene.

Paying tribute, his family said: "David will be missed forever by so many. He was a beloved life partner, stepfather, grandad and friend.

"He has been taken from us, and our lives have been forever changed.

"His lifelong passion for motorbikes, his thirst for knowledge, and his mantra of 'if you have a pair of hands, there's nothing you can't do' are just some of the things that made him great, and we are so blessed to have had him in our lives.

"This photo (below) says it all... 'What a difference a Dave makes'.

"We will love you and miss you forever. Until we meet again."



**GAROLLA**  
ROLLER SHUTTER DOORS

**Great For:**  
Space Saving  
Kerb Appeal  
Ease of Use  
**0800 468 1982**

**THERMALLY INSULATED ELECTRIC GARAGE DOORS**

- Acoustic & Thermal Insulation
- Brush Sealed Rails
- Pay on Completion
- Two Remote Controls
- 18 Colours Available

CE Approved

Free Disposal of your Old Door!

**Save £459**

**LIMITED OFFER - was £1354**  
**NOW ONLY £895**  
INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US TODAY

**01277 800 142**  
Phone Lines Open 7 Days a Week

**07537 149 128**

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

**BROADWAY KITCHENS**  
MANUFACTURER OF LUXURY BESPOKE KITCHENS  
[www.BespokeKitchensbyBroadway.com](http://www.BespokeKitchensbyBroadway.com)

Visit our Essex showroom to see and feel the quality. Call to discuss your kitchen project and book a FREE design consultation today!

Essex Tel: 01277 212 221  
98 High Street, Brentwood, CM14 4AP





*Kitchens • Bedrooms • AV • Home Office*



GEORGE BARNETT

Call us on 01277 217972

www.georgebarnettkitchens.co.uk o sales@georgebarnettkitchens.co.uk

Visit our showroom: 68 Woodland Avenue, Hutton, Brentwood, Essex CM13 1HH

**Call us when your home needs  
that new coat of paint**

**HOME MAINTENANCE  
AND REPAIRS**

- Interior Decorating ● Exterior Decorating
- Wallpaper Hanging ● Plastering / Over artex
- Dustless Sanding ● Fully Insured

Former employees of Tony Baxter for over 13 years

**For high quality work call**

**07824 664591**

www.TJMdecorating.co.uk

TJMdecorating1@gmail.com

@tjmpainting

**CALL US  
TODAY  
FOR YOUR  
FREE QUOTE**

**TJM**

**PAINTING & DECORATING**

# BILLERICAY TOWN FC

LOCAL NEWS BILLERICAY



Jack Paxman left, Joe Kizzi right.  
Photo credit: Nicky Hayes Photography

## Town strengthen ranks with Paxman

Billericay have strengthened their squad with the capture of attacking midfielder Jack Paxman from Maidstone Utd.

Paxman came through the youth team at Southend United and made his first team bow when he was 18.

After the manager at Roots Hall changed, Paxman was loaned to Soham Town before he signed for Chelmsford City at the start of the 2013 season.

After a season at the Melbourne Stadium, Paxman was signed by Thurrock manager Mark Stimson but moved to Witham.

He then made over 150 appearances for Maidstone and was included in the squad for the blues' recent draw at Dulwich Hamlet.

Elsewhere at the AGP Arena, Joe Kizzi was named player of the month for March by the Billericay Town Supporters Society winning 50 per cent of the vote.

Kizzi found the back of the net in the away game against Dulwich Hamlet and he turned in a number of positive performances over what

proved to be a difficult month for The Blues.

Finally Billericay Town have announced no further action will be taken after an incident with a substitute during the recent away game at Slough Town FC. After being subjected to verbal abuse, a Blues player jumped the pitch side barrier and entered into a verbal dispute with a small number of Slough Town supporters.

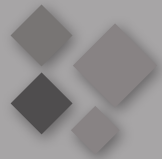
A statement released by Billericay Town read: "The match safety officer and stewarding team intervened and quickly dealt with the situation. The referee, who was in his changing room at the time was contacted by the safety officer and made aware of the incident. Senior officials of both teams were also immediately made aware of what had happened.

"No external authorities were called or notified and police did not attend. The referee indicated after the match that he would mention the incident in his match report. Both ourselves and Slough Town regret this unfortunate incident and advise that no further comment will be made from either club, and no action be taken."



**#TogetherWeSailAsOne**

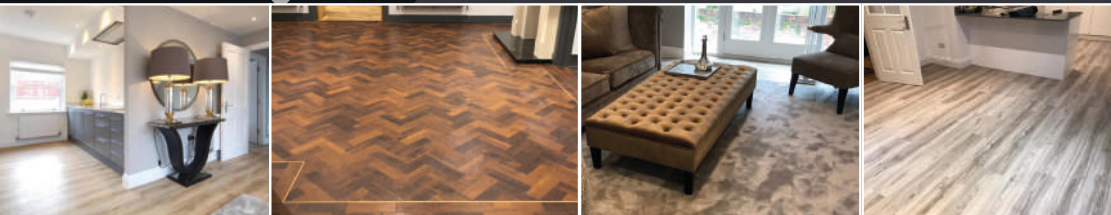




# FLOORING EMPORIUM LTD

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

## YOUR MOBILE FLOORING COMPANY



**OFFERING OUR FAST & EFFICIENT SERVICES  
AT COMPETITIVE PRICES!**

**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

*from your neighbourhood*

LOCAL NEWS SHENFIELD



## Boy walks 10,000 steps a day to raise money for charity

A schoolboy from Shenfield has raised hundreds of pounds for charity.

Fraser Sowden decided he wanted to fundraise for a worthy cause and chose to take part in the Walk All Over Cancer fundraiser to raise money for Cancer Research UK.

The fundraiser challenges participants to walk 10,000 steps every day for a month.

The 13-year-old chose to take part as he had recently seen the *Stand Up to Cancer* appeal on TV and the statistics shocked him.

His mum, Kirsty, said: "There had been some publicity on TV that he had seen and that had him asking some questions about it.

"The fact that the statistics indicate one in three

people will get cancer shocked him.

"He decided to raise money to help find cures and treatments."

Fraser wanted to raise £500 for Cancer Research UK, but he has since smashed his target.

His mum continued: "I have to confess, I felt his initial target was a bit ambitious but he's absolutely smashed it.

"He is delighted that he's done so well. We are so incredibly proud of his efforts and achievements."

At the time of going to print, Fraser had raised £785 plus £182.50 Gift Aid.

To donate to Fraser, visit his fundraising page at [fundraise.cancerresearchuk.org/page/fraser-walks-all-over-cancer-1](http://fundraise.cancerresearchuk.org/page/fraser-walks-all-over-cancer-1)



# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



A constant subject of concern in my MP's postbag is climate change. People are becoming more and more aware of the environment, its fragility and our need to preserve it - and whilst we have made great strides, there is still far more we can do.

The Government's 25-Year Environment Plan sets out a framework to ensure that we hand the next generation a cleaner, more sustainable country than the one that we inherited. It includes tackling the scourge of plastic, delivering cleaner air and water and, crucially, using the opportunity Brexit provides to develop our own bespoke agricultural and fisheries policies with a more sustainable focus.

It is clear that tackling climate change is at the forefront of people's minds and we should be proud of our achievements thus far as the UK has

reduced greenhouse gas emissions by 25 per cent since 2010 - faster than any other G20 country. We were the first country in the world to commit to phase out unabated coal power by 2025 and have invested £52 billion in renewable energy since 2010 with 400,000 people now working in low-Carbon businesses.

We are also tackling poor air quality through the Clean Air Strategy, banning petrol and diesel cars by 2040, investing millions in greener public transport, electric and hydrogen vehicles. The 5p charge on single-use plastic bags has reduced their use by 85 per cent with each person on average now using 25 bags a year compared to 140 before the charge came into effect.

I know that the urgency of cleaning up our country and our planet is felt by many individuals and groups locally. Rest assured, I understand the need for us to act. [www.alexburghart.org.uk](http://www.alexburghart.org.uk)



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





## Worktop4Less

BESPOKE LUXURY  
WORKTOPS AT  
MANUFACTURER'S  
PRICES

Call: 01277 212 221  
[www.Worktop4Less.com](http://www.Worktop4Less.com)

FREE AMAZON ECHO DOT  
WITH EVERY ORDER PLACED!







# 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

**Before**



**After**



**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 7UZ





# 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.davidlepinepainting.co.uk](http://www.davidlepinepainting.co.uk)**

**Email: [d-lep@msn.com](mailto:d-lep@msn.com)**



- BLOCKAGES CLEARED
- HIGH PRESSURE WATER JETTING
- CCTV CAMERA SURVEYS
- PIPE LINING ■ EXCAVATION
- PUMP STATION SERVICES & INSTALLATIONS
- WATER MAIN LEAK PROTECTION & REPAIRS
- CONFINED SPACE ENTRY
- DRAINAGE SYSTEM DESIGNS
- HYDRO-CLEANING
- ROOT REMOVAL & MORE

**WE CAN SOLVE  
ALL YOUR  
DRAINAGE ISSUES**

**18 YEARS EXPERIENCE IN THE DRAINAGE INDUSTRY**

**CALL GEM DRAINAGE ON 01277 554183**

**[rjgoodhew@hotmail.co.uk](mailto:rjgoodhew@hotmail.co.uk) f GEM-Drainage**



**GOODHEW  
ENVIRONMENTAL  
MAINTENANCE**

## High school student makes football history



Photo credit: Colchester United FC

A pupil at Shenfield High School made football history recently when he became the youngest ever player to turn out for Colchester United.

Todd Miller, who is in Year 11, was 16 years and 166 days old when he made his first team bow for Colchester United at Exeter City.

Miller has played 18 times in the U's U23s team and has caught the eye of head coach John McGreal.

McGreal said: "We've watched him regularly in the U23s and he's shown good pace down the wings, and is developing with every game."

"The fact he has played for the U23s at 15 or 16 speaks volumes about how well he's been doing and he's getting himself a big reputation at the club - and from further afield, too."

"I really like what I see from him. He can play both sides, is direct when he gets the ball and his decision making is excellent for his age. We've never been afraid to give young players their chance to be around the first team and Todd's inclusion is fully merited."

He was denied a debut goal three minutes after coming on, being flagged offside as he raced onto a diagonal ball from the left.

Miller follows in the footsteps of Us teammate Frankie Kent, who also attended Shenfield High.

## Rotary Club giving £10k to celebrate 40th anniversary

Brentwood a Becket Rotary Club is offering the chance for local charities, voluntary groups and not for profit businesses to bid for an award of £10,000 to develop their organisation.

The award is being offered by the Rotary Club to mark the start of its 40th anniversary as a member of the rotary movement.

It will be available to those based in Brentwood or neighbouring districts who have clients in Brentwood or plan to use the award to expand into Brentwood.

The districts include Chelmsford, Basildon, Thurrock, Epping Forest and Havering.

A spokesperson from the Rotary Club said: "Applicants will need to show that the money would be used for something new such as a new service, extension of an existing service, new equipment or vehicles or a training programme."

"Brentwood a Becket Rotary Club raises over £60,000 for charity every year. This money is donated throughout the year to many local, national and international organisations through the club's charitable trust."

"Whilst there will be only one winner of the award, the club will follow up some of the other applications to see whether a smaller donation can be made."

The application form can be found online at [www.rotarybrentwood.org](http://www.rotarybrentwood.org)

Forms will need to be submitted by the end of May and the winner will be announced by mid-July.

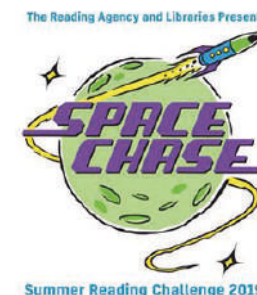
## Take part in an out-of-this-world reading challenge

Staff from Shenfield Library are encouraging children to take part in their Summer Reading Challenge.

Space Chase, inspired by the 50th anniversary of the first moon landing, will run from July 20 – September 2.

Children aged between three and 12 will be challenged to read six books to earn space-themed stickers. If they complete the challenge, they will also receive a certificate and a medal.

For more information, please visit [libraries.essex.gov.uk/news/space-chase-summer-reading-challenge-2019](http://libraries.essex.gov.uk/news/space-chase-summer-reading-challenge-2019)







# A Prince *for the people*

If ever there was someone on the inside perfectly placed to lead forward the Royal Family's often haphazard PR machine, it's surely Prince Charles.

As celebrations begin to mark 50 years since the Prince of Wales was given his investiture at Caernarfon Castle in 1969, we have to sit back and admire the strength, resilience and patience of a character who has spent a lifetime winning round public opinion.

Of course, much of that negative feeling stemmed from his apparent treatment of Princess Diana – a failed marriage and ensuing feud that ripped apart the Royals, with Camilla waiting in the wings. And upon Diana's tragic death in Paris in 1996, it was supposed Charles would never again win the hearts of the nation.

But his dedication to sons William and Harry, a passion for the environment and art, plus a head for business and entrepreneurial spirit have seen a positive perception restored. Certainly, where The Prince's Trust is concerned, Charles has sparked tremendous belief and potential in the next generation of commercial minds. An organisation he founded way back in 1976, its support for vulnerable and needy 11- to 30-year-olds makes it our greatest ever force for championing people, and is a project that remains very close to Charles' heart, all these years on.

While the Royals held their own 50th anniversary celebration for Charles at Buckingham Palace in a gathering on March 5, a separate bash is set to take place on July 19, to mark the exact date. Back then, Charles was Duke of Cornwall,

Duke of Rothesay, Earl of Carrick, Baron of Renfrew, Lord of the Isles and Prince and Great Steward of Scotland, and actually assumed the title he craved on July 26 1958, but it would be almost another year before his investiture.

He served in the Royal Air Force and Royal Navy and in his youth was linked to a number of women, at one point pursuing 16-year-old Amanda Knatchbull, who four years later he proposed to, only to have his offer rebuffed.

Marrying Lady Diana Spencer in 1977 was set to present the flagging royals with a fairytale marriage, but the couple's incompatibility and near 13-year age difference were perennial issues, and many thought Camilla Parker Bowles was more suited to Charles, and so it proved when the pair married in 2005.

Charles has certainly worked hard to repair the damage of some turbulent years, both in his philanthropic work and in an awareness that, for the royal family to survive, they would need to modernise. A hard worker, Charles – who has voluntarily paid tax since 1993 – carries out hundreds of official engagements every year as a light-hearted, jovial and humorous exemplar that many around him would do well to mirror.

Mostly though, Charles may well be regarded as the prince who has now waited half a century to assume the greatest title of them all – King of England. Some wonder if he will ever get his chance, and when he does, how long will he be sat on the throne?

What is certain is when he does make that final step, it will be as a result of a lifetime of admirable service to his country.

*50 years for Charles – the patience of a saint or the poise of a Prince?*





## ANIMALS &amp; INSECTS



**W**ant to turn your garden into a bona fide wildlife wonderland? Here are some tips and tricks on attracting a wide variety of animals and insects to your green space...

Although it may seem an odd concept, the best way to attract animals to your garden is to leave it a little untamed. When you leave part of your garden untouched, with good access to other gardens or wild spaces, you are creating a safe area for wildlife away from human influences.

By inviting the littlest of critters into your garden, you then create an entire mini-ecosystem. For example, an undisturbed pile of logs makes an excellent hideaway for an incredible number of insects which, in turn, can attract birds and mammals.

But if you are more of an orderly gardener than an untouched space curator, here are some things to keep in mind if you want to end up with a green space positively brimming with animal and insect life:

✿ Trees not only give birds somewhere to nest but can provide fruit for foxes, badgers and even deer

✿ Hedgerows, such as holly, provide essential cover and corridors that join up green spaces for small mammals

✿ A range of shrubs that flower at different times will improve the diversity of visitors to your garden

✿ Longer grass is essential for egg-laying insects such as butterflies, so leave a bit of lawn untrimmed to give these birthing bugs shelter

✿ Taller flowers will attract flying friends from bees to dragonflies

✿ Night-scented plants such as buddleia and evening primrose are great for moths which in turn are a feast for bats

✿ Wall-climbers can provide links between gardens for pollinators

✿ Don't forget your water feature – ponds are essential for amphibians and offer a bath and beverage for birds

✿ Choose your own compost over peat – compost heaps are a warm home to reptiles as well as a great source of nutrients for your garden.



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 40m² \*\*New Customers Only





# Grow your own TOMATOES

Last year's British Tomato Week was so successful that this year the British Tomato Growers Association has announced that they will be paying tribute to the tasty tomato for a whole fortnight! And it couldn't have happened to a nicer fruit.  
And yes, a tomato is technically a fruit.

## ARE TOMATOES EASY TO GROW?

Yes, they are, mainly due to the fact that they are suitable for any garden size as they can be grown in containers or hanging baskets. All that they really need is lots of sun.

For beginners, we recommend buying a starter plant from your local gardening centre.

## WHEN SHOULD TOMATOES BE PLANTED?

If you are growing your plants from seeds, then it is advised that you sow your seeds either indoors or in a greenhouse six to eight weeks before the last frost date.

## HOW SHOULD I SOW TOMATO SEEDS?

Sprinkle the seed thinly onto a high quality seed compost within a small pot and then cover with around 1.5mm of the compost. Once two leaves have appeared, you can move the seedlings into bigger pots and once flowers have appeared you should transfer each plant into a grow bag or larger pot (roughly 23cm).

## WHAT VARIETY OF TOMATO SHOULD I CHOOSE?

**Gardener's Delight:** A small, sweet variety that likes grow bags or pots.

**Tumbler:** Best for growing in hanging baskets.

**Ferline:** A beefsteak tomato that is resistant to tomato plight. Grow in bags or pots.

**Sweet Million AGM:** Cherry-sized, sweet tomatoes that are perfect for kids to grow and pick.

**Fun fact:** If all British tomato plants were lined up, they would wrap around the equator eight times.





## London's finest turf and topsoil

Top quality Rolawn Turf and Topsoil  
Delivered throughout the London area  
Professional preparation and laying

**Telephone: 01277 554103**

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

Vicarage Close, Brentwood, Essex, CM14 5GR

Branches throughout London & the South East



## TRANSFORMING YOUR OUTDOOR SPACE

The  
London  
Decking  
Company

OPERATING FOR OVER 20 YEARS • QUALITY DECKING • SUPERIOR CONSTRUCTION  
SMALL RESIDENTIAL GARDEN TO LARGE COMMERCIAL DECKS

**01277 554107**

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

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

Vicarage Close, Brentwood, Essex, CM14 5GR



# Come and meet our experts.

Come and join us at our **FREE** Hospital Open Events.

## A guide to bowel disorders.\*

Tuesday 25th June 2019 at 6.30pm

With Mr Mrinal Saharay,  
Consultant General Surgeon.

## Let's talk weight loss surgery.\*

Thursday 27th June 2019 at 6.30pm

with Mr Sanjay Agrawal,  
Consultant General Surgeon.

## Let's talk thyroid disorders.\*

Tuesday 2nd July 2019 at 6.30pm

with Dr Rehman Khan,  
Consultant Endocrinologist.

## Let's talk varicose veins.\*

Thursday 4th July 2019 at 6.45pm

with Mr Sabu Jacob,  
Consultant General & Vascular Surgeon.

## Cataract surgery & ageing eye diseases.\*

Thursday 11th July at 6pm

with Mr Aman Chandra,  
Consultant Ophthalmologist.

## Women's health Urinary incontinence and prolapse.\*

Tuesday 16th July at 6.30pm

with Mr Yemi Coker,  
Consultant Gynaecologist.

## Pelvic floor retraining.\*

with Mrs Linda Griffin,  
Physiotherapist.

Everyone is welcome, so  
tell your friends and family.

\*Presentation style event.

Spaces are limited, call **01277 695 631**  
or visit **nuffieldhealth.com/book**

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

# THESE TS are made for walking

HEALTH & FITNESS

**D**id you know that May is National Walking Month? So, what better time to put your best foot forward and reap the benefits, both physical and mental, of a daily brisk walk.

## 1. Helps maintain a healthy heart

If you work in a sedentary job or have a fairly sedentary lifestyle in general, a daily walk can work wonders on reducing your risk of both heart and cardiovascular disease.

## 2. Aids weight loss

Wanting to shift a few pounds without pounding away on the treadmill? Simply start getting off the bus a few stops early or walking to the local shops rather than driving. Even small changes can make a noticeable difference.

## 3. It can actually make you smarter

Really? Yes, the simple act of going for a daily walk can actually make you more intelligent. This is because walking helps to supply more oxygen and glucose to the brain which in turn, helps it to perform better.

## 4. Reduces your stress levels

Walking helps to improve your circulation which means your cells are provided with more nutrients and oxygen. It also decreases the amount of cortisol, the stress hormone, that is produced.

## 5. Improves your mood and your memory

Physical activity, especially in the open air, is known to help prevent depression, plus you will get a much-needed injection of vitamin D. And specifically, for older people, a daily walk can help improve their memory and even help prevent dementia.

## 6. Helps to maintain a healthy digestive system

Although you may not feel like it, a quick walk after a meal is actually a really good idea. Not only can it help keep your weight down, but it also helps support your digestive system, meaning you are less likely to suffer from bloating, constipation or diarrhoea.







# How to go ALCOHOL FREE for a whole year



**VISION** spoke with freelance journalist Jerry Lyons following his attempt to go alcohol free for a year. Here's his account of what happened...

April 2, 2019 was a special day in my life. It marked 365 days since I've had a drink of alcohol. Which, given I was a big social drinker for 30 years prior to my year of abstinence, was a huge achievement for me.

To me it was the equivalent of climbing Ben Nevis in the winter wearing flip-flops and while battling man-flu.

But here's five tips on how I went alcohol-free (AF):

**CHALLENGE** – I set the 365 challenge with the help of an organisation called One Year No Beer (no wine, no spirits either) which helps people embarking on the booze-free challenge.

**ENTHUSIASM** – I attacked the first 60 days of abstinence with enthusiasm. I listened to dozens of podcasts about health and living alcohol-free. I

also read a great book by a writer called Catherine Gray - *The Unexpected Joy of Being Sober*.

**SWAPPING BUZZES** – I swapped Friday night beers for going to the gym. The endorphin high from a good workout or gym class is unbeatable for me and there is no hangover.

**REWARD** – Another big help was something I thought was ridiculous before going AF. Alcohol-free beers. I'd always considered alcohol-free beers as pointless. A bit like going into a barber's but not getting your haircut. However, the AF alternatives seem to have the same trigger for the sense that you're rewarding yourself.

**SUPPORT** – I used the One Year No Beer Facebook group to lean on in the first 90 days. After that I had the best support anyone could ask for – my partner who, seeing the benefits being booze free brought me, decided to take on the challenge herself.

I've never felt lighter, brighter and clearer so I'm going to keep the dry run going for as long as possible and I'll raise a glass of cold (alcohol-free) beer to that.

Cheers



# Cataracts explained

## WHAT IS A CATARACT?

A cataract is the clouding of the natural lens in your eye. The human eye has a lens, much like a camera does. It has a role in focussing light to enable vision. As one ages, the lens becomes less clear, and it is this "clouding" which is called a cataract.

## HOW WOULD A CATARACT AFFECT MY VISION?

Cataracts can lead to poorer vision in the effected eye. In general, it may appear like looking through a frosted window.

## IS IT COMMON?

Cataracts are a natural part of aging and are therefore very common, but they can also develop due to a number of health conditions.

## HOW CAN IT BE TREATED?

Cataracts are treated by surgery. The operation involves removing your natural



Mr Aman Chandra  
Consultant ophthalmologist  
& vitreoretinal surgeon

# Q & A

clouded lens and replacing it with a clear artificial lens. The majority of cataract surgery is done under local anaesthetic and is undertaken as a day case, requiring up to a four hour stay in hospital.

## HOW SUCCESSFUL IS IT?

Cataract surgery is the most commonly performed and safest surgery worldwide. Over 450,000 cataract surgeries are undertaken in England annually with over 95% of patients experiencing improved quality of vision.

## Mr Aman Chandra Consultant Eye Surgeon

- Cataracts • Macular Degeneration
- Diabetic Eye Disease • Minor Eyelid Procedures
- Macular Holes • Epiretinal Membranes
- Retinal Surgery

01277 554097

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







# Splurge or Save...

ON SKINCARE ESSENTIALS

We love trying a new skincare product as much as the next person but surely it shouldn't cost so much to look and feel good about ourselves? So when should we splurge and when should we try and save some of our pennies?

## Splurge on Serum

Serums contain lots of highly concentrated ingredients that target different skin problems such as fine lines, wrinkles and redness. Unfortunately, these ingredients do not come cheap. Spend more now and save your skin in the long term.

## Splurge on Moisturiser

Probably one of your most used skincare products, moisturiser stays on your face all day, so you should choose a good one. Cheaper versions can contain poorer quality ingredients such as alcohol, mineral oil and synthetic fragrances which can all aggravate your skin.

## Splurge on Exfoliator

A budget exfoliator runs the risk of breaking or irritating your skin, especially if it is sensitive or hypoallergenic. Instead invest in a higher quality brand that is known for being gentle to your face.



## SAVE ON CLEANSER

Cleansing is very important and should be done twice a day to clear your face of make-up, dirt and impurities. However, your cleanser does not need to be expensive. Choose a budget-friendly brand that is gentle on your skin.

## SAVE ON TONER

Similar to cleanser, using a toner as part of your daily routine is definitely beneficial but as it spends very little time on your skin, a cheaper version is fine to use. Try and find one that also has hydrating properties if you suffer from dry skin.

## SAVE ON FACE MASKS

Most masks contain very similar ingredients but can vary massively in price; opt for a cheaper version but one that is suited to your skin type. Clay ones are good for oily skin whereas aloe vera is beneficial to dry skin types.



## Looking for your new local family dentist?

**TALBOT**  
DENTAL CARE

- Independent, family practice
- Established in 1996
- Wide range of cosmetic dentistry
- Emergency appointments
- Late night opening
- Private and Denplan patients
- 3 minute walk from Shenfield station
- Wheelchair accessible

**Tel: 01277 222707**

Email: [contact@talbothousedentalcare.co.uk](mailto:contact@talbothousedentalcare.co.uk)

Web: [www.talbothousedentalcare.co.uk](http://www.talbothousedentalcare.co.uk)

1 Talbot House, Friars Avenue, Shenfield, Essex CM15 8JA



# NEW PATIENT SPECIAL OFFER

## BOOK YOUR CONSULTATION TODAY

# 01277 222707

**FREE** scale and polish worth £48.00 once you register and visit us for your first consultation.

Terms & conditions apply



# VPZ BILLERICAY NOW OPEN!

MAKE THE SWITCH  
WITH THE VAPING EXPERTS!

OVER 100 STORES NATIONWIDE



**BIGGEST RANGE  
OF E-LIQUIDS  
IN TOWN**

**81 HIGH ST  
BILLERICAY  
CM12 9AS**

Monday - Friday / 8.30am - 6.30pm  
Saturday / 9.00am - 6.30pm  
Sunday / 11.00am - 5.00pm



**24TH  
FASTEST  
GROWING  
BUSINESS  
2018**

# DON'T JUST TAKE OUR WORD FOR IT...

Dear Nik,

I would like to take this opportunity to thank you and your team at **VISION** for the expert way you have promoted my business in your magazines.

Working with you and your team at **VISION** has made the process of advertising incredibly easy.

From our first meeting you explained the benefits to me of advertising with **VISION**, making sure my advert sent across the right message to potential customers and keeping it really simple with the design yet effective.

I now only use **VISION** for all my marketing needs and have since increased my advertising with **VISION** in more of their magazines around Essex.

It has really taken my business to the next level. I would have no hesitation in recommending **VISION** to any person or company looking to get more business in the local area.

Your sincerely,

Mike Lincoln  
Flooring Emporium  
01277 211822



Your  
Monthly  
Lifestyle  
Magazine

**VISION**

To advertise call now on

**01277 554045**

or email [billericay@visionmag.co.uk](mailto:billericay@visionmag.co.uk)



YOUR INDEPENDENT

# The Travel Boutique

TRAVEL AGENT



*'Travel is our Passion, Customer Care our Forte'*

- Family Holidays • Secluded Beach Holidays • Winter Sun
- Romantic Escapes • City Breaks • Special Occasions • Sporting Adventures
- Out of the Ordinary

Find us at 140 Hutton Road, Shenfield, CM15 8NL

Fully ABTA and ATOL Bonded

☎ 01277 563193 [www.thetravelboutique.co.uk](http://www.thetravelboutique.co.uk)

f [www.facebook.com/www.thetravelboutique.co.uk](http://www.facebook.com/www.thetravelboutique.co.uk)



TRAVEL

# A CENTURY *in the air*



**A BRITISH MAINSTAY THAT HAS UNITED THE WORLD,  
BRITISH AIRWAYS CELEBRATES ITS 100TH BIRTHDAY THIS YEAR**

It may not have started life with the most glamorous of titles, but as the British Overseas Airways Corporation (BOAC) celebrates 100 years in the air in 2019 we should all look to the skies and be proud of this incredible airborne institution.

Celebrations are already well underway - in February, BA gave a graceful retro makeover to one of its Boeing 747s by painting on it some classic 1970s livery. And as current chairman and CEO Alex Cruz confirmed, that iconic model will continue to be at the heart of events marking the brand's contribution to the aviation industry.

"Since reaching out in looking to mark this special year, we have received countless messages from our customers right across the world who have shared their memories of BA, and the various liveries come up in conversation more than perhaps anything else," said Cruz. "That made it all the more exciting when we re-introduced the classic BOAC design.

"Beyond that, of course, who we are and how we operate has been shaped hugely by our history, and

how we move forward is now vitally important in what is a rapidly changing industry."

British Airways was so-named in 1974, but it was on August 25th 1919 when minor airline Aircraft Transport and Travel (AT&T) (a forerunner to BA) launched the world's first scheduled passenger flight from London to Paris.

AT&T went through various difference mergers and guises before it finally landed as BA, and its humble beginnings are perhaps more in line with the cost-aware conditions that confront operators in the current market.

Celebrations of this landmark year are set to continue throughout 2019 - check out the current TV advert that embraces some of Britain's best-loved personalities (and, no doubt, their bountiful collections of air miles).

Photo credit: Ceri Breeze/Shutterstock.com



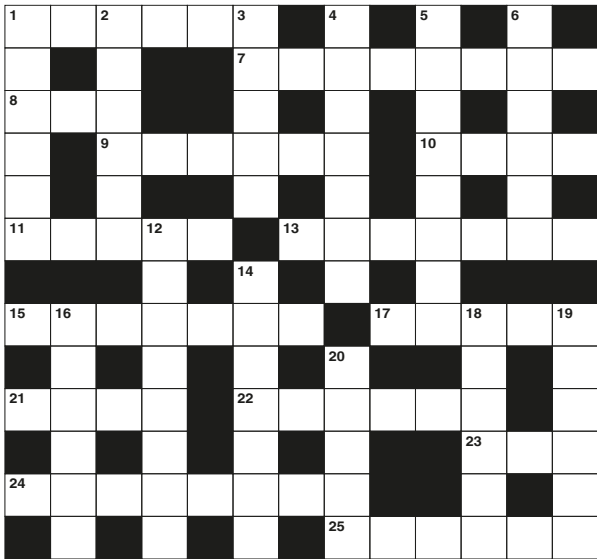


ACROSS

- Red-breasted birds (6)
- Dry biscuits (8)
- Flat-topped cap with a tassel (3)
- Domestic assistant (2,4)
- Fleet of ships (4)
- Ethical (5)
- Tall tower (7)
- In the middle (7)
- Relating to vision (5)
- Smile broadly (4)
- Shrub with glossy leaves (6)
- Particle that is electrically charged (3)
- Relating to a topic (8)
- Fences made of bushes (6)

DOWN

- Make changes to improve something (6)
- Type of market (6)
- Discard (5)
- Noisy colourful birds (7)
- Superficial (4-4)
- Small stones (6)
- Right to self-government (8)
- Hammers (7)
- Hearts (anag) (6)
- Covering a roof with thin slabs (6)
- Solid pieces; blocks (6)
- Cage for small pets (5)



DID YOU KNOW?

- Brazil is the largest country in South America
- The capital city of India is New Delhi, while Mumbai is the most populated city
- French is the second most studied language in the world after English
- Australia hosted the 1956 and 2000 Summer Olympics
- The three colours of Iceland's flag represent elements that make up the island; red represents the island's volcanic fires, white is for the snow and ice fields, and blue the ocean.
- The famous giant panda is found near the Yangtze River in China.

SUDOKU

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



THE KEN RHODES GROUP LIMITED

"THE DOUBLE GLAZING AND CONSERVATORY SPECIALISTS"

ENHANCE THE VALUE AND NATURAL BEAUTY OF YOUR HOME WITH OUR WINDOWS, DOORS AND CONSERVATORIES



3 YEARS INTEREST FREE CREDIT AT 0% APR  
AVAILABLE ACROSS ALL OF OUR PRODUCT LINES

SHOWROOMS: 193 ST MARYS LANE, RM14 3BU  
THE CONSERVATORY CENTRE GALLOWS CORNER  
(BY APPOINTMENT ONLY)

01708 227777

WWW.KENRHODES.CO.UK







**babyballet**  
where little boys and girls love to dance

Exciting classes available in  
**Romford, Chelmsford,  
Brentwood and Billericay**

from  
**6 Months**

Contact Miss Laura on  
**07534 260067**  
romfordcentral@babyballet.co.uk

Book  
a 3 week  
trial for  
**£15**

**www.babyballet.co.uk** AS SEEN ON..  
**CBEBIES & NICKJR.**



## 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



# WHAT'S ON

## in your area



WHAT'S ON

### Hutton Singers

Hutton Free Church, Hanging Hill Lane,  
Hutton, CM13 2QH

Wednesday mornings, 10am – 12pm

Hutton Singers are an extremely friendly bunch and enjoy singing all types of music together.

We have already been asked to sing in 2019 for Stock Village Social Group, The Flower Festival and the Marillac Hospital.

We are looking for ladies who enjoy singing and meeting new friends to join us and we can guarantee a very warm welcome.

For more information, contact choir leader Betty Moore on 01277 210418.

### Billericay Model Railway Group Railway Exhibition

Hannakins Farm Community Centre, Rosebay Avenue, Billericay, CM12 0SY

May 11, 10am – 5pm

An exhibition showing over 11 model railway layouts, traders stalls, and modelling demonstrations.

Adults and unaccompanied children: £5, concessions: £4.50, under 18s: £3 and children aged five and under: free.



### Charity Lunch

Billericay Methodist Church, Western Road,  
CM12 9DT

May 11, 12.30pm – 1.30pm

A two course snack lunch and drink for only £4.50. The proceeds this month are going to Medic Malawi, a small charity committed to provide high quality healthcare, support for AIDS orphans, education and leadership development.

All welcome, there is no need to book. Call 01277 622297 for more information.

### Brentwood Wine Society

Shenfield Parish Hall, 60 Hutton Road,  
Brentwood, CM15 8LB

May 14, 8pm – 10pm



The society's aim is to help members improve their experience, understanding and enjoyment of wine.

Invited wine experts present samples of wines from a country or region of the winemaking world.

Through these tastings, we have a broadened interest which has led to a deeper knowledge and love of wine.

If you would like to come along, in the first instance for a free tasting email stephen.hill33@btopenworld.com or call 07776 031747.

### Gone Too Soon

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

May 20, 7pm – 9pm

'Gone Too Soon' is a local bereavement support group for parents who have lost a son or daughter of all ages, in any circumstances and however long ago.

Meetings are held on the third Monday of each month. For further details or a chat, please contact Lyn on 07387 805406 or email lyn-currie@hotmail.co.uk | www.gonetoosoon.online

### Charity Golf Day

The Warren Golf Club, Woodham Walter,  
Maldon, CM9 6RW

May 31

Shenfield High School PTA is holding a charity golf day at The Warren Golf Club.

Coffee and bacon rolls will be served on arrival.

18-holes followed by a two-course meal.

£50 per person or £200 for a team. For tickets, email shspa@shenfield.essex.sch.uk



## HELPING YOUR POTENTIAL CLIENTS **FIND YOUR BRAND**

Web design  
Digital marketing  
SEO  
PPC  
Social media

# FSE digital.

01245 477 449 | [www.fsedigital.com](http://www.fsedigital.com)  
[info@fsedigital.com](mailto:info@fsedigital.com)



## WANT A COMMERCIALLY EXPERIENCED PROFESSIONAL TEAM WORKING FOR YOU & YOUR BUSINESS?

### CROSS SECTOR SME SPECIALIST ACCOUNTING & ADVISORY SERVICES

#### Full range of traditional accounting services plus

- Start Ups & Contractors ● Growth Businesses
- Established Businesses ● Business Exits
- Dispute Resolution & Negotiation services
- Forensic Investigation ● GDPR ● HR
- Now taking on Ex KPMG Clients



## IMPACT ACCOUNTANTS FOR BUSINESS

Contact us on 07479 365 957  
[info@impacc.co.uk](mailto:info@impacc.co.uk)  
or [www.impacc.co.uk](http://www.impacc.co.uk)



# ACCESS DENIED

It is estimated that around 100 billion emails are sent by people in the world, every single day.

Have a proper look at your inbox, particularly the spam and junk folders, and the chances are you'll find one there from your bank, from a 'friend' sending you some holiday snaps, perhaps some discount offers from retail companies; or in a recent case that made it into UK newspapers, from none other than Cliff Richard. All are fake; all want to steal from you.

These days, our email systems are pretty adept at detecting spam mail, but what if something slips through? The best ways to protect yourself is to ask the following questions:

- ☒ Do you even have a bank account/store account with the sending company?
- ☒ Is the person a stranger looking to strike up a business partnership or casual conversation?
- ☒ Are there typos in the email body?

- ☒ Is the email from a bank claiming there has been a security issue, and that you will be required to go to enter in your password and personal data through a link provided in the email?
- ☒ Does a link in the email go through to a different 'phished' website, or one with a name that doesn't match the typical web address format of your bank's?

If you can answer 'yes' to any of these, the chances are you're looking at an email being sent to intentionally glean data and log-in information, and from that, defraud you.

We are at least in an era now where companies invest billions in keeping their customers safe, but the threat – to ourselves and loved ones, particularly the elderly – remains severe, so be smart, be vigilant and approach any unsolicited email with the caution it deserves.



## FINANCIAL ADVICE FOR NEW PARENTS

Parents can often find their time entirely taken up with looking after the newest member of their family. It's a life-changing experience that will have an impact on their finances too.

### PLANNING PAYS

For any couple, one of the biggest adjustments is managing on one salary, so working out a budget together will ensure that they have taken care of the monthly overheads. As well as statutory maternity pay or maternity allowance, you may be entitled to other things like tax credits or child benefits, free NHS prescriptions and dental care.

### PROTECTING WHAT'S IMPORTANT

Parents want to do what's best for their children, but many overlook putting insurance plans in place in case anything should happen to either of them. It may be an uncomfortable topic to discuss, but nobody would want to leave their family struggling financially. The monthly cost of a protection plan is a lot less than many people imagine, often no more than a family might spend on a round of coffee and cake on the high street.

### SAVING FOR THEIR FUTURE

A Junior ISA is a tax-free savings scheme that enables parents to put money aside either into a cash or a stocks and shares account for their child's future. The allowance for the 2019-20 tax year has been increased to £4,368. On their 18th birthday, the child can access their savings.

Those who want to plan even further ahead can open a pension for their child, saving up to £2,880 per year tax-free. Tax relief on pension contributions at 25% means that the amount actually invested becomes £3,600. When the child reaches 18, they can continue to invest in it and access their pension at 55.

As part of the service at HCR, we take the time to understand our client's 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 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 • www.hcrifa.co.uk • Fax 01277 658383  
Suite 5, First Floor, Foremost House, Radford Way, Billericay CM12 0BT

## Welcome to the Family Law Team at Mullis & Peake LLP, now available in your local high street.

With over 60 years of cumulative experience we can offer advice on all legal aspects of relationship breakdown.

In the last year we have advised on:

- SUCCESSFUL pre-nuptial agreement for a multi-millionaire art collector
- SUCCESSFUL complex financial settlements on divorce
- SUCCESSFUL complex child arrangements
- SUCCESSFULLY mediated disputes between two parties
- SUCCESSFUL emergency freezing application to freeze assets before they could be removed from the jurisdiction



Roisin McCorry  
Head of Family Department  
roisinmccorry@mplaw.co.uk



Angela Sharma  
Senior Associate Solicitor  
angelasharma@mplaw.co.uk



Jessica Thrower  
Associate Solicitor & Mediator  
jessicathrower@mplaw.co.uk

If your case is suitable we can offer a 40 minute free consultation with one of the team. Appointments available in the evening by arrangement.

**Shenfield Office**  
194 Hutton Road, Shenfield,  
Essex CM15 8NR  
t: 01277 245015

**Romford Office**  
8-10 Eastern Road, Romford,  
Essex RM1 3PJ  
t: 01708 784000





**IF IT MATTERS TO YOU,  
IT MATTERS TO US.**

What are you looking to insure?



Fleet



Liability



Landlord



Shop

Contact Coversure  
Brentwood today

01277 295504

[www.coversure.co.uk/brentwood](http://www.coversure.co.uk/brentwood) | [brentwood@coversure.co.uk](mailto:brentwood@coversure.co.uk)



Family-run business with  
over 20 years of experience.

Trading Standards  
Approved Aerial Installer.

Quality Workmanship  
At Sensible Prices.



**digital**  
Approved Member

## 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
- Sky installations – repairs & upgrades

Freephone: **0800 77 97 047**

Mobile: **07916 305 977**

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

Email: [andy@andysaerials.com](mailto:andy@andysaerials.com)

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

# MASTER WOODS



SPORT



It's a sporting comeback right up there with the greatest of all time. A man beset, besieged and broken by personal demons, who had dropped to 1,199th in the world, roaring back to the peak of his sport and proving to the world that true greats are not just those who win, but those who recover from adversity.

Woods had undergone four back surgeries; it was 11 years since his last Major, and 14 since his last Masters title. He thought he'd never play again and at the very pit of sporting slumber was diagnosed with depression.

At this lowest point, he wasn't just someone who walked away from the game – he was still playing it back in 2015, averaged a tournament per month and still couldn't get into the world's best 250 golfers.

But just a year after being found passed out in his car, incoherent, unable even to blow into a breathalyser and ultimately charted with 'Driving under the Influence', Tiger clinched the TOUR Championship. That September 2018 victory was his first in five years, and it set him on his way back to the Masters.

Sure enough, six months later, and at Augusta of all places, Woods carded 70, 68, 67 and 70 to beat fellow American Dustin Johnson by a single shot.

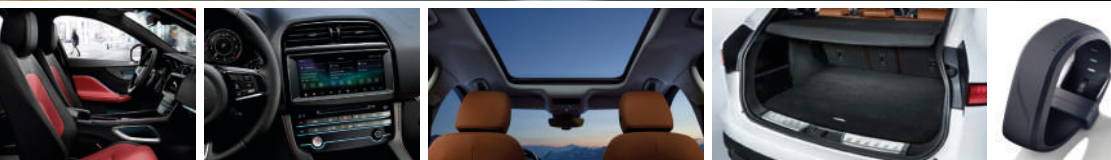
Tiger Woods' victory was one romanticised about by sports fans across the globe. For most people, his indiscretions were forgotten and forgiven. Whether anyone actually believed the Californian could climb one of the greatest sporting mountains is another thing, but in conquering his own demons as well as one of the strongest Masters fields in recent memory, Woods has restored himself back to true icon status.

What's more, take a look at his year of birth – 1975. The reality is this... at the age of 43, there is still a lot more to come.





Photo credit: www.jaguar.co.uk



## EXPLORING & ADMIRING JAGUAR'S UPDATED SUV, THE F-PACE

It is a brand that has enjoyed its fair share of ups and downs, but Jaguar's spectacular re-emergence as a genuine player in the luxury car market is a British success story we should all take time to celebrate.

The manufacturer's latest powerplay is its 2019 F-Pace, a beefed up Sport Utility Vehicle (SUV) that works as the punchier option to the top-selling sportier E-Pace.

As for the technical specs, there's the option of rear-wheel or four-wheel-drive, plus petrol or diesel engines; while four- and six-cylinder set-ups can see power moving anywhere from a basic 161bhp right up to a punchy 375bhp in the AWD automatic petrol.

The great thing about the F-Pace is it's a crossover sports vehicle that genuinely succeeds as a family car, with room enough for three adults in the back. And while it's more expensive than its predecessor, the E-Pace, handling is exact and

weight similar, despite its larger size.

As for gadgets, how about spending £300 for a wristband that allows you to lock and unlock, thus resolving any lost key worries...

Not interested? Okay, perhaps the stripped-back interior will help, or the 650-litre boot space. And did we mention this beast is two metres wide?

With prices starting at around £35,000, this is an upgrade worth much more than simply the kudos of a 2019 plate. It's a model that has the potential of replicating the success of the original F-Pace, which in 2016 was the manufacturer's fastest-selling car ever.

Understandably, the F-Pace has provoked comparisons to models produced by Jaguar's sister company Land Rover, but this fast-paced feline has always taken pride in its own identity, and if it can translate even some of the shimmer from its elegant saloon brands, then we have a new beast fully primed for the SUV market.



**A CAR IS STOLEN  
EVERY 5 MINS  
IN THE UK**

**Total**

SECURITY POSTS

**CALL US FOR A FREE QUOTE AND  
SITE SURVEY TO SECURE YOUR VEHICLE  
01277 822413 | 07956 504 208**



EMAIL US: [TOM@TOTALLG.CO.UK](mailto:TOM@TOTALLG.CO.UK)



**A CAR IS STOLEN EVERY 5 MINUTES IN THE UK  
LAST YEAR, 112,000 CARS WERE STOLEN**

**DO YOU WANT YOUR  
CAR STOLEN? NO?**

**AUTOWATCH GHOST IMMOBILISER**

**100% MONEY BACK GUARANTEE**

**LET US MAKE SURE YOU KEEP YOUR CAR SAFE WITH AN  
ADVANCED IMMOBILISING SYSTEM THAT WORKS FROM  
THE EXISTING BUTTONS IN YOUR VEHICLE**

**GHOST IMMOBILISER ONLY £399 inc VAT  
FULLY FITTED AT YOUR HOME OR PLACE OF WORK**

**FOR MORE INFORMATION CALL 01277 554075**

[www.BVS.cloud](http://www.BVS.cloud) • [Sales@CheckMyWheels.co.uk](mailto:Sales@CheckMyWheels.co.uk)

Unit 2, Summer Hill Farm, Pipp's Hill Road North, Billericay, Essex CM11 2UJ



**BESPOKE VEHICLE  
SECURITY**



# THE VISION LISTINGS

# THE VISION LISTINGS

## 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

## 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

## DRY CLEANERS

### PRESTIGE DRY CLEANERS

Garment Cleaning, Household Laundry, Repair/Alterations, FREE collection/delivery on orders £15+ within Billericay. 01277 626274 | 4 Western Road, Billericay, CM12 9DZ

## 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

### IMPACT ACCOUNTING

Cross Sector SME Specialist Accounting, Advisory Services, Full Range of Traditional accounting services on offer. 07479 365 957 | info@impacc.co.uk | website www.impacc.co.uk

## FUNERAL DIRECTORS

### BENNETTS FUNERAL DIRECTORS

Family run offering fully comprehensive service, bereavement support groups, wish lists and pre paid plans. Call 01277 624289 (24hrs) or email info@bennettsfunerals.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.

## 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

## HEALTH & WELLBEING

### TALBOT HOUSE DENTAL CARE

Family Practice Est. 1996, Wide range of cosmetic dentistry, private & denplan patients, Call today for new patient special offers 01277 222707

### MR AMAN CHANDRA

Consultant Eye Surgeon, Cataracts, Macular Degeneration, Diabetic Eye Disease, Minor Eyelid Procedures, Macular Holes, Epiretinal Membranes, Retinal Surgery. 01277 554097

### NUFFIELD HEALTH BRENTWOOD HOSPITAL

Come and join us at our free hospital events please check our page in the Health section of this edition for more information. Spaces are limited call us on 01277 695 631

## KITCHENS & BATHROOMS

### BILLERICAY KITCHEN COMPANY

New Designs, Kuhlmann, German Kitchens and Second Nature. Come and see our new showroom 10a Radford Crescent, Billericay CM12 0DU | 01277 655679

### 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

### EMERSON INTERIORS

Design, manufacture and install. Kitchens, Bedroom and Home Office. 01268 525216 | emersoninteriors.co.uk | showroom unit 8-9, Cranes Close, Basildon, SS14 3JB

### THE ONLY WAY IS GRANITE

Specialists in Granite, Quartz & Marble Worktops, Fabricated in our factory, 5-7 days turnaround. 01277 800023 | info@theonlywayisgranite.co.uk | www.theonlywayisgranite.co.uk

### GEORGE BARNETT KITCHENS

Kitchens, Bedrooms, AV, Home Office. 01277 217972 | sales@georgebarnettkitchens.co.uk | www.georgebarnettkitchens.co.uk | showroom 68 Woodland Ave, Brentwood, CM13 1HH

### BODYWASH BATHROOMS

Expert advice, long lasting quality. Amazing offers in store. Showroom A12 Eastern Avenue, Romford, Essex | 01708 736700 | sales@bodywash.uk | www.bodywash.uk

## 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

### HARVEYS

No Job too big or too small, Painters & Decorators, Repairs & Home Maintenance. Call now for a free quote. 07908 170777 | 07702 430866

### TJM PAINTING & DECORATING

Home Maintenance & Repairs, Interior & Exterior Decorating, Wallpaper Hanging, Plastering, Carpentry Work, Plumbing, Electrical & Much More. Call 07824 664591 | 07908 170777

### 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

## PERSONAL TRAINING

### TOTALITY HEALTH & FITNESS

Personal Training, Specialist Coaching, Sports Massage, Pregnancy & Postnatal exercise, running coaching. Contact Helen on 07958 915919 or email info@totalityhealth.co.uk

## JOIN THE LISTINGS

For just **£180** +VAT per year

## PHOTOGRAPHY

### GAVIN WOOLLARD

Experienced over 2000 weddings & thousands of portrait clients over the years, available for weddings, family portraits and headshots. Please call 01245 421 224

## SCAFFOLDING

### BROTHERS UK SCAFFOLDING

The highest quality scaffolding at competitive prices. HS&E tested, Fully insured, All scaffolders are CISRS trained. Call us on 01268 987870

## SECURITY

### TOTAL SECURITY POSTS

Security and protection to prevent theft of your vehicles, boats and caravans from your driveway. Call for a free quote on 01277 822413 | 07956 504208 | email tom@totalg.co.uk

## SPRAYING & POWDER COATING

### WS SPRAY FINISHINGS

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

## THERAPY & COUNSELLING

### MATTHEW GANDA

Experienced mental health professional specialising in Family Therapy/Relationship Counselling. Contact on 07903052181 or matthewganda79@gmail.com to speak privately

## TRAVEL

### THE TRAVEL BOUTIQUE

Specialists in bespoke & tailor made holidays, itineraries, cruise, weddings & honeymoons. Call us on 01277 563193 or visit us 140 Hutton Road, Shenfield, CM15 8NL

## 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

### THE KEN RHODES GROUP LIMITED

The double glazing & conservatory specialists, 3 years interest free credit at 0% APR, visit our showroom 193 St. Marys Lane RM14 3BU (By Appointment only) 01708 227777

### ASPEN

Create the perfect home - Fascias, Soffits, Guttering, Flat Roofing, Weather Boarding. Call 01277 888055 or visit www.aspenhi.co.uk | Ask about our postcode offer

### ALPINE HOME IMPROVEMENTS

Windows, Doors, Fascia/Soffits, Flat Roofs, Cladding. Visit our showroom 14a Ongar Road, Brentwood, CM15 9GB. 01277 263355 | office@alpinehomeimprovements.co.uk

**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**.





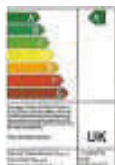
**WE HAVE MOVED**  
**VISIT OUR NEW SHOWROOM**  
 14a ONGAR ROAD, BRENTWOOD,  
 ESSEX CM15 9GB

(near Sainsburys)



**01277 263355**

[www.alpinehomeimprovements.co.uk](http://www.alpinehomeimprovements.co.uk)  
[office@alpinehomeimprovements.co.uk](mailto:office@alpinehomeimprovements.co.uk)



**WINDOWS**



**DOORS**



**FASCIA  
SOFFITS**



**FLAT  
ROOFS**



**CLADDING**



**ESTABLISHED SINCE 1999  
 AND STILL NUMBER ONE  
 IN ESSEX**

**TEN YEAR INSURANCE  
 BACK GUARANTEE WITH  
 EVERY INSTALLATION**



# emerson interiors

Kitchens  
Bedrooms  
Home Office

CELEBRATING OUR 40<sup>TH</sup> YEAR IN BUSINESS



**BOSCH**

**SIEMENS**

**NEFF**

**KESSEBÖHMER**

**AIRUNO**

**Quooker®**

Design | Manufacture | Install

**Tel: 01268 525216**

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



Design Studio Unit 8-9 Cranes Close, Basildon, SS14 3JB

