

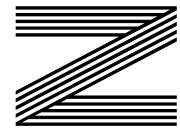
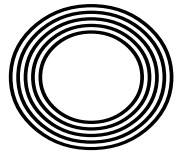
**RONALDO
RETURNS TO
THE PREMIER
LEAGUE**

Anton Du Beke
Waltzing onto the Strictly
judging panel

CELEBRATING 50 YEARS
of Walt Disney World in Florida

Emma
RADUCANU

The tennis star writing her name in the history books



FREE

Photo credit: Photo Image Press/Shutterstock



From dated & cluttered to beautiful & functional



After exploring the housing market for some time Mr & Mrs J from Rayleigh decided that they would prefer to improve rather than move from their property. Although their house was a generous size they felt that the kitchen let it down both in terms of size, style and function.

It was then that they considered removing an internal supporting wall, blocking up the back door, removing the window and replacing with bi-fold doors and moving the utility room wall.

The first port of call was some local building companies, they soon realized that whilst builders were happy to take on the work, they all wanted to put an off-the-shelf rather bland kitchen in.

From there they contacted some more reputable kitchen companies but it seemed the problems were reversed as although they had better designs and more quality products to offer they seemed unable to manage the build.



It was then that they stumbled upon Regal Kitchens in Chelmsford,

after visiting the showroom, they invited the designer, John Martin, over one weekday evening, within an hour they had given a brief,

been inspired by the ideas and even had a guide price. Less than a week later they were back in the showroom perfecting the plan and working through the vast product choice.

They opted for a Schuller kitchen in handleless concrete grey & white gloss. Corian worktops and a set of Neff appliances, including the brilliant venting hob dismissing the need for an unsightly extractor. The hidden extras such as internal larder drawers and recycling system help make the kitchen accessible and the water softener and kettle tap ensure it will be limescale and clutter-free for years to come. The finishing touch is the Amtico Rustic Barn Wood flooring which added a warm and homely feel to the modern kitchen.

Between Regal Kitchens and its partner company Regal Developments ably managed by Phil Edgell they took a dated, modest sized room and turned it into a practical yet beautiful family kitchen.

If ever a company lived up to its tagline it's clearly Regal Kitchens "Where Client is King"

WE DESIGN, WE INSTALL... YOU LOVE!



Experience our award winning customer service!

At Regal, we're as passionate and caring about your kitchen as you are and are delighted that this quality has recently been recognised at the KBSA Home Specialist Awards.



REGAL CARE

Having created your 'Perfect Kitchen' why not enjoy an extensive personal tutorial and demonstration* of your new Neff appliances by our home economist from within the comfort of your own home!

*Terms and Conditions apply



POP INTO THE SHOWROOM FOR FREE, FRIENDLY ADVICE...

01245 351 151 | 2 Navigation Road, Chelmsford | regalkitchens.co.uk

Editor's notes...

OCTOBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. In a year that showed us that good things can emerge from bad situations - such as the way we bonded together during lockdown - I admit the situation in Afghanistan really knocked me sideways. Now, a volatile dictatorship is again in the ultimate position of power. What's more, the rush to remove American and British soldiers means the Taliban is now equipped with an armoury worth billions. Coupled with the echoes of the two-decade anniversary of 9/11, and the (unrelated) 24-year anniversary of Princess Diana's death at the end of August, it's been a month of reflection for me.

When major events come and go, we have to ask if our efforts were worth it. After all, in war, those brave souls have fought, comforted and educated, and often returned with mental and physical scars. My conclusion in the case of Afghanistan is this - yes, it was worth it. Huge strides forward and one or two back; and yet 20 years of occupation have saved millions of lives. For that, we must thank all our troops. The fight to protect those around us is one we certainly can win, so please do take care of each other.

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

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!

PROBLEMS WE SOLVE

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

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

Scores based on 496 reviews

Reliability & timekeeping	9.74
Tidiness	9.86
Courtesy	9.95
Workmanship	9.87
Average score	9.85

496 reviews



A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929. With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



Beke TO BASICS

He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

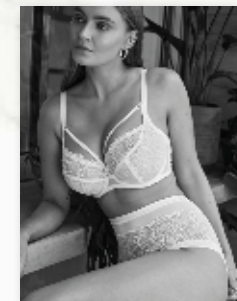
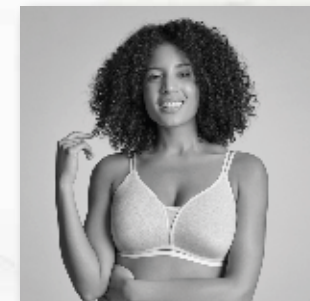
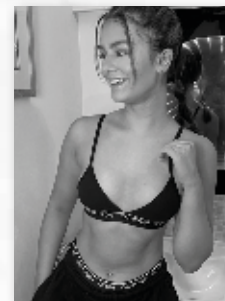
Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC



Book a consultation today

Website: www.thebraconsultancy.com

 www.facebook.com/thebraconsultancy

Phone: 07790270503 / 07507741025

 www.instagram.com/thebraconsultancy

Edwards Walk, Maldon Essex, CM9 5PS



www.küchenhaus.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



AEG

SILESTONE

BOSCH

Miele

smeg

DEKTON

CORIAN

Find your

FLOORING

Are you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

CARPET: Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

PORCELAIN TILES: Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

SOLID TIMBER: Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

LAMINATE: Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

LINO AND VINYL: Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

CERAMIC TILES: Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

LUXURY VINYL TILE (LVT): A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.

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

01277 204447
www.küchenhaus.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)



5 ALTERNATIVE USES FOR HAND

sanitiser



If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

1. TO CLEAN YOUR EYE/SUNGLASSES
Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.



2. TO POLISH SILVER
Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.



3. TO CLEAN YOUR KEYBOARD
Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.



4. TO REMOVE STAINS
If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.



5. TO REMOVE STICKER OR GLUE REMAINS
Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20-30 minutes, then rub the surface firmly until the glue comes off.



Carpets Direct

Guaranteed Lowest Prices

Established 26 years

- ✓ FREE FITTING
- ✓ 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 554 163



www.carpets-direct.co.uk



Bodywash Bathrooms

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.

01708 736700

www.bodywash.uk

sales@bodywash.uk

A12 Eastern Avenue, Romford, RM5 3AL

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



TOP NOTCH

AFFORDABLE DRIVEWAYS & PATIOS

NEW OR REVAMPED STYLES TO SUIT YOUR BUDGET

- 15 year's experience in the landscaping industry
- Domestic & commercial work undertaken
- Fully insured up to £10,000,000
- Public Liability to Install Drop Kerbs

GET IN TOUCH TODAY 01268 260499 ■ 07400 566633
info@topnotchdriveways.co.uk ■ www.topnotchdriveways.co.uk



Covering all aspects of Landscaping including

- Decking ■ Patios ■ Driveways
- Artificial Turf ■ Turfing ■ Brickwork
- Drop Kerbs ■ Jet Washing




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
 📘 [capitalelectricalservicesltd](https://www.facebook.com/capitalelectricalservicesltd) 📷 [capitalelectrical](https://www.instagram.com/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




MODERN CLASSICISM:

Making the old new again




Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

Use accessories to add detail: One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

Make your dining table an inspiring centrepiece: The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

Create texture without expensive architecture: Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

Don't forget the natural details: While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.

Photo credit: Unsplash under Creative Commons, @lileathomewithemma, @Naltuzzi



HOME & DIY



Photo credit: housebeautiful.com

DIVIDE and conquer

Room dividers are not only for sectioning off rooms; they can also be used to add privacy and character to a space. Plus, you don't have to opt for a traditional screen with these creative room divider ideas.

CURTAINS UP: Hanging curtains from the ceiling to create a canopy bed effect is a great way to add some privacy to a bedroom. This is a useful interior design trick for properties with high ceilings, as well as for creating sections in studio flats.

BIG BOOKCASE: A floor-to-ceiling bookcase offers a great alternative to a room divider and has the added advantage of providing extra storage and display space. It's ideal for breaking up a large open-plan living

space or for separating a bedroom for siblings.

FLOATING ART: Another good choice for studio flats, hanging a curtain rail on the ceiling and then suspending a floating painting from it provides a highly stylish way to partition space. For example, if you are entertaining and you don't want a direct line of sight from the front door to your bedroom.

WOODEN SLATS: If you don't want to use a solid screen, wooden slats are a great alternative. Enabling you to keep a sense of flow and movement between two areas of your home, this room divider idea is ideal for separating the stairway and the living room or for sectioning off a home office.

DIY OPTIONS: For those who are feeling crafty, these DIY room divider ideas should get your creative juices flowing. Add texture and style with a DIY vertical jute rope wall, or craft a wooden folding screen and dress it up with macramé for a boho chic vibe. Alternatively, if you love to bring the outdoors inside, a fairy light and tree branches room divider is just what you need.

The beauty of DIY screens is that they can be moved from room to room with ease and, once made, you can attach anything you want to them, such as family photos or your children's artwork.



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

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 @MASTERBUILDANDMAINTENANCE Instagram MASTERBUILDANDMAINTENANCE



Wonder WASHING



Did you know that your washing machine can be used to clean a whole host of items other than just your clothes? Why not take these for a spin...

Mop heads: Have you smelt your mop head recently? If not, you may be in for a shock. Fortunately, removable mop heads can simply be popped in the washing machine on their own with a drop of bleach. Once clean, squeeze out any excess water and leave to dry.

Small toys and stuffed animals: It's surprising just how grubby your child's plastic toys and favourite stuffed animals can get, but before you decide to surreptitiously throw them out, why not give them a good clean in your washing machine? For plastic toys, place in a mesh bag and wash, and for stuffed animals, wash on a gentle cycle.

Patio furniture cushions: If your patio furniture cushions can fit in your washer and leave room for the machine to spin, then you can wash them in there. It really is that simple. If your machine is too small, you could take your cushions to a local laundrette instead.

Pillows: Although you may wash your pillowcases once a week, how often do you honestly wash the pillows themselves? Ideally you should be doing this twice a year and, although feather pillows need to be washed by hand, most foam-filled or synthetic ones will be just fine on a gentle cycle in the washing machine.

Reusable canvas bags: If you are doing your bit for the environment and using reusable shopping bags, you should know that these can be easily cleaned in the washing machine. If your bag is made of canvas or nylon, wash on a hot cycle before running through the dryer once clean.



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/](https://www.facebook.com/GRTimberworks/)



HOME & DIY



White delight

White is white, right? Well, no actually. There are in fact many different shades of white paint that you can choose for your home.

UNDERSTAND UNDERTONES

There are two main categories of white paint: cool whites and warm whites. The former have a bit of a blue undertone whereas the latter will be yellowish. You should never mix warm and cold whites in a room as this can leave the space feeling disjointed.

CONSIDER LIGHTING

If you have ever brought home a tester of white paint only to find it looks completely different on your walls than in the shop, this is most likely down to lighting. Again, this is because of conflicting undertones. For example, if you have warm lighting in a room, you should opt for warm whites, and if you have cool lighting, you should pick cool whites.

PICK THE RIGHT FINISH

The finish you choose for your white paint should be dictated by your lifestyle. For instance, if you have children or pets, you should opt for a glossy or semi-gloss finish as these are easy to wipe down. Alternatively, if you can keep your walls smudge-

free, you are safe to go with a matt paint.

BEST WHITE SHADES FOR EACH ROOM:

Living room

- > Good natural light: Cool white with a hint of orange or gold.
- > Poor natural light: A warm white such as honey or primrose white.

Bedroom

- > Good natural light: Cool white with a hint of teal or moss.
- > Poor natural light: Warm white with tones of cream or peach.

Bathroom

- > Good natural light: Cool white such as pearl, almond or a duck-egg blue.
- > Poor natural light: Warm blue-white or white with a hint of purple.

Kitchen

- > Good natural light: A cool white with a touch of fresh pastel green or blue.
- > Poor natural light: A warm white with a hint of lavender, mauve or amethyst.



LOCAL NEWS

from your neighbourhood



Father takes on fourth cycling challenge in son's memory

A father from Billericay has taken on his fourth cycling challenge in memory of his son, Adam, who tragically passed away from cancer in 2018 at the age of 23.

James van Cleef began his fundraising for Cancer Research UK with a bike ride from John O'Groats to Land's End. Now, he is taking on his fourth cycling challenge, hoping to raise £200,000 for the charity.

On Friday, September 3, James and his brother-in-law, Mark, set off on the first stage of the English cathedrals cycle route from Truro to Bradford. In May 2022, they will complete the second stage in an effort to raise as much money as possible for charity.

James said: "The importance of Cancer Research UK is that it will bring other families better treatments, better solutions and better hope. It's not a pipe dream.

"Research makes a huge difference, and it will

continue to do so. I would love to live in a world where fathers don't unnaturally outlive their sons. That's the drive; that's the main thing."

James previously cycled the Camino de Santiago, a 500-mile pilgrimage route starting in Saint-Jean-Pied-de-Port in France and finishing in Santiago de Compostela in Spain, which he completed in September 2019.

James and Mark also recently completed the North Coast 500, which included cycling 500 miles through the Highlands and along the coast of Scotland.

In August 2022, the pair will prepare for their final ride, which will take place in the USA, from New York to Chicago and then from Chicago to California, covering more than 3,400 miles through 11 states.

To donate, visit fundraise.cancerresearchuk.org/page/marks-giving-page-124



FREE*
Georgia toilet & basin with every bathroom order



Bathing a problem? - we can help

- Wet rooms
- Walk in showers and baths
- Waterproof wall panelling
- Slip resistant safety flooring
- Grab rails, shower seats & raised toilets
- Disabled Facilities Grants
- Discounts for over 60s, and EX Service personnel
- Charity work and grants

Call for our friendly advice, free survey and quote **01277 283839**



info@ahminstallations.co.uk www.ahminstallations.co.uk

*Terms and conditions apply, visit our website for more details.



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

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



LOCAL NEWS BILLERICAY



Farm park celebrates winning national education award

A farm in Billericay has been named as the national winner of the Clarissa Dickson Wright Award.

Barleylands Farm Park won the award last month. It was created in 2013 to celebrate businesses which are enthusiastic about education and wish to ignite a passion for food.

The farm's education programme, which sees nearly 20,000 children visit each year, sparked particular interest from the judges.

The farm park's education officer, Karen Watson, has created a series of fully immersive themed school days which are tailored to all aspects of the curriculum, all relating to food and farming.

She said: "We are extremely proud of our education

programme, now in its 37th year, and how it has evolved. Since the introduction of our cookery workshops in 2009, we have welcomed more than 130,000 schoolchildren, who have rolled up their sleeves and cooked in our purpose-built cookery classrooms.

"It is the best job in the world, and the comments we receive from schools tell us how important it is to offer such a unique programme. A visit to Barleylands is the difference between a useful school visit and a truly memorable one, inspiring young minds, and encouraging a love for healthy, tasty, quality, sustainably grown food."

To find out more, visit www.barleylands.co.uk

Care home staff deliver hampers to key workers

Staff at Anisha Grange Care Home in Billericay delivered hampers as part of an ongoing initiative to thank key workers in the local community.

Care workers at the Outstanding-rated nursing home will seek to recognise one key worker a week who continues to help others during the COVID-19 pandemic.

Key workers will be nominated by people from the community, and all nominations received will be entered into a draw, with the winner being presented with an Uno board game, a £30 Just Eat voucher and a bottle of wine.

Customer relationship manager at Anisha Grange, David Martins, said: "Lockdown has been hard on so many people for so many different reasons. However, there are heroes in the community who deserve to be recognised, people who are doing extraordinary things on a daily basis, and we want to say thank you to these people.

"This initiative is not about us nominating others, but people from the community nominating other people to say thank you for everything they have done, big or small, over the past few months."





MP calls for apology to Afghanistan personnel

The MP for Basildon and Billericay has called for Prime Minister Boris Johnson to apologise to servicemen and servicewomen who were stationed in Afghanistan.

John Baron MP (pictured left) was one of the few Tory MPs who voted against the war more than 20 years ago, and has told the Prime Minister that apologising to those affected is the least the government can do.

Mr Baron MP said: "As one of the few Conservative MPs at the time to oppose the wider intervention and to vote against it, I suggest that the mission was born of ignorance, was over-ambitious and, from the very start, was thoroughly under-resourced.

"If we are not prepared to put in the resources to see this through to the end, we should not be surprised at the sort of exit shambles that we have recently seen.

"I pay honour to our service personnel. They did their job in buying time – it is up to the politicians to come up with the solutions – and they achieved their missions.

"Including the eight fusiliers killed from my regiment, the Royal Regiment of Fusiliers, and the 30 or so wounded from the regiment who are living with life-changing injuries, service personnel deserve an apology from the Prime Minister.

"I think that that is the very least we can do."

Tributes paid to former player and club legend

Billericay Town FC have paid tribute to one of their former players, who sadly passed away in September.

Paul Blackaller (pictured centre), who was 71 at the time of his passing, was part of the club's squad during the 1970s, when the club became the first to win the FA Challenge Vase three times.

The club posted on social media: "We are saddened to hear of the passing of club legend, Paul Blackaller. Paul was involved in our treble of FA Vase wins at Wembley during the 1970s.

"Pictured either side of Paul are his teammates, Doug Young and Peter White. Our thoughts are with Paul's family at this time."

Many supporters paid tribute to Paul via social media, including Greg Lake, who said: "A true legend. My thoughts are with his family and friends."

Another wrote: "Very sad news. He was a great player on the pitch and great company off it."



Photo credit: Billericay Town FC



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

Richard Ward

Richard@warddecorators.co.uk

Painter - Decorator

Domestic - Commercial

Interior - Exterior

Fully Insured | 35 years experience

Tel: 01277 821 454

Mobile: 07961 943840



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**

Photo credit: Billericay Town FC



The Blues progress in FA Cup after struggling in league

LOCAL NEWS BILLERICAY

Billericay Town have progressed to the third qualifying round of the FA Cup after beating Braintree Town, despite still searching for their first victory.

The Blues' first win of the season in all competitions came at the sixth time of asking after previously losing four of their first five opening games in the National League South, and they only picked up a point against Braintree at the end of August.

Braintree came to The Blues' ground for the second time in just over two weeks and the hosts made it hard for themselves by giving away a penalty in the first 15 minutes of the game, which Akinwande converted to give Billericay an uphill battle to progress in the

competition.

Darren Foxley managed to equalise just 20 minutes later after he struck the ball hard and low through the legs of Braintree's goalkeeper.

Just as the game looked to be settling for a replay at Braintree, George Wild spectacularly lobbed the goalkeeper to send The Blues straight through to the next qualifying round of the FA Cup.

The relief was relayed from the club's Twitter account at the full-time whistle: "That's it! We're through to the next round. What a shift from the lads and thank you to everyone for their support this afternoon."

The club will be hoping that this can give them a spring in their step, with fixtures coming thick and fast.

Stop and search introduced following stabbing

Officers from Essex Police worked tirelessly to progress their investigation into reported disturbances in Billericay.

Police received several calls from residents on Monday, August 30, reporting groups of teenagers congregating and behaving antisocially in Billericay.

At around 7pm, police were called to reports that a teenager had been stabbed in Morris Avenue.

When officers arrived, a 16-year-old boy was found with serious injuries to his legs.

His injuries are not described as life-threatening or life-changing and he is now recovering in hospital.

To help keep the wider community safe, additional stop and search powers were authorised.

Detective Chief Inspector Alan Blakesley, of the South Command Team, said: "We believe that this was a targeted incident between known parties."

"We know this incident will be concerning for those of you who work and live in the area, but please know that we are taking this very seriously and we are confident that there is no threat to the wider public."

"The additional stop and search powers were authorised to help us identify those who may still be in the area, intent on committing crime."

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



Designer Bedrooms Ltd

7, Robert Way, Wickford, SS11 8DD
(Shotgate Industrial Estate)

01268 571799

See website for opening times

A local, family owned and managed business creating & installing bespoke furniture since 1992

Traditional fitted wardrobes

Whether your taste is traditional or contemporary, with hinged or sliding doors, we have the perfect solution for you.....

.....all made to measure in our factory at Wickford and installed by our own skilled fitters.

Home Office/Studies

Loft rooms

We promise you...
No Salesmen. No Gimmicks.
Just good honest advice from a long established and trusted company.

Sliding doors

Need some inspiration...? Then come and wander around our showroom or take a look at the many photos of completed work on our website at:

www.designerbedrooms.co.uk

Need a professional design...? Then call us to arrange for a free no obligation home visit.

Want a quick quote...? Then pop into our showroom with your plans.



10 Year Guarantee



LOCAL NEWS

from your neighbourhood

LOCAL NEWS SHENFIELD



Photo credit: West Ham United FC and Beresfords/Rightmove



Hammers legend puts £2.4million home on the market

Former England international and West Ham legend, Sir Trevor Brooking, has put his five-bedroom house in Shenfield on the market for £2.4million.

The 72 year old, who moved to Shenfield when he retired from football at the age of 35, lives in the house with his wife, Hilka, and the pair raised their two children, Collette and Warren, there.

The four-bedroom house includes a formal dining room, garden/sauna room, sitting room, breakfast room and an integral double garage.

Outside of football, Sir Trevor owns a book binding company that he started back in 1970 with a schoolfriend, Colin McGowan, which is based in Basildon. He has also been awarded an honorary doctorate from the University of Essex.

Sir Trevor made more than 600 appearances for West Ham and also won the FA Cup twice. He had two spells as caretaker manager before moving to become a member of the board of directors.

After hanging up his boots in the 1980s, Sir Trevor joined BBC Sport as a pundit and featured on both radio and television commentary.

The Hammers legend also joined the Football Association in January 2004 in a role that gave him control of coaching and development in English football, as well as playing a key role in selecting both Steve McClaren and Sven Goran-Eriksson as England national team managers.

West Ham have since honoured Sir Trevor by naming stands at Upton Park and London Stadium after him.



Elizabeth line will be split into three sections



Stock image

Transport for London (TfL) has confirmed that when the Elizabeth line opens next year, it will run in three separate sections, including Liverpool Street to Shenfield.

Those travelling from stations on the existing TfL lines from East and West London will initially need to change from one Elizabeth line train to another when the line opens in mid-2022, until the lines are linked together in May 2023.

When the line opens in mid-2022, it will run the three following routes:

1. Reading/Heathrow Airport to Paddington (existing mainline station)
2. Paddington (new Elizabeth line station) to Liverpool Street (new Elizabeth line station) to Abbey Wood
3. Liverpool Street (existing mainline station) to Shenfield.

Howard Smith, chief operating officer for the Elizabeth line, said: "The opening of the Elizabeth line has always been planned to take place in stages to ensure the new central London stations, signalling and infrastructure can run safely and reliably before it fully links in with services out to the east and west.

"Original plans saw these services being integrated in two separate stages six months and then a year after the central section opens, but latest plans have now brought those together and will mean journeys can be made into the central section from autumn 2022."

Dedicated charity fundraiser steps down after 57 years

A long-serving member of the Brentwood, Hutton and Billericay branch of Blood Cancer UK is stepping down after dedicating 57 years to the charity. Sylvia Adams, 92, has reluctantly retired from the committee owing to ill health.

She has become a familiar face at many fundraising events over the last 57 years and also attended many car boot fairs with her late husband, Sid.

Several members of the committee gathered at Sylvia's house and an area representative from Blood Cancer UK also attended to present Sylvia with a certificate of appreciation for her tireless work over the years.

Like every charity, fundraising has become difficult for Blood Cancer UK in the past 18 months, but the committee is pressing on and always welcomes new members.

For more information about Blood Cancer UK and to express an interest in joining the committee, call Tricia on 01277 214499.

Council thanks residents for 'overwhelming kindness'

Following an appeal for items and clothes for individuals arriving from Afghanistan, the acceptance of donations has been paused by Brentwood Borough Council owing to the overwhelming generosity of residents.

Essex County Council, The Red Cross and other partners would like to thank residents from across the county who contributed to the incredible response.

There are currently a number of Afghan families who have been temporarily placed into hotels in Essex.

This is part of the government's emergency response following the evacuations from Afghanistan. The use of hotels is led by the Home Office, as part of the Afghan Relocations and Assistance Policy.

Councillor Kevin Bentley, leader of Essex County Council, said: "All our hearts go out to individuals and families arriving from Afghanistan. We are doing everything in our power to support them as they start to adjust to new and unfamiliar surroundings.

"The compassion and willingness to help we have seen from residents across Essex has been overwhelming and we are grateful to everyone who has contributed.

"I'd like to thank everyone involved in making sure these individuals have the support they need."



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

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**

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

SecureFireplace & Highgate Garden Furniture Showrooms:

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

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



£90

- Wait & Load Services
- Domestic & Commercial



£150

- Same Day Service
- Long Or Short Term



£265

- Fully Licensed Waste Carrier
- 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

Music TO YOUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.



Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

Photo credit: Shutterstock.com



TECHNOLOGY



TRAVEL

HAUNTED

HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places? From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

THE JAMAICA INN BOLVENTOR CORNWALL

Fancy a fright with your favourite tippie? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tling sounds.

CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.

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.



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.



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

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

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



PETS

KEEP CALM AND ENJOY FIREWORKS



Although you and your family may love Bonfire Night, it can be an extremely distressing time for your pets. Fortunately, there are ways that you can keep your pets calm during firework season.

HOW TO CALM DOGS DURING FIREWORKS

- > Walk your dog during the day so that it does not need to go outside when fireworks are going off
- > Close your windows and curtains to muffle the sound of fireworks
- > Put on some music or the TV to help mask the loud noises
- > Create hiding spaces where your dog can feel safe.

HOW TO CALM CATS DURING FIREWORKS

- > Try to keep your cat inside when fireworks are being set off
- > Create hiding spaces in your home
- > Make sure your cat is microchipped so that if it does become startled and escapes outside, you can locate it if it goes missing.

HOW TO CALM SMALL PETS SUCH AS RABBITS AND GUINEA PIGS DURING FIREWORKS

- > Partly cover outside cages with blankets so that an area of their home is hidden and soundproofed
- > Provide bedding that your small animals can burrow into
- > Consider bringing them indoors – if you choose to do this, take your time and make sure you do so gradually, so that they can get used to the new environment.

HOW TO TREAT A FIREWORK PHOBIA

As many as 45 per cent of dogs in the UK suffer with a firework phobia. To desensitise your dog to fireworks, follow the below steps:

1. Play a recording of a fireworks display at the lowest possible volume several times a day
2. Pair the sound with things your dog likes, such as treats, cuddles or games
3. Slowly raise the volume and continue to offer rewards
4. If at any point your dog becomes scared, lower the volume until it feels comfortable.



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, Cockridgen Farm Estate Brentwood Road Herongate Brentwood CM13 3LH

Call us when your home needs that new coat of paint

HOME MAINTENANCE AND REPAIRS

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

Former employees of Tony Baxter for over 13 years

For high quality work call

07824 664591

www.TJMdecorating.co.uk

TJMdecorating1@gmail.com

@tjmpainting

CALL US TODAY FOR YOUR FREE QUOTE

TJM

PAINTING & DECORATING

PUZZLES & TRIVIA



PUZZLES

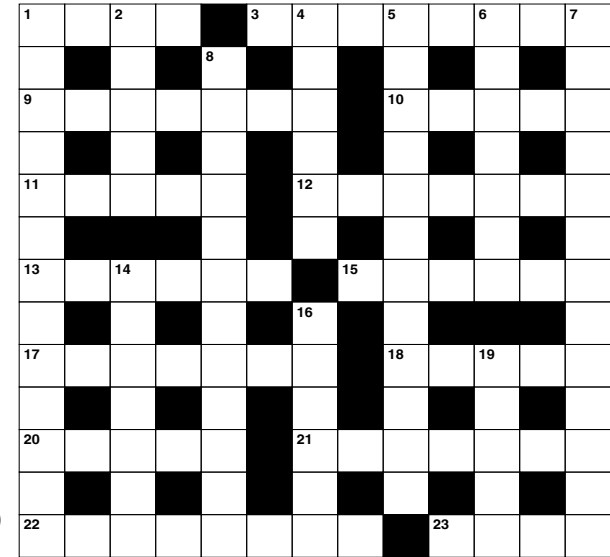
Answers: see end of The VISION Listings

ACROSS

- Four-wheeled vehicles (4)
- Vessel for molten metal (8)
- One of the planets (7)
- Shadow (5)
- Raves (5)
- Undoing a knot (7)
- Room attached to a church (6)
- Bow and arrow expert (6)
- Nasal opening (7)
- Smallest quantity (5)
- Where one finds Rome (5)
- Turned over; became very angry (7)
- Gibberish (8)
- Wet with condensation (4)

DOWN

- Violation (13)
- Become ready to eat (of fruit) (5)
- Expressing regret (6)
- Circle amount (anag) (12)
- Infantile (7)
- In an inflated manner (13)
- Short tale told to children (7,5)



- Support or strengthen (7)
- Fissures (6)
- Common edible fruit (5)

DID YOU KNOW?

► It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green

► It's estimated that there are more Indian restaurants in the UK than there are in Mumbai

► In 2015, NASA astronauts on the International Space Station sampled outrageous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten

► It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted

► Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out

► White potatoes are around 80 per cent water.

SUDOKU

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

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

RADUCANU



TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock



BRITAIN'S GREATEST SPORTING MOMENTS...

SPORT

THE BARONESS

CELEBRATING THE FIRST PARALYMPIC TRIUMPHS OF MANY IN THE LIFE OF BARONESS TANNI GREY-THOMPSON DBE, DL



There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.

LEXUS HAINAULT

£30 OFF ALL SERVICES*

Only applicable to Lexus models



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.

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


FLOURISHINGFLOWERS



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



ARE YOU LOOKING FOR A NURSERY IN SHENFIELD?

Ofsted
Good School
2019

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



SPORT

COMETH The hour



Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock



WHY YOU SHOULD BE AWARE OF GAZUMPING

Buying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

- 1. LINE UP A SURVEYOR**
Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.
- 2. OBTAIN A MORTGAGE IN PRINCIPLE**
If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.
- 3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET**
As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.
- 4. GET A LOCK-IN AGREEMENT**
A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.

STAY ONE STEP AHEAD

Nearly a third of homeowners (31 per cent) would only consider purchasing protection insurance if they fell ill¹ – too late to support them financially if they couldn't work.

Other triggers for taking out protection cover include a change in employment status (25 per cent) or having an accident (24 per cent), while 22 per cent say there is no circumstance that would make them consider purchasing a protection product.

- Reasons for not taking out cover include:
- Not thinking they need it (28 per cent)
 - Believing it to be too expensive (25 per cent)
 - Not being able to afford it (22 per cent)

DON'T REGRET IT

Unfortunately, once people experience a change in their circumstances, it is often too late to protect themselves. Most protection policies do not offer backdated cover, meaning that homeowners could find themselves in unnecessary financial difficulty as they try to meet their mortgage, bills and other essential payments.

With the survey also finding that one in seven (14 per cent) people regretted not having financial protection in place that would have supported their mortgage payments in the past, it is clear that many people wish they had better understood the true value of protection.

BE ONE STEP AHEAD

We can help explain the implications of having no protection insurance for you and your family, and help you find suitable and cost-effective products to protect you financially – before it's too late.

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 MetLife, 2021

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

A WILL WRITER'S WORDS OF WISDOM

WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if you die with no surviving traceable relatives

If a couple dies simultaneously, the elder is deemed to have died first – s184 Law of Property Act 1925, leaving only the younger spouse's family to inherit

Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren

Without a Will, the Rules of Intestacy, ie 'The Government Will', could land the children with an IHT liability

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse re-marries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

Provide in your Will for continuity of your business on your death

If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will: documentary evidence, eg Decree Absolute, is sufficient

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or civil marriage partner

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

"I'll sort it out tomorrow"

We can make it easy to prepare an LPA today!

When they are needed, the absence of Lasting Powers of Attorney results in additional time, stress and cost for those trying to help look after your affairs. Putting LPAs in place before they are necessary provides you with protection in regard to your financial affairs and welfare choices, which many people wrongly believe their loved ones can deal with for them if they ever become unable.

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

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

CONTACT US ON 020 8590 3701
www.rpageconcretebuildings.com
f [rpageconcretebuildings](https://www.facebook.com/rpageconcretebuildings)
951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB

R PAGE CONCRETE BUILDINGS LTD

DOMESTIC AND COMMERCIAL
ELECTRICAL AND AIR CONDITIONING

**ESSEX
ELECTRICAL
AND COOLING**

BE COOL THIS SUMMER!

GET
IN TOUCH
TODAY

FOLLOW US

07449 457 776

INFO@ESSEXELECTRICALANDCOOLING.CO.UK

WWW.ESSEXELECTRICALANDCOOLING.CO.UK



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...

What is **BLIND HIRING?**

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct
- > Increases employee retention rates

- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.





Build a bug hotel

Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

HOW TO BUILD:

Step 1: Choose your location: Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

Step 2: Build the framework: If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

Step 3: Fill the gaps: Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

Step 4: Add a roof: Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

Step 5: Plant flowers: If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.



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



**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



GARDENING



Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12-18 inches:**
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18-24 inches**
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24-36+ inches**
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.



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



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
Where reputation matters



City & Guilds
NPTC
Qualified workforce

07500 870 309

www.essexrecareltd.co.uk

HOW TO SPRUCE UP YOUR AILING GARDEN USING OLD CAR TYRES

They're the tired, grubby, worn-out relics of thousands of miles on the road and seemingly only good for releasing plumes of dirty smoke into the atmosphere. Yet car tyres could have a second life beyond the wheel if the growing emergence of them as a clever, original and even attractive addition to our gardens is set to continue. And the good news is, they cost virtually nothing.

For most types of car tyre, you may want to paint, coat or treat them in order to improve appearance. Durable, non-toxic paints are available – these are waterproof and won't crack, and can be sprayed or applied with a brush.

Once you do that, you'll find a whole world of possibilities, including:

HANGING CONTAINERS

Suspended from a wall with a small amount of earth in the bottom and some drainage holes, these containers allow light to get to the plant, and by choosing ivy, jasmine or clematis, greenery can spill out to make a unique feature.

CHAIRS

Simply use a tyre as the seat for a chair or go the whole hog with arms and a backrest too. Either way, these versatile pieces of rubber are definitely more comfortable than seating yourself on a block of unforgiving wood.

FLOOR PLANTERS

Forget expensive plant pots or complicated wooden bordering – tyres act as the perfect decorative surround for flowers.

OBSTACLE COURSE

For kids of all ages, tyres can provide balancing lengths to negotiate – you'll even be assured of a soft landing should they lose their footing.

RAISED WALL

If being creative with living matter is a step too far, just consider the effectiveness of a good old-fashioned tyre wall. You may never have thought about constructing one in your garden, but you can add colour and decoration aplenty.



GARDENING

Photo credit: architecturaldesigns.com, daintydresslaries.com, eX p o s e/shutterstock.com



FOOD & DRINK

PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

THE MUMMY

A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

WITCHES' FINGERS

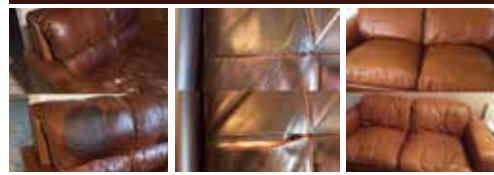
If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



Photo credit: familyfreshmeals.com

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



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.spindotoruk.co.uk



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 pelmet, 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

Yell.com Unit 4 Totman Close, Brook Road Ind, Est. Rayleigh SS6 7UZ



SPICE KING

Indian Cuisine Restaurant & Takeaway

ENJOY INCREDIBLE FOOD

BOOK A TABLE & ENJOY OUR BEAUTIFUL SURROUNDINGS

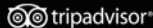
Traditional Curries • Tikka Massala • Pathia • Dansak... & more
All dishes freshly prepared & cooked to the highest standard
You are welcome to bring your own alcohol to our premises



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



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 31 Oct 2021



FOOD & DRINK



perfect Pasta Pairing

Have you ever wondered why there are so many different shapes of pasta? It's not just to jazz up the look of your dish, but also to hold onto the sauce and improve your dining experience.

Find out which pasta to pair with which sauce below.

Long and skinny: Long and skinny pasta, such as spaghetti, linguine and vermicelli, is perfect for pairing with light seafood and cream- or oil-based sauces.

Long ribbon: Long ribbon pasta, such as tagliatelle, pappardelle and fettucine, suit rich and meaty sauces like ragu, as well as thick, creamy sauces like carbonara.

Shells: Conchiglie and lumache make a great pairing for heavy cream and meat sauces, while larger shells can be stuffed with tasty fillings such as minced meat or ricotta and spinach.

Twists: Twist pasta shapes, such as fusilli, gemelli and strozzapreti, should be served with light and smooth sauces, like pesto, which will easily cling to their shape.

Tubes: Tubular pasta, such as penne, rigatoni and macaroni, go well with hearty vegetable sauces, baked cheese dishes, bolognese and ragu.

Filled: Filled pasta, like ravioli, tortellini and cappelletti, tend to have a rich filling, so their accompanying sauces are traditionally light and either butter or oil based.

Mini shapes: Mini pasta shapes, such as orzo, fregola, canestrini and stelline, are great for bulking out soups and stews. They can also be used to make tasty pasta salads.

Top tips for cooking pasta:

- > Always cook pasta in a large pan with plenty of salted water.
- > Do not add olive oil to your pasta when cooking – this doesn't prevent it from sticking
- > Do not cook the pasta all the way through; leave it al dente and then add to the sauce for a few minutes
 - > Combine your pasta and sauce in the pan rather than pouring it over once plated up.



OPEN 7 DAYS A WEEK

Gibson's
FINEST MEATS

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





UNUSUAL FRUIT OF THE MONTH:

Atemoya



If you like piña colodas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

Atemoyas are also very high in vitamin C, with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good. For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.

WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol.



Mondello Italian Restaurant

Mondello is a traditional neighbourhood Italian restaurant. We offer authentic Sicilian food in a family atmosphere.

Christmas Day Set Menu

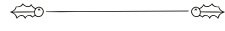
ON ARRIVAL – Glass of Prosecco

PRIMI (STARTERS)

PROSCUITTO CRUDO E MELONE
Parma ham and melon

ANTIPASTO DI PESCE NATALIZIO
Smoked Salmon, smoked halibut, peeled prawns, salad

SORBETTO DI LIMONE
Lemon sorbet



SECONDI (MAINS)

TACCHINO DI NATALE

Roasted turkey breast served with all the trimmings
or

ARROSTO DI PESCE NATALIZIO

Grilled seabass fillet, salmon fillet and large king prawns served with fresh lemon, garlic sauce
or

SURF & TURF

Scotch fillet with a lobster tail, in a garlic and chilli sauce

All main courses served with sauté potatoes, carrots and broccoli



SWEET

TIRAMISU, CHEESECAKE OR CHRISTMAS PUDDING SERVED WITH BRANDY SAUCE
or

ICE CREAM

TEA OR COFFEE (not including liqueur coffee)

MINT CHOCOLATES

**ALL 5 COURSES
£84.95 PER PERSON**

(Vegetarian dishes also available on request)

We will require a non-refundable deposit of £20 per person upon booking. A 10% service charge will be added to the bill.

Evening
Monday – Saturday
5.30pm - 10pm
(last order)

Lunch
Tuesday – Saturday
12.00pm - 2.30pm
(last order)

Fully Licensed & Air Conditioned

For private functions we can cater seven days a week

01277 500540

Mondello, 99 Hutton Road
Shenfield, Brentwood
CM15 8JD

www.mondellorestaurant.co.uk

@MondelloRestaurant

mondello_restaurant

**NOW TAKING BOOKINGS
FOR CHRISTMAS**

**BOOK NOW TO AVOID
DISAPPOINTMENT**



Hutton View - for all the support and friendship you need

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.

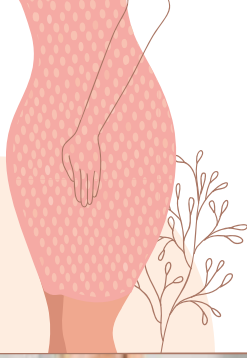
01277 575 319 hallmarkcarehomes.co.uk

Residential Care | Dementia Care | Respite Care





WHAT ARE pelvic floor EXERCISES?



Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.

They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.

Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.

Pelvic floor exercises include the following:

KEGEL EXERCISES: You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

SPLIT TABLE TOP: A basic move that can work your pelvic floor to help keep it strong.

1. Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
2. Tighten your core and ensure your thighs are touching.
3. Separate your legs outward towards the floor to a position that's comfortable for you.
4. Raise your legs back up slowly to their starting position, maintaining core stability.
5. Do three sets of 10.

BIRD DOG: Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

1. On the floor, get onto all fours in a table top position.
2. Tighten your core and draw your shoulder blades down.
3. At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
4. Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
5. Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.



Looking for a new dentist? Grange Green is welcoming new patients

Grange Green is a family oriented, calm and caring private dental practice. Our team works together to ensure every client experiences the highest quality of care.



01277 886 398

www.grangegreendental.co.uk
reception@grangegreen.com

42 Grange Road,
Billericay, CM11 2RG

@grangegreenfamilydentistry
grange_greendentalpractice

OUR SERVICES:

- ▶ CROWNS & BRIDGES
- ▶ DENTAL HYGIENE
- ▶ DENTAL IMPLANTS
- ▶ DENTURES
- ▶ NEW PATIENTS
- ▶ STRAIGHT TEETH
- ▶ SMILEFAST
- ▶ FACE & BEAUTY
- ▶ TEETH WHITENING
- ▶ PORCELAIN & COMPOSITE VENEERS
- ▶ EMERGENCY DENTIST
- ▶ RESTORATIVE TREATMENT



Break free from joint pain

At Spire Hartwood Hospital, we understand how frustrating it is when joint pain holds you back. That's why we provide fast access to expert care, when you need it. We use the latest technology and techniques wherever possible to get the best outcome for you. From replacement surgery to joint injections, you can be sure that you'll be treated by an expert – every step of the way.

Book to see an expert today
Search 'Spire Hartwood Hospital'
Call 01268 977 427

Interest free finance – 0% representative APR available

Credit is subject to status. Spire Healthcare Limited is acting as a credit broker. Orion Capital Retail Finance Ltd is the lender. All interest rates are authorised and regulated by the Financial Conduct Authority. Spire Healthcare's registered address is 4 Darnley Road, London, EC4A 3DF.



Looking after you

THE SKIN SHED

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



- Microneedling
- Dermarolling
- Dermaplaning
- 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




**Compassionate,
Experienced
Pet Groomers**

*Helping you take
care of your furry friends!*

TO BOOK CONTACT US ON
07835 756007

www.smithsgrooming.co.uk
smithsgroomingltd@gmail.com
Hunters Chase Garden Cntr, Brentwood, CM13 1SN

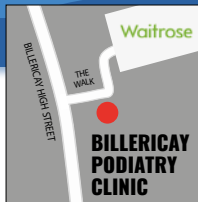


Problems with your foot health?

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

RED ALERT

HEALTH & FITNESS

CANCER SIGNS YOU SHOULD NEVER IGNORE

EXCESSIVE FATIGUE: There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.

SUDDEN BRUISING: Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

PAIN THAT DOESN'T GO AWAY: Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.

SKIN CHANGES: We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.

UNUSUAL TOILET ACTIVITY: Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.

CHRONIC COUGHING OR DIFFICULTY SWALLOWING: Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.

ABNORMAL PERIODS OR BLOATING: From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.



Are you SUFFERING with SAD?

Although many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > A lack of energy
- > Sleeping for longer periods of time
- > Struggling to get up in the morning
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgy foods.
- > Irritability
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping during the day
- > Weight gain

WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.



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

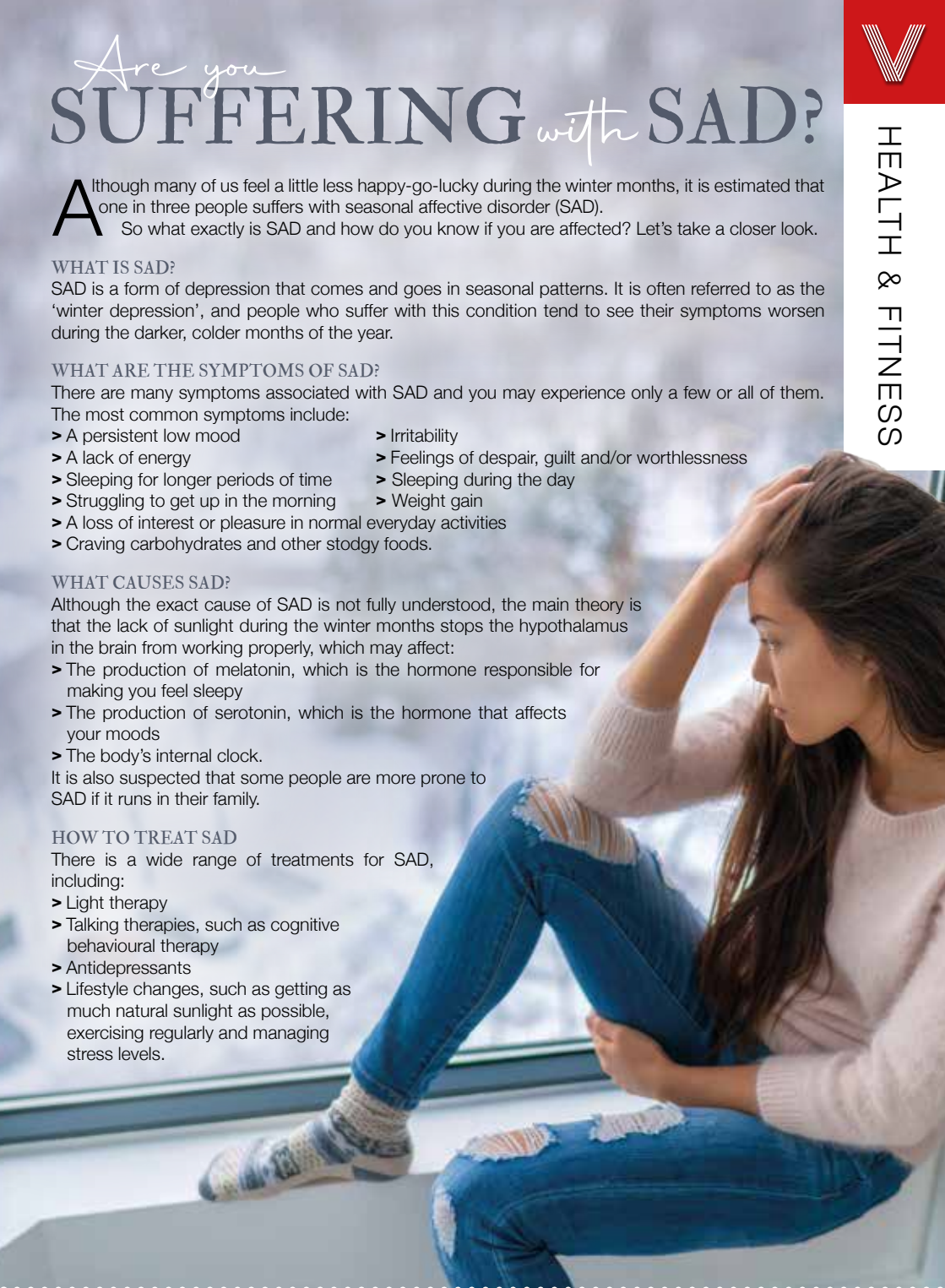
www.springfieldhospital.co.uk

/SpringfieldHospital



Springfield Hospital

Part of Ramsay Health Care





Beer beauty

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

Beer facial mask - to promote younger-looking skin

You will need: ½ tsp beer | 1 egg white | 1 drop of almond extract

How to make: Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

Beer nail soak - to strengthen brittle nails

You will need: 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

How to make: Mix all the ingredients together | Dip your nails in the solution for 15-20 minutes | Repeat two or three times a week.

Beer foot soak - to soften hard skin

You will need: A bowl of warm water | Half a bottle of beer

How to make: Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10-15 minutes | Dry your feet and apply foot lotion.

Beer hair rinse - to repair damaged hair follicles

You will need: 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

How to make: Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

Beer bubble bath - to soften and smooth skin

You will need: An olive-based liquid soap | Half a cup of beer

How to make: Mix the soap with the beer and add to running water | Soak for as long as you like.

Top tip: For optimum results, use an organic beer.



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**

LEXUS ELECTRIFIED

ALL-ELECTRIC & SELF-CHARGING HYBRIDS

IT'S HOW IT FEELS



LEXUS WOODFORD

536/564 High Road, Woodford Green, IG8 0PR.

0208 559 7660

<https://www.lexus.co.uk/centres/woodford>



LEXUS WOODFORD

Self-Charging Hybrid range shown is UX 250h, ES 300h, NX 300h, RX 450h. Official fuel consumption figures in mpg (l/100km): combined mpg 34.4 (8.2) to 54.3 (5.2). Combined CO₂ 186 to 119g/km. EV Model shown is UX 300e. Official fuel consumption figures in mpg (l/100km): N/A. Combined CO₂ emissions: 0g/km. Zero emissions while driving. Electric range 190 to 196 miles. Figures are provided for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results. Fuel consumption and CO₂ produced varies significantly depending on a number of factors, including the accessories fitted (post-registration), driving style, conditions, speed and vehicle load. All models and grades are certified according to the World Harmonised Light Vehicle Test Procedure (WLTP). All mpg and CO₂ figures quoted are full WLTP figures. For more information on WLTP and specific vehicle types see <https://www.lexus.co.uk/wltp>. More information on WLTP in general can be found by visiting: www.vehicle-certification-agency.gov.uk/ceb/wltp.asp.

PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead? With many designs to choose from and ideas to suit all ages, see our favourites below.

FRANKENSTEIN PUMPKIN

YOU WILL NEED: Green, black and white acrylic paint | A paintbrush
HOW TO MAKE: Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



SPIDERWEB PUMPKIN

YOU WILL NEED: White and black acrylic paint | 1 large paintbrush | 1 small paintbrush
HOW TO MAKE: Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



MONSTERS INC PUMPKIN

YOU WILL NEED: Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue
HOW TO MAKE: Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.

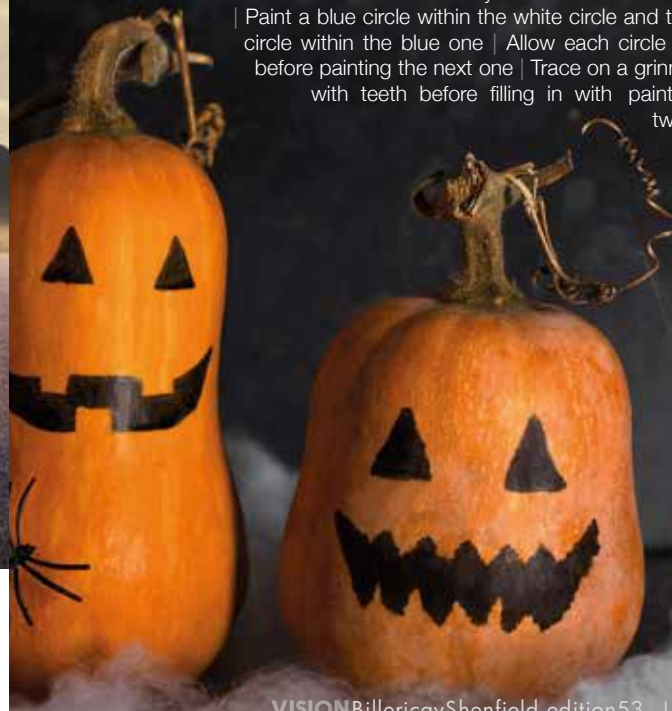


Photo credit: Pinterest, Wilkinson, www.wccbccharlotte.com



KIDS



REGAINING CHILDREN'S CONFIDENCE WITH RAZZAMATAZ THEATRE SCHOOLS

Lockdowns and the on-going isolations when school bubbles burst have had a worrying impact on children's mental health and social development. As professionals working with youngsters aged 4 to 18, we have seen first-hand how the pandemic has affected students, particularly with anxiety, which many had never previously suffered with.

Covid curtailed many of the normal interactions that children would have had which has made lots less independent than they would otherwise have been. Many found returning to face-to-face classes really challenging and have suffered a huge loss of confidence which we are working to rebuild. Through performing arts, we can encourage our students to express any worries they have and help them build resilience through teamwork.

#MoreThanJustaTheatreSchool has become the hashtag attached to Razzamataz because of

feedback from students and families on the positive impact that being part of our Razz family has on them.

Although some go on to gain places at prestigious performing arts colleges and into West End shows such as Hamilton, & Juliet, Matilda and School of Rock, many attend Razzamataz because of the huge difference it makes to their confidence and the life skills that they learn through quality training. Research has also found that children participating in creative activities are often happier than those that don't.

Razzamataz staff will be working on helping students to reconnect with any loss of confidence and life skills that occurred as a result of the pandemic, whilst making new friends and having lots of fun!

Book a free trial by contacting Jessica on 07710 595070 or brentwood@razzamataz.co.uk



RAZZAMATAZ
THEATRE SCHOOLS

#MoreThanJustaTheatreSchool

Because confidence now is more important than ever...

THE PERFECT PLACE TO - DANCE - SING - ACT
Whilst Safely Having Fun

FREE TRIALS FOR LAST FEW AVAILABLE PLACES
BRENTWOOD: WEDNESDAY 6TH, 13TH OR THURSDAY 7TH, 14TH OR SATURDAY 9TH, 16TH OCTOBER

Contact Jessica on 07710 595070
brentwood@razzamataz.co.uk

**WEDNESDAY,
THURSDAY
OR SATURDAY
SESSIONS**

AGES 3-18

**RAZZAMATAZ
STUDIOS,
BRENTWOOD,
CM13 3PZ**

CONCEPTO CLINIC

BRENTWOOD & MUSWELL HILL

CORPORATE & PROFESSIONAL COVID TRAVEL TESTING

WHEREVER YOU NEED TO BE WE'VE GOT YOU COVERED

COVID PCR SWAB TESTS RESULT WITHIN 24 HOURS AND SAME DAY

01277 525021 | 0208 444 6190

www.conceptoclinic.co.uk/clinics/essex

www.conceptoclinic.co.uk/clinics/north-london

Concepto Clinic, 65 Ongar Road, Brentwood, CM15 9AZ

Mon-Sun: 8.00am - 6.00pm

GOVERNMENT APPROVED CORONA VIRUS CLINICS UKAS/ISO 15189 LABORATORY

Public Health England (PHE) Approved Tests



Free parking for 30 mins in Sainsbury's, Brentwood

WANT TO EARN EXTRA £?

WE NEED DISTRIBUTORS IN YOUR AREA!



Your Monthly Lifestyle Magazine



CONTACT NIK TODAY TO APPLY

t: 01277 554045 m: 07860 683239

e: billericay@visionmag.co.uk



GB

UK



PLATING UP

HILLS OF HAINAULT TOYOTA

£30 OFF ALL SERVICES*

Only applicable to Toyota models

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

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.

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

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

BEAUTY

THE SKIN SHED

Microneedling, Dermaplaning, Sports, Swedish & Indian Head Massage, Lash Lift & Tint, Spray Tanning. Home Visits. Call 07736 434940 | www.theskinshedessex.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

DOG GROOMING

SMITHS

Experienced Dog Groomers. Call us on 07835 756007. Based at Hunters Chase Garden Centre, Brentwood, CM13 1SN

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

KITCHENS

REGAL KITCHENS

We design, We Install, You Love. Why not visit our showroom at 2 Navigation Road, Chelmsford, CM2 6HX. Call on 01245 351151 – 24/7 | www.regalkitchens.co.uk

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

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

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

THE VISION LISTINGS

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

PERFORMING ARTS

RAZZAMATAZ BRENTWOOD

Theatre School based in Brentwood. Call Jessica on 07710 595070. Address: The Old Stock Yard, 1-4, Razzamataz Theatre School Studios, Cricketers Lane, CM13 3PZ

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/repared, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01277 261888

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

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

TIMBER

G & R TIMBERWORKS

Professional Craftsmanship & Experience. We undertake all external woodwork. Contact us now on 07760 905402 | grtimberworks@hotmail.com

TV AERIAL & SATELLITE SERVICES

ANDYS AERIALS

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

WINDOWS & DOORS

WINDOW MAN

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

**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

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**.

ACROSS: 1. CARB, 3. CRUCIBLE, 9. NEPTUNE, 10. UMBRA, 11. RANTS, 12. UNTYING, 13. VESTRY, 15. ARCHER, 17. NOSTRIL, 18. LEAST, 20. ITALY, 21. FLIPPED, 22. NONSENSE, 23. DEWY
DOWN: 1. CONTRAVENTION, 2. RIPEN, 4. RUEFUL, 5. COUNTERCLAIM, 6. BABYISH, 7. EXAGGERATEDLY, 8. NURSERY RHYME, 14. SUSTAIN, 16. CLEFTS, 19. APPLE



Women's health

at Nuffield Health
Brentwood Hospital

Our experienced gynaecology consultants pride themselves on helping women of all ages overcome a range of health problems. Whether you are suffering from an issue now or are concerned about your future health, we are here to re-assure and help you, offering rapid access to treatment.

- ◆ Cervical smear and HPV test
- ◆ Colposcopy
- ◆ Family planning advice and management
- ◆ Gynaecological ultrasound
- ◆ Hysterectomy
- ◆ Infertility investigation and pre-IVF management
- ◆ Laparoscopy
- ◆ Menstrual disorders and management
- ◆ Ovarian cyst
- ◆ Menopause and HRT
- ◆ Surgical and medical management of miscarriage
- ◆ Urinary frequency and incontinence
- ◆ Uterine and vaginal prolapse and reconstructive surgery
- ◆ Uterine fibroid.



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



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