

**100  
YEARS  
OF THE  
BBC**

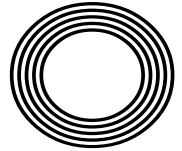
**PAYING  
TRIBUTE**  
to rock legend  
Meat Loaf

**THE SECRETS**  
*to a successful stir fry*

**GET CLEANING**  
with our spring clean checklist

# STEVEN BARTLETT

From university dropout to youngest ever Dragon



**FREE**

Photo credit: BBC/Andrew Farrington



# The many benefits of planting trees



Planting trees is good. This is not breaking news; we hear this message more and more these days and it must be tempting to roll one's eyes at yet another well-intentioned person calling for endless numbers of trees to be planted in every available space.

So trees are good. We get it. But how good are they? And what they are good for?

Well, there are of course some very obvious things that trees are good for, but there are many other, subtler, more surprising ways in which trees benefit us

It's no shock to anyone that trees clean the air we breathe, help combat the air pollution we suffer in the modern world by removing carbon dioxide from the atmosphere and storing it, whilst releasing oxygen to keep our planet habitable. Pretty important stuff but nothing you haven't heard or read before. The fight against climate change will take a vast, unified and sustained effort, and more trees – millions upon millions of them – will form a pivotal part of the strategy.

However, I'd like to zoom in closer, and discuss things in more local and immediate terms, to focus

on our personal interactions with trees and plants; thinking less of the positive global impact and more about the immediate enrichment and enhancement of our daily lives that can be brought about by planting trees in our own gardens and in our own communities.

Trees are good for our health. This is true in ways, both simple and complex. In a very straightforward way of course they provide our species with food, medicine and clean our water



## Montrose Trees

supply by removing pollutants from the soil. They can protect us from floods, from extreme heat and they are an irreplaceable part of the eco systems our food supply relies upon. Again, these benefits are very real to all of us, but they can seem abstract, or distant; intangible to us. Trees are good for my health, as they are for yours and they do this good instantly, and constantly. Trees release phytoncides and these lower our blood pressure, decrease anxiety and boost our immune systems. Spending time around trees decreases levels of the stress hormone cortisol, physical symptoms of stress such as pulse rate or muscle tension are measurably lowered after being in a green environment for under five minutes.

Trees give us a cognitive boost; one university found performance on memory and tests improved by 20 per cent after subjects took a pause for a walk through an arboretum; when the walk was taken down a busy street there were no detectable signs of improvement. In Japan a practice called Shinrin-Yoku (or 'Forest Bathing') is supported by so much scientific evidence it is prescribed by doctors for its benefits to mental health. Shinrin-Yoku is, in essence, spending time in a forest quietly focusing on the sensory experience; the sound of the wind through the trees, the scents of the plants, the feel of bark, the patterns of light glimmering through the canopy.

The Duchess of Cambridge is a fan of Shinrin-Yoku and the RSPB have run series of forest bathing events that have proved hugely popular. It leads me to wonder if The Duchess of Cambridge's fondness for trees played any role in inspiring 'The Queen's Green Canopy', the wonderful tree planting initiative devised to mark Her Majesty's Platinum Jubilee that invites all of us to "Plant a Tree for the Jubilee"

The evidence is clear. Trees are good for our bodies; they provide us with food and protect us against pollution. Trees are good for our minds; they reduce stress and improve our cognitive abilities. Trees are good for our communities; there are various analyses showing that the savings made from the health benefits of trees in an area can exceed four times their cost. The data shows a 10 per cent increase in greenery can postpone the onset of health problems by up to five years and trees are even linked to lowering criminal activity; research has indicated a 10 per cent increase in tree canopy can be associated with an approximately 12 per cent reduction in crime.

If those aren't reasons enough, then trees are

good for us financially; a series of third-party studies have shown that trees can increase property prices anywhere from five per cent to 18 per cent. One estate agent I spoke with when researching this piece told me they have recently begun advising clients who had the aim of increasing a property's value prior to sale to "plant some good-sized trees in the garden" as in their opinion it was "the most cost effective way" to achieve this goal. It had the added benefits of "being quick and hassle free compared with other ways of increasing property value".

Now that's an economic argument for planting trees, and it's a valid one, but there is one last, important, and – I feel – overlooked argument in favour of planting more trees: just the simple joy of them.



Trees are beautiful. Whether it's the deep tones of evergreens, delicate flowers in spring attracting bees and birds into our gardens or the glorious burst of colour in autumn, like a tableau of a fireworks display we get to enjoy for weeks... trees are beautiful. In my own garden I planted a Golden Norway Maple and one afternoon, when it had come into leaf in late spring, I noticed my then five year old son, stuck at home in lockdown, stood a few yards in front of it, quiet and content, just gazing up at the sunlight making the golden leaves glow brightly against the background of a clear blue sky. After a while I asked if he liked that particular tree and he told me "I'm going to call this 'my imagination tree'", when I smiled in response and asked him why, he simply told me "because it makes my imagination go"

The trees I have planted in my own garden have enriched my family's lives.

Plant a tree for yourself. Plant a tree for a loved one. Plant a tree for your children or grandchildren. I very much doubt you'll ever regret it.

Plant a tree, the benefits are personal, and the benefits are all of ours.



## Montrose Trees

### Trusted Tree Specialists



01702 343386

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

Tree Planting | Crown Reductions | Hedge Trimming  
Woodland Management | Re-Wilding | Felling | Reports & Surveys



# Editor's notes...

MARCH 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. Since the start of the year, I've managed to get through one book and am now halfway through another. I have always been interested in life stories and biographies. I find those who I am big fans of - actors, sportspeople or musicians - easiest to read.

One common trait I find comes up in many successful people's life stories is their ability to bounce back from failures - in fact, they glorify it more than their wins and wear them like badges of honour.

Whether it be a missed penalty in a cup final, bad auditions as an actor or a comedian not making people laugh at a show - it is these moments of feeling uncomfortable and wanting to hide away from the world that really does bring out the real winners in us all. Such moments in some cases can fire you up to never want to feel that way again, which can then propel you to success.

Getting comfortable being uncomfortable is one of my mantras for this year as I know the more I can put myself in situations that I may find uncomfortable, it means I am more than likely growing as a person.

*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](http://www.visionmagessex.com) | [billericay@visionmag.co.uk](mailto: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, Christina Pantelly

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines All pages are 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](http://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
<b>Average score</b>	<b>9.85</b>

496 reviews





# YEARS OF THE

## A CENTURY TO CELEBRATE – THE BBC HITS 100

---

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”



A TRIBUTE TO MEAT LOAF:

# A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



Photo credit: Shutterstock

An independent day school for girls and boys age 2 - 16 years



Join us for an Open Day tour  
Monday 7<sup>th</sup> March 2022 or Monday 25<sup>th</sup> April 2022  
Tours commence at 9.30am, by appointment only



Small Class Sizes | Before and After School Clubs

LAMDA and Individual Music Lessons | Senior School Entry Scholarships

100% of pupils achieved 5 or more 9 to 4 grade GCSEs in 2021



Join us to explore the exciting opportunities available to your child.  
Please contact our Registrar to book a tour or for further information.

Telephone - 01277 623070

registrar@stjohnsschool.net | stjohnsschool.net





*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

f @MASTERBUILDANDMAINTENANCE i MASTERBUILDANDMAINTENANCE



HOME & DIY

# IT'S THAT TIME... Spring cleaning!



## YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

### KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

### BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

### BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descalc the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

### LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

### HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

### OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows





# Oh darling!

TIPS FOR CREATING FLAMBOYANT INTERIORS



Photo credit: Archive by Henderson Design via elledecoracion.co.uk

**D**o you want your interiors to be as fun and exciting as you are? Clashing prints, bold colours and a mix of textures can all be incredibly stylish in your home. The look is British Eccentric, and it is outgoing, quirky and vibrant.

With the right styling, you can bring the British Eccentric look into your own home. Here are some top tips for creating flamboyant interiors.

### GET READY TO THROW OUT THE RULE BOOK

The great thing about flamboyant interiors is that there are no rules. Your space should be as quirky and colourful as you like, creating a look that's traditional in its basics but modern in its use of colour.

Make use of patterns and bold shades and simply have fun with it.

### BUILD IT UP OVER TIME

Creating a flamboyant interior can take time. Think of it as an ongoing project as you fill your space with wonderful treasures. Start with a wall colour, then



add different accessories such as vases, light shades, plants and wall art. Building up your space over time will make it more of a passion project as you design a room you truly love.

### MIX AND MATCH

Don't be afraid to mix and match patterns, colours and textures. Florals are a great option, especially for wallpaper, or you could look at stripes and other bold patterns to bring new life to your decor.

### EMBRACE YOUR FAVOURITE THINGS

A flamboyant, eccentric interior should reflect you and your personality. Fill it with the things that you love, such as prints, ornaments and other features that will make your home feel more like you.

## Carpets Direct

Guaranteed Lowest Prices

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

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

## WHY PAY MORE?

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

CALL YOUR LOCAL AREA SPECIALIST  
**01277 554 163**



[www.carpets-direct.co.uk](http://www.carpets-direct.co.uk)

## SMART PROFESSIONAL OVEN & CARPET CLEANING

- Single Oven: £50.00
- Double Oven 65cm - 90cm: £80.00
- Double Oven 110cm - 120cm: £100.00
- AGA: £100.00 - £150.00 (Dep. on Type)
- BBQ: £60.00 - £120.00 (Dep. on Type & Size)
- Extractors £20.00 - £30.00 (Dep. on the size)

PLEASE ENQUIRE FOR MORE SPECIALIST TREATMENTS  
**CALL US TODAY -**  
WE CAN SOLVE ALL YOUR CLEANING PROBLEMS  
**07751 414 283 | 01245 256 595**

**DISCOUNT VOUCHER £10 OFF**  
On presentation of this voucher  
This voucher has NO CASH value

## 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.

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

**01708 736700**  
[www.bodywash.uk](http://www.bodywash.uk)  
[sales@bodywash.uk](mailto:sales@bodywash.uk)  
A12 Eastern Avenue, Romford, RM5 3AL



# ARE YOU LOOKING FOR A GREAT BUILDER IN ESSEX?

## OUR SERVICES

**THE LITTLE THINGS THAT MAKE US THE BEST IN TOWN**

HOUSE EXTENSIONS & CONVERSIONS ■ GENERAL BUILDING SERVICES

BATHROOM RENOVATIONS ■ KITCHEN RENOVATIONS

PROPERTY MAINTENANCE ■ HOUSE RENOVATIONS



**CONTACT US** We offer a wide range of building services for your home

T: 07496 264111 E: [charliethefixer@gmail.com](mailto:charliethefixer@gmail.com) [f](#) [i](#) [cporterbuilding](#)

4 Woodbrook Crescent, Billericay, CM12 0EQ

# How To Match COLOURS IN YOUR HOME



HOME & DIY

**T**here are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose.

Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look.

Take a look at the following tips to get started.

### CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

### LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch.

Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look.

If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look.

You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

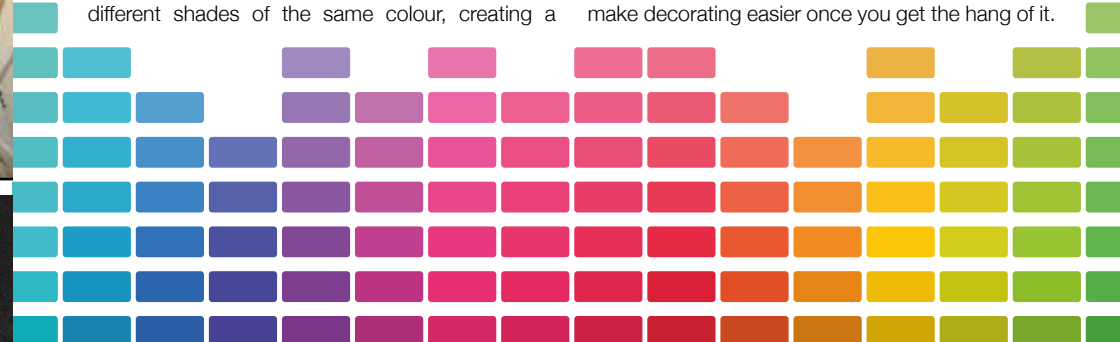
### THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

### USE TESTERS TO SEE WHAT WORKS BEST

Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.







# 6 SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

### 1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

### 2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

### 3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to

bounce back, it needs replacing.

### 4. LUMPS AND BUMPS

When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

### 5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

### 6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.



## 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







## Paving Cleaning & Gutter Clearing



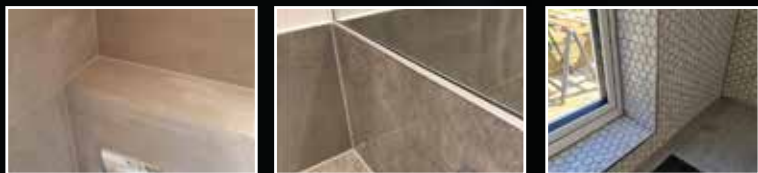
- ✓ Block Paving ✓ Patios ✓ Decking ✓ Driveways
- ✓ Imprinted Concrete ✓ Gutters Cleared



Call us on **01277 554194 / 07766 418 678**  
or visit [www.prowashsolutions.co.uk](http://www.prowashsolutions.co.uk)

## TOMKYNS SEALANT SERVICES

### High End Mastic Sealant Application



- ❖ 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](mailto:jongildea21@msn.com) 📱

# Cleaning with SOAP NUTS

If you haven't heard about soap nuts until now, then you are in for a treat. Free from chemicals, 100 per cent biodegradable and vegan-friendly, these powerful nuts are the all-natural cleaning ingredient every home needs.

Soap nuts, also known as Indian soap berries, are the fruits of a small tree called *Sapindus mukorossi*. They contain a natural soap called saponin, which is released when in contact with water.

The benefits of cleaning with soap nuts are:

- > They do not contain phosphates, parabens or sodium lauryl sulphate
- > They are hypoallergenic and odourless
- > They contain anti-fungal and anti-microbial properties
- > They are 100 per cent sustainable.

### How to use soap nuts in your home

#### Soap nut laundry detergent

Place 4-6 soap nut shells into a small muslin bag | Add your laundry and the bag to your washing machine | Wash as per fabric instructions | Keep the used shells as they can be reused up to four times.

#### Soap nut liquid detergent

This can be used as a base to make many cleaning products. Pour 2 litres of water and 15 soap nut shells into a pan | Boil for 10 minutes,

turn off the heat, and cover | Once cooled, strain the liquid, pour into a bottle and store in the fridge.

#### Soap nut multipurpose cleaner

Mix 400ml of your soap nut liquid detergent with 100ml of white vinegar and 10ml of your preferred essential oil | Pour into an empty spray bottle and use to clean all surfaces in your home.

#### Soap nut pesticide

Fill a spray bottle with 500ml of your soap nut liquid | Add 10 drops each of lavender, rosemary and peppermint oil | Shake well and spray directly onto your plants.

### Where to buy soap nuts

You can order soap nuts online. They are also available at some health and wellness shops.







Terrence James Construction Group is an Essex based collective of skilled tradesmen with a wealth of knowledge delivering tailor-made projects with a difference. Our in-house team of professionals offer a non confrontational approach with the skill and experience to ensure successful project delivery every time.



### TERRENCE JAMES CONSTRUCTION

New Builds, Extensions, Loft Conversions, Renovations, Refurbishments, Garage Conversions.



### TERRENCE JAMES LANDSCAPING

Use Our Creative Approach And Premier Service To Help Realise Your Gardens Full Potential



### TERRENCE JAMES KITCHENS

From High Gloss Handle-Less To Fitted Shaker Kitchens, Use Our Innovative Approach To Design And Seamless Planning To Create A Kitchen That Captures Your Imagination



### TERRENCE JAMES BATHROOMS

Let Our Team Find The Balance Between The Finer Things And The Practicality Of A Useable Space

### TERRENCE JAMES GARDEN ROOMS

Utilising A Space In Your Garden To Work Or Play? To Create Or Relax? Let Us Take Care Of It.



## BUILDING AMAZING SPACES

CALL ONE OF OUR SPECIALIST TEAM NOW TO ORGANISE YOUR FREE NO OBLIGATION QUOTE.

07570 047527

info@terrencejames.co.uk  
www.terrencejames.co.uk  
insta terrencejamesconstruction





**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**

**Richard Ward**

Richard@warddecorators.co.uk

Painter - Decorator

Domestic - Commercial

Interior - Exterior

Fully Insured | 35 years experience

Tel: 01277 821 454

Mobile: 07961 943840



# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS BILLERICAY



## Pageant-winning soldier breaks stereotypes

A soldier from Billericay has been crowned Miss Essex for 2022/23 and is now raising funds for various charities.

Georgie Goodey, 27, who has won Miss Essex 2019 - 2023, is sponsored by the mental health charity, The Mind Field, and is campaigning to raise awareness and money for a number of good causes.

Georgie has been a serving soldier in the British Army for the last seven years and wants to encourage women to step up in male-dominated environments, as well as to break the stigma of beauty pageants.

She describes pageants as one of "the most supportive inclusive environments".

She said: "I am trying to show that women can be whatever you want to be, whether that's working in

an incredibly male-dominated environment or in the beauty industry. The two stereotypically don't go hand in hand, and I'm showing people that they can.

"Just because women have the same rights on paper does not mean we are treated equally. They're judged by the type of career they choose, the sports they compete in, the way they dress and the relationships they have.

"As a woman who has chosen not to have a partner or a family and to do a career that mostly men do, I hope by doing pageants while working in the Armed Forces I will show women that it's okay to do things that are different."

You can donate to Georgie's fundraisers by visiting [www.justgiving.com/fundraising/Georgie-goodey](http://www.justgiving.com/fundraising/Georgie-goodey)

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](mailto:ian.dipple@yahoo.com) | [www.ianscurtainsandblinds.co.uk](http://www.ianscurtainsandblinds.co.uk)





# Mum named Carer of the Year for advocacy work

The mum of a boy with a rare condition has been recognised with a charity award.

Shelley Simmonds, of Billericay, was presented with Muscular Dystrophy UK's Alexander and Valerie Patrick Award for Carer of the Year in a virtual ceremony.

Shelley – whose son, Fraser, eight, lives with the Duchenne muscular dystrophy – was recognised for her incredible efforts. As well as working full-time during the pandemic as a company secretary for a London-based firm, she campaigned through national media, radio and news channels on a huge range of issues, including shielding, the

vaccination of the vulnerable, and how missed medical appointments were impacting people's quality of life.

Shelley's writings through her popular blog, Fraser & Friends, helped to create a community for those with rare diseases and disabilities at a time when they felt alone and isolated.

Shelley did not know that she had been nominated, nor that she had won. She only found out after Catherine Woodhead, the CEO of Muscular Dystrophy UK, invited her to a meeting.

Catherine said: "She is the most remarkable woman. We're sending huge congratulations to all our 2021 President's Award winners."

# Seven charged and £100k seized in warrant

Seven people have been charged with drugs offences after officers executed a series of warrants last month, including one in Billericay.

The properties in Billericay, Canvey Island, Brentwood and Benfleet are all linked to a gang believed to be involved in the distribution of class A drugs.

Officers discovered substantial quantities of drugs and recovered approximately £100,000 in cash.

Jimmy Heary, 57, of Oak Road, Crays Hill, Billericay, and Sheralee Heary, 51, of Oak Road, Crays Hill, Billericay, have been charged with conspiracy to supply a class A controlled drug, conspiracy to conceal/disguise/convert/transfer/remove criminal property, and possession/control of material bearing a false trademark.

Anthony Serra, 82, of Oak Road, Crays Hill, Billericay; Violet Serra, 74, of Oak Road, Crays Hill, Billericay; Jade Sandell, 31, of Haarlem Road, Canvey Island; and Nicholas Axford, 35, of St Johns Crescent, Canvey Island, have been charged with conspiracy



Photo credit: Essex Police

to supply a class A controlled drug and conspiracy to conceal/disguise/convert/transfer/remove criminal property.

Axford has also been charged with affray and intimidation of a witness following a related incident.

Jasmine Burrows, 28, of Norton Avenue, Canvey Island, has been charged with conspiracy to supply a class A controlled drug. Burrows was released on bail.

Six other people arrested have been released under investigation.

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



**A LOCAL COMPANY BUYING FROM LOCAL MANUFACTURERS**

**“YOUR HOME IN OUR HANDS”**

WINDOWS | DOORS  
BIFOLDS | GLAZING  
REPAIRS

However you want to secure your home we have the Solution to make sure your home is in our safe hands

01268 578 118  
sales@atlashomesolutions.co.uk  
www.atlashomesolutions.co.uk

ATLAS HOME SOLUTIONS

**STIRLING ROOFING**

Office: 07979 348 313  
Email: [stirlingroofing@hotmail.com](mailto:stirlingroofing@hotmail.com)  
[www.stirlingroofing.co.uk](http://www.stirlingroofing.co.uk)

**FOR ALL YOUR ROOFING NEEDS**

OVER 20 YEARS OF EXPERIENCE • FAMILY-RUN BUSINESS  
COVERING ALL ASPECTS OF ROOFING & GUTTERING  
ALL WORK BACKED BY WARRANTY & INSURANCE  
NO JOB TOO LARGE OR SMALL

WE SPECIALISE IN: New Roofs • Tile & Slate • Roof Repairs • Felt Roofs  
GRP Roofing Repointing • Rendering • Chimney Restoration • Leadwork  
Moss removal • Bargeboards • UPVC Cuttering • UPVC Downpipes  
UPVC Fascias & Soffits • Cladding • Cutter Cleaning • Moss Cleaning

**MOSS REMOVAL FROM £250**

10% OFF NEW ROOFS | 20% OFF FLAT ROOFS | Cutters Cleaned FROM £39

Checkatrade.com Where reputation matters

**24 HOUR EMERGENCY CALL FREE OF CHARGE**

CONTACT US TODAY FOR A FREE NO OBLIGATION QUOTE



# Salon owner reaches finals of hairdressing awards

The owner of a Billericay hair salon has been named as a finalist for two categories in the Hair Awards 2022.

Jim Shaw, owner of TONI&GUY Billericay, was delighted to receive the news that he was a finalist for the categories of Men's Hairdresser and I Want His Hair.

The Men's Hairdresser category is dedicated to innovation in the field, while for the I Want His Hair category, Jim had to submit an image that embodies everything the modern man wants from his hairstyle.

The Hair Awards, created by *Hair Magazine*, are esteemed within the hairdressing industry and have been running for more than 10 years.

The winners are now in the process of being selected and will be announced on March 14.

Jim said: "I was thrilled to hear the news that I had been finalised for two categories in this year's Hair Awards, being up against so many other incredible, talented and respected hairdressers within the industry. To win either or both of these categories would be a fantastic start to 2022."

# Bank among more than 30 to close nationwide

The Billericay branch of NatWest is among 32 across the country that are set to close in the next 12 months.

Located on the High Street, the branch will close on July 5, with the bank giant citing one of the reasons for the closure as a reduction in counter transactions.

Looking at data specific to Billericay, released by NatWest, it was revealed that counter transactions decreased by 19 per cent between 2017 and 2019.

It was also revealed that 59 per cent of customers who use the branch also use online banking or the mobile app.

After the closure of the Billericay branch, the nearest NatWest branches will be in Wanstead High Street, Station Road in Chingford and Walthamstow High Street.

Residents can share their views on the closure at [natwest.com/branchclosures](http://natwest.com/branchclosures) until June 14.

A NatWest spokesperson said: "Most of our



customers are shifting to mobile and online banking. "We understand and recognise that digital solutions aren't right for everyone or every situation, and that when we close branches we have to make sure that no one is left behind.

"We take our responsibility seriously to support the people who face challenges in moving online, so we are investing to provide them with support and alternatives that work for them."







Photo credit: Billericay FC

# Greg HALFORD

## Experienced player signs for football club

Versatile footballer Greg Halford said he hopes to bring "experience and knowledge" to Billericay Town FC after signing for the local club last month.

Halford, 37, who was promoted with Colchester in 2006, most recently played for Waterford in the League of Ireland.

The defender, who can also put in a shift in midfield or up front, spoke on Billericay FC's YouTube channel after announcing the news of his signing.

He said: "Hopefully, I can bring some experience and

knowledge to the lads and help us climb the table. There's plenty of quality in this team."

When asked what his personal aims are for his time at Billericay, Halford added: "To help the club climb the league, first and foremost, and on a personal note, just to play games and enjoy football, and help the younger players out."

Billericay secured a much-needed win in Halford's first outing for the club on February 12, beating Dulwich Hamlet 2-0 at home in front of 909 fans.

## Police appeal for witnesses following assault

Essex Police recently launched an appeal for witnesses following an assault in Billericay at the end of last year.

At 1.30am on Saturday, December 11, an 18-year-old man was walking in Radford Way – away from the High Street and towards the railway station – when he was punched in the face.

The victim suffered facial injuries, for which he is receiving ongoing treatment.

The suspect is described as a white male, aged in his late 20s or early 30s. He is around 5ft 10in tall and of medium build.

Police enquiries are ongoing, and officers are appealing for anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact them. Please quote crime reference number 42/287918/21.

You can also call the police on 101 or contact Crimestoppers anonymously on 0800 555 111.



Stock image

# WS Spray Finishings

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

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



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

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

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



## PROFESSIONAL CURTAIN AND BLIND SUPPLY & INSTALLATION

DOMESTIC & COMMERCIAL

**Curtains • Pleated Blinds • Roller Blinds**  
**Roman Blinds • Shutters • Venetian Blinds**  
**Vertical Blinds • Vision Blinds**

- Wide array of high quality blind & curtain styles
- Affordable prices • Free expert advise
- Established Essex business • Over 30 years experience

**CONTACT US TO ORGANISE A FREE, NO OBLIGATION HOME OR BUSINESS CONSULTATION TODAY!**

**07840 310177**  
timelessblinds@gmail.com  
www.timelessblinds.com



# FIFTY FOUR DEGREES CELSIUS

The perfect medium rare New York Strip is cooked at fifty four degrees Celsius.

A single millimetre is all that is needed for a flawless slice of Jamón Ibérico.

Sixty four degree water gives the most rich, velvety poached eggs you've ever imagined.

When you're in the kitchen, perfection and joy come from precision. And it's the same when we're in the kitchen too — because we love what we do.

**This is German Enjoyneering.**

**Kutchenhaus Brentwood**  
6, The Baytree Shopping Centre  
Brentwood, Essex  
CM14 4BX

Tel : 01277 204447

**kütchenhaus**  
The **German** Kitchen

Photo credit: Aleksandra Goldobenkova/Shutterstock.com

## Fines increased for littering and fly-tipping crimes

Fines imposed against residents and businesses in Billericay for littering and fly-tipping have been increased following a review by councillors.

Previously, fixed penalty notices (FPNs) of £100 for littering were discounted to £60 for those who pay within 14 days, while fines of £200 for the unauthorised deposit of waste were reduced to £120 for those who pay within 10 days.

Basildon Council's Leisure and Environment Committee agreed to increase the fines to £120 for littering, discounted to £75 for early payment,

and £400 for the unauthorised deposit of waste, discounted to £250 for early payment.

Chairman of the committee, councillor Craig Rimmer, said: "Fly-tipping and littering is a scourge on our neighbourhoods and town centres and we will not tolerate it. These increases reflect the seriousness with which we take these offences. The vast majority of our residents do the right thing — finding a litter bin or making proper arrangements for their household waste — and it is only right that there is a suitable deterrent for those who decide to litter or fly-tip."

## Lions introduces its first-ever female member

Billericay Lions was delighted to induct its latest new member, Lisa, at a meeting last month.

Since forming in 1979, Billericay Lions has been an all-male club. In November 2021, members voted for the club to become mixed, and were pleased to welcome Lisa as its first-ever female member last month.

The Lions Club of Billericay is part of an international organisation of clubs formed to help their local communities.

If you would like to find out more about joining Billericay Lions, please email your contact details to [lions@billericaylions.com](mailto:lions@billericaylions.com) or visit the bookstall outside Poundland every Saturday between 10am and 12.30pm.







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

## 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](mailto:hammondandsons@hotmail.co.uk)  
[www.hammondandsons.co.uk](http://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.davidlepindecorating.co.uk](http://www.davidlepindecorating.co.uk)

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

# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS SHENFIELD



## Grant funds area's biodiversity and access plan

New grant funding will allow maintenance work to go ahead at Shenfield Common.

A £5,000 grant was provided from Land of the Fanns Partnership at Thames Chase and was matched by the Conservators of Shenfield Common.

The work will include tree felling and thinning out undergrowth to improve access and biodiversity.

Chair of Brentwood Borough Council's Community and Health Committee, councillor Cliff Poppy, said: "Shenfield Common is such a key green space in Brentwood and an important historic junction for the borough as a whole.

"We are fortunate to have this secured in trust through the hard work of the Conservators and, of course, it hosts the Strawberry Fair which returns this summer. This grant offers important funding to ensure that the Common retains its key elements of open space, woodland and pond in a way that is accessible for our residents, but also secures and protects the natural balance of the environment."

Chair of the Environment, Enforcement and Housing Committee, councillor Maria Pearson, added: "This

is all part of our partnership working and plans to improve, enhance and protect our wonderful green spaces.

"Brentwood Borough Council has already received £13,456 from the Thames Chase Trust under the Trees for Climate scheme to plant new trees in the borough. This will see trees planted at St Faith's, Childeritch, Hatch Road and Magpie Lane and will cover a total of nearly three hectares. In all, some 6,000 trees will be planted and a community orchard planted at St Faith's Country Park. So the work at Shenfield Common continues the theme of maintaining and improving our environment overall."

Benjamin Sanderson, scheme manager for Land of the Fanns, said: "It is fantastic news that the Conservators secured funding from the Land of the Fanns Community Action Fund to deliver this project. It is a valuable contribution to the future legacy of Land of the Fanns and vision for Thames Chase Community Forest led by Thames Chase Trust."

The work is expected to get underway later this month.





Photo credit: Brentwood Borough Council

# Loved annual fruit fair back for first year since 2019

Shenfield's much-loved annual Strawberry Fair will take place on Shenfield Common on Saturday, June 18.

It is the first time that the event has taken place in situ since 2019, having been cancelled owing to COVID-19 restrictions for the last two years.

The fair centres on a stage with performances taking place during the day, fairground rides, food and drink stalls, and of course fresh strawberries.

Chair of Brentwood Borough Council's Community and Health Committee, councillor Cliff Poppy (pictured far right in 2019), said: "This is going to be such a wonderful day and a real highlight, coming as it does

just after the Queen's Platinum Jubilee bank holiday weekend. Our residents love this event as there is something for everyone of every age, and the setting on Shenfield Common places it right in the heart of Brentwood. We did run a virtual Strawberry Fair online in 2020, which saw lots of children posting photos of their strawberries, but of course we all want to get back out there safely and enjoy the fair that we all know and love."

More details of activities and stallholders will be released in the coming months. For information on sponsoring the Strawberry Fair, please contact [events@brentwood.gov.uk](mailto:events@brentwood.gov.uk)

# Hero helps launch boxing club for young people

Sports promoter Eddie Hearn (pictured left) helped to launch a new boxing club which aims to give children in Shenfield the chance to take part in the sport.

Brentwood Central Boxing Club, based at The Brentwood Centre, was set up by Florin Nicorici (pictured second from left), a former boxer and England Boxing qualified coach, referee and judge.

The centre, managed by Everyone Active in partnership with Brentwood Borough Council, is expecting to see lots of interest in the sessions.

Florin said: "It's always been my dream to open a boxing club for kids, ever since I was a child and boxed in Romania. The sport has opened me up to so many opportunities and I hope this club will do the same for young people in the area."

Classes will run three times a week on Mondays, Wednesdays and Fridays and will consist of a Little Champs club for those aged six to 10, and a Youth and Seniors Carded Club for those aged 11 to 17. Sessions are £4 for ages up to 10 and £5 for 11 years and over.

For more information, email [brentwoodcentral21@gmail.com](mailto:brentwoodcentral21@gmail.com) or 07930 903442.



# Come and be creative, have fun and celebrate Spring!



After the success of the first artisan market in the pretty village of Ingatestone last November, the next market will take place on March 19th in the Ingatestone Community Centre and adjacent carpark. Bringing together some of Essex's finest artisan products, this is a wonderful shopping event and a fun day out for the family.

The event is supported by the Welcome Back Fund and Ingatestone and Fryerning Parish Council whose aim it is to bring people back to the village and reinvigorate the High Street after the disruption caused by the recent pandemic.

"The Parish Council is delighted to welcome visitors to both our village and to the Artisan Market. We hope they enjoy the range of independent shops in the High Street. I'm sure many residents will take the opportunity to drop into the market to visit the stalls. The Parish Council is pleased to support this venture that helps demonstrate the vibrant nature of Ingatestone" said Paul Jeater, Chair of Ingatestone and Fryerning Parish Council.

Workshops, many of which are free, will take place in the centre and across the High Street and include a 'learn to crochet' session at La Pomme and a gin tasting afternoon at Ingatestone Wines both of which are kindly

sponsored by local branded workwear and PPE provider Bright Monkey. There will also be face painting and craft workshops for children. For Mum, style guru 'House of Colour' will provide personal styling tips. The day will open with a meditation and crystal healing workshop by 'Island Yoga'.

Finula Crowe, owner of sustainable clothing brand New Day Originals who organises the event said 'I am excited to welcome back more than twenty-five small artisan businesses showcasing unique products including hand-made silver jewellery, candles, art and clothing. With Mother's Day around the corner it's the perfect opportunity to find beautiful and unique gifts.'

For more information, please follow @Artisan.Ingatestone on both Facebook and Instagram.



**30 unique stalls**

**workshops**

**kids' activities**

**entertainment**

**face painting**

**ARTISAN INGATESTONE**

**SPRING MARKET**

**SATURDAY 19 MARCH 10AM - 4PM**

**Ingatestone Community Centre**  
**7 High Street, CM4 9ED**

European Union European Regional Development Fund | HM Government | BRENTWOOD BOROUGH COUNCIL | Bright Monkey | INGATESTONE WINE & GIN





**CONNECT FLOORS LTD**  
Flooring the Future

SUPPLIERS & INSTALLERS OF  
**AMTICO ♦ KARNDEAN**  
**CARPETS ♦ VINYL**  
**HARDWOOD**



**CUSTOMER SERVICE IS OUR #1 PRIORITY**

www.connectfloors.com

01268 527754 info@connectfloors.com



**SPECIALISTS IN**  
**ELECTRICAL**  
**VEHICLE CHARGER**  
**INSTALLATIONS**

Approved installers for the Government Grant

Testing for Landlord Safety Certificates ♦ Domestic & commercial electrical work



**CUSTOMER SERVICE IS OUR #1 PRIORITY**

www.evconnectelectrical.com

01268 520504 info@evconnectelectrical.com

## BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS SHENFIELD

The cost of living is rising, and we can all see the impact it is having on our weekly and monthly bills. It's a global issue, with inflationary pressures being caused by the world economy coming back to life after being subdued by the COVID-19 pandemic.

However, no matter the cause, the result is a severe hit on everyone who needs to heat a home, provide food for their families, and travel by car or train.

There's a limited number of things the government can do to deal with these global problems, but steps are being taken to support families. Just over 19,000 households in council tax bands A-D in Brentwood are set to receive a £150 non-repayable cash rebate on their council tax bills.

Meanwhile, all households will receive a £200 'smoothing' rebate on energy bills, to be paid back over the next five years at £40 per year – starting from April 2023.

Other measures include reducing the Universal Credit taper rate, increasing the National Living Wage, freezing fuel duty for the twelfth year in a row, and launching a £500million Household Support Fund to help the lowest-income households with their bills. The Warm Home Discount is also being increased, and eligibility for the scheme will be extended by one-third to three million vulnerable households.

I'm very pleased these plans will deliver support to more people at a faster pace.

You may also wish to consider shopping around for a better deal on energy prices. Comparison sites provide useful information on which providers can give customers the best deal and, as a result, changing energy provider could well save you money on your energy bills.

## Council grant to aid businesses

Businesses, including those in Shenfield, can apply for grants of up to £10,000 from Brentwood Borough Council.

The Brentwood Business Growth Grant will offer a share of the £250,000 Additional Restrictions Grant funding to support businesses operating in the borough which have ambitious plans to grow and create new jobs within the area. The grant will be open for applications from March 3 to 9, and grants will be distributed by March 31.

The grant will support projects such as purchasing new IT equipment or machinery to produce a new product, creating new services, adopting new processes or new ways of working, and creating apprenticeships.

The grant cannot be used to fund wages, retrospective projects, or products or services that have already been procured.

To help businesses prepare and develop their project ahead of application, up to 12 free hours of business support is available from the Backing Essex Business team. To contact its advisors for support, please email [essex@ldbgroup.co.uk](mailto:essex@ldbgroup.co.uk)



Advice and support on applications is also available from BEST Growth Hub by emailing [info@bestgrowthhub.org.uk](mailto:info@bestgrowthhub.org.uk)

Leader of Brentwood Borough Council, councillor Chris Hossack, said: "The new grant will help businesses build on their achievements and realise their aspirations."

For more information, visit [www.brentwood.gov.uk/-/funding-for-businesses](http://www.brentwood.gov.uk/-/funding-for-businesses)

Photo credit: Stephen Payne/Shutterstock





# BROADBAND PAIN?



## UK ADDRESSES WITH THE FASTEST (OR SLOWEST) BROADBAND SPEEDS

In recent years, our digital connectivity – boosted by the installation of fibre technology and backed with 4G and 5G mass integration – has never been better.

Rarely these days do we find ourselves bemoaning the speed at which we can connect and interact with others, and complaints about our broadband not working are increasingly rare.

And yet, there are still parts of the UK that can offer broadband efficiencies much greater than other areas. You may expect to find these dynamically digital hotspots in the major cities – London, Birmingham, Manchester, or Edinburgh.

Yet the place you need to head to for the fastest possible download of the latest movie or video game is... Haul Fryn, an innocuous-looking street in Swansea, South Wales. There, you can download a two-hour film in just 47 seconds, given a download speed of 882 megabits per second (Mbps).

Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.

## 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](http://www.dhcomputing.co.uk) **01277 523127** [help@dhcomputing.co.uk](mailto:help@dhcomputing.co.uk)

## CareCompare

**Helping you find quality in-home care**

**We take the stress and hassle out of finding care by matching you with CQC-registered care companies who can take care of your needs**

### HOW IT WORKS

- ✓ ENTER YOUR CARE NEEDS
- ✓ RECEIVE HIGH QUALITY CARE OFFERS
- ✓ CHOOSE AN OFFER AND CONNECT

[www.carecompare.net](http://www.carecompare.net)





### APPLIANCE REPAIRS AND SALES

We repair all makes and models

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

New appliances in stock for  
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

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



## Strollercise

Stroll Your Way To Fitness

Hello ladies and welcome  
to Strollercise Brentwood

[www.strollercisebrentwood.co.uk](http://www.strollercisebrentwood.co.uk)  
or call 07533 088626

Please see below for venues and times

**Monday @ 6.30 pm**

St George's Church Hall  
Ongar Road, (nr Robin Hood Pub), Brentwood CM15 9HR

**Tuesday @ 1pm**

Bentley Village Hall  
Ongar Road, Brentwood CM15 9RZ

**Tuesday & Thursday @ 7pm**

Hutton Community Centre  
Harrison Close, Hutton CM13 1LP

**Friday @ 11.45am**

Hutton Community Centre  
Harrison Close, Hutton CM13 1LP

**Friday @ 1.30pm**

Bentley Village Hall  
Ongar Road, Brentwood CM15 9RZ



£5.00 an hour, a drink and comfy shoes are all  
you need, oh, and a friend or two if possible!

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

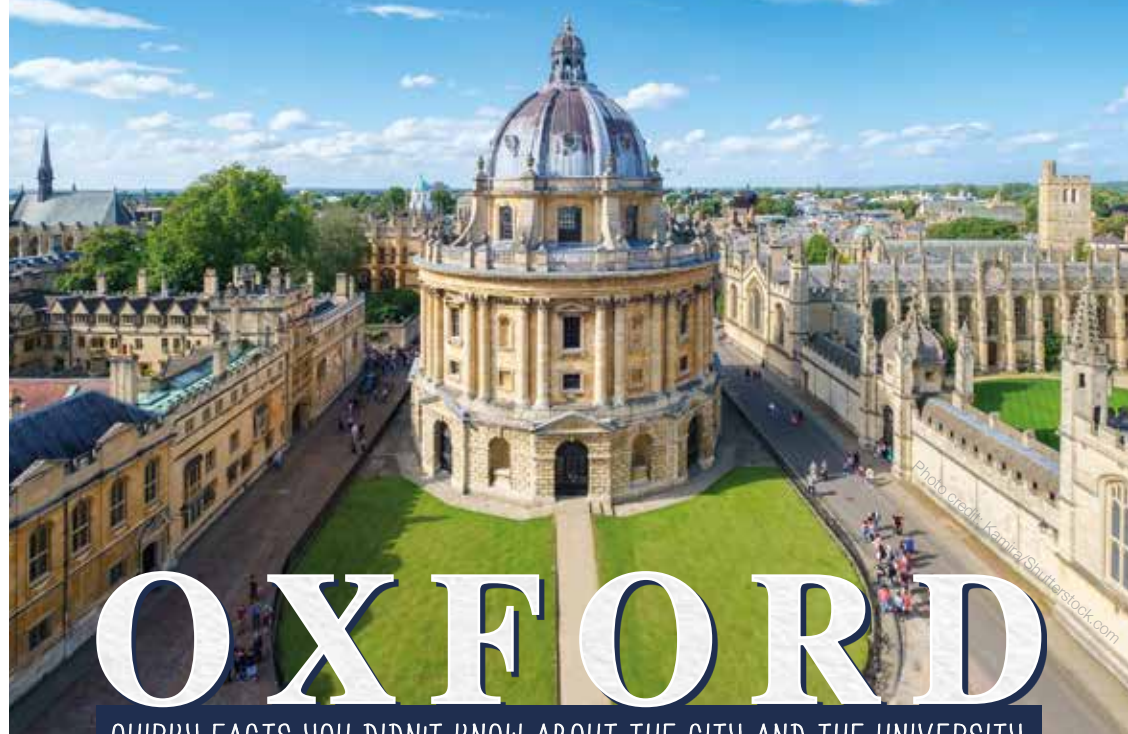
[TJMdecorating1@gmail.com](mailto:TJMdecorating1@gmail.com)

@tjmpainting



# TJM

PAINTING & DECORATING



## QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

Oxford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

**OXFORD UNIVERSITY WAS FOUNDED IN 1096:** This makes it around 925 years old, and one of the oldest universities in the world.

**IT'S A HUB FOR WRITERS:** With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

**THE LECTURERS WERE BANNED FROM MARRIAGE:** Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

**WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878:** Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

**FAMOUS STUDENTS:** Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

**WORLD'S LARGEST BOOKSHOP:** Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

**OXFORD ESCAPED THE BLITZ:** No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?





THAI TAPAS THAI RESTAURANT

## GIGGLING GREETINGS

We've had a re-furb and can't wait to show you our vibrant new look!

Luscious curries, sizzling stir fries and plentiful dishes to share including our popular lunchtime tapas sets from £9.95.



To book, visit  
[www.gigglingssquid.com](http://www.gigglingssquid.com)

Find us at 120 High Street, Billericay, CM12 9BY  
[billericay@gigglingssquid.com](mailto:billericay@gigglingssquid.com) / 01277 630621



@f @gigglingssquid @gigglingssquid [www.gigglingssquid.com](http://www.gigglingssquid.com)

# SORRY FOR celery

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

### *Celery and apple smoothie* (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

#### Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

#### How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

#### Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.



FOOD & DRINK





# The secrets to a successful STIR FRY



Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

### 1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

### 2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

### 3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

### 4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat through. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

### 5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.



## Discover a new venue to celebrate your forthcoming occasion in style

- ◆ The garden room offers exclusivity and superb views on the greens.
- ◆ Why not stop just for breakfast or lunch in our beautiful surroundings?
- ◆ With a new team of chefs and front of house, we are ready to welcome you!

Contact us for more information  
 01277 811289 ◆ email [info@southessexgolf.co.uk](mailto:info@southessexgolf.co.uk) ◆ [www.southessexgolf.co.uk](http://www.southessexgolf.co.uk)  
 South Essex Golf Club, Herongate, Brentwood, Essex, CM13 3LW



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](http://www.Gibsons-meats.co.uk) ■ [gibsonsmeats111@gmail.com](mailto:gibsonsmeats111@gmail.com)  
 Summerhill Garden Centre, Pippas Hill Road North, Billericay, CM11 2UJ



STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



**S**teven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."





Photo credit: Shutterstock

# THE WEST MURDERS

THIRTY YEARS ON FROM THE HORROR OF CROMWELL STREET

This dawning of spring marks 30 years since the investigation into the crimes committed by Fred and Rosemary West began, which would ultimately lead to justice for so many victims. The married couple, Gloucester's most infamous residents, and owners of 25 Cromwell Street (which has since been demolished) undertook a two-decade-long campaign of abuse and murder, including killing their own daughter, Heather. The crimes are ones that need not be repeated as another milestone anniversary ticks by, but the dawning of the investigation was vital. Not only did it serve justice and provide proper resting places for the many bodies found buried at the property, but it also finally brought an end to the couple's sickening crimes. Police have been roundly criticised for failing to put together the pieces that constructed the Wests' gruesome puzzle. They were painfully slow to connect the disappearance of so many girls, many of whom they knew had connections to the house, and were arguably culpable in failing

to bring Fred West to justice despite a legacy of allegations and complaints. Ultimately, Fred West's repeated attacks on his own daughter, Louise, in early 1992, finally accelerated steps to ensure justice was served. The chief perpetrator had evaded scrutiny for so long that he arguably felt he may never be caught, but the 13-year-old girl's statement to police, although later retracted, brought about a chain of events that eventually led to the couple's crimes coming to light. Finally, in 1994, Rose and Fred West were arrested and charged with a litany of crimes, the details of which confound comprehension. Fred was charged with 12 murders, and Rose with 10 murders. Fred evaded trial by committing suicide at Birmingham Prison on New Year's Day 1995. Rose was found guilty for all 10 murders and was sentenced to life in prison. Rose, now 68, resides in New Hall Prison, West Yorkshire.

## The Bible Reading Group Make a New Start in 2022



The New Year has come, but it's the same Old You. Does life seem to be drained of real purpose? Then what a wonderful opportunity you have waiting for you to discover. God reaches out to you through the Bible.

The Open Bible Learning Group, which meets each Sunday in the Reading Rooms, wants everyone to discover the rich secrets of Bible truth by learning to read the Bible effectively. But with unfamiliar names, places and cultures it can need a little help to reveal its powerful message. However, unlocking its true meaning will turn your life around.

Start your Bible journey now and discover the joy of reading the Bible by registering for the New "Learn To Read The Bible Effectively Course" starting February 27<sup>th</sup> with our friendly Bible Reading Group Sunday at 2:30 pm. Or online at anytime.

Register now for the FREE "Learn to Read the Bible Effectively" course Starting February 27<sup>th</sup> or join an evening Zoom Bible Reading Group See [openbiblelearninggroup.com/events](https://openbiblelearninggroup.com/events) for full programme



For further help in reading your Bible, either on your own or with others, check out [OpenBibleLearningGroup.com/Study-Packs](https://OpenBibleLearningGroup.com/Study-Packs) for free Step by Step Guides and Courses

## ULTIMATE CHOICE BATHROOMS

bathrooms | kitchens | wash rooms



QUALITY BATHROOMS & KITCHENS TO SUIT ALL BUDGETS  
DESIGNING AND INSTALLING QUALITY BATHROOMS SINCE 1987

**01375 361666** | [www.ultimatechoicebathrooms.co.uk](https://www.ultimatechoicebathrooms.co.uk)

3-4 Kings Parade, Kings Street, Stanford-le-Hope SS17 0HR (only 10 mins from Lakeside)



From the smallest job to the largest high profile project



**FREE ESTIMATES WITH NO OBLIGATION**

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

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

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

**ON THE MONEY**

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



**CONSIDER ALL THE VARIABLES**

From many people's perspectives, the Autumn Budget may have left a feeling that nothing much had changed in the world of personal financial planning, as there were no major changes announced to Income Tax, Capital Gains Tax, Inheritance Tax or pensions. However, the key consideration is how outside factors, such as higher inflation, could affect your finances and what steps you should take before the end of the tax year to make the most of any allowances and exemptions.

**DIVIDEND TAX**

The government revealed in September that it would increase Dividend Tax by 1.25 percentage points from April 6, 2022 to help fund health and social care. This means investors will have to pay more on any income from shares held outside ISAs and above the £2,000 Dividend Allowance.

**PENSIONS**

The Lifetime Allowance remains at £1,073,100 and the Annual Allowance remains at £40,000. As these allowances haven't increased with inflation, it effectively means those saving to the maximum extent possible with tax concessions can save less in real terms each year.

**VARIABLES AT PLAY**

It's important to be aware of all the variables at play; inflation, interest rates, taxation and frozen allowances all affect your finances. Talk to us for help with your individual circumstances.

**INHERITANCE TAX (IHT)**

Official figures from HM Revenue and Customs (HMRC) for April to September 2021 show that IHT receipts totalled £3.1billion, £0.7billion higher than the same period in 2020. With the nil rate band and residence nil rate band now frozen until April 2026 at £325,000 and £175,000 respectively, the importance of effective estate planning shouldn't be overlooked.

**INDIVIDUAL SAVINGS ACCOUNTS (ISAS)**

The annual ISA limit has now been frozen at £20,000 for five years. If the allowance had increased with inflation each year since 2017, it would stand at £21,440 today, sheltering an additional £1,440 from the taxman. Junior ISAs celebrated their tenth birthday in November – the allowance remains at £9,000.

**For a free review of your current financial situation, please contact please contact Karyn Vogel on 01277 654153.**

**When it comes to Financial Planning**

**We're here to help you**



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

Tel 01277 654153 ● [www.hcrifa.co.uk](http://www.hcrifa.co.uk) ● Fax 01277 658383

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





## 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](http://www.brightandbeautiful.com/brentwood)

PLEASE QUOTE CODE: VISION

**ONE OFF DEEP CLEAN  
SLOTS AVAILABLE**

YOUR ADVERT WOULD  
**LOOK GREAT  
RIGHT HERE**

CALL 01277 554045 TODAY  
TO BOOK THIS SPACE



# Whatever you need to print, just head to **getitprinted.com**

You can call in, chat with us online or call us.  
We're in **Hutton** and we get it printed for you!

We print everything from brochures to posters, jigsaws to signage and paper, plastic and even glass...

So for your next project, just **get it printed**

[hello@getitprinted.com](mailto:hello@getitprinted.com)

Unit 2 Brentwood Trade Park, 14a Tallon Road,  
Hutton, Brentwood, Essex, CM13 1TF

# 01277 288 321

## getitprinted.com



# BRUCE KING

*on the intricacies of time management*

BUSINESS & PROPERTY

# TIME MANAGEMENT



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.**

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

### More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)





# FREEHOLD

VS



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

### WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

### WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

### FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and

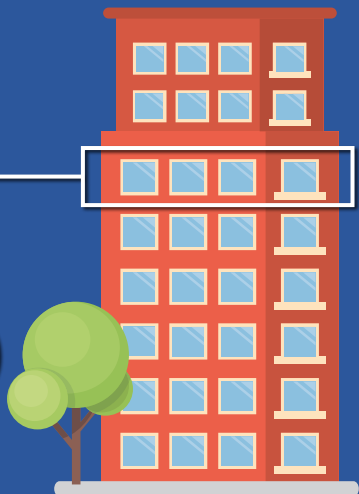
apartments in city centres, these are typically leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

# LEASEHOLD

What does it mean when buying your home?



**It's time to make an LPA.** There is a common misconception that Lasting Powers of Attorney only need to be put in place when an individual gets older. In fact, it is always wise to put LPAs in place earlier in life. By doing so, you will gain peace of mind that your affairs – both financial and health – can be looked after if you are ever unable to do so. You will also be ensuring that your loved ones are not left in an impossible position, unable to deal with your affairs, if the worst should happen.

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



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

**01277 424080**  
[www.fjg.co.uk](http://www.fjg.co.uk)  
[enquiry@fjg.co.uk](mailto:enquiry@fjg.co.uk)

# YOU'RE NOT ALONE



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



**CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS**

See all our magazines at [www.visionmagessex.com](http://www.visionmagessex.com)  
BillericayShenfieldBishop'sStortfordBrentwoodOngarChelmsfordBeaulieuEppingTheydon  
HertfordHornchurchLeighThorpeBayLoughtonMaldonBurnhamRayleighWickfordSouthWoodford





**Experienced  
& Friendly  
Tree Surgeons**

# J.L. TREE SERVICES

**TREE SURGERY & FELLING**

**HEDGE TRIMMING**

**GARDEN CLEARANCE**

**CROWN REDUCTION**

**LANDSCAPING**

**All Types of  
Tree Work &  
Garden Services  
Undertaken**



**Tel: 01621 810695**

**Tel: 07847 888002**

**www.jl-tree-services.co.uk**

**Email: jltreeservices01@gmail.com**

## TACKLE THAT



**N**ot many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

**Step 1: Start with clean and conditioned hair**

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

**Step 2: Use a hair towel**

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

**Step 3: Loosen any knots**

Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

**Step 4: Try a detangling spray**

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

**Step 5: Sleep with hair in a ponytail**

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.







GARDENING

Photo credit: sarahraven.com



# sarah raven

**WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES**

**S**arah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space.

She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures.

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.



bringing lawns to life 

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

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

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

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

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

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

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

# GreenThumb

**LAWN TREATMENT SERVICE**

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





# ESSEX NATIONAL MOSS REMOVAL LTD

TURN YOUR ROOF FROM GREEN TO CLEAN



10% OFF ALL WORK BOOKED IN THIS YEAR Ts&Cs Apply

- ◆ MOSS REMOVAL SPECIALISTS
- ◆ FULLY QUALIFIED ◆ FULLY INSURED
- ◆ NO JOB TOO BIG OR TOO SMALL ◆ COMPETITIVE PRICES



## CALL US FOR FREE QUOTES & ESTIMATES

T: 07445 855501/07588 669131 W: [www.essexnationalmossremoval.co.uk](http://www.essexnationalmossremoval.co.uk)

E: [Essexnationalmossremoval@gmail.com](mailto:Essexnationalmossremoval@gmail.com)

f [essexnationalmossremoval](https://www.facebook.com/essexnationalmossremoval) @ [Essex\\_national\\_moss\\_removal](https://www.instagram.com/Essex_national_moss_removal)



## 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](mailto:info@daniel-landscapesltd.co.uk)

[www.daniel-landscapesltd.co.uk](http://www.daniel-landscapesltd.co.uk)

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



GARDENING



# The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

**CHOOSE THE RIGHT TYPE OF PLANT:** The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

**DECIDE ON YOUR STYLE:** There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include:

Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

**GET THE RIGHT TOOLS:** You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

**MAINTAIN YOUR PLANTS WITH CARE:** After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.







GARDENING

# GARDENING BLOGGERS



The Middle-Sized Garden



Growing Family



Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

### Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

### The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

### The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

### Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

### The Garden Ninja

The Garden Ninja is Lee Burkhill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.



FREE QUOTES  
NO JOB TOO SMALL



**SHENFIELD FENCING**

ALL ASPECTS OF FENCING • SUPPLY & FITTING  
MADE TO MEASURE • REPAIRS • PATIOS & PAVING  
EST 1978 • QUALITY & AFFORDABLE • FULLY INSURED

Tel: 01277 373 115 • Mob: 07939051705  
email: [jamiemellish@icloud.com](mailto:jamiemellish@icloud.com)

## 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](http://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





*Inspiring beautiful landscapes*



Inspiring beautiful landscapes for over 40 years, CED Stone Landscape provides the most varied range of quality natural stone and hard landscaping products on the market. Discover the wonders of natural stone, porcelain paving, walling, decking and much more, all showcased at a CED display area near you.

- Natural Stone Paving & Setts
- Walling
- Porcelain Paving
- Cobbles & Pebbles
- CEDEC Footpath Gravels
- Gravels & Aggregates
- Boulders, Rockery & Standing Stones
- Composite Wood Decking

Visit the Depot or Shop Online at [www.cedstonelondon.co.uk](http://www.cedstonelondon.co.uk)



01708 867 237 • [sales@cedstone.co.uk](mailto:sales@cedstone.co.uk) • [www.cedstone.co.uk](http://www.cedstone.co.uk)

CED Stone Landscape West Thurrock • 728 London Road, Grays, Essex • RM20 3LU

Seeking Sanctuary...

## SANCTUARY FOUND...



We're a family-run business that prides itself on integrity, giving customers value for money, a quality product and an exceptional finish.

Our bespoke buildings will be a great addition to any home, providing year-round comfort and enjoyment.

We understand the importance of escaping all the everyday stresses, anxiety and uncertainty that comes with today's unpredictable and busy lifestyle, so no matter the weather or the time of year, Sanctuary Found will provide that wondrous safe space that you and your loved ones have been looking for.



### HOME OFFICES

As working from home becomes the new norm, more and more people are in need of a home office. We provide home offices in a variety of sizes – both standard and custom-built – to create your very own affordable, highly insulated space to help you work in comfort and style.

### GARDEN ROOMS

We also design and install bespoke garden rooms which are perfect for a variety of uses. Whether you're looking for a studio space for early morning yoga classes, an art studio for your creative



pursuits, or a cinema room to chill out with the whole family. Most projects can be completed in a matter of weeks, so it won't be long before you can start using your new garden room.

Whether it be a family room, home office or man cave, all our bespoke designs will be to your own individual requirements.

## OFFICES • MANCAVES • GARDEN ROOMS



LOCAL FAMILY RUN BUSINESS WHO BUILD DREAMS FOR LIFE WITH EXPERIENCE, PRIDE AND INTEGRITY.

SPECIALISING IN LIGHT GAUGE STEEL OR TANGALISED TIMBER FRAMEWORK.

ALL WORK GUARANTEED AND FULLY INSURED.

COME AND VIEW ANY PREVIOUS PROJECTS TO WITNESS THE OUTSTANDING QUALITY OF OUR WORKMANSHIP.

See our work on [www.sanctuaryfound.co.uk](http://www.sanctuaryfound.co.uk)

NEVER KNOWINGLY BEATEN ON A LIKE FOR LIKE QUOTE

Call Jon on 07508 339 804

or email [info@sanctuaryfound.co.uk](mailto:info@sanctuaryfound.co.uk)







# 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



**f** 01277 551170 / 0208 787 5755  
**ig** www.essectreecareltd.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)

# STOP THE SHED



**SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING**

**BRUSH THEIR COAT:** Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

**USE A SHEDDING TOOL:** Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

**FOCUS ON GOOD NUTRITION:** Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

**KEEP THEM HYDRATED:** Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

**BATHE THEM REGULARLY:** Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

**OTHER REASONS WHY YOUR DOG MAY EXPERIENCE HAIR LOSS:**

- > Parasites like fleas, mites or lice
- > Bacterial infections
- > Fungal infections
- > Allergies
- > Kidney disease
- > Liver conditions
- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
- > Cancer
- > Immune disease
- > Sunburn
- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.







# KEEP ON *cruising*

**WHY EMBARKING ON A CRUISE IS THE ULTIMATE HOLIDAY**

**W**ith people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

**Value**  
There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

**Variation**  
Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

**Wastage**  
A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

**Family environment**  
Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

**Comfort and luxury**  
Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

**Sociable**  
Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.



# Map that!

**THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN**

**G**oogle Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

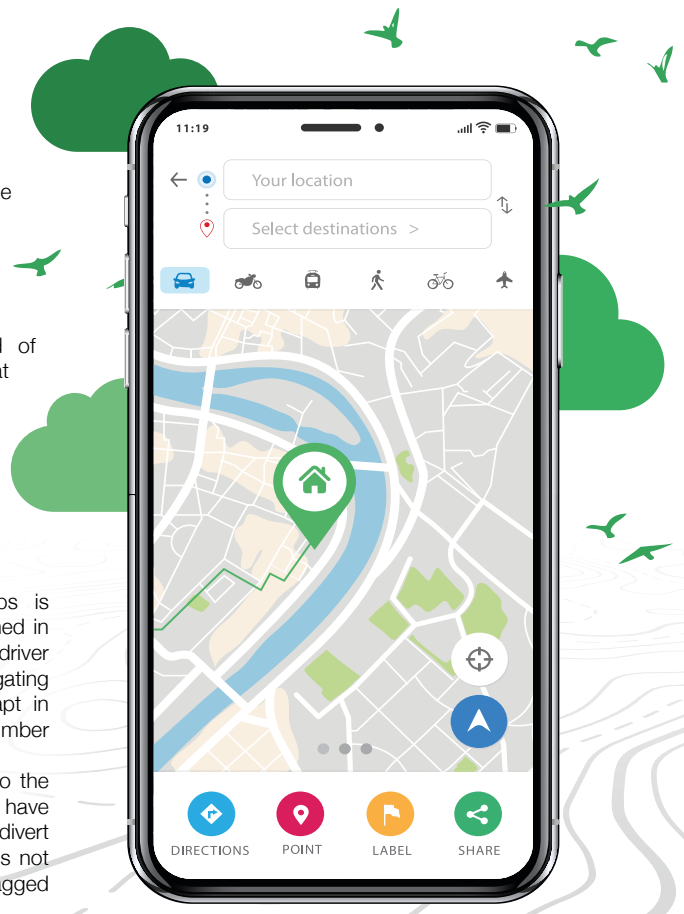
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.







# Take a second to put your health first

## Book your mammogram appointment today

At Nuffield Health Brentwood Hospital you don't have to worry or delay if you want the peace of mind of breast screening.

If you're over 40-years-old, registered with a GP, and haven't experienced any symptoms or not had screening within the last 12 months, you can refer yourself for a self-pay mammogram today.



To make an appointment please call the Nuffield Health Breast Screening Centre on **0345 230 2040**



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

# ENAMEL ERODERS vs. *saviours*

**E**namel is the thin outer covering of the teeth and is vital for protecting them from daily activities such as chewing, biting, crunching and grinding.

However, as your body cannot repair chipped or cracked enamel, you need to make sure you look after it.

### ENAMEL ERODER: SLEEP

Although your body needs sleep to remain in optimal condition, while you are in the land of nod, your saliva production decreases, meaning your tooth enamel is more at risk.

### ENAMEL SAVIOUR: BRUSH TWICE A DAY

Always brush your teeth twice a day and ensure that one of these times is just before you hit the sack. Plus, if you do wake up in the night, moisten your mouth with a sip of water.

### ENAMEL ERODER: FRUIT JUICE

Regularly drinking citrus fruit juice or fruit smoothies is hugely detrimental to your teeth's enamel, as fruit juice contains a lot of acid.

### ENAMEL SAVIOUR: A STRAW

If you can't give up your favourite juices, minimise contact with your teeth by sipping them with a straw and swishing your mouth out with water immediately afterwards.

### ENAMEL ERODER: SNACKING

Snacking on foods that are high in sugar and starches can increase your risk of tooth decay and damage your teeth's enamel.

### ENAMEL SAVIOUR: CHEWING GUM

Chew sugar-free chewing gum between meals as this boosts your saliva production up to 10 times the normal flow and helps to strengthen your teeth.

### ENAMEL ERODER: HARD-BRISTLE TOOTHBRUSHES

Brushing with hard-bristle toothbrushes that are often aimed at smokers and those with stained teeth can damage your tooth enamel.

### ENAMEL SAVIOUR: SOFT-BRISTLE BRUSHES

Invest in a soft-bristle toothbrush and wait at least an hour after eating any acidic foods or drinks before brushing. Also use a fluoride toothpaste.





# “FEET are the most fascinating part of the body. They can tell a lot not only about your HEALTH but also about YOU”

Feet can reveal a lot about your health and wellbeing and even personality. Being a reflexologist, I look at feet in a different way. Working with feet on a daily basis, I can say, that it's true not a myth. And we shouldn't really be surprised about it as everything is recorded in our body down at cellular level, with the mind and body connection scientifically proven.

But how well do you actually take care of your feet?

They do deserve that TLC from you – and not only once a month when you have your toes painted. They deserve that love from you every day as your feet take great care of you without a day off and deserve love in return. Beautiful and well-cared-for feet not only provide comfort, but also give you the confidence to feel at ease, regardless of the situation.

As little as doing the following will make such a difference:

Give your feet a nice foot bath with Dead Sea salts and special foot soaking products, especially if your toenails are thick and difficult to cut.



Viktoryia Rohal,  
founder of  
Viktoryia Health

## DEAD SEA SALTS

I really like the Westlab mineral bath salts, which is readily available from your local chemist or health store. Mix one teaspoon of salt per pint of water and soak for five to 10 minutes.

**EXFOLIATE AND FILE** your feet once a week to help with calluses and stimulate new skin cells to come to the surface.

**PUT YOUR FEET UP** Not only does it feel great, but it will help to bring blood back towards your heart and promotes lymphatic circulation.

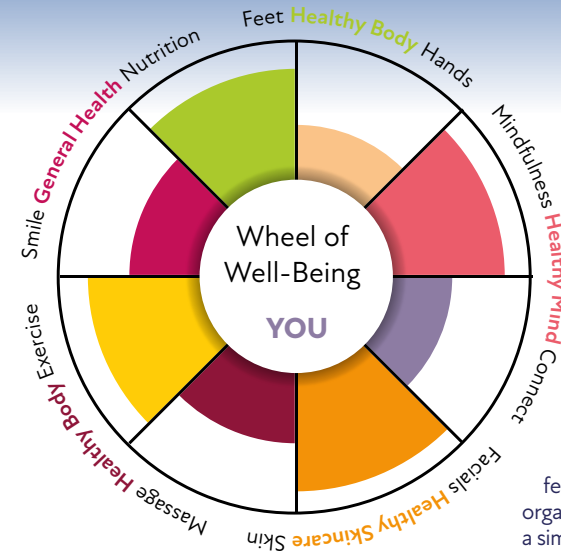
If your heels are already badly cracked and damaged, I recommend using heel balm Flexitol, a medically proven treatment, (available from your local chemist or health store) which contains 25% urea and 1% Dimethicone. Great S.O.S treatment for your feet.

While you do that, pay attention to the soles of your feet, between toes, nails and to your entire body for changes in moles and unusual lesions.

It is important to check your skin regularly; experts suggest at least once a month. Look out for the following signs:

- Moles changing shape, getting an irregular outline
- Moles changing colour – getting darker or multi-shaded
- Moles getting bigger, itchy, painful, crusty or inflamed
- Skin, nail or mucosal lesions looking or behaving differently to the rest of your skin lesions or moles.

It's important to get to know your skin and what is normal for you, so you can easily identify any



## WHAT IS REFLEXOLOGY TO START WITH...?

It is a holistic healing technique which aims to treat the individual as an entity, incorporating body, mind and spirit. The art of reflex foot massage must not be confused with basic foot massage. It is a specific pressure technique that works on precise reflex points on the feet which correspond with all body parts. Because the feet represent a microcosm of the body, all organs, glands and other body parts are laid out in a similar arrangement on the feet. We reflexologists do not treat specific conditions, and reflexology is not a substitute for medical treatment and care, beware of that.

I hope you found this article informative, and that you will look at your feet in a different and more loving and caring way from now on.

changes. Consult your GP if you have any of these signs.

## AS WELL AS...

- Avoid digging out ingrown toenails, especially if they are infected and sore. If you are suffering from an ingrown toenail, see a specialist. Do not self-treat!
- Wear shoes that fit you properly. Also alternate which pair of shoes you wear each day.
- Wear flip flops at the pool, sauna and in public showers. It will help to reduce the risk of infections caused by a fungus that can get in your toenails.
- Trim toenails regularly. Keeping them short will minimize the risk of trauma and injury.

...and last, but not least, pamper them with a visit to a therapist for a professional pedicure, Thai foot massage or reflexology, of which not only your feet benefit from but your body and mind in general.

A few facts about reflexology and how it can be beneficial to your health, as an example...

Love your feet! Love yourself!

*Viktoryia*

## DID YOU KNOW?

There are approximately 8,000 nerves in the feet – that's more per square centimeters than any place else on the body. Rarely are two feet on a person the same size. Feet are largest at the end of the day. Toenails grow more slowly than fingernails – approximately 1mm per month. It takes 5-6 months to grow an entirely new toenail.

“  
Your feet never take a day off.  
So take care of them.  
Love your feet. Love yourself.”



P.S. Feel free to access my little booklet with self-care tips and ideas on my website [www.viktoryiahealth.co.uk](http://www.viktoryiahealth.co.uk). It includes 30 days of self-care challenge and you will get 50% discount on one of my treatments as well as self-care goodie bag if you complete it. Contact me directly for more information.

www.viktoryiahealth.co.uk  
07898559966 info@viktoryiahealth.co.uk  
@viktoryiahealth @viktoryiahealthwellbeing  
@viktoryiahealth







# 5 essential oils that ease PMS

At best, period pains are a nuisance. At worst, they can be completely debilitating.

Whether you have already tried every over-the-counter treatment available or are looking for more natural relief, these essential oils promise to help combat cramps and beat the bloat.



**Lavender:** Lavender is one of our favourite essential oils for PMS as it offers multiple benefits. Its anti-inflammatory properties help to reduce inflammation of the surrounding blood vessels in your uterus, which in turn relaxes the muscles and reduces any discomfort. Plus, this aromatic herb is also said to alleviate premenstrual emotional symptoms.



**Rose:** A menstruation must-have, rose essential oil can treat cramps, fight fatigue and prevent nausea. It also acts as a natural laxative and can help to trigger menstruation, which is helpful if you suffer from irregular periods.



**Clove:** If you experience a lot of pain and discomfort at your time of the month, then

this is the essential oil for you. One of the most effective oils for alleviating menstrual pain, clove can also help to stop excessive bleeding and lower your blood pressure.



**Ylang-ylang:** Do you suffer from stress during your period? If yes, ylang-ylang can help you feel cooler, calmer and more collected. With the ability to soothe both your brain and your central nervous system, this essential oil can make it easier to deal with stress and period-induced anxiety.

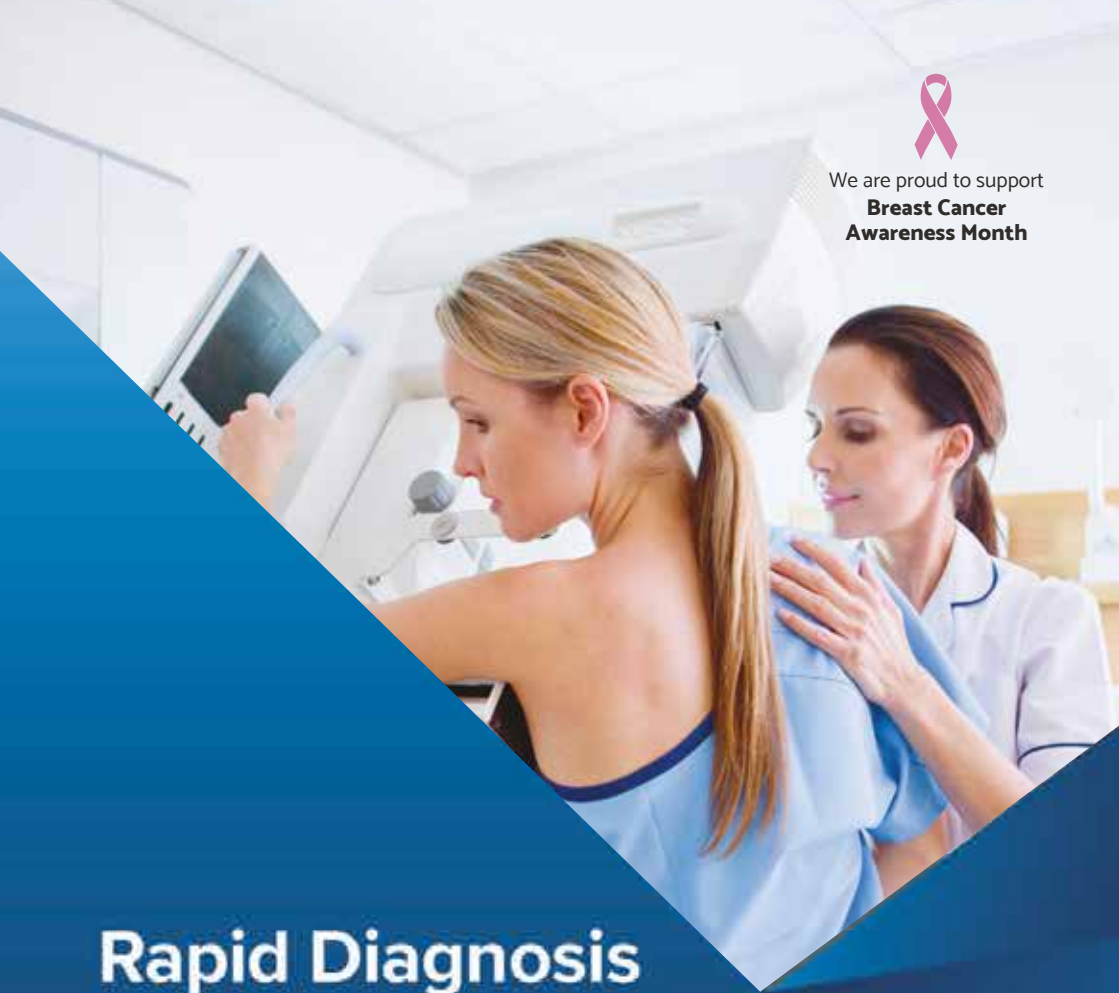


**Peppermint:** For those who need an energy boost, peppermint can give you the lift you need to get through your cycle. It's also great at relieving headaches and reducing inflammation.

**How to use essential oils**  
> Massage directly onto aching parts of your body  
> Add a few drops to a warm bath  
> Add food-grade essential oils to tea or baked goods.



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](http://www.springfieldhospital.co.uk)

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



Springfield Hospital

Part of Ramsay Health Care



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](http://www.regrowhaircentre.com) | [info@regrowhaircentre.com](mailto:info@regrowhaircentre.com)

27 Hutton Road, Brentwood, Essex CM15 8JU [f](#) [@](#) [t](#) [v](#)

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

# HIIT <sup>VS</sup> TABATA

## THE SHORT WORKOUTS THAT COULD HELP YOU GET FIT

When it comes to fitness, the shorter the better, right? Well, high-intensity interval training (HIIT) and Tabata are all about short, sharp workouts. But make no mistake – these workouts are intense, designed to get your heart rate up and help you tone your muscles.

So what's the difference between HIIT and Tabata? And how can they help you get fit?

HIIT and Tabata workouts are very similar. They are based around high-intensity, short-interval training methods with minimal rest between sets. Typically lasting 20-30 minutes, they may be short, but they'll have you sweating.

Tabata is a type of HIIT workout based around eight 20-second bursts of intense exercise, with just 10 seconds of rest in between. There are generally four rounds of these eight exercises in a Tabata workout. It was developed by Dr Izumi Tabata based on these specific principles.

HIIT workouts will target muscle fibres that promote definition, boosting the testosterone production in both men and women that helps rebuild muscle fibres after exercise. Its other benefits include:

Weight loss | Increased cardiovascular endurance  
| Reduced body fat | Decreased blood pressure.

Tabata workouts provide a more intense HIIT workout, with benefits including:

Boosted metabolism | Increased fitness levels  
| Increased lean muscle mass | Raised heart rate in a short amount of time.

### Creating HIIT and Tabata workouts

You can create your own HIIT or Tabata workout using just your bodyweight, or using weights and fitness machines to add variety. Some example routines include:

#### HIIT

- > Choose either four or five exercises that focus on one area of the body, or a full-body workout. Great examples include burpees, squat thrusts, jumping jacks and press-ups
- > Complete each exercise for 45 seconds
- > Rest for 60 seconds between each exercise
- > Repeat four or five times.

#### Tabata

- > Choose either eight exercises that focus on one area of the body, or a full-body workout. Examples of Tabata exercises include mountain climbers, squat jumps, crunches and reverse lunges
- > Complete each exercise for 20 seconds, allowing a 10-second rest between each exercise – this equals one round
- > Allow a one-minute rest between rounds and complete four rounds to complete your workout.

HIIT and Tabata workouts are intense, but they provide many benefits for your health and fitness. As short workouts, they're ideal for those who have a busy schedule, or those who hate spending hours at the gym.



HEALTH & FITNESS







# SPICE KING

Indian Cuisine Restaurant & Takeaway

**ENJOY INCREDIBLE FOOD**

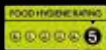
**BOOK A TABLE & ENJOY OUR BEAUTIFUL SURROUNDINGS**

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**

**10% OFF ONLINE ORDERS [WWW.SPICEKINGBILLERICAY.COM](http://WWW.SPICEKINGBILLERICAY.COM)**



21c High Street, Billericay, Essex CM12 9BA



rated excellent on  
[tripadvisor](https://www.tripadvisor.com)

**10% OFF**

**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](mailto:airports2000booking@gmail.com)

🌐 [www.airports2000.co.uk](http://www.airports2000.co.uk)

# ADIÓS ACNE SCARS



Adult acne affects 25 per cent of men and 50 per cent of women, with one-third of sufferers also experiencing acne on other areas of their body, such as their back and chest. Acne scars are the result of inflammation of acne blemishes and can be very distressing for those affected.

**ALOE VERA** can help to reduce inflammation and scar tissue size.

**HOW TO APPLY:**

- > Remove the dark green skin from the aloe vera leaf
- > Scoop out the light green gel
- > Apply directly to the scar using circular motions
- > Leave for 30 mins and rinse with cold water
- > Repeat twice a day.

**COCONUT OIL** can boost collagen production which can reduce scar-related redness and hyperpigmentation.

**HOW TO APPLY:**

- > Heat 2 tbsp of coconut oil
- > Massage the oil onto the scar for 10 minutes
- > Leave for at least one hour before washing
- > Repeat 2-3 times a day.

**HONEY** is known to have antibacterial and calming qualities, as well as being able to aid the body's healing process.

**HOW TO APPLY:**

- > Before bed, apply raw honey to your scar
- > Cover with a bandage and leave on all night
- > In the morning, remove the bandage and wash the skin with warm water
- > Repeat each evening.

**LEMON JUICE** can help to reduce the appearance and redness of acne scars. It is also antibacterial.

**HOW TO APPLY:**

- > Cut a wedge of fresh lemon
- > Gently rub the juicy side onto the scar
- > Leave for 10 minutes before rinsing
- > Repeat daily.

**APPLE CIDER VINEGAR** acts as a natural astringent and helps to stimulate blood flow, both of which aid the regeneration of skin cells.

**HOW TO APPLY:**

- > Mix 4 tbsp of distilled water with 2 tbsp of apple cider vinegar
- > Dip a cotton ball into the mixture and dab generously on your scar before bed
- > Leave to dry and do not wash off until morning
- > Repeat each night.





# BOBBY BLUNDERS

**K**irby grips – or bobby pins as they are known in the USA – are a beauty essential for many families.

However, are you using them correctly? Or have you fallen victim to the five most common bobby blunders?

## INSERTING GROOVE SIDE UP

If you have been putting your bobby pins in with the groove side up, then we are sorry to tell you that this is not right. These grooves are designed to help keep the grip in place, so facing them outwards is not effective.

## USING THEM WHEN THE END HAS FALLEN OFF

You know the little plastic balls found on the end of the pin? These are there for a very good reason: to protect your hair from snagging and breaking. So, once a grip no longer has these, it is time to throw it in the bin.

## PICKING THE WRONG COLOUR

Hair grips are there to do a job, not to be seen. Therefore, you need to pick a grip that matches your hair colour. If you are blonde, opt for a lighter shade, and if you have dark brown hair, pick either black or brown grips.

## PLACING INTO WET HAIR

If you are in a rush, you may be tempted to pop a hair grip or two into wet hair. Don't. This will leave you with lots of little indents in your hair that will be hard to shift.

## SPREADING THEM APART

As with most beauty items, hair grips become less effective over time. This is especially true if you spread them apart too much when fixing in your hair. If you find your grips are not doing their job anymore, it is probably time to throw them out.

## SAY HELLO TO THE NON-SURGICAL EYE LIFT

**T**here's no avoiding the fact that our appearance changes as we get older, especially our facial features. Alongside jowls and wrinkles, many also experience hooded eyelids and baggy under-eye skin – which occurs because collagen levels in our skin decrease, causing it to become less elastic and start sagging.

For years, the only effective approach to tackle sagging eye skin was surgery. Now, however, there's a non-invasive solution if hooded eyelids or loose under-eye skin is making you feel self-conscious: Fibroblast PlasmaPen.

### WHAT DOES FIBROBLAST INVOLVE?

This skin-tightening treatment is a type of 'soft surgery', which means it requires no knives and incisions, and not as much downtime is required afterwards either.

Prior to your treatment, you'll have a consultation with Sandy, MediSpa's director, to discuss the process, answer any of your questions, and take a closer look at the skin around your eyes to assess your suitability.

On the day itself, a numbing cream is applied to the area of skin due to be treated. The procedure is then conducted using a Fibroblast device, which looks similar to a pen. It works using plasma energy to generate heat, which is directed onto the skin in tiny pinpoint and causes skin fibres to immediately start shrinking and tightening.

Before & after  
Fibroblast Hooded  
Eye lift & Dragon  
Lift (area above  
brow).



After picture  
taken by client  
herself five days  
after treatment.



*"I'm really pleased with the results and recommending this treatment to all my friends"*

Collagen production is also promoted during this process, which is all-important for skin firmness and elasticity.

While it can vary between individuals, concerns, and skin types, usually just one or two sessions of Fibroblast are required. Not suitable for darker skin types due to risk of pigmentation.



Upper & lower eye lift. Showing instant contraction of collagen fibres and tiny carbon crusts which take approx. five days to fall off.

Before and after hooded eyelid treatment. Showing immediate contraction of collagen fibres and reduction in hooded lids.



### WHAT HAPPENS AFTERWARDS?

In contrast to invasive surgery, the recovery time following a Fibroblast treatment is far shorter. Straight after, you'll experience swelling which will last for a couple of days and there'll also be lots of tiny carbon dots on the treated area. These fall off in approx five days after which you can start wearing make-up again. The full healing time is around six weeks, meaning you get to show off your new look as soon as possible.

Fibroblast treatment for hooded eyelids costs £360.00

For more information on how Fibroblast PlasmaPen can provide you with a brighter and more rejuvenated appearance, book a pre-treatment consultation online or call our friendly reception team on 01277 230330. Offer is available until end of March.

BEAUTY STUDIO  
MEDI SPA

FOR MORE DETAILS AND TO BOOK  
VISIT [BSMEDISPA.CO.UK](http://BSMEDISPA.CO.UK)

Beauty Studio MediSpa: 01277 230330  
31 Hutton Road, Shenfield, CM15 8JU







SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

# REDGRAVE'S OLYMPIC RINGS



**E**ach month, we look at one of the most significant events in British sporting history. This month, it's rower Sir Steve Redgrave CBE's incredible gold medal haul.

It's 20 years since Steve Redgrave emerged from Buckingham Palace with the word Sir bolted onto the front of his name and the letters CBE trailing after it. In fact, the idea of trailing anything for the Olympic rower was an alien concept, even then at the age of 39.

Just nine months previously, Redgrave had done what many thought impossible and grabbed a fifth gold medal in rowing, this time in Sydney.

Dating back to the Los Angeles Olympic Games in 1984, the Marlow-born powerhouse's grip on the podium proved every bit as strong as the one he applied to his oars, with rival competitors relieved when the Brit finally announced his retirement in the year 2000.

He had previously suggested his time with a sport that embodies incredible strength, endurance and true battling spirit was done, most notably in 1996 when, after landing a fourth gold, he famously said: "If anyone sees me go near a boat, you've got my permission to shoot me."

Yet Redgrave was lured back by an invitation to row in the coxless fours for one final shot at glory at the 2000 Olympics. Adding to his gold medals in LA 1984 (coxed four), Seoul 1988 (coxless pair), Barcelona 1992 (coxless pair) and Atlanta 1996 (coxless pair), he wrote himself into the record books as, at the time, the most successful British Olympian ever.

In more recent years, Sir Chris Hoy and Jason Kenny have surpassed him in terms of gold medal hauls, but in 2001, this was Redgrave's day.

In retirement, the rower has stayed in incredible shape, and now works as an expert summariser for the BBC's Olympic and World Championship coverage.

Photo credit: Andrew Cowie/Shutterstock



## Break free from joint pain

At Spire Hartswood 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 Hartswood 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, Omni Capital Retail Finance Ltd is the lender. All named here are authorised and regulated by the Financial Conduct Authority. Spire Healthcare's registered address is 3 Dorset Rise, London, EC4Y 8EN.



*Looking after you.*

## Are you suffering from painful nails?

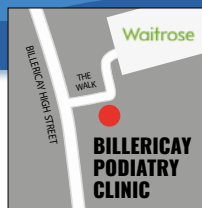


Ingrowing nails, thickened nails and damaged nails can stop you from doing the things you love but can also affect your day to day lives and limit what you can wear. You do not need to suffer the pain in silence!

We are a Podiatry clinic and we are experts in treating nail issues especially painful ones. In many cases they are very sensitive as toes have a very high concentration of nerve endings. We can make the treatment painless by providing a local anaesthetic. Treatment will therefore be more effective and lasting. You also have the option of resolving the issue with a surgical procedure which will ensure a permanent solution and will leave you pain free.

We will be there from the surgery through to healing to ensure you have the best possible result and are pain free.

### CHIROPODY, PODIATRY & FOOTWEAR CENTRE



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





# EVE BELLE CARE HOME OPENING SPRING 2022

EVE BELLE IS THE LATEST CARE HOME IN THE HIGHLY-REGARDED SANDERS SENIOR LIVING COLLECTION, DESIGNED TO BE A STUNNING, STATE-OF-THE-ART COMMUNITY.



Register Your Interest Today  
[www.EveBelle.Care](http://www.EveBelle.Care)

Eve Belle, Nevendon Road, Wickford, SS12 0QH



## A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

Photo credit: Xinhua/Shutterstock



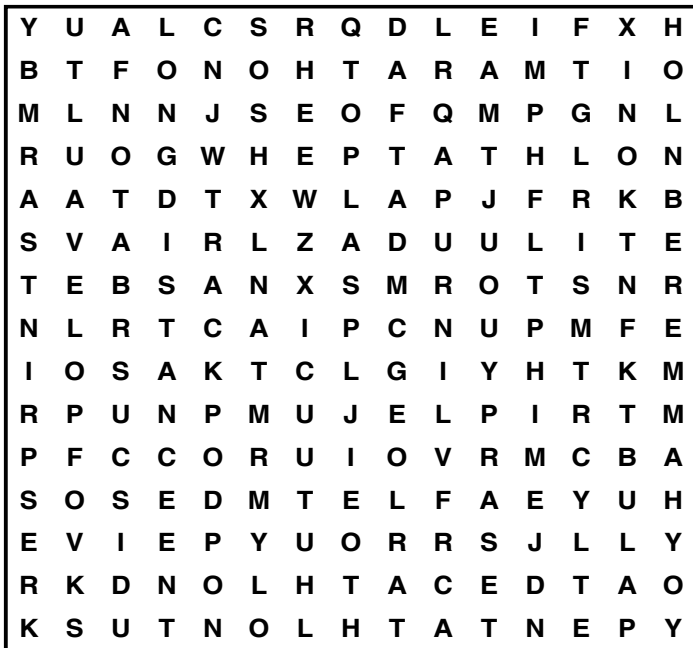


# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

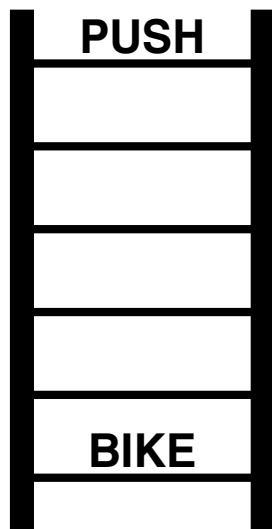
- ▶ BATON
- ▶ DECATHLON
- ▶ DISCUS
- ▶ FIELD
- ▶ HAMMER
- ▶ HEPTATHLON
- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP



## DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

### Choose fun at



at Brightside Primary School  
for ages 3-12  
Open 8am-6pm

Opening at Easter

Ofsted Registered

**BOOK NOW** at [www.fun-fest.co.uk/billericay](http://www.fun-fest.co.uk/billericay)  
or call 0770 466 3519 for more information



# Andys Aerials

Essex CM4 **Your local aerial installer**

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

Freephone: **0800 77 97 047**

Mobile: **07916 305 977**

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

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

Family-run business with over 20 years of experience.

Trading Standards Approved Aerial Installer.

Quality Workmanship At Sensible Prices.





## 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

## BLINDS

### WORTH & CO BLINDS

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

**JOIN THE LISTINGS...**

for just **£180** +VAT per year

## 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

### MASTERBUILD & MAINTENANCE LTD

Specialist in new builds, extensions, loft conversions, refurbishments & landscaping. Contact us for a quote or advice 07894 744122

### CPORTER BUILDING & MAINTENANCE LTD

House Extensions & Conversions, General Building Services, Bathroom & Kitchen Renovations, Property Maintenance. 07496 264111

## CARPET & UPHOLSTERY CLEANER

### CP CARPET CLEANING

Carpet & Upholstery Cleaning specialist. 20+yrs exp, competitive prices. Includes sanitising and deodorising treatment. Call Carl on 07951 235195

## 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 help 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

## CONSERVATORIES

### ROOTHWAY BUILDERS LTD

Is your conservatory too hot in summer and too cold in winter? If Yes, we have a solution. Contact a Local Family Business 01702 200062 | 07770 793389 | 07900 398201

## 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

## FLOORING

### CARPETS DIRECT

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

**CONTACT BILLERICAY@VISIONMAG.CO.UK TO BOOK**

## 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 SERVICES

### GREEN THUMB

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

### MOWBREY PROPERTY SERVICES (MPS)

Fully Insured, 25+yrs experience, General Maintenance, locksmith, door hanging, interior painting, carpentry, mastix sealant/waterproofing, gardening. Call 07832 253154

**JOIN THE LISTINGS...**

for just **£15** +VAT per month

## 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

## LANDSCAPING

### 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. 01277 636363 | 10 The Walk, side of Olive Branch (not in high st.), CM12 9YB

## MOSS REMOVAL

### ESSEX NATIONAL MOSS REMOVAL LTD

Moss removal specialists, Fully Qualified, Fully Insured, No Job Too Big or Too Small, Competitive Prices. 07445 855501 | 07588 669131

## 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

## PLUMBING & HEATING

### HAMMOND & SONS

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

## 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



# THE VISION LISTINGS

## 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

## TREE SURGEONS

### MONTROSE TREES

Trusted Tree Specialists. Tree planting, Crown Reductions, Hedge Trimming, Re-wilding, felling, reports and surveys. 01702 343386 | www.montrosetrees.co.uk

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

## SEALANT SERVICES

### TOMKYNS

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

## SPRAYING & POWDER COATING

### WS SPRAY FINISHINGS

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

## TV AERIAL & SATELLITE SERVICES

### ANDYS AERIALS

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

## WINDOWS & DOORS

### WINDOW MAN

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

### ATLAS HOME SOLUTIONS

Windows, Doors, Bifolds, Glazing Repairs. A local company buying from local manufacturers. 01268 578118 | sales@atlashomesolutions.co.uk

## WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

SIMPLY FILL OUT THE FORM BELOW AND RETURN IT TO BOOK YOUR SPACE:

Company name: .....

Description (180 characters max including spaces):.....

.....

Telephone:..... Email:.....

Payment option:  Card    Direct Debit

Please return to:

Lifestyle Magazine Group Ltd, 55 Crown Street, Brentwood, Essex, CM14 4BD or email billericay@visionmag.co.uk

\*£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

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

**To advertise call Nik on 01277 554045**

WORDLADDER: PUSH, BUSH, BASH, BASE, BAKE, BIKE

**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](http://www.worthblinds.com) [sales@worthblinds.com](mailto:sales@worthblinds.com)

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





Trinity Living  
deliver a competitive  
and professional  
service, installing  
luxury wetrooms,  
bathrooms, en-suites  
and kitchens to suit  
your budget

[www.trinityliving.co.uk](http://www.trinityliving.co.uk)  
01277 822600  
[enquiries@trinityliving.co.uk](mailto:enquiries@trinityliving.co.uk)

**Trinity** living

Celebrating 30 years  
in business in 2022

