

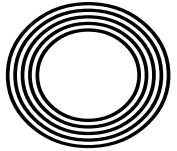
**HOW TO
PERFORM
CPR ON
A CHILD**

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors

ALEX SCOTT

The sport pundit rising through the ranks



FREE

Photo credit: BBC & Nick Eagle



Where to find your perfect fit

The Bra Consultancy, a lingerie boutique based in Edwards Walk in Maldon, Essex offers only the best underwear that has been handpicked, tried and fit tested by us for you!

Julie and Kayleigh, passionate about supporting women in the discovery of their perfect size, moved The Bra Consultancy to Maldon, Essex in February 2020 to help more women find added confidence through the power of perfectly fitting lingerie.

We believe that shopping for lingerie should be an experience, and so we offer all of our customers an exclusive and relaxed environment for our personalised bra fitting consultations. And, with lingerie available in sizes 28-50 AA-K, we strive to help all women find their perfect fit, whilst promoting size inclusivity and encouraging body positivity.

Here at The Bra Consultancy, we understand that many women can experience a loss of confidence following cancer treatment, with worries about



the way they look following surgery. That's why our friendly fitters are always on hand to expertly guide you through finding the right bra to help restore confidence and femininity during and following your breast cancer journey. With both Julie (Director and Owner) and Kayleigh (Senior Fitting Consultant) specialising in the fitting of breast prosthesis and post-surgery lingerie, we are help you choose the right products for you.

The Bra Consultancy offers only the finest lingerie, so whether you're a lingerie addict or never been fitted before, we have that perfect piece for you!




Book a consultation today

Website: www.thebraconsultancy.com

Phone: 07790270503 / 07507741025

 www.facebook.com/thebraconsultancy

 www.instagram.com/thebraconsultancy

Edwards Walk, Maldon Essex, CM9 5PS

Editor's notes...

SEPTEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. As we approach the final few months of the year (I won't mention the C word, don't worry!), it has been fantastic to see the high street bouncing back over the past few weeks.

I have been out and about visiting some of our advertisers and speaking to new businesses which opened during the COVID-19 pandemic. I've been really impressed with them - in particular, the ones who have opened businesses recently during these tough times. It really shows entrepreneurial spirit at its finest, in my opinion.

We can always give ourselves excuses and try to convince ourselves, due to things out of our control, to delay plans or put them off to another day, but I think we need to all take our hat off to those who are expanding during these times. COVID-19 isn't going away, so we need to learn to live with it. Be cautious, but live life the best you can.

Having friends and family myself who had COVID-19, some who beat it and some who were less fortunate, I can say this has taught most people I meet to take every day as if it were your last. Stay positive! Hope you enjoy this month's edition.

Nik Allen

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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

[@visionmagessex](https://twitter.com/visionmagessex) | [@visionmagessex](https://www.instagram.com/visionmagessex) | [Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Ruby Ward

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

SUPPORT LOCAL BUSINESSES



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

WE REPAIR BETTER THAN ANYONE OUT THERE

'Mr Misty'

The WINDOW DOCTOR

"WE SPECIALISE IN DOUBLE GLAZING REPAIRS. CALL FOR YOUR FREE CHECK UP"

Mr Misty 'The Window Doctor' is a family run business that prides itself in exceptional customer care. We promise easy service from start to finish.

Does your double glazing steam up?
We replace **JUST** the glass **NOT** the frames, at a fraction of the cost for new windows.

FAQs

+ **Symptom:** I have gaps in or around my windows and it's causing a draught.
Diagnosis & Solution: This could be the hinges which can be replaced or the frame has a gap around the edge which can be re-sealed.

+ **Symptom:** I find it hard to close my door or window.
Diagnosis & Solution: This could be a number of problems and could be as simple as a small adjustment to your hinges.

Common Summer time problem

Lawn mower stone chips & broken glass
We can fix it!

Freephone:
0800 25 45 111
mrmisty.co.uk

FREE checkup!

Proud members of
Checkatrade.com
Where reputation matters

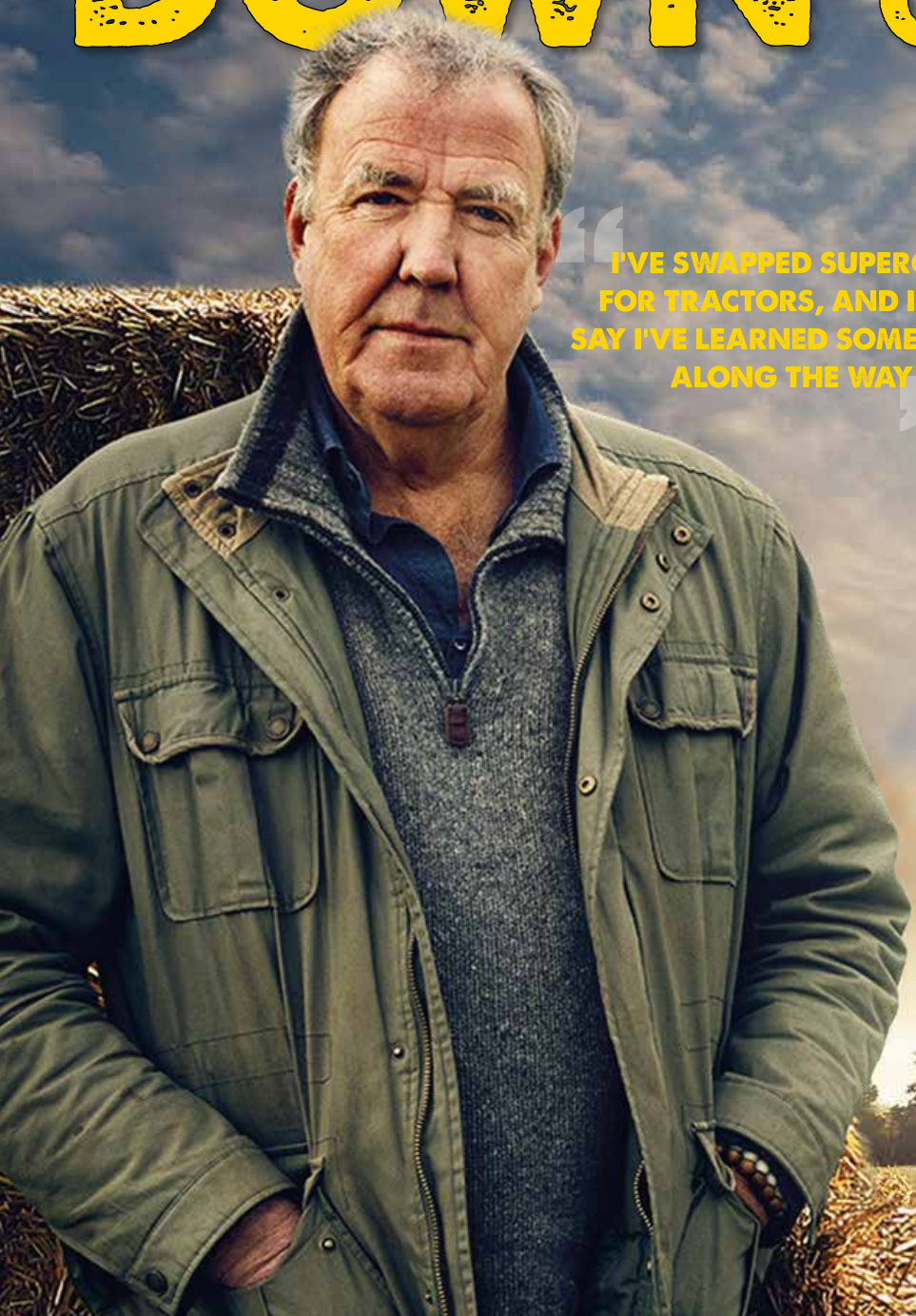
Scores based on 496 reviews

Reliability & timeliness	9.74
Tidiness	9.85
Courtesy	9.95
Workmanship	9.87
Average score	9.85
<small>496 reviews</small>	

PROBLEMS WE SOLVE

- Eliminate Window Condensation
- Broken Window Parts
- Broken Glass
- Secondary Glazing To Block Out Noise
- Mechanisms
- Faulty Hinges
- Draughty Windows

DOWN ON THE FARM



“I’VE SWAPPED SUPERCARS FOR TRACTORS, AND I DARE SAY I’VE LEARNED SOMETHING ALONG THE WAY.”

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



Photo credit: Amazon Prime Video



HISTORY

Photo credit: Anthony Correia/ Shutterstock.com

REMEMBERING

20
YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world



Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

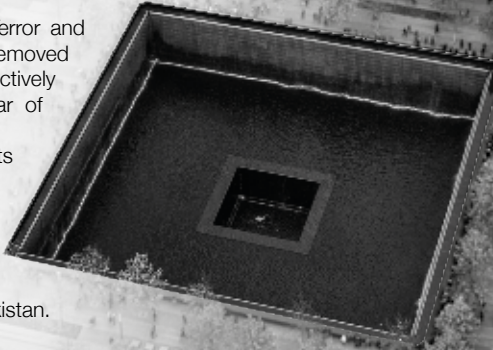
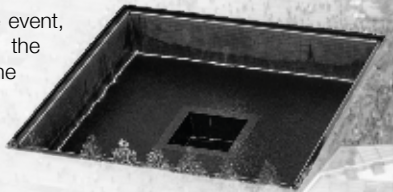
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

"Your Friend in the Trade"

Proudly Providing the Complete Service

FAMILY-RUN BUSINESS SERVING THE LOCAL COMMUNITY FOR OVER 25 YEARS

- SUPPLY, REPAIR & REPLACEMENT
- DOUBLE GLAZING | TRIPLE GLAZING
- UPVC | ALUMINIUM WINDOWS
- HARD WOOD WINDOWS
- FRENCH & PATIO DOORS
- PORCHES & CONSERVATORIES
- BI-FOLD DOORS

- REPAIR SERVICES AVAILABLE 8AM - 8PM
- CAT FLAPS | KNOCKERS | LETTER BOXES
- SPYHOLES | CYLINDERS | HANDLES
- HINGES & LOCKS FOR WINDOWS & DOORS
- TRICKLE VENTS | SEALED GLASS UNITS
- LEADED & GEORGIAN GLASS
- CONSERVATORY ROOF REPAIRS | PANELS

EVERYTHING WE DO IS FULLY GUARANTEED & WE PRIDE OURSELVES IN OUR ABSOLUTE ATTENTION TO CUSTOMER CARE



CONTACT US TODAY FOR YOUR FREE OF CHARGE, NO OBLIGATION QUOTE

01277 554 075

www.thewindowmanessex.net [@thewindowmanessex](https://www.facebook.com/thewindowmanessex)



kh

www.kitchenhaus.co.uk
The German Kitchen

Why choose Kütchenhaus luxury German kitchens?

- Beautiful kitchen showrooms across the UK
- Direct from the factory prices
- Full installation service or supply only
- Kitchens designed and built to order
- Free in-showroom design consultation
- Finance options available

SIEMENS

nobilia

NEFF

AEG

SILESTONE

BOSCH

Miele

smeg

DEKTON

CORIAN

VISIT OUR WEBSITE OR SHOWROOM
6, The Baytree Shopping Centre,
Brentwood, Essex CM14 4BX

01277 204447
www.kitchenhaus.co.uk

Credit is subject to status and affordability. Terms and Conditions apply. German Kitchens Limited trading as Kütchenhaus, 1007 London Road, Leigh-on-Sea, Essex SS9 3JY (Register no. 811494) is a credit broker and is authorised and regulated by the Financial Conduct Authority. Credit provided by Hitachi Personal Finance, a trading style of Hitachi Capital (UK) PLC, authorised and regulated by the Financial Conduct Authority (Register no. 704348)



HOME & DIY

A CLEAN night's sleep?



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month





Boujee BOUCLÉ



If there's one home trend that Instagram can't get enough of, it's bouclé. Cozy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?

Photo credit: nookandfind.co.uk, apacherstore.com, Heals via housebeautiful.com



BRIGHT&BEAUTIFUL
Cleaning | Tidying | Laundry | Ironing

Our team at Bright & Beautiful knows how difficult it can be to keep the outdoors from getting in whatever the time of year. Rain or shine, mud, grime and dust can take their toll.

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

CALL TODAY FOR A FREE CONSULTATION

01277 287 503

www.brightandbeautiful.com/brentwood

PLEASE QUOTE CODE: VISION

ONE OFF DEEP CLEAN SLOTS AVAILABLE

Carpets Direct

Guaranteed Lowest Prices

- ✓ **FREE FITTING** Established 26 years
- ✓ **FREE home visits**
- ✓ **SPECIALISES in twist pile**

Carpets • Vinyls • Laminates • Wood Flooring
We come to you in the comfort of your own home

WHY PAY MORE?

WE WILL MOVE YOUR FURNITURE & FREE UPLIFT/REMOVAL OF YOUR OLD CARPET

CALL YOUR LOCAL AREA SPECIALIST
01277 554 185

mastercard VISA


www.carpets-direct.co.uk

Call 01277 413319 enquiries@forty4electrical.co.uk Book Online


FORTY4™ ELECTRICAL
Installers of Excellence

On Call 24/7
No call out fee. Free quotes.
12 month work guarantee.


10% DISCOUNT
Quote VISION30*
*10% discount applies to the labour cost on new jobs. Valid September to 31st December 2021.



DOMESTIC



COMMERCIAL





SMART HOME

Your local, 5 star rated, NICEIC qualified electricians.
For all aspects of electrical work, including testing, fault finding, inspections and repairs.

www.forty4electrical.co.uk

Facebook: www.facebook.com/Forty4Electrical Instagram: www.instagram.com/forty4electrical/




**NOBODY DOES IT
BETTER THAN
BODYWASH**



Visit our showroom which is open Monday to Friday 9am to 5:30pm and Saturday 9am to 5pm. We close on Sunday's.

Bring along your room dimensions and let us help you plan your new luxurious bathroom.

01708 736700

www.bodywash.uk

sales@bodywash.uk

A12 Eastern Avenue, Romford, RM5 3AL

Hunts Of Hutton

Painting And Decorating Services

**PLEASE GET IN TOUCH
FOR AN ESTIMATE
NO JOB TOO SMALL**

 **07501 030606**

 **INFO.HOH@AOL.COM**



LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook



HOME & DIY

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family

homes don't have to be boring.



EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- > Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- > Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- > Look to your high street, local independant shops or boutiques to find some amazing items.



Photo credit: lovechicliving.co.uk



HOME & DIY

ALTERNATIVE USES FOR

VODKA

Have you got a near-empty bottle of vodka gathering dust in your cupboard? If your answer is yes, you will be pleased to know that there are countless ways to use this odourless spirit around your home.

TO DEODORISE CLOTHES: Fallen behind on your washing? Simply spritz your blazer or suit jacket with vodka and marvel as the spirit eliminates smelly bacteria and leaves your clothes odour-free.

TO CLEAN WINDOWS: Getting your windows streak-free can be a challenge, but not anymore. All you need to do is create your own homemade window cleaner using one cup of water, half a cup of vodka and ¼ teaspoon baking soda. Spray directly onto the glass and wipe with a microfibre cloth.

TO REMOVE GREASE: Both straight vodka and a one-to-one vodka-water mix can be used to degrease range hoods, backsplashes and countertops. You can also add a few tablespoons of vodka to your washing-up bowl to cut through the grease on oily dishes.

TO PROLONG THE LIFE OF RAZORS: Banish dull razors for good by cleaning the blade and then soaking in a glass of vodka for 10–15 minutes. Not only does this completely disinfect your razor, but it also helps to remove rust.

TO REMOVE MOULD: Vodka can be used to quickly and effectively clean mouldy spots around your home. Just pour some vodka directly onto the affected area and then scrub with a sturdy brush.

TO PRESERVE PLANTS: Vodka has the ability to inhibit ethylene production, so add a few drops of undiluted vodka to cut flowers or plants to extend their lifespan.

TO REMOVE VOMIT STAINS: Spray diluted vodka directly on to a vomit stain, scrub and then blot dry. Voila! No more nasty stain.



With Inspired Concepts, Beautiful Spaces

All things Interiors & Renovations



To see our services and portfolio @ jasminkinginteriors
@jasminkinginteriordesign www.jasminkinginteriordesign.com
07899 905061 | jasminkinginteriordesign@gmail.com



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



Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION: Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?
> Add a seasonal wreath
> Invest in new hardware, such as door handles and a letterbox
> Upgrade your lighting with lanterns or a hanging door pendant



Beautiful Bathrooms

SUPPLY & INSTALLATIONS



VISIT OUR SHOWROOM

WE OFFER 4D VIRTUAL REALITY DESIGN SO YOU CAN SEE EXACTLY HOW YOUR NEW BATHROOM WILL LOOK

01277 626129

Like us on

info@beautifulbathroomsessex.co.uk
3 Alma Link, Billericay CM12 9GF





BLACK OPAL

THE FITTED FURNITURE COMPANY LTD.

Specialist in High End Bespoke Fitted Furniture

- Bedrooms • Bars • Luxury kitchens • Home office/study
- TV/media unit • Quality hand spray finish

07800 659881

www.blackopalthefittedfurnitureco.co.uk



SCAN ME

GR TIMBER WORKS LTD

PROFESSIONAL CRAFTSMANSHIP AND EXPERIENCE

WE UNDERTAKE ALL EXTERNAL WOODWORK

OUR RANGE OF BESPOKE TIMBER WORKS INCLUDES:

- FENCING ■ PERGOLAS
- GATES ■ SUMMERHOUSES
- GARDEN ROOMS ■ DECKING
- DECKING WITH WATERTIGHT ROOFS
- RAISED FLOWER BEDS

CONTACT US NOW ON **07760 905402**

www.grtimberworks.ltd ■ grtimberworks@hotmail.com

@Grtimberworksltd_essex

www.facebook.com/GRTimberworks/



HOME & DIY

SHAPE YOUR DAY WITH

fragrance zoning

Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance. Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.





LOCAL NEWS

from your neighbourhood



Two men jailed after killing teenager with stolen car

Two men have been jailed after a teenage boy was killed in a collision with a stolen car.

On September 18, 2020, Jack Madel (pictured left) and Tommy Wilson (pictured middle) were travelling in a Ford Kuga that had been stolen from outside Stock Brook Manor Country Club, in Billericay, the day before the crash.

Madel was driving the car at speed in Hartswood Road, Warley, while under the influence of a controlled drug. He went through a red light at a set of temporary traffic lights at the junction with St John's Road.

At the same time, James Esah (pictured right), 17, was walking near the junction.

The Kuga collided with a Mercedes that was travelling in the opposite direction, causing Madel to lose control of the Kuga and mount the path. The car struck James, then collided with a brick wall and a parked car, before rolling onto its roof (pictured inset).

The Kuga rolled over the leg of an engineer, causing minor injuries, while narrowly missing two others, who had been working to install cables under the pavement nearby.

Both Madel and Wilson ran from the scene, but were stopped and detained by members of the public before police arrived.

Wilson was taken to hospital with a broken neck.

James was also taken to hospital, but sadly died six days after the incident.

Madel, 28, of no fixed address, admitted causing death by dangerous driving at Basildon Crown Court on October 15, 2020.

He denied possession with intent to supply class A drugs and was found not guilty of the charge following a trial, which ended on August 13, 2021.

Wilson, 28, of no fixed abode, denied aggravated vehicle taking, but was convicted following the trial.

He had previously admitted possession with intent to supply class A drugs.

Madel was jailed for nine years and Wilson was jailed for six years and four months.

Inspector Mark Fraser, of the Serious Collision Investigation Unit, said: "This was a horrifying incident and I speak on behalf of all my colleagues when I say that our heartfelt sympathies are with James's family."



Capital Electrical

Design • Install • Maintain

- Domestic & Commercial
- Repairs & Installation
- Vehicle Charging Points
- Portable Appliance Testing
- Fire Alarm Systems
- Emergency Lighting Systems
- Installation Condition Reports

CALL 01277 554 192

✉ info@cap-elec.co.uk or visit www.cap-elec.co.uk

Facebook: capitalelectralservicesltd Instagram: capitalelectrical

Not just regular electricians

With over 20 years in the electrical industry, Capital Electric are at the top of their game

- No job too big or small
- Emergency call outs, small and large electrical works covered



BEFORE



AFTER

MULTISPRAY

REFURB KITCHENS & WARDROBES

RESPRAY TO ANY COLOUR OF YOUR CHOICE

ALL PAINTS ARE ANTI-VIRAL

FAMILY RUN BUSINESS WITH OVER 30 YEARS EXPERIENCE

CALL US TODAY ON 07949 365895 • MULTISPRAY@SKY.COM

EMERGENCY PLUMBING, HEATING & DRAINAGE



- ▶ Drains Internal/External
- ▶ High Pressure Jetting
- ▶ Manual Rodding
- ▶ Pipe Laying
- ▶ Non Excavation Relining
- ▶ Insurance Work Undertaken
- ▶ CCTV Surveys
- ▶ No Additional Charges on evenings & weekends
- ▶ Fully Qualified Engineers covering your area!
- ▶ Emergency Plumbing Blocked Toilets & Leaks

SENIOR CITIZEN & NHS DISCOUNTS

BLOCKED DRAINS CLEARED FAST

CALL OUR FRIENDLY TEAM 24/7
01277 295913

NO1PHD PLUMBING HEATING & DRAINAGE

Trustpilot
Rated: Excellent

FREE QUOTES & ADVICE



Headquarters, Suite 11, Branksome Business Park, BH12 1ED

AMERICAN EXPRESS MasterCard Maestro VISA VISA



CONTACT US TODAY FOR YOUR FREE QUOTES & SITE SURVEYS

M A L
ELECTRICAL SERVICES

YOUR ONE-STOP LOCAL ELECTRICIAN

- REWIRES ■ EXTENSION REWIRES
- FUSE BOARDS ■ GARDEN LIGHTING
- DRIVEWAY LIGHTING ■ EMERGENCY LIGHTING
- FIRE ALARM INSTALLATION
- MAINTENANCE
- IN/OUT OF HOURS CALL OUTS

Call 07368 694072
bradley@mal-electrical.com
malelectricalservices



LOCAL NEWS BILLERICAY



Schools presented with Dementia Friendly Award

Two schools have achieved the Billericay Dementia Friendly Schools Award.

Both Quilters Junior School and Quilters Infant School were presented with the award by Mark Neville, from the Alzheimer's Society.

To celebrate, the school council organised a Memory Day, where everyone was encouraged to play memory games and take part in a memory walk to raise funds for the Alzheimer's Society.

All the pupils have become Dementia Friends and are taking part in a long-term pen pal project with older members of the community.

Staff have worked hard over the last two academic years, despite disruption due to the pandemic, to keep the momentum going towards achieving the award.

Deputy headteacher of Quilters Infant School, Lydia Knights, said: "The children were very proud of themselves. It has been an honour to be part of this project and such a good learning experience for the children."

Carl Roberts, outgoing chair of the Billericay Dementia Action Alliance, praised both schools, saying: "It is absolutely inspiring, and this will no doubt have a fundamental impact on the future of how Billericay supports those living with dementia."

"I am so proud to have been witness to the incredible work taking place. Congratulations to all involved."

Actor to join the cast of TV soap this autumn

A Billericay-based actor will be joining the cast of popular BBC soap, *EastEnders*, this autumn.

Charlie Wernham, who is well known for his previous role as Robbie Roscoe in *Hollyoaks*, joined Sylvia Young Theatre School's agency before appearing in *The Inbetweeners* and *Bad Education*.

Charlie said: "It was always a childhood dream of mine to be in *EastEnders*. It's a show that's constantly on TV in my household, as my family are massive fans, so it's always been close to my heart. I can't wait to join an incredibly talented cast."

Jon Sen, executive producer at *EastEnders*, added: "We're very happy to be welcoming Charlie to Walford. His character, Aaron, joins the Monroe family. "In many ways, he's the opposite to his sister, Dana, and Harvey's relationship with them both is likely to be tested."

"We look forward to Charlie's arrival on screen later this year."



Photo credit: BBC/Jack Barnes



Parkrun events return to help keep residents active

The three Parkruns in Basildon returned last month, much to the delight of keen runners.

Parkrun is a five-kilometre event for walkers, runners, volunteers and spectators that takes place every Saturday morning for free in Lake Meadows, Northlands Park and Wickford Memorial Park.

The Mayor of Basildon, councillor David Dadds, completed the Lake Meadows Parkrun in Billericay, while Basildon Borough Council's chief executive, Scott Logan, took part in the Parkrun in Wickford Memorial Park.

Chairman of the leisure and environment committee,

councillor Craig Rimmer, said: "Parkruns are such a great thing for our borough, and I'm delighted that they have returned. They keep residents active and get them out in our parks, allowing them to experience all the benefits of spending time in the outdoors.

"The social element is so important and something I'm sure participants really can't wait to get back to.

"I encourage all residents to take part in the Parkruns. Whether you're a keen runner or just fancy a social walk with friends, family, or other friendly participants, it's a really inclusive environment that you will be fully welcomed into."

Care company retains outstanding status

A home care company that covers Billericay, Brentwood and Upminster has revealed that it has retained its Outstanding rating from the Care Quality Commission (CQC).

Home Instead's rating was reviewed in July, with the CQC revealing last month that it had found no evidence of a need to reassess the rating or carry out a further inspection.

A spokesperson for the care company said: "I am delighted to announce that we have retained our Outstanding rating.

"Well done to our fantastic caregivers and wonderful office team, who have been incredible throughout the pandemic."

Based on reviews from clients and their loved ones, the care company was also named as the most recommended home care company in the UK by homecare.co.uk




TOMKYN'S SEALANT SERVICES

- ❖ Sealant ❖ Waterproofing
- ❖ Cut out & reseal mouldy silicone
- ❖ Wet areas, kitchens & skirting lines
- ❖ External windows
- ❖ Doors & expansion joints
- ❖ 15 years experience
- ❖ Free quotations

Tel: 07596 095 248
 Email: jongildea21@msn.com

KH PLASTERING

Professional quality workmanship



NO JOB TOO SMALL

- Expert attention to detail
- Over 25 years experience
- Plastering ● Coving & Cornice
- Restoration ● Dry Lining

01277 627277
07939 229215

www.facebook.com/khplastering
 khplastering@yahoo.com
 145 Perry Street, Billericay, CM12 0NS

Ian's curtains & blinds



Curtains | Tracks & Poles | Roman Blinds | Roller Blinds
 Vertical Blinds | Venetian Blinds | Wooden Blinds
 Pattern books also available

FREE QUOTE – Call today on 01268 976779 | Mobile: 07743 562384
 ● ian.dipple@yahoo.com | www.ianscurtainsandblinds.co.uk



Photo credit: Ruby Ward @hearfordonline

MP welcomes schools' share of £200million programme

A school in Billericay has received a share of £200million as part of the government's summer schools programme.

received a share of the funding are: De La Salle School, Mayflower High School, The Billericay School and The James Hornsby School.

The MP for Basildon and Billericay, John Baron, welcomed the news that The Billericay School has benefited from extra funds to provide extracurricular and academic catch-up activities.

Speaking before the summer holidays, John Baron MP said: "The government's summer school programme will help pupils whose education has been affected by the pandemic. Evidence from the Education Endowment Foundation shows that pupils who participate in such programmes can make two months' additional progress when compared to pupils who don't attend.

A total of 542,710 pupils were expected to attend a face-to-face summer school this year, with around 75 per cent of eligible mainstream secondary schools participating. The programme is a key part of The government's £3billion education recovery plan.

"These summer schools will also help pupils establish friendships before the start of the coming school year."

In Billericay and Basildon, the schools which

Verisure Smart Alarm

verisure ALARM

FREE Arlo Video Doorbell Install

£199

ALARM OFFER

For a free quote & security study of your home or business please call David on **07855 066173**

Richard Ward
Richard@warddecorators.co.uk

Painter - Decorator

Domestic - Commercial

Interior - Exterior

Fully Insured | 35 years experience

Tel: 01277 821 454

Mobile: 07961 943840

Fireworks display cancelled for second time

Organisers of the popular annual fireworks display at Lake Meadows have announced that the event has been cancelled for the second year running, with a number of factors playing a part in the decision.

was questionable for our charity account."

The show, which is organised each year by the Billericay RoundTable, was due to take place in November.

A few reasons given for the cancellation of the popular event was that Billericay RoundTable normally starts organising this event at the start of the year, but were unable to do so in 2020 as a result of the national lockdown.

A spokesperson for Billericay RoundTable said in a statement: "Sorry it's bad news. It's a real pain to have to do this again and our group did not come to the decision lightly. We really hope you will support us with our decision.

The group also reviewed a variety of options to scale back the event, but all options came back as unfeasible.

"We want to put on the best event for our community, but there were many points which were not in our favour for making it a safe and enjoyable event, especially when the possibility of breaking even

A member of the group, Marcus Bennett, speaking in a video on their Facebook page, added: "We hope that we'll be coming back in 2022, with an event exactly like you would expect from us, and that we didn't think would be able to happen this year."

The last fireworks display, which was the 50th anniversary of the event, took place in 2019.

COMPUTER SERVICES

Don't struggle with IT, call the experts!

- Friendly support direct to your door
- For all your computer needs
- Low rates (no VAT), no call out charge
- Homes and small businesses covered

www.dhcomputing.co.uk 01277 523127 help@dhcomputing.co.uk

BUILDING FOR YOUR FUTURE



Masterbuild & Maintenance

Specialists in

- ◆ New Builds
- ◆ Extensions
- ◆ Loft Conversions
- ◆ Refurbishments & Landscaping
- ◆ Family Owned
- ◆ Covering all areas of Essex



CONTACT US FOR A QUOTE OR ADVICE
07894 744122

WWW.MASTER-BUILD.CO.UK ◆ DANIEL@MASTER-BUILD.CO.UK

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

Come home to a clean house



Our professionally trained team of maids will make your home sparkle with each visit. We know it's not a one-size fits all service, that's why we work to tailor our cleans to your individual needs, schedule and budget.



Call us today to arrange your no obligation in home quote

Emma Brooks
01277 424985

emma.brooks@mollymaid.co.uk
www.mollymaid.co.uk/brentwood



See what our customers have to say at [uk.trustpilot.com](https://www.uk.trustpilot.com) Trustpilot

LOCAL NEWS

from your neighbourhood



LOCAL NEWS SHENFIELD



Photo credit: Essex County Council

Planning permission granted for new modern library

Planning permission has been granted for a new modern library in Shenfield.

Essex Housing, the county council's housing development arm, completed a public consultation in December 2020. After making several amendments to its design proposal to take account of the feedback received, it submitted a planning application in March 2021. The application was approved last month.

The plans would see the current library building, which is in need of significant repair, replaced with a larger building, with a spacious and open plan library, a commercial unit on the ground floor, and an outdoor public area.

All these community assets will be paid for by the creation and sale of nine apartments on the first and second floors of the building.

Councillor Lesley Wagland, cabinet member for economic renewal, infrastructure and planning, said:

"I'm excited about these ambitious plans to renew the library at Shenfield while making better use of this publicly owned space.

"In addition to delivering a larger, better facilitated library, the scheme will result in a vastly improved meeting space for the community."

Councillor Louise McKinlay, deputy leader and cabinet member for community, equality, partnerships and performance, said: "This is great news for Shenfield residents and library users. The redevelopment will provide a modern building for the library, with investment delivering better facilities for the community, including an improved outdoor space and space for groups to meet.

"Community feedback was extensive and extremely positive, and I am pleased that the initial designs include suggestions received from local people who have helped to shape the future of the library."



Maths department wins three awards



Shenfield High School was recently named as a HegartyMaths Super School after winning three bronze awards in different categories.

The award confirms the school as being within the top 50 schools in the categories.

Shenfield Maths said on Twitter: "A big well done to all the Shenfield High School mathematicians for their hard work on HegartyMaths this year. Bronze awards in three categories makes us a HegartyMaths Super School. Let's see if we can beat that next year."

A spokesperson for HegartyMaths said: "Shenfield High School won three awards this year in three different categories: questions answered by a school, hours worked by pupils, and skills completed by pupils. Congratulations."

This news came a few days after GCSE results day. The school's headteacher, Carole Herman, was quick to congratulate students for their excellent results.

She said: "Congratulations to our Shenfield High Year 11s who received their results. Hard work paid off and we are proud that you got the results you deserved."

Council holds open session on tree clearance plans

Brentwood Borough Council and the conservators of Shenfield Common held an open session to discuss plans for extensive tree clearance on the common.

Clearing the trees will enhance the features of the common, such as the lime tree avenue and pond, and improve woodland diversity and the ground flora. To move forward with the project, the council asked residents for their views in a consultation that took place on August 24.

Speaking before the consultation, Brentwood

Borough Council environment, enforcement and housing chair, councillor Maria Pearson, said: "This consultation will give residents the opportunity to see what work is being proposed, as agreed under the management plan at the Shenfield Conservators meeting earlier this year."

"Consultants and councillors will be on site to talk to residents about the scheme."

"The scheme will create a new aspect to the landscape, encouraging residents to wander and enjoy the surroundings. We hope to make the common woodland less threatening to residents and improve visibility by allowing light to the common woodland pond."

Residents take part in epic trail for chance to win prizes

Residents took part in a summer Safari Trail around Shenfield, Brentwood and Ingatestone to be in with a chance of winning prizes.

The event, which started in July and ran until September 3, offered various prizes, including a trip to Colchester Zoo and Click It Local vouchers. Once participants had found all 12 animals scattered around the area, they were asked to fill in the details on a game sheet and post it into the jungle mail postbox in The Baytree Centre on Brentwood High Street.

Speaking before the trail began, Mayor of Brentwood, councillor Olivia Sanders, said: "My thanks go out to all our local community hubs, volunteers, food banks, NHS key workers and carers. I hope you and your families enjoy finding the 12 animals hidden around Brentwood, Shenfield and Ingatestone."

"With special thanks to all of our sponsors: Baker Labels, Brentwood Care Centre, Brentwood Business Partnership, Razzamataz Theatre Schools, Hallmark Care Homes, Howe Chartered Surveyors, Mullis and Peake LLP Solicitors, Rainer Hughes Solicitors and Schmidt Design."

The winners of the prizes are set to be announced in mid-September.



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](https://www.instagram.com/tjmpainting)

TJM
PAINTING & DECORATING

CALL US TODAY FOR YOUR FREE QUOTE

Daniel Landscapes Ltd

All of your Landscaping & Tree Care Needs

- Tree Surgery & Removal
- Pollarding & Pruning
- Hedge Trimming
- Shrub Pruning
- Garden Clearance
- Site Left Tidy
- Driveways & Patios
- Paths & Brickwork
- Gravel Gardens
- Fencing & Turfing
- Drive & Patio Cleaning
- Tarmacadam/Tar & Chip

Tel: 01621 892 659 or Mob: 07495 766 372
info@daniel-landscapesltd.co.uk
www.daniel-landscapesltd.co.uk

WAYSIDE, PLAINS ROAD, LITTLE TOTHAM. NR MALDON. ESSEX. CM9 8JF

YOUR ONE STOP SHOP FOR



Woodpecker 4 4.3 kW
Wood Burner **£1430 FITTED**



Newbourne 40FS 3-6KW
Multifuel Stove **£1750 FITTED**



Classic Eco 8
Multifuel **£1600 FITTED**



Bignut 5 Multifuel
Stove 5KW **£1600 FITTED**



ACR Ashdate 7KW
Multifuel Stove **£2050 FITTED**

PRICES INCLUDE: Pre-installation chimney sweep, wood burning or multifuel stove, matt flue pipe, register plate, stainless steel flexible liner, all connectors, bird guard cowl and plates, Carbon mono-oxide alarm

SecureFireplace

The Log Burners and Gas Stoves Specialists



Installation by a HETAS/OFTEC/GAS SAFE registered engineer, commissioned, tested and certificated. All fittings are HETAS Approved. All prices include VAT.



CALL 01702 910130
www.securefireplace.co.uk

FIREPLACES AND GARDEN FURNITURE



Life Nevada Garden Furniture Set



Life Ibiza Garden Furniture Set



Pandora Leaf Gazebo

WE OFFER THE HIGH QUALITY OUR CUSTOMERS EXPECT

Highgate is one of the largest garden furniture and leisure showrooms in Essex and we only work with brands that we trust. We have ample parking for our customers

HIGHGATE
Garden Furniture



CALL 01702 904000

www.highgatefurniture.co.uk | sales@highgatefurniture.co.uk

SecureFireplace & Highgate Garden Furniture Showrooms:

327 Southchurch Rd, Unit 8 Southchurch Bus. Pk, Southend-on-Sea, SS1 2PE



-  • **Wait & Load Services**
- £90** • **Domestic & Commercial**
-  • **Same Day Service**
- £150** • **Long Or Short Term**
-  • **Fully Licensed Waste Carrier**
- £265** • **Affordable Prices**

Find us on 

Telephone: 01277 412 358

Mobile: 07548 192 380

Email: bulldog-mini-skips@hotmail.com

Yard 1, Southend Arterial Road,
West Horndon, Brentwood, Essex, CM13 3TB

HAMMOND — & SONS —

GAS ♦ PLUMBING ♦ HEATING

- ♦ All boilers serviced & repaired
- ♦ Condensing boilers & warm-air units
- ♦ All work undertaken including leaks, upgrades & installations
- ♦ No call-out charge
- ♦ OAP discounts available
- ♦ Full public liability insurance
- ♦ Fully qualified engineers



**A PROFESSIONAL FAMILY-RUN BUSINESS
HONEST & RELIABLE
OVER 20 YEARS' EXPERIENCE**

From a tap washer to a full heating system, call

01277 261 888

email: hammondandsons@hotmail.co.uk

www.hammondandsons.co.uk

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.

Kind regards,




Office: 01277 549277 ■ Mobile: 07960 741973

Website: www.davidlepinedecorating.co.uk

Email: d-lep@msn.com



FOR PETS:

WHAT YOU NEED TO KNOW

The global CBD pet market size was valued at a whopping £20.2million in 2019 and is expected to grow at a compound annual rate of 40.3 per cent between 2020 and 2027.

From tinctures to topicals to treats, there is a whole host of CBD products that are specifically designed for pets. However, do they work and, most importantly, are they safe?

WHAT IS CBD?

CBD stands for cannabidiol and is the second most prevalent active ingredient of cannabis. Derived from the hemp plant, unlike tetrahydrocannabinol (THC), CBD does not have any psychoactive properties and will therefore not make you or your pet feel 'high'.

WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ★ Reducing stress and/or anxiety, including separation anxiety
- ★ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

- ★ Enhancing appetite
- ★ Reducing nausea and/or vomiting
- ★ Treating skin conditions
- ★ Helping wounds to heal faster

IS CBD SAFE FOR PETS?

There is no evidence to suggest that CBD is toxic to dogs or cats, as long as it is given in the right doses and is purchased from a trusted manufacturer. In terms of potential side effects, there is currently no scientific data on CBD usage in pets but, based on humans, they could possibly experience:

- ★ Dry mouth
- ★ Lowered blood pressure
- ★ Drowsiness

IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.



PETS



The heart of your home

Mr and Mrs W had grown weary of their 14 year old kitchen which came with their property when it was built, it was tiny and meant the cook of the house worked in total isolation.

The client had an old Howdens kitchen which they were no longer happy with, they had mentioned that they might want to bring a wall down to open up the space and brick up a doorway to change the layout of the downstairs but wanted advice from architects and designers before making such large scale changes to their home

They had already had some so called 'designers' round to help but nobody seemed to be able to make any better use of the space. Tiring of the process they consulted an architect to draw up plans for an extension, it was whilst they were deliberating on this, that a work colleague suggested they see Regal. Being impressed by the showroom and team they were excited to invite one of their designers around. Within minutes John had a clear vision, which included blocking three doors and a window off, together with taking down two walls, this really created a space to put their new kitchen at the heart of their home



An L shaped kitchen with twin ovens and a larger fridge and freezer at the end, incorporating the flex induction hob creates a large, functional and ergonomic design and the dark blue shaker furniture on the entertaining island really adds warmth to the space. Diamanté handles add a bit of glam into the look.

Overall the clients are delighted with their completed kitchen, and Mrs W has said she is eternally grateful to the friend who recommended Regal Kitchens.

Regal Kitchens beautiful showroom in Chelmsford is situated at 2 Navigation Road CM2 6HX and open every day 10am – 4pm



**WE DESIGN
WE INSTALL
YOU LOVE!**

Create your 'perfect kitchen' with our expert guidance, renowned design flair and award-winning customer service!



REGAL CARE

Enjoy an extensive one to one tutorial of your new Neff appliances* within the comfort of your own home. Our home economist provides you with a hands-on experience and shows what your new appliances are capable of across a delicious three course meal.



☎ 01245 351 151 - 24/7 🌐 www.regalkitchens.co.uk

Why not visit our showroom at 2 Navigation Road, Chelmsford CM2 6HX



SPORT



TIMEX

FLORA LONDON MARATHON 2003

BRITAIN'S GREATEST SPORTING MOMENTS...

KEEP ON RUNNING



DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15.25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.



From the smallest job to the largest high profile project



TPSL

Timmins Property Services Ltd

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

PLUMBING

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

ELECTRICAL

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

ROOFING

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

BUILDING

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



Gas Safe Registered
NICEIC Approved Contractor & Domestic Installer



WE CARRY OUT ELECTRICAL CERTIFICATES FOR LANDLORDS



Please contact us for further information on all our services

www.timminspsl.co.uk

Tel: 01277 810005 | Email: office@timminspsl.co.uk

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



APPLIANCE REPAIRS AND SALES

We repair all makes and models

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

New appliances in stock for
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk

ANY *little*
THING Ltd
Providing reliable & trustworthy support

A Personal Home Help Service

Providing trustworthy and reliable support to the elderly and vulnerable

Including, but not limited to
Companionship 🍷 Household Chores
Pet Services 🍷 Meal Preparation
Basic Gardening 🍷 Ironing

01268 928878

www.anylittlething.co.uk

TOKYO 2020



SPORT

TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



Photo credit: Keizo Morri/UPI/Shutterstock, Natacha Pisanenko/AP/Shutterstock, Dmitri Lovetsky/AP/Shutterstock, Petr David Jozek/AP/Shutterstock, Alex Whitehead/SWPAx.com/Shutterstock



WS Spray Finishings

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

Hello to all our customers past and present, we are now back at work
We hope the support we have been shown in the past will return
We can get through this together, local companies employing local people



Are you tired of the look of your 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 & 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 and de-greased, repaired if necessary and rubbed down prior to painting. We use a highly tough and durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel for fitted bedroom drawers and 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 & old furniture, we strive to be as eco friendly as 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



GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK. Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."



How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

FOR THE MIND:

- > Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

FOR THE BODY:

- > Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

- > Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.

LEXUS HAINAULT

£30 OFF ALL SERVICES*

COMPLIMENTARY CAR WASH KIT WITH EVERY SERVICE BOOKED



CALL US NOW ON
0208 088 0873

hainaultservice@hillsmotorgroup.co.uk



HAINAULT

*Lexus Relax warranty is a 1 year service-activated warranty available on vehicles after expiry of the original manufacturer's warranty up to 10 years old / 100,000 miles when serviced at an official Lexus Centre. **Terms and Conditions apply.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ BUCATINI
- ▶ CAMPANELLE
- ▶ CANNELLONI
- ▶ CAPELLINI
- ▶ CONCHIGLIE
- ▶ FARFALLE
- ▶ FETTUCE
- ▶ FUSILLI
- ▶ GARGANELLI
- ▶ GEMELLI
- ▶ LASAGNE
- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI

I	N	I	L	L	E	P	A	C	C	P	I	A	G	R
I	N	O	T	A	G	I	R	A	I	S	E	E	X	Q
I	L	L	E	M	E	G	M	T	P	A	E	N	I	C
F	S	G	C	S	W	P	T	P	J	S	L	L	N	R
E	W	R	D	T	A	E	I	A	O	X	L	K	P	E
T	M	Y	B	N	H	F	L	P	I	E	A	I	V	M
T	Z	T	E	G	U	I	I	P	N	G	F	N	E	A
U	S	L	A	S	N	T	A	A	U	V	R	I	R	N
C	L	P	I	G	I	M	G	R	B	S	A	T	M	I
E	S	L	U	Z	T	R	H	D	O	I	F	A	I	C
H	L	I	C	S	A	S	E	E	T	J	I	C	C	O
I	N	E	N	G	A	S	A	L	Q	E	D	U	E	T
E	C	O	N	C	H	I	G	L	I	E	P	B	L	T
T	S	Q	I	N	O	L	L	E	N	N	A	C	L	I
I	Z	Z	O	G	N	I	R	T	S	H	D	O	I	A

DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

WORD LADDER

QUIT
STOP

THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

MOBILE UPHOLSTERY

REPAIRS AND LEATHER CLEANING



FABRIC AND LEATHER FURNITURE REPAIRS CARRIED OUT IN YOUR HOME

Leather Repairs and Colour Restoration
 Leather Cleaning and Conditioning
 Cushion Padding Refurbished or Replaced
 Open Seams Re-Sewn | Pet Damage | Repairs
 Springs | Frames | Recliners



Tel: 07889 368706



www.mobileupholstery.co.uk
enquiries@mobileupholstery.co.uk

FLOURISHING FLOWERS



FUNERALS • SPECIAL OCCASIONS PERSONALISED • ECO CONSCIOUS

Independent florist specialising in floral arrangements for funerals and celebrations

Call to discuss your requirements

01277 650276

www.flourishingflowers.co.uk

janet.hibberd260@gmail.com



MAKE YOUR WILL...

...IN THE COMFORT OF YOUR OWN HOME

**Do you and your family have the peace of mind of an up-to date Will,
 or a Power of Attorney for yourself or your parents,
 or Legal Guardians for your children under 18?**

My professional services for arranging personally-tailored Wills, Powers of Attorney, Probate and expert guidance on Inheritance Tax and Care Home Fees, are offered to applicants seven days a week on a fixed fee basis in your own home, regardless of consultation time and number of visits.



MARTIN ENGLEMAN AIPW AFPC
 Qualified Member of the Institute of Professional Will Writers – Certificate in Mortgage Practice & Equity Release, Chartered Insurance Institute – Diploma, Personal Finance Society

Please visit www.businessadvisoressex.co.uk for more detailed information, then call me for a fixed fee quotation and free advice

Please note that weekend home visit meetings are offered at no extra cost

Office: 01268 761022
 Mobile: 07901 948745
 1 Nesbit Close, Wickford,
 Essex SS12 0PT

ENGLEMAN WILLS
 + POWERS OF ATTORNEY + PROBATE

ARE YOU LOOKING FOR A NURSERY IN SHENFIELD?



Providing quality childcare for children aged 3 months to 5 years since 2004, just five minutes walk from Shenfield station. We offer outstanding learning experiences which meet the needs of you and your child. Onsite catering providing award-winning menus for our babies, toddlers, and pre-school children.



POPPETTS DAY NURSERY
 Long Ridings Avenue, Shenfield CM13 1DU
 @poppettsdaynurseryshenfield

BOOK A SAFE & SECURE PERSONAL TOUR AT
WWW.POPPETTSDAYNURSERY.CO.UK
 ENQUIRIES@POPPETTSDAYNURSERY.CO.UK
 TEL: 01277 264644

bluebaring

RECRUITMENT LTD



Construction & Industrial Recruitment Specialists

Established since 2008

- We are a local business and we are looking to work with other local businesses
 - We can supply staff all over Essex & London
- We offer Temporary, Fixed Fee Perm & Temp to Perm (£0 End Fee) options
 - Our core beliefs are Honesty and Transparency

**So if you are looking for staff – look no further
 Get in touch with Bluebaring today!**



We are proud to announce that we have been approved by the DWP to work as a Kickstart Gateway meaning you can now take full advantage of the scheme with our full support.

info@bluebaring.com • 01708 524332 • www.bluebaring.com • Follow us on @

We are looking for consultants to join our team. If you are looking for a new role in recruitment, email our Director Scott Hart on scott@bluebaring.com



KIDS

HOW TO PERFORM CPR

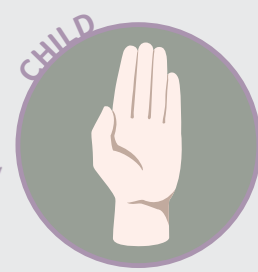
ON CHILDREN AND BABIES



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100–120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
 Use the beat of the song *Nellie the Elephant* to keep the right pace





GET YOUR HEAD IN THE

Cloud

An estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

COST-EFFECTIVENESS: If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

ENHANCED FLEXIBILITY: Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

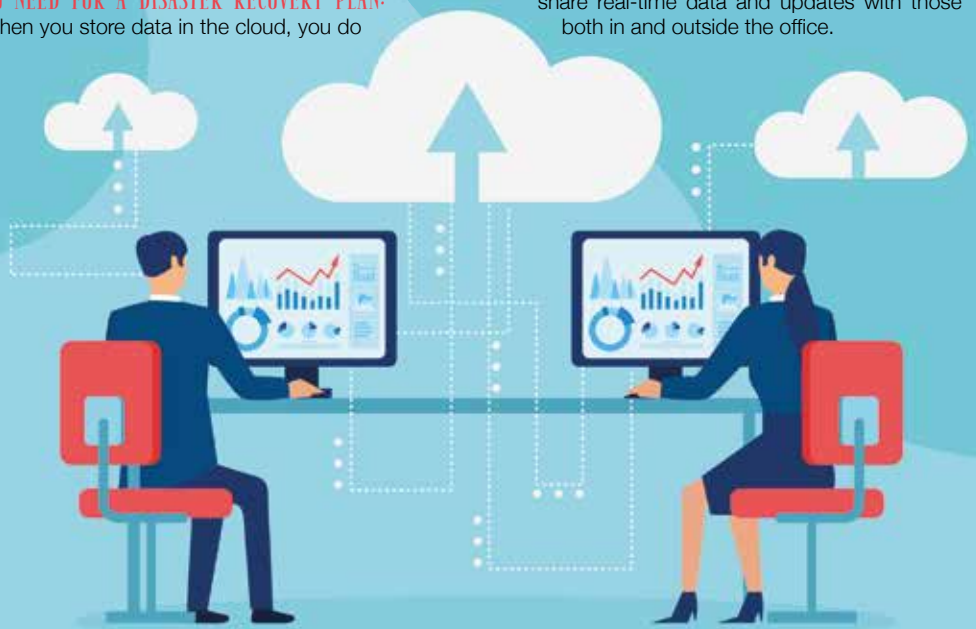
NO NEED FOR A DISASTER RECOVERY PLAN: When you store data in the cloud, you do

not need to worry about permanent data loss. Your data will always be available as long as you have an internet connection.

INCREASED SECURITY: Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

BOOSTED SCALABILITY: Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

IMPROVED COLLABORATION: As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.



ON THE MONEY

Financial advice from our financial adviser **Karyn Vogel**
Contact 01277 654153



RISING INHERITANCES AND DEFICIT MAY HASTEN IHT CHANGE.

In 2018, Chancellor Philip Hammond asked the Office of Tax Simplification (OTS) to review Inheritance Tax (IHT)¹. However, subsequent events have meant that the tax regime for transfers of wealth between generations has not been revised, though Mr Hammond's next-but-one successor, Rishi Sunak, could yet dust-off two OTS reports².

A big deficit caused by the pandemic points to unwelcome tax rises. Some economists see tax on transfers of wealth as a way to generate revenue without stifling the economy, whilst also acting to improve social mobility. One influential think tank recently explored inheritance and inequality.

The Institute for Fiscal Studies' (IFS) April 2021 paper, Inheritance and inequality over the life cycle: What will they mean for younger generations? identifies trends that could influence policymakers' thinking on taxation of wealth transfer, whether during someone's lifetime or after death. One key finding is that inheritances have formed a rising part of national income for the past five decades.

INEQUALITY OF INHERITANCE

The IFS calculates that inheritances for those born in the 1960s will on average equal nine per cent of their other lifetime income, compared with 16 per cent for those

born in the 1980s. If this trend of rising levels of inherited wealth continues, the gap between rich and poor families can only widen; a more stringent version of IHT could mitigate that.

A major impact clearly stems from parental wealth. The IFS projects that people within each of the two age groups having parents in the top one-fifth on the wealth scale will receive average inheritances that deliver a lifetime income boost of 17 per cent or 29 per cent, respectively, but only two per cent or five per cent if their parents are in the bottom one-fifth on the wealth scale.

So, the younger group will receive a greater boost from inheritance than the older one and within both groups those with wealthier parents will benefit far more, heightening inequality. With social levelling-up prominent on a financially-stretched government's agenda, IHT changes could prove costly for the better-off.

It's sensible to prepare for all scenarios, taking expert advice on strategy, and at HCR we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.

¹ gov.uk, 2018; ² gov.uk, 2019

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

Plan your next big adventure

These days, retirement is less about slowing down and more about regaining time – to enjoy the leisure pursuits and adventures you’ve been dreaming about for so long. But with the shift to financial self-reliance in retirement, making the right decisions requires advice that is personal to you.

That’s where we come in. We offer a local, friendly service backed by the strength and security of FTSE 100 company, St. James’s Place Wealth Management. Our advice can help you manage your income and lump-sum needs, whilst guiding you through the tax landscape.

So, if you’re looking for security without compromising on your bucket list, let’s talk about how we can make that happen.

ANDREW J SKINNER APFS
 Chartered FFS
 Director

ANDREW SKINNER WEALTH MANAGEMENT LTD
 Partner Practice of St. James’s Place Wealth Management
 01277 563 609 | 07740 985781
 andrewj.skinner@sipp.co.uk
 www.andrewskinnerwealth.co.uk



The Partner Practice is an Appointed Representative of and represents only St. James’s Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group’s wealth management products and services, more details of which are set out on the group’s website www.sjp.co.uk/products. The ‘St. James’s Place Partnership’ and the titles ‘Partner’ and ‘Partner Practice’ are marketing terms used to describe St. James’s Place representatives.

SJP11492g V2 (09/20)



LOCAL LAW FIRM DONATES TO SUPPORT CHARITY FOR CHILDREN WITH COMPLEX NEEDS

Local law firm Fisher Jones Greenwood (FJG) has donated £1500 to Mersea Island based ‘Camp JoJo’, a registered charity set up by people with first-hand experience of the joys and challenges faced when parenting a child with complex needs.

A donation of £500 was made by the FJG Foundation in 2020, with an additional donation of £500 from Paula Cameron, Chief Operating Officer at Fisher Jones Greenwood as well as £500 from the foundation for 2021.

The funds are an enormous boost to the charity, which each year offers 6-7 families with children with complex needs the opportunity to camp for three days over a weekend under canvas on a specially adapted campsite at Ivy Farm, East Mersea, in Essex, with whatever accessible equipment they require.

At Camp JoJo families can stay and take part in everything from feeding chickens and getting to




know the very friendly sheep, to making hammocks to lighting fires, throwing tomahawks, and going on a foraging walk.

Paula Cameron, COO commented: “Ralph and the team at Camp JoJo do an outstanding job and help so many families each year”.



DOMESTIC AND COMMERCIAL
 ELECTRICAL AND AIR CONDITIONING
BE COOL THIS SUMMER!

**GET
 IN TOUCH
 TODAY**

 **07449 457 776**

 INFO@ESSEXELECTRICALLANDCOOLING.CO.UK

 WWW.ESSEXELECTRICALLANDCOOLING.CO.UK

  FOLLOW US

Because
 we don't
 know

What's

around
 the
 corner...

...it's never
 too early
 to make an
 LPA

Don't put it off. Often it takes a life changing event to prompt someone into action, which can sometimes be too late. Many others don't consider making an LPA at all, believing that “it won't happen to me”. However, planning ahead and having LPAs prepared before they are needed can stop the evitable roadblocks faced by those dealing with your financial & business matters and health & welfare choices if the worst does happen and you are not able to make decisions yourself.

**Contact us today to protect yourself and your loved ones.
 Legal advice with a conscience.**

FJG FISHER
 JONES
 GREENWOOD
 SOLICITORS

Fisher Jones Greenwood LLP,
 102 High Street, Billericay, CM12 9BY
 Offices across Essex and London

01277 424080
www.fjg.co.uk
enquiry@fjg.co.uk



5 Gardens

TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG
Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ
Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND
If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU
At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breathtaking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX
Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds. Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



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.

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

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.

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

PRICES FROM
£15*
PER TREATMENT

GreenThumb

LAWN TREATMENT SERVICE

*Based on a lawn size up to 40m² **New Customers Only

Photo credit: hergest.co.uk, visit-dorset.co.uk, gatsurrey.co.uk



**THE ONLY WASTE IS ESSEX
SKIP HIRE**



**LICENSED WASTE CARRIER
MIDI & MINI SKIPS**

2 Yard Skips • 4 Yard Skips • 6 Yard Skips
Family run • Friendly Efficient Service
Covering South Essex

**SAME DAY DELIVERY
07902 567890**

**TOMCO
LANDSCAPES**

**TRANSFORMING
OUTDOOR AREAS
ACROSS ESSEX**

**DRIVEWAYS • PATIOS • FENCING
DECKING • PERGOLAS • TURFING
ARTIFICIAL LAWNS • OUTDOOR ROOMS**

WE COVER IT ALL

**07850 332406
01245 281999**

info@tomcolandscapes.co.uk
www.tomcolandscapes.co.uk

Moss Be Gone Ltd

KEEP YOUR ROOF MOSS FREE

**TURN YOUR ROOF FROM
GREEN TO CLEAN**



10% OFF ALL WORK BOOKED IN THIS YEAR*

**MOSS REMOVAL SPECIALISTS • FULLY QUALIFIED • FULLY INSURED
NO JOB TOO BIG OR TOO SMALL • COMPETITIVE PRICES**

CALL US FOR FREE QUOTES & ESTIMATES

T: 07394667758 / 07588669131 W: www.mossbegone.co.uk

E: mossbegone@dessex@gmail.com

*Ts&Cs Apply



BEST gardening APPS



GARDENING

Would you love to transform your garden into your own private sanctuary, but don't know how?

Whether you need help with landscaping, choosing the right plants or identifying a tree, you are guaranteed to find an app below to help guide you.

GROW YOUR OWN – available for free on iPhone and Android devices

Created by the experts at The Royal Horticultural Society (RHS), this handy app is ideal for people who want to grow their own fruit, vegetables and herbs. Perfect for beginners, you will find a profile provided for each plant, complete with detailed horticultural advice.

PRO LANDSCAPE HOME – available for free on iPhone and Android devices, £14.99 for access to more items

One of the most popular garden design apps available, this easy-to-use app provides all the tools and advice you need to redesign your landscape. To get started, all you need is a picture of your garden. Then you can search for plants, add focal points such as water features, and create your dream space.

GARDEN TAGS – available for free on iPhone and Android devices

If you are worried about keeping your garden in optimal condition once it is complete, this app can help you. Providing instant plant identification, growing advice and plant care instructions, you can log every plant in your garden and enjoy peace of mind that you are looking after them in the best possible way.

LEAFSNAP – available for free on iPhone and Android devices

Have you ever been for a walk and seen a tree or plant that you would love to have in your garden? Leafsnap is the ultimate plant identification tool, providing both ease of use and unrivalled accuracy. Create your own collections and use them as inspiration for your next shopping trip.





Photo credit: gingerhorticulture.co.uk

MANOJ MALDE

FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."

SPECIALIST IN PRE-CAST BUILDINGS

SINGLE GARAGES ■ DOUBLE GARAGES ■ CONSERVATORIES
GARDEN ROOMS ■ SHEDS/WORKSHOPS & MORE



- FAMILY RUN BUSINESS ■ 50 YEARS EXPERIENCE
- 5 YEARS GUARANTEE ■ DESIGNS TAILORED FOR YOU
- HIGH QUALITY, LOW MAINTENANCE CONSTRUCTION



R
PAGE
CONCRETE
BUILDINGS LTD

CONTACT US ON 020 8590 3701

www.rpageconcretebuildings.com

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

951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB



CALL TODAY
FOR YOUR
NO OBLIGATION
QUOTE WITH NO
HIDDEN EXTRAS

ALL TREE WORK UNDERTAKEN



- FAMILY RUN BUSINESS
- OVER 35 YEARS EXPERIENCE
- PRUNING ○ THINNING ○ REDUCTIONS
- FELLING AND REMOVAL ○ DEAD WOOD REMOVAL
- SITE CLEARANCE ○ HEDGE MAINTENANCE
- FIREWOOD SALES FULLY INSURED

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ [Checkatrade.com](https://www.checkatrade.com)
Where reputation matters



07500 870 309

www.essextreecareltd.co.uk



Is your conservatory...

🌡️ too warm in summer? + ❄️ too cold in winter?

If your answer is 'Yes'
we have the solution!



Roothway Builders Ltd



☎️ 01702 200062

☎️ 07770 793389

☎️ 07900 398201

WhatsApp Available

Local family business

www.roothwaybuilders.co.uk

info@roothwaybuilders.co.uk

www.conservatorywarmroof.co.uk

info@conservatorywarmroof.co.uk

GET OFF MY

Cloud



TECHNOLOGY

Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly audit who you're sharing with.

TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

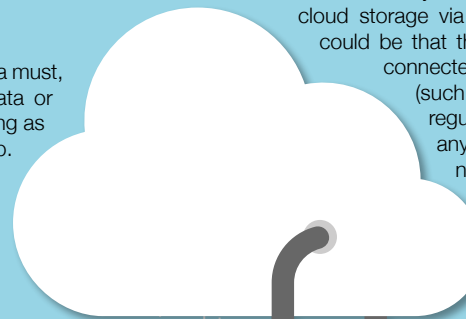


CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

NOTIFICATIONS

Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.





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**

Family-run business with over 20 years of experience.

Trading Standards Approved Aerial Installer.

Quality Workmanship At Sensible Prices.



digital 
Approved Member

Freephone: **0800 77 97 047**

Mobile: **07916 305 977**

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

www.andysaerials.com



SANCTUARY FOUND

Family run business which specialises in working with its customers to **create beautiful bespoke Offices, Mancaves & Garden-rooms...** We endeavour to beat any competition on a like for like specification...

See our work on www.sanctuaryfound.co.uk

Call Jon on **07508 339 804** or email info@sanctuaryfound.co.uk

Seeking Sanctuary...
SANCTUARY FOUND...

UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.



FOOD & DRINK

FOR GOODNESS'

sake

WHY THE JAPANESE RICE DRINK IS BECOMING POPULAR IN THE UK

If the beverage sake conjures up memories of a warm boozy elixir, washing down a mouthful of sticky, salty noodles – not unpleasant, but decidedly unrefined – you may struggle with the concept of this ancient Japanese rice drink becoming a celebrated spirit among bartenders and liquor connoisseurs.

Made in much the same way as beer – polished rice is washed and steamed, then cooled before the addition of koji (a mould culture) breaks down the enzymes into fermentable sugars – sake has an umami flavour profile that makes it compatible with almost every kind of meal, or, as the Japanese proverb states: "Sake never fights with food."

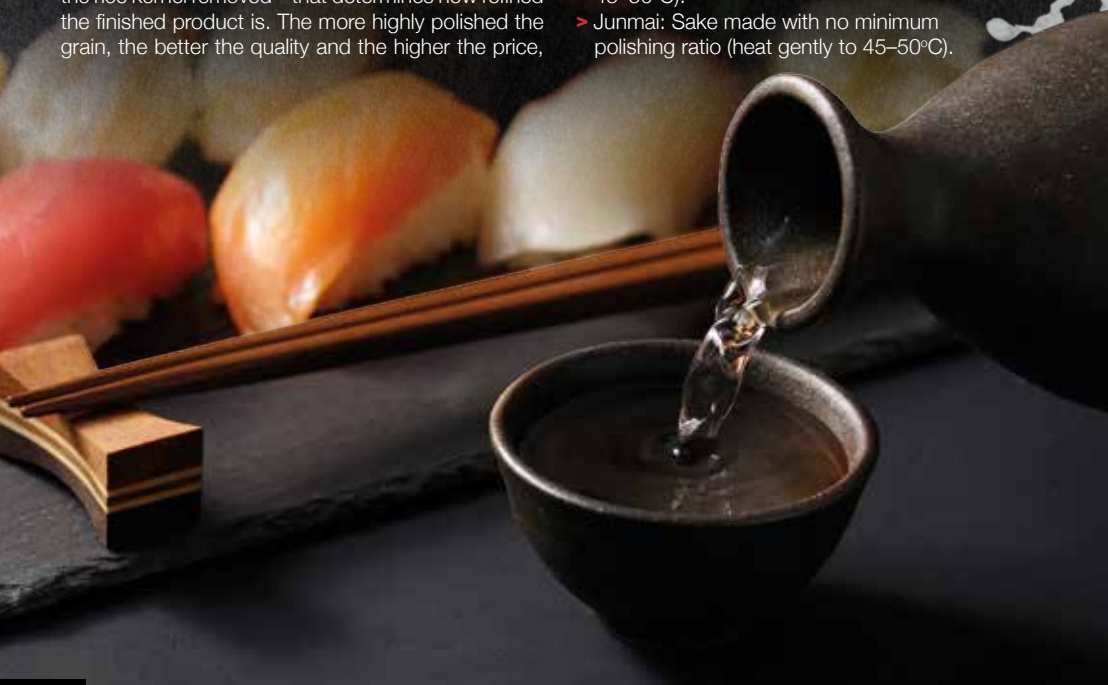
As with most things, you get what you pay for, and in the case of sake, it is the polishing ratio of the rice – the more milled it is with the husk and outer portion of the rice kernel removed – that determines how refined the finished product is. The more highly polished the grain, the better the quality and the higher the price,

with high-end sakes reaching the same price points as certain top-shelf whiskies.

That neatly brings us to the notion that sake ought to be served warm, which is true if it is made from low-polished rice. However, the more refined the sake, the more its floral, fruity and rich flavours sing, and the more delicious it becomes when served chilled... sticky noodles optional.

TYPES OF SAKE:

- > Daiginjo: A super-premium sake with minimum 50 per cent polishing ratio. Best served chilled.
- > Ginjo: A premium fragrant sake with minimum 40 per cent polishing ratio. Best served chilled.
- > Honjozo: A light, premium sake polished to a minimum of 70 per cent (unlike most premium sake, honjozo is best served heated gently to 45–50°C).
- > Junmai: Sake made with no minimum polishing ratio (heat gently to 45–50°C).





SPICE KING

Indian Cuisine Restaurant & Takeaway

ENJOY INCREDIBLE FOOD

BOOK A TABLE & ENJOY OUR BEAUTIFUL SURROUNDINGS

Traditional Curries • Tikka Massala • Pathia • Dansak... & more
All dishes freshly prepared & cooked to the highest standard
You are welcome to bring your own alcohol to our premises





CALL TO BOOK ON 01277 636 063 • 01277 623 664
ORDER ONLINE: www.spicekingbillericay.com
21c High Street, Billericay, Essex CM12 9BA rated excellent on
   tripadvisor





FREE LARGE BOTTLE OF COBRA
ON DELIVERY ORDERS OVER £30

T&Cs apply. Offer only available directly at spicekingbillericay.com on telephone orders, offer is not valid with any other promotion
Offer ends 30 Sep 2021



Gibson's
FINEST MEATS

OPEN 7 DAYS A WEEK

**Gibson's Finest Meats is a family run butchers & farm shop.
We supply some of London's finest restaurants & chefs.**

**LOCALLY REARED BEEF ■ STEAKS ■ PORK & GAMMON ■ WELSH LAMB ■ FREE RANGE POULTRY
SAUSAGES & PIES ■ GLUTEN FREE SAUSAGES ■ CHEESES ■ FRUIT & VEG ■ JARS ■ CURRY KITS**

01268 952196 ■ www.Gibsons-meats.co.uk ■ gibsonsmeats111@gmail.com
Summerhill Garden Centre, Pipp's Hill Road North, Billericay, CM11 2UJ



ORGANIC *September*



PROS AND CONS OF CHOOSING ORGANIC

Organic September is a month-long campaign to raise awareness of the benefits of organic food and farming, but is organic food really as good as it's made out to be?

WHAT DOES 'ORGANIC' MEAN?
The term 'organic' refers to the way agricultural products are grown and processed. Standards vary worldwide but, as a general rule, organic produce must be grown without the use of synthetic herbicides, pesticides and fertilisers or bioengineered genes.

PROS FOR BUYING ORGANIC FOOD:

- > Organic farming is friendlier to the environment
- > Organic processed food contains no hydrogenated fat
- > Organic food is often fresher
- > Organic farming ensures that animals are fed a natural diet and kept in free-range conditions
- > Genetically modified (GM) crops are not permitted under organic farming standards
- > Organic food contains lower levels of pesticide residues.

CONS FOR BUYING ORGANIC FOOD:

- > Organic food tends to go off quicker than non-organic food as it does not contain artificial preservatives
- > Organic food is more expensive
- > Organic food production does allow a limited number of chemicals to be used
- > Some research suggests that organic food is no safer or more nutritious than non-organic food.

ORGANIC FOOD BUYING TIPS:

1. Buy in season as this is when fruits and vegetables are freshest and most affordable.
2. Prioritise meat, eggs and dairy if your budget can stretch to this.
3. Know your produce pesticide levels. Some types of conventionally grown produce are higher in pesticides than others.
4. Shop around. You can find organic produce at your local grocer, farmer's market, online and even in the freezer section of your supermarket.
5. Remember that organic food doesn't always mean healthy. Organic baked goods, desserts and snacks can still be high in sugar, salt and fat.



Orthopaedic services

Nuffield Health Brentwood Hospital

We provide a range of services locally for patients who require orthopaedic surgery. We are passionate about health and the care we provide and are here to reassure and help you, throughout your journey.

- Treatments include:**
- ◆ Hip and knee surgery
 - ◆ Hand, wrist, elbow or shoulder injury
 - ◆ Back and spinal or sport injury
 - ◆ Foot and ankle surgery and joint injections.

 For more information call **01277 554181** or visit nuffieldhealth.com/hospitals/brentwood



Friendship... Wellbeing... Community....

We are social creatures. We thrive in the company of others – talking, laughing, playing... being. At Hutton View, a Hallmark care home, relationship-centred care is at the heart of everything we do. Not only will our team members form strong relationships with each resident, we also encourage residents to form bonds with each other.

Through the range of activities we offer at a Hallmark care home – from cooking classes to singing sessions, days out and gardening – friendships are formed and new memories made. Our social spaces are also abuzz with game-playing, chatting and cake-eating – both with family members visiting and those residing with us.

Of course, we understand the importance of 'me time' as well, which is why there's always the option for residents to opt for some peace and quiet – either in our tranquil gardens, in their stylishly decorated room or in a quiet nook.

You know your loved one best and we recognise that selecting the right care home for them is an emotional decision. Will they be safe? Will they be stimulated? Will they be happy? If our multiple Hallmark awards and our own current residents' smiles are anything to go by, the answer is a resounding YES. Every resident is unique, with their own needs, interests and personality, which is why we ensure we get to know them properly – by spending time with both them and their family. We ask questions and, more importantly, we listen

to the answers, so that we are able to fulfil each person's medical, physical, emotional and social requirements. We want each resident to feel comfortable in their new home, without having to give up the things they enjoy. As such, your mum can still enjoy her weekly trip to the hairdresser in our on-site salon and your dad can still have his Friday-night pint at our bar.

When it comes to the health and wellbeing of our residents, the company of like-minded companions cannot be underestimated. Our relationship-centred care encourages friendships both inside the care home and in the wider community, which can both open up new opportunities and allow residents to continue with a much-loved hobby or pastime.

We can't wait to meet – and get to know – your loved one. After all, we're in this together.

If you're looking for the highest quality care for your loved one, let's get together and talk. We'd be delighted to arrange a family visit and answer any questions you may have.

01277 575 319
www.hallmarkcarehomes.co.uk



Let's Get Together

The highest quality care starts with a connection

Every member of our team gets to know your loved one as an individual when they move in, so we can support them to live a life they love.

We call it relationship-centred care.

If you're looking for the highest quality care for your loved one, let's get together and talk.

01277 575 319 hallmarkcarehomes.co.uk

Residential Care | Dementia Care | Respite Care



NOW OPEN



CJ Dental Studio

YOUR DENTIST IN BRENTWOOD

As one of our patients, you will be assigned to your personal treatment coordinator who will be available to you at every stage of your treatment journey – from your initial consultation, to the aftercare stage. We pride ourselves in excellent care, customer service and attention to detail with each service tailored to the specific needs of our customers.



Our exceptional services range from
General Dental Check-ups | White Fillings | Porcelain | Veneers | Hygiene Cleaning
Specialist Dental Care | Cosmetic Dentistry | Orthodontics | Implants | Surgical
Treatments | Root Canal Therapy | Full Smile Makeovers
0% payment plans available

**OUR GOAL IS NOT TO MEET YOUR EXPECTATIONS
BUT TO EXCEED THEM**

To book: 01277 886 166
info@cjdentalstudio.co.uk
www.cjdentalstudio.co.uk

62 – 66 Ongar Road,
Brentwood, CM15 9AX



Know Your Numbers!

Week 2021



HEALTH & FITNESS

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

Why you need to Know Your Numbers!

- 1 in 2 strokes and heart attacks are the result of high blood pressure
- 1 in 3 adults in the UK have high blood pressure
- 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- High blood pressure costs the NHS £2.1 billion every year.

How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- Clinically validated. This means that it has been tested and gives results you can trust
- Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.





How to RUN SAFELY at night

There is something magical about running at night when the roads are quieter, there are fewer people on the pavements, and the moon is glowing. However, if you are a late-night (or early morning) jogger, you need to make sure you are keeping yourself safe.

CHOOSE A WELL-LIT ROUTE
If possible, pick a well-lit route for your night-time runs, or invest in a running head torch so that you can see any tripping hazards.

DON'T LISTEN TO LOUD MUSIC
Although your running playlist may help keep you motivated, listening to loud music while running at night is extremely dangerous. Instead, leave your headphones at home or use a low-volume setting and stay alert to what is happening around you.

RUN AGAINST THE TRAFFIC
If you prefer to run on the roads rather than in the park at night, make sure you run against the traffic so that you can see any vehicles heading towards you. Always be careful when crossing the road and wait for vehicles to pass before attempting to cross.

TRUST YOUR INSTINCTS
If you feel unsafe, head for a well-lit area or go home. It is always better to be overly cautious than a little reckless.

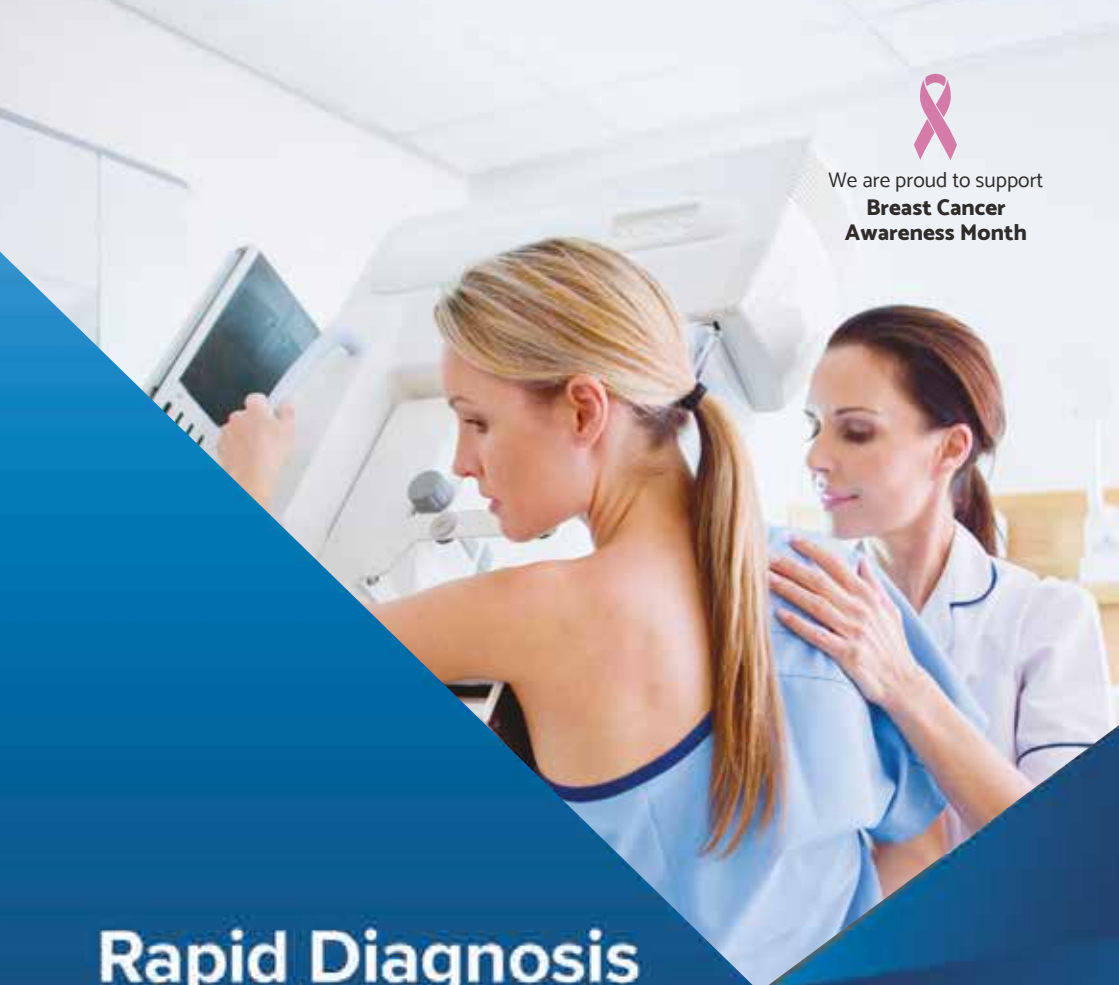
TELL SOMEONE WHERE YOU ARE GOING
Before you set off on your evening run, be sure to tell a family member or friend where you are going and how long you are going to be.

RUN WITH SOMEONE ELSE
If you are nervous about running at night, ask a friend to come running with you or join a local running group. Remember, there is safety in numbers.

WEAR HIGH-VIS CLOTHING
You should always wear high-vis clothing when running at night so that both drivers and pedestrians can clearly see you. Make sure you are visible from the front and the back.



We are proud to support Breast Cancer Awareness Month



Rapid Diagnosis Breast Clinic

Springfield Hospital's clinic is available to anyone with breast symptoms. If you are paying for yourself, just call the number below to make an appointment. If you are using your private medical insurance, please call your insurance company to get an authorisation number. Then call our appointments line who will make an appointment for you.

01245 234 000

Lawn Lane , Chelmsford, CM1 7GU

www.springfieldhospital.co.uk

/SpringfieldHospital



Springfield Hospital

Part of Ramsay Health Care



HEALTH & FITNESS

Wild WORKOUTS

SWAP TRADITIONAL INDOOR GYMS FOR AN OUTDOOR FITNESS EXTRAVAGANZA

Actor and all-round muscle mountain, Jason Momoa, recently admitted to being bored by the same old gym routine, proclaiming that he'd rather embark on some spontaneous rock climbing, surfing and hiking in order to keep himself in shape. Of course, unlike the star of *Aquaman*, not many of us have made a living from staying in shape, nor do we reside in Los Angeles. Yet there are a number of fitness-enhancing outdoor exercises that use the world around us... Jason would approve.

RUNNING AND CYCLING: The simplest of them all – pounding the pavements or getting on our bikes are the most popular outdoor workouts.

HIKING: Endurance exercise such as hiking is great for both limbs and lungs, with inclines providing the perfect platform for you to hone your physical prowess while inhaling that fresh, replenishing outdoor air.

LOG-LIFTING: Weightlifting using logs? Why not? Not only can you work on your Rambo impression, but getting to and from the forest setting can provide a workout in itself.

WOODCUTTING: How much wood would a woodcutter cut, etc. It's time to find out – take a saw with you on an everyday country walk and build arm and chest muscles by driving that serrated edge into some fallen logs or branches.

WILD SWIMMING: There is no better form of exercise than swimming, and there is nothing more invigorating than being surrounded by nature's wild waters. However, you must always ensure you are taking a dip in a designated and safe spot, preferably as part of a group.

HANGING TIGHT: A forested area will provide ample opportunities to test upper body strength with lifts, pull-ups, chin presses and other hanging practices that enable you to sample the serenity of nature around you... for as long as you can hold on, that is.



WE CAN HELP YOU
GET MORE BUSINESS

CALL 01277 554045
TODAY TO BOOK
THIS SPACE

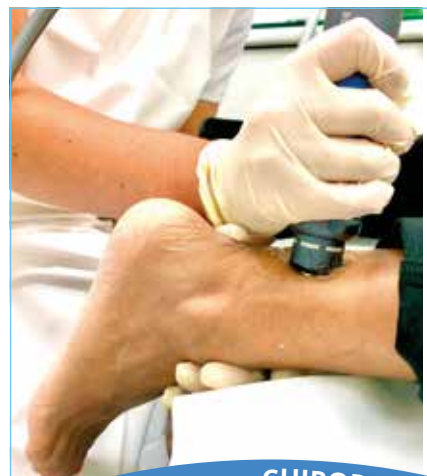
THE SKIN SHED

WE OFFER A WIDE RANGE OF BEAUTY TREATMENTS FOR ALL YOUR SKIN NEEDS

- Microneedling
- Dermarolling
- Dermaplanning
- Sports Massage
- Swedish Massage
- Indian Head Massage
- Lash Lift & Tint
- Spray Tanning

BRENTWOOD & BILLERICAY CLINICS AVAILABLE
HOME VISITS AVAILABLE

07736 434940
www.theskinshedessex.co.uk
theskinshedessex@outlook.com

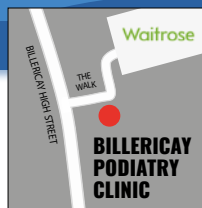


Problems with your foot health?

AT BILLERICAY PODIATRY CLINIC WE CAN HELP YOU

Come and see us for effective treatment of tendonitis, plantar fasciitis or muscular issues. We use Extracorporeal Shockwave Therapy to deliver effective pain management treatment to the affected area, reigniting the healing process with a view to resolving the issue.

CHIROPODY, PODIATRY & FOOTWEAR CENTRE



01277 659200
www.essexfootcare.com
2 The Walk, Billericay, Essex CM12 9YB

We could fill Wembley Stadium ONE AND HALF TIMES with our monthly readership

OVER 135,600 PEOPLE IN ESSEX READ VISION MAGAZINE'S MONTHLY

Photo courtesy of PA Images

CONTACT US TODAY TO GET YOUR BUSINESS SEEN BY OUR READERS

Your Monthly Lifestyle Magazine **VISION**

See all our magazines at www.visionmagessex.com

Billericay Shenfield Brentwood Ongar Chelmsford Beaulieu Epping Theydon Frinton-on-Sea Hornchurch Leigh Thorpe Bay Loughton Rayleigh Wickford South Woodford



FASHION

Brighten YOUR whites



Get your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.



Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.



Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.



Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.



Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.

Photo credit: @elshelmagazine.com.au, thespoon.com

CONTACT US
FOR YOUR FREE
CONSULTATION*

We Care For Hair

Regrow HAIR CENTRE

The Regrow Hair Centre specialises in surgical and non-surgical treatments to help stop hair loss and restore hair. We use and offer the finest products available on the market which are 100% safe and natural.

Laser | PRP | Home Treatments | Regrow Beauty

0800 246 1606 | www.regrowhaircentre.com | info@regrowhaircentre.com

27 Hutton Road, Brentwood, Essex CM15 8JU    

***5% DISCOUNT ON ALL TREATMENTS FOR VISION READERS
PLEASE QUOTE VISION 123 WHEN BOOKING
YOUR FREE CONSULTATION**

How to repair damaged hair

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.



BEAUTY





TRAVEL



SELF-CATERING vs. ALL-INCLUSIVE: *Which one is best?*

Holidaymakers tend to fall into two categories: those who swear by the savings of self-catering breaks and those who love the convenience of all-inclusive. But which one is the all-round winner? Let's take a closer look.

PRICE
Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.
All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.
Winner: All-inclusive

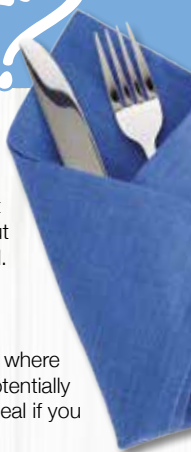
CHOICE
Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.
All-inclusive: You are restricted to your hotel unless you want to pay extra.
Winner: Self-catering

ACCESSIBILITY
Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local public

transport to buy provisions.
All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.
Winner: All-inclusive

FREEDOM
Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.
All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.
Winner: Self-catering

SO, WHICH IS THE WINNER?
Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.



24/7 Airport Transfer ✈ Any Destination in UK ✈ European Holiday Destinations
Cruise Terminals ✈ Any Sort of Leisure or Business Travel

Airports
2000

01268 46-2000 **07943 472 998**

✉ airports2000booking@gmail.com
🌐 www.airports2000.co.uk

Only £895 for a fully fitted electric door.
Gotta get a Garolla.

NOW ONLY
£895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:
FREE EXPERT MEASURING & FITTING
TWO REMOTE CONTROLS
ACOUSTIC & THERMAL INSULATION
AVAILABLE IN 21 COLOURS
FREE DISPOSAL OF YOUR OLD DOOR

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER SHUTTER DOORS
GOTTA GET A GAROLLA

CALL US TODAY
01277 801 081
MOBILE
07537 149 128
www.garolla.co.uk

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.

THE VISION LISTINGS

THE VISION LISTINGS

AIRPORT TRANSFERS

AIRPORTS 2000

24/7 any destination in UK. European holiday destinations. Cruise terminals. Any leisure or business travel. 01268 462000 | 07943 472998 | airports2000booking@gmail.com

BATHROOMS & KITCHENS

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

BEAUTIFUL BATHROOMS ESSEX

Supply & Installations. Visit our showroom – 3 Alma Link, CM12 9GF. We offer 4D Virtual Reality design. 01277 626129 | info@beautifulbathroomsessex.co.uk

BEDROOMS

DESIGNER BEDROOMS LTD

Traditional Fitted Wardrobes, Home office/ studies, Sliding Doors, Loft Rooms. Call 01268 571799. 7 Robert Way, Wickford, SS11 8DD

BLINDS

WORTH & CO BLINDS

Essex's leading blind, awning, & interior shutter specialists for over 100 years. Call us on 01277 809045

BOILERS

VMON LTD

Gas safe plumbing and heating engineer, supply and fit new boilers, service, repair and landlord certificates. Call 07771 928666

BUILDING SERVICES

TIMMINS PROPERTY SERVICES

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

CLEANER

BRIGHT & BEAUTIFUL

Domestic/commercial cleaners, DBS checked, fully insured. Regular cleans, one offs, end of tenancy, care homes, offices. Pure, eco-friendly, non-toxic products used. 01277 287503

MOLLY MAID

Our professionally trained team will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget. 01277 424985 | emma.brooks@mollymaid.co.uk

COMPUTER REPAIRS

DH COMPUTING

Friendly support direct to your door, all your computer needs, low rates (no vat), no call out charge, homes/small businesses covered. 01277 523127 | help@dhcomputing.co.uk

DENTIST

CJ DENTAL STUDIO

Dental Check-Ups, White Fillings, Veneers, Hygiene cleaning, Orthodontics & More. 0% Payment Plans. 01277 886166 | info@cjdentalstudio.co.uk | www.cjdentalstudio.co.uk

EXTERIOR CLEANING

CASTLE EXTERIOR CLEANING

Low pressure non-abrasive steam cleaning, restore your driveway, patio, brickwork, roof, render, UPVC or decking, local pure water window cleaner. Call Adam 07921 514415

FINANCIAL SERVICES

HCR

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

ENGLEMAN WILLS

Personally tailored wills, powers of attorney, probate, guidance on inheritance tax & care home fees. 01268 761022 | Mobile: 07901 948745 | www.businessadvisoressex.co.uk

COVERSURE INSURANCE BRENTWOOD

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

FITTED FURNITURE

BLACK OPAL

Specialist in high end bespoke fitted furniture. Bedrooms, Bars, Luxury Kitchens, Home Office/Study, TV Media Unit, Quality hand spray finish. 07800 659881

FLOORING

CARPETS DIRECT

Carpets, vinyls, laminates, wood flooring. Free fitting, free home visits, 80% wool twist pile specialists. Call us on 01277 554163

FLORIST

FLOURISHING FLOWERS

Funerals, Special Occasions, Personalised, Eco Conscious. Call to discuss your requirements 01277 650276

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 BUILDINGS

R PAGE CONCRETE BUILDINGS LTD

Specialists in pre-cast buildings, single/double Garages, conservatories, garden rooms, sheds/workshops & more. Family business, 50yrs exp. 5yrs Guarantee. 0208 590 3701

GARDEN ROOMS

CAPITAL ELECTRICAL LTD

Adapt to changing lifestyles with a garden room. Extra family space, workspace, use or let, can fit all budgets, custom built. Call 01277 554192 or visit www.cap-elec.co.uk

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

HANDYMAN

B DIRECT HANDYMAN SERVICES

For all your projects, repairs and improvements. Call our friendly helpful team or visit our website for a full list of services. Tel 01277 583939 | www.bdirect.co.uk

HEALTH & WELLBEING

CHIROPODY, PODIATRY & FOOTCARE CENTRE

2 The Walk, Billericay, CM12 9YB. Foot health clinic, diabetic foot, nail problems/reconstruction, sports injuries, fungal nail treatment, digital foot scanning. 01277 659200

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 554181

REGROW HAIR CENTRE

Treatment for hair loss, using latest technology/techniques. 0800 246 1606 | info@regrowhaircentre.com | www.regrowhaircentre.com | 27 Hutton Road, Brentwood, CM15 8JU

HOME HELP SERVICE

ANY LITTLE THING

Trustworthy, reliable support to the elderly & vulnerable. Companionship, Household Chores, Pet Services, Meal Preparation, Basic Gardening and Ironing. 01268 928878

INTERIOR DESIGN

JASMIN KING INTERIOR DESIGN

All things interior & renovations. See our services & portfolio www.jasminkinginteriordesign.co.uk or facebook & Instagram. 07899 905061 | jasminkinginteriordesign@gmail.com

LANDSCAPING

TOMCO

Driveways, Patios, Fencing, Decking, Pergolas, Turfing, Artificial Lawns, Outdoor Rooms. Call us on 01245 281999 | 07850 332406 | email info@tomcolandscapes.co.uk

DANIEL LANDSCAPES LTD

All of your Landscaping & Tree Care Needs. Call us on 01621 892659 | 07495 766372. info@daniel-landscapesltd.co.uk | www.daniel-landscapesltd.co.uk

JOIN THE LISTINGS... for just **£15** +VAT per month

MOBILE PHONE REPAIRS

BILLERICAY PHONE & GADGETS

Buy, Sell, Trade - Repairs, Unlocking, Windows Installation. No Fix, No Fee. Same Day Repair Service. Call us on 01277 636363 or visit us at 10 The Walk, Billericay, CM12 9YB

OVEN CLEANER

OVENGLEAMERS

Ovens, Ranges, AGAs, Hobs, Extractors, Microwaves, BBQs. Book now for the most hygienic oven cleaning system. Call today 01277 361760

PAINTING & DECORATING

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

RICHARD WARD

Domestic & Commercial, Interior & Exterior, Fully insured, 35 years experience. Tel: 01277 821454 | Mob: 07961 943840 | Email richard@warddecorators.co.uk

HUNTS OF HUTTON

Painting & Decorating Services. Please get in touch for an estimate. No job too small. 07501 030606

THE VISION LISTINGS

PLASTERING

KH PLASTERING

Professional quality workmanship. No job too small. Over 25 years experience. Plastering - Coving & Cornice - Restoration - Dry Lining. 01277 627277 | 07939 229215

PLUMBING & HEATING

HAMMOND & SONS

Family run for 20+ yrs. Boilers serviced/repaired, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01277 261888

ROOF CLEANING

MOSS BE GONE LTD

Moss removal specialists, Fully Qualified & Insured, No job too big or too small, Competitive Prices. Free estimates. 07394 667758 | 07588 669131 | www.mossbegone.co.uk

ROOFING

JIM BARR ROOFING

Exterior Cleaning & Maintenance. Gutters, Paving & UPVC. Cleaned, Repaired & Renewed. 01708 874816 | 07833 572459

A & J ROOF & PROPERTY SERVICES

All types of new roofs, repairs, cleaning & coatings. Chimney Stacks Repointed, lowered or removed. UPVC Facias, soffits, gutters, cladding. FREE quotation & advice (0800) 292 7510

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

SEALANT SERVICES

TOMKYNS

Sealant, Waterproofing, Cut Out & Reseal Mouldy silicone. Wet areas, kitchens, skirting lines. External Windows, Doors & Expansion joints. 15 yrs exp. Call 07596 095248

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

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

TV AERIAL & SATELLITE SERVICES

ANDYS AERIALS

Trading standards approved. Aerial/satellite repairs, TV points, TV wall mounting. 07916 305977 | andy@andysaerials.com

WASTE MANAGEMENT

EASY WASTE MANAGEMENT

Wait & Load, Builders Waste, Rubbish Clearance, Garden Clearance, Office Clearance, House Clearance, Hardcore Removal & More. Call us on 07487 728836

WEDDING CARS

WEDDING CARS

Allow me to chauffeur you in style and comfort to your wedding in my gorgeous, vintage Rolls-Royce Silver Shadow. james@prestige-wedding-cars.co.uk | 07795 300940

WINDOWS & DOORS

WINDOW MAN

Family run over 25 years. Windows, doors, installation, repairs. Call us today on 01277 554075

JOIN THE LISTINGS... for just **£180** +VAT per year
EMAIL BILLERICAY@VISIONMAG.CO.UK TO BOOK

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.

To advertise call Nik on 01277 554045

WORDLADDER: QUIT, SUIT, SLIP, SLOP, STOP



HILLS OF HAINAULT TOYOTA

£30 OFF ALL SERVICES*

Complimentary car wash kit with every service booked

CALL US NOW ON 0208 088 0873
hainaultservice@hillsmotorgroup.co.uk

*Toyota Relax warranty is a 1 year service-activated warranty available on vehicles after expiry of the original manufacturer's warranty up to 10 years old / 100,000 miles when serviced at an official Toyota Centre.

**Terms and Conditions apply

**Essex's Leading Blind,
Awning & Interior
Shutter Specialists
for over 100 Years**

Worth & Co
Blinds
Established Since 1889

Call us today on 01277 809045 or 01702 467581



- Factory Showroom with Free Parking
- Large Luxaflex Inspiration Display
- Patio Awning Showroom
- All types of Interior Window Blinds
- Custom-Made Window Shutters
- Motorised Internal Blinds
- Roller Garage Doors
- Home & Commercial



As a local company we offer a wide choice of Blinds, Shutters, Patio Awnings & Roller Garage Doors & with competitive prices all year plus

FREE NO OBLIGATION QUOTATIONS

www.worthblinds.com sales@worthblinds.com

Unit 13 Parkside Centre, Potters Way, Temple Farm Industrial Est, Southend SS2 5SJ