

ENGLAND &  
SCOTLAND'S  
EURO 2024  
DRAW

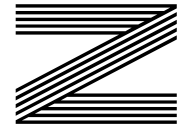
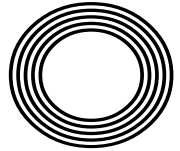
PANTONE'S  
COLOUR  
OF THE YEAR  
REVEALED

MOCKTAIL RECIPES  
to make in dry January

STYLE REFRESH  
Time to declutter your wardrobe

*Claudia*  
**WINKLEMAN**

Quirky presenter on her most popular TV series yet



FREE

Photo credit: BBC/Ray Burmiston



Family owned & managed  
ST MICHAELS HOMES LTD

## GOING THE EXTRA MILE WHEN IT COMES TO ELDERLY CARE

We are happy to announce that Dudbrook House is now open and running. Our home that consists of many facilities are ready to welcome new residents to our new cozy home.

### Accommodation and facilities

- Opened in Oct 2023 by St Michaels Homes Ltd
- 68 bedrooms all with en-suites (wet rooms)
- Two assisted bathrooms
- Provides residential and dementia care
- Has two main visiting lounges (Snug & Orangery)
- 24-Hour nurse call system
- Central heating throughout
- Housekeeping & laundry services.
- TV Points in all bedrooms, option of having own landline can be arranged
- Sheilas salon (hairdressers and nail bar, offering washes, sets, perms, cuts & blow-dry)
- Resident lift
- Disabled minibus service
- Wheelchair access throughout the home and the gardens
- Extensive Park like garden with beautiful countryside views
- 'Forget me not' room
- Garden Room
- Library Room
- Activities room
- Sensory room
- Large Beautiful Garden
- London Theme Dementia Garden

St Michael's Homes which comprises of two elderly care homes within beautiful Essex countryside 10 miles away from Brentwood - Howard Lodge & Dudbrook House Care Centres



There is an increasing vulnerability among our older population, suffering from the effects of chronic loneliness and feeling like a burden to their families especially during the pandemic. St Michaels Homes shows the benefits residents, and their families can have when living within Howard Lodge or Dudbrook House Care Centres.

### Combat loneliness

According to Age UK, more than two million people in England over the age of 75 live alone and go for over a month without speaking to a friend, neighbour, or family member and this has only got worse with the recent pandemic.

People can become socially isolated for a variety of reasons. Our care homes you can find fun, companionship and warmth within a safe and secure environment. "What you can access through our homes is truly priceless. You're welcomed into a warm, familiar environment where you can socialise and enjoy having a good chat, a home from home place to live.



### Helping a care giver

With independent living, you may be relying on family members for support and care and often an issue for elderly people is feeling like a burden to their relatives or carers.

Our care facilities offer respite care, short stay with us can help offer families the chance to recharge which has been an incredibly stressful year for us all, while being reassured that their loved ones are safe and well cared for. "Its important carers get a break too. They need to take care of themselves so they can look after their loved ones and enjoy good quality time together. Our care homes give them the peace of mind to relax, knowing their loved ones are being care for 24/7.



The care homes are ideal for elders with care needs. It's a supportive space for you to meet with others in similar situations within a safe and secure environment you can benefit from meeting many new faces and forming new friendships bonds with long serving staff and other residents and become part of our supportive community.

St Michaels Homes will be celebrating providing quality elderly & dementia care for 32 years this coming November. We are a family run care home operator and family are at the heart of everything we do.

For more information, please call 01277 372095 or visit us on our Facebook page or website [stmichaelshomesltd.com](http://stmichaelshomesltd.com)

### Action packed activities and events

Even when the rest of the world was been locked away within their homes our care centres activity teams were as busy as ever trying to think of all the different things to do, based on each resident own interests and hobbies.

All our residents have the opportunity to join in with activities and workshops. We organise arts and crafts groups, games, quizzes, spa days within our own hair salons and much more. The feeling of belonging and having something other than the normal daily routine.



*"Caring for the frail & elderly and those with dementia since 1991."*

**Howard Lodge Care Centre,**  
Beacon Hill Rd, Kelvedon Common,  
Brentwood, Essex CM14 5FQ

**Dudbrook House Care Centre**  
Dudbrook Road, Kelvedon Common,  
Brentwood, Essex CM14 5TQ

Telephone 01277 372 095  
[enquiries@stmichaelshomesltd.com](mailto:enquiries@stmichaelshomesltd.com)  
[www.stmichaelshomesltd.com](http://www.stmichaelshomesltd.com)

# Editor's notes...

JANUARY 2024



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. I trust your Christmas was Fantastic. With my kids aged three and five, the holiday becomes truly magical. No one warns you about their rapid growth in this Fast-paced world. It's a reminder to be present, and I strive to cherish these moments as much as possible.

I've recently been immersed in new documentaries about Ronnie O'Sullivan OBE, Robbie Williams and David Beckham OBE. Their expertise shines unmistakably and their charisma, dedication and work ethic are inspiring to see. Regardless of personal feelings, their mastery in their respective fields

is completely undeniable.

Success often intertwines with personal battles - demons, quirks and vices - which are the potential cost of fame. Yet I contend that these struggles serve as the catalyst to propel them forward. Through adversity, genuine potential surfaces.

As we approach the new year, let's channel our own challenges into the energy that creates success, rewriting the narrative of 2024. Here's to embracing hardships, finding strength, and crafting a triumphant story for you to be proud of. Happy New Year!

*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 FEATURES | 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

[X](#) @visionmagessex | [IG](#) @visionmagessex | [FB](#) Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Panayiota Demosthenous

All pages are recyclable

## Are you in pain?

We treat sciatica, back pain, neck pain, headaches, joint pains & more

[www.shenfieldchiropractic.co.uk](http://www.shenfieldchiropractic.co.uk)  
[info@shenfieldchiropractic.co.uk](mailto:info@shenfieldchiropractic.co.uk)

Shenfield Chiropractic

**Free treatment on first visit**

27 Hutton Rd,  
Shenfield, CM15 8JU



**WE REPAIR BETTER THAN ANYONE OUT THERE**

Does your Double Glazing steam up? We replace just the glass and not the frames at a fraction of the cost for new windows

**WE SPECIALISE IN DOUBLE GLAZING REPAIRS AND NEW WINDOW & DOOR INSTALLATIONS**

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

Scores based on 1104 reviews

Reliability & timeliness	9.86
Address	9.86
Courtesy	9.91
Workmanship	9.86
<b>Average score</b>	<b>9.87</b>

1104 reviews

- Upgrade to energy efficient double glazing
- Install secondary glazing to save on energy costs this winter

**INSULATE YOUR HOME**

**PROBLEMS WE SOLVE**

- ELIMINATE WINDOW CONDENSATION
- BROKEN WINDOW PARTS
- BROKEN GLASS
- SECONDARY GLAZING TO BLOCK OUT NOISE
- FAULTY HINGES
- LOCKSMITHS**

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.

**FREE PHONE: 0800 25 45 111**  
FOR YOUR **FREE CHECKUP**  
[WWW.MRMISTY.CO.UK](http://WWW.MRMISTY.CO.UK)



Photo credit: BBC Studios/Simon Partridge

# Nice one NEVILLE

HOW GARY'S POST-PLAYING REINVENTION HAS WON HIM A SEAT IN THE DEN

When the worlds of the ex-footballer and business collide, the results are not always impressive. In the 1970s, a slew of former pros ploughed their retirement funds into the pub trade, with varying outcomes. Yet with the image of the modern game so much more polished, it follows that those who once acquired trophies and international caps are now looking to do the same in commerce.

The latest to chance his arm in the corporate space is Gary Neville, who this year is set to become the first ex-sportsman on the panel of *Dragons' Den*. The former England and Manchester United defender may only be lowering himself onto one of the prized five chairs as a temporary guest on the show, but in many ways, the 48 year old's televised reinvention from his usual work as a pundit on Sky Sports makes a lot of sense.

Despised by many an opposition supporter while playing, Neville these days gleans admiration and respect for his punditry – he offers clarity, honesty, intelligence and charisma as he surveys the game's issues, be they tactical events on the pitch, or political events off it.

An ability to conduct a broad sweep of issues, with an approach that displays succinctness and wit, is of course the perfect fuel for any business environment. Neville's starring role on the BBC's standout reality show is reward for an already impressive track record in business.

His first investment actually came as a 21 year old, when he put money into property development. Since then, his company, Relentless, has delved into hospitality, notably through two hotels – Hotel Football and the Stock Exchange Hotel – plus award-winning Leeds restaurant The Man Behind the Curtain.

---

“ YOU WILL NEVER REPLICATE THAT THRILL OF WALKING OUT OF THE TUNNEL ON A MATCHDAY ”

---

He also owns a production company, Buzz 16, and his time travelling around the world as a footballer provided the perfect insight by which his GG Hospitality brand now looks to take client and consumer excellence forward to the next level.

“People sometimes ask me if I am more excited by business these days than I was being a footballer, and I can only answer that by saying they are entirely different specialisms,” says Neville.

“You will never replicate that thrill of walking out of the tunnel on a matchday, and when I retired, I made the decision to try to get as close to it as I could, so here I am. The good part of being in business is you don't need to run around a pitch every day!”

The *Dragons' Den* experience sees Neville – and fellow newbie Emma Grede, who made her name in fashion – put prospective entrepreneurs through their paces alongside established heavyweights Peter Jones CBE, Deborah Meaden, Touker Suleyman, Sara Davies MBE and Steven Bartlett, with the 21st series rumoured to begin on January 4, 2024.

With filming now wrapped, Neville can return to another side project, the award-winning chat podcast *Stick to Football*. Does the devoted husband and father-of-two, who also part-owns League Two side Salford City, ever crave a day off?

“For me, the thought of doing nothing is terrifying,” he laughs. “I actually admire people who can sit around and enjoy their retirement, because they must have more mental strength than me.

“I have to keep on, and it helps that I love the work I do, so why would I not?”

# SQUIRRELS:

## DON'T YOU JUST LOVE THEM?

On January 21, people around the world will be celebrating all things squirrel because it's Squirrel Appreciation Day. But will you be joining in the celebrations?

In the UK, squirrels can divide opinion. And it's not all about digging up spring bulbs.

### WHAT'S THE PROBLEM?

According to the nation's Wildlife Trusts, there are about 2.5 million grey squirrels in the UK. But there are only around 140,000 red squirrels. Red squirrels are native to the UK, while grey squirrels were introduced from America by the Victorians in the 1800s. The problem is that greys compete with reds for food. Grey squirrels also carry a virus known as squirrel pox. They're immune to it themselves, but it's lethal for their red cousins.

### IS THAT ALL?

Grey squirrels also strip the bark off trees and raid bird feeders. Sometimes, they even raid birds' nests. And they can gnaw through plastic hosepipes and netting.

### DO GREY SQUIRRELS HAVE REDEEMING FEATURES?

Both types of squirrel are intelligent and agile. Amazingly, they can leap 10 times their body length. Their eyesight is fantastic, and their double-jointed legs mean they can run up and down trees at incredible speed.

### DO GREY SQUIRRELS DO ANYTHING USEFUL?

Grey squirrels help regenerate forests by collecting and burying seeds in both the US and the UK. But, on balance, grey squirrels certainly do more harm than good.

### SO HOW CAN I HELP RED SQUIRRELS?

If you're lucky enough to have red squirrels visit your garden – and you don't have grey squirrels – here's how you can help them.

Leave out some hazelnuts in their shells, sweet chestnuts, sunflower seeds or pine nuts. You can also cultivate red squirrel-friendly plants such as brambles, dog roses, wild cherries and crab apples.



# MAKE MONEY, DON'T CHASE IT

with Director Craig Martindale

Why Credit Control Management Service's dynamic approach to outsourced debt collection is winning them a wealth of awards.

As a business owner, you may outsource everything from specialist manual labour to accountancy to marketing, yet many key decision-makers stop short at passing on perhaps the most stressful and time-consuming task of them all: debt collection.

### The importance of delegation

"We know the value of delegation in business," says Credit Control Management Service's (CCMS) Managing Director Craig Martindale, "yet credit control is a personal matter; something we often feel we need to take ownership of ourselves, because of pride, embarrassment or customer knowledge."

### Helping you get invoices paid

CCMS boast over 40 years of exemplary credit control management, utilising leading financial industry resources, exemplary and intelligent communicative skills and techniques, and an always-professional thirst to target, trace and get

invoices paid.

"We turn debtors into payers," says Martindale, whose company clinched the coveted SME Best Outsourced Credit Control Company and Client Services Excellence Award in 2023.

### The benefits of outsourcing

CCMS prioritises the best course of action for both creditor and debtor, offering a pathway for payment that aims to facilitate payment whilst protecting future business with a client; all the while relinquishing the financial commitment of an inhouse employee.

"The flexibility we offer means we can significantly limit the added cost of invoice-chasing. At the end of the day, when you do a job, you need to get paid."

CCMS can also employ fast and results-proven legal routes if required, ensuring businesses can feel empowered to thrive, moving resources into areas that make money, not chase it.

“We turn debtors into payers...”

IS YOUR BUSINESS LOOKING TO

## RECOVER AGED DEBT?

Flexible outsourced credit control and debt collection for business

- ▲ Support for your existing team
- ▲ Project and short-term credit control
- ▲ Debt collection and management
- ▲ Single invoice collection
- ▲ Supplier reconciliations
- ▲ Credit checks tracing
- ▲ High court enforcement services



01245 976716 ▲ [www.creditcontrolmanagementservices.co.uk](http://www.creditcontrolmanagementservices.co.uk)  
[info@creditcontrolmanagementservices.co.uk](mailto:info@creditcontrolmanagementservices.co.uk)





## Specialising in Innovative Bathroom Design

Olympus Bathrooms is a one stop location for all of your bathroom needs. Whether you're struggling to design your new bathroom? Need help with the layout of the room or you've already got bathroom plans and need help choosing the products. Visit our showroom and talk to one of our design experts. Share your ideas and look at any displays or pieces within the showroom that you might like. Discuss and schedule a site visit with a member of the team.



Visit our  
**SHOWROOM**  
in **ESSEX**  
TODAY

- ▶ Please feel free to contact us: **01277 330 151**
- ▶ Email: [info@olympusbathrooms.co.uk](mailto:info@olympusbathrooms.co.uk)
- ▶ OLYMPUS BATHROOMS, 13 High St, Chipping Ongar, Ongar, Essex CM5 9DS

# The wonders of WOOD



HOME & DIY



**W**ould you like to add more wooden finishes to your home? Here's how to mix different wood shades that will make your interior the envy of all your family and friends.

### USE COMPLEMENTING UNDERTONES

While it is completely fine to match different shades of wood in one space, if you want to stop a room from looking chaotic and badly thrown together, it can be a good idea to use complementing undertones. For example, you can use a lighter and darker shade of wood as long as they both have the same undertones, i.e. warm or cold.



### ADD A BUFFER

If you are worried about mixing different shades of wood, then you may want to add a buffer item between each element. For example, if you have wooden flooring in one shade and a wooden table in another, try adding a rug in between the two as a visual barrier. Also, any white item or decorative feature will instantly help to break up multiple wood tones.

### GO WITH THE GRAIN

If the different woods you would like to use all have a prominent grain, then try keeping the patterns similar so that the mood of the room is retained. For those who favour a larger or open grain, do not mix more than one of these together as it can feel like they are competing for attention.



### DON'T GO TOO WILD

When it comes to mixing different shades of wood in your home, less is most definitely more. Try to focus your efforts on adding just a few different shades of wood to start and then repeat throughout the room. As a general rule, opt for two or three shades of wood per room at the most.



HOME & DIY

Pantone Colour of the Year 2024:

# PEACH FUZZ

Every year, the design world waits with bated breath for Pantone to declare its colour of the year. For 2024, the 25th anniversary of this renowned announcement, the colour is the delicate Peach Fuzz.

### What does Peach Fuzz look like?

Peach Fuzz is a soft peach tone that is nestled somewhere between pink and orange. Described as gentle, velvety and hardworking, this is a versatile shade that is guaranteed to dominate the catwalk and the world of interior design. As a tone that strikes the perfect balance between cool and warm, it can be used to either brighten a space or make it feel cosier. Pair with muted sage greens, soft blues and earthy tones for best results.

### Why was this colour chosen for 2024?

This shade was selected as a direct response to the nation's need for nurturing and compassion during times of turmoil, as well as our desire for a more peaceful future. Pantone colour specialist Leatrice Eisman said: "It's a warm and cosy shade, and it's very tactile. We feel that at a time like this, tactility is really important – to touch other people and gather them into our homes."

### How to incorporate Peach Fuzz into your home

**Paint the ceiling:** If you want to try this colour trend without committing to a complete room overhaul, why not paint your bedroom or living room ceiling in this soft shade? Keep the rest of the walls neutral to ensure balance.

**Choose new soft furnishings:** Arguably the simplest way to incorporate a new colour into a room in your home, look out for peach-coloured throws, scatter cushions and rugs.

**Invest in a new statement piece of furniture:** For those who want to go all out with this stunning shade, invest in a new piece of statement furniture such as a peach sofa, an armchair or a display cabinet.

**Paint your kitchen cabinets:** If you are on a budget and want to update your kitchen, then giving your cabinets a fresh coat of Peach Fuzz paint is definitely the way to go.



Photo credit: Stacy Zarin Goldberg via eidecor.com, dulux.co.uk, iat.com, @SVC.VIE, via adinteriors.com.au



## JS CARPENTRY & MAINTENANCE

DOMESTIC & COMMERCIAL



### WE ARE INTERNAL DOOR SPECIALISTS

From Architraves to Media Walls, Internal Doors to Bespoke Staircases, we can help you with all your carpentry needs.

**CALL: 07368 947 079**  
jscarpentryandmaintenanceltd@gmail.com



Rated 10/10 on [Checkatrade.com](https://www.checkatrade.com)



scan me

### FREE QUOTES

### JRS PAINTING SERVICES



ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

- DOMESTIC, BOTH INTERIOR AND EXTERIOR
- COMMERCIAL
- BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407  
JAMIESANDERS273@YAHOO.COM





## IS YOUR CONSERVATORY...



too warm  
In summer  
+ too cold  
in winter?



**WE HAVE THE SOLUTION!**

### Did you know you also do:

- Extensions • Conservatories including
- Warm Roofs • Garden Rooms/Offices
- Pergolas/Gazebo/Verandahs
- Bi-Folding Doors • Patio Doors – Triple Track
- Kitchen Design & Install
- Complete Property Make Overs



Please go onto our new website at [roothway.co.uk](http://roothway.co.uk)

[www.roothwaybuilders.co.uk](http://www.roothwaybuilders.co.uk) [www.conservatorywarmroof.co.uk](http://www.conservatorywarmroof.co.uk)  
[info@roothwaybuilders.co.uk](mailto:info@roothwaybuilders.co.uk) [info@conservatorywarmroof.co.uk](mailto:info@conservatorywarmroof.co.uk)

Find us on

Call us on 01702 200062

07770 793389 | 07900 398201



# Wrap it up!

**R**educe, reuse and recycle: the three Rs that can help you clear your home of the vast quantities of leftover Christmas wrapping paper, while at the same time doing your bit to help the environment.

Check out these four creative ways to make use of unwanted gift wrap.

## 1. Beautiful bunting or baubles

Whether you have traditional Christmas wrapping paper, kids' character paper or a metallic variety, you can easily create your own bunting using just a pair of scissors and some string, or get a bit more creative and make some DIY baubles (watch online videos for instructions). Perfect for New Year, a 2024 birthday party or even for simply jazzing up a coffee morning.

## 2. Cute confetti

How often have you had to make a last-minute dash to a card shop to buy confetti for a party? Why not make your own instead by simply shredding leftover wrapping paper or even

cutting out shapes using a cutter.

## 3. Perk up serving trays or drawers

Festive wrapping paper is perfect for injecting some life into an old, boring serving tray. Alternatively, bring some life into your cupboards and line your drawers with gift wrap and feel uplifted each time you open them.

## 4. Magical magnets

A great idea for kids: cut out a small circle of your chosen piece of wrapping paper, affix to the bottom of a flat marble, add a magnet and stick to your fridge for a festive feel all year round.

## How to reuse your wrapping paper

If you are keen to reuse your Christmas wrapping paper, and your kids haven't destroyed it beyond repair, you can iron the paper before you use it to transform it back to its original glory. Make sure you set your iron to the lowest setting and cover the paper with a towel before applying any heat.

Photo credit: centsationalgirl, offbeatandinspired, iheartorganizing, thoughtfullysimple, youaremyfave.com, instructables.com, momshavequestionstoo

## STYLEHOUSE SHUTTERS

We fit the highest quality, bespoke, hand-crafted plantation shutters in Essex.

Offering you ultimate style, choice and quality in your home.



Get a no-obligation quote today

**CALL: 01277 412178**

e [hello@stylehousesshutters.co.uk](mailto:hello@stylehousesshutters.co.uk) | [www.stylehousesshutters.co.uk](http://www.stylehousesshutters.co.uk)

t 01277 412178 m 07962 356184 i @stylehouse\_shutters



## SOLAR INSTALLATIONS YOU CAN TRUST



SOLAR PANELS



SOLAR BATTERIES



EV CHARGING



SERVICE & MAINTENANCE

**SAVE UP TO 75% ON YOUR ELECTRICITY COSTS & HELP THE ENVIRONMENT BY GOING GREEN**

Solar Armour is a leading installer of solar panels in Essex, dedicated to fitting solar panels & batteries that perform flawlessly, and deliver the best systems and the best possible price with buy now pay monthly options.



**CALL FOR A FREE QUOTE OR VISIT US AT THE UK'S FIRST SOLAR SHOWROOM**

f **0800 772 3461** i

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

**65 ONGAR ROAD, BRENTWOOD, CM15 9AZ**



**USE PROMO CODE VSA250 FOR £250 OFF YOUR INSTALLATION**

# 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**



# THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

## YOUR ESSEX SPECIALISTS FOR QUALITY WINDOWS AND DOORS

As a small family-run business in Essex, our commitment to excellence extends to the security, aesthetics, and customisation of our windows and doors. All our products are internally glazed, preventing intruders from removing beads to gain access. We prioritise security with the highest-grade locking systems, carrying the 'secured by design' approval and backed by an independent security guarantee.

Our UPVC and aluminium windows and doors offer a variety of colour finishes, including white, light oak, rosewood, and black, all featuring a grain for a timber-like impression. Fascias, soffits, and cladding can also be coloured to complement window installations. Frames can be sprayed with a ten-year colour fast guarantee, and various furniture options are available to suit different frame choices.

Entrance and back door options are extensive, ranging from standard UPVC doors to composite doors, French doors, bi-folding doors, and stable doors – all designed with style and endurance while maintaining uncompromised security. Multipoint locking with hooks and bolts is standard across our range.



We take pride in the manufacturing of our sealed units, ensuring quality in both product and service. Our offerings address a wide range of glazing needs, including coloured leads, bevels, single, double, and triple glazing, K-glass, soft coat, warm edge, Georgian, toughened, laminate, and acoustic glass for sound reduction. With our experienced team in the glass shop, we aim to provide swift solutions to glazing problems, even offering a fast turnaround without the need for a costly 24-hour glazier.



*Recently had windows and patio doors installed. Very please with the end result. Clean and tidy. Would definitely recommend.*

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

**01268 527112 | 01245 207225**

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

**01268 527112 | 01245 207225**

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



# Beautiful Bathrooms


SUPPLY & INSTALLATIONS



## VISIT OUR SHOWROOM

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

01277 626129

Like us on 

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



# PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

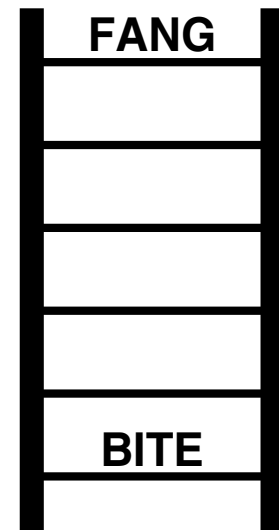
- ▶ BADGER
- ▶ BIRDS
- ▶ CAMPING
- ▶ DEER
- ▶ FLOWERS
- ▶ FOX
- ▶ LEAVES
- ▶ LOG
- ▶ MUD
- ▶ OWL
- ▶ POND
- ▶ RABBIT
- ▶ RAIN
- ▶ RAMBLERS
- ▶ SPIDER
- ▶ SQUIRREL
- ▶ TREES
- ▶ TWIGS
- ▶ WEEDS
- ▶ WILDLIFE



### DID YOU KNOW?

- ▶ Braille is a tactile code that enables blind and visually impaired people to read using raised dots and dashes set onto paper.
- ▶ Braille was created in 1824 by Louis Braille, a French educator who lost his sight at the age of three when he was playing in his father's workshop. The sharp tool he was holding slipped and struck him in the eye, leading to an infection that caused total blindness in both eyes.
- ▶ Louis was inspired by the system of night writing, a military code used by the French army in the 19th century to communicate at night without speaking.
- ▶ The Braille Challenge takes place in North America annually. Competitors are tested on skills such as spelling, speed and accuracy, and reading comprehension.

### 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.



# 'The county has given me everything'

He is a pioneer of modern culture, launching 1,000 bands and singers, endowed with an encyclopaedic knowledge of music, and at the same time acting as a proud custodian of Essex. He is Steve Lamacq.

Many are surprised to find Steve Lamacq quite diminutive in height. Mostly because the DJ, who has pioneered new music across BBC radio over the past three decades, possesses true giant status in the music industry.

Outside the cast of *The Only Way is Essex*, the now 59 year old is perhaps the proudest and most vocal advocate of his home county (notwithstanding the fact he was born in Hampshire!). Rarely one of his Radio 6 Music shows goes by without mention of the influence Harlow had on him, or growing up in Halstead, or the emotion attached to his beloved Colchester United.

It all began back in the Harlow Square music venue in 1978. Lamacq credits the band The Lurkers for inspiring him to pursue a career in music; something he furthered when studying journalism at the new town's college, before getting a job at the *West Essex Gazette*.

Pirate radio, Greater London Radio, *NME* magazine and even *Top of the Pops* followed (although on reflection Lamacq was perhaps much too alternative for the mainstream commerciality of the Top 40).

The radio star's talent comes through perseverance. Even now, as someone indelibly front-of-stage as one of the most approachable, knowledgeable and influential forces in a rapidly evolving record industry, his passion is as great as ever.

"For me, the elixir of music is seeing a band live," he says. "It could be in front of 10 people or 10,000 – it is an experience that always excites me."

Essex certainly needs to feel proud of one of its greatest exports.

Steve says: "The county has given me everything and I'm never held back in my admiration for it."

Nor us for you, Steve.



Photo credit: BBC/Ray Burmiston

**ESSEX WOODLIFE**  
FURNITURE | FLOORING | COFFEE

- NEW TO BILLERICAY -  
COME AND VISIT OUR NEW FURNITURE AND FLOORING SHOWROOM. ALL OF OUR PRODUCTS ARE MADE LOCALLY BY HAND HERE IN ESSEX.

- HANDMADE FLOORING -  
- BESPOKE FURNITURE -  
- CRAFTED IN ESSEX -



CALL : 01277 715348  
EMAIL : INFO@ESSEXWOODLIFE.CO.UK  
VISIT : ESSEXWOODLIFE.CO.UK

WE HAVE AN AMAZING IN-STORE RELAXING COFFEE SHOP, CAFÉ AIR.

ENJOY AUTHENTIC THAI LAOS AND VIETNAMESE LUNCHES .



105 HIGH ST BILLERICAY , CM12 9AJ





# The Reading Rooms The Billericay home of the Open Bible Learning Group



On Sunday afternoons, The **Open Bible Learning Group** open the doors to anyone with an enquiring mind and interest in reading their Bible and more effectively.

The group meets on **Sundays at 2:30** in the Reading Rooms in Billericay High St. to explore the exciting and powerful message God has revealed in his word, the Bible, by means of talks, discussions and presentations.

The **Open Bible Learning Group (OBLG)**, a group ordinary men and women, first met here in the **Reading Rooms** in 1957 as a place to worship and study. This month the **OBLG's Sunday 2:30 pm** programme includes:

- 7<sup>th</sup> Jan **How to get to know the true God**
- 14<sup>th</sup> Jan **How to be a friend of Jesus**
- 21<sup>st</sup> Jan **How God will bring lasting peace to Israel and its people**
- 28<sup>th</sup> Jan **How Eternal Life will end human suffering**
- 4<sup>th</sup> Feb **The gospel's simple and important message for you**

[OpenBibleLearningGroup.com/Events](http://OpenBibleLearningGroup.com/Events)

Why not come along Sunday afternoon to the Billericay Reading Rooms, or else join us for a the **'Live' Zoom session?** To get Zoom details **email** your request to: [Hello@OpenBibleLearningGroup.com](mailto:Hello@OpenBibleLearningGroup.com)

For a full list of **Future Events**, free **Home-Study Packs** or past **Audio Recordings** see our website **Events page**, or check out our new **5 minute Bible Shorts** and past **Specials** on our  **YouTube** channel [@openbiblelearninggroup](https://www.youtube.com/@openbiblelearninggroup).

## The Open Bible Learning Group – Why listen to them?

So many different voices seem to compete for our attention these days, both online and offline. Take, for example, the appeals that are made by so-called Christian churches... not only are there very many of them (hundreds of groups exist in Essex alone)... but at times they can each seem to have their own 'unique' teaching. How can this be right, given there is just one Bible?

Recently, I caught up with, a member of the Billericay Open Bible Learning Group (OBLG), and asked Simon, how OBLG have come to a clear and simple position on these things? "If something can be demonstrated from the one Bible – and shown to be consistently taught – then there really is no debate. The truth can only be found in God's Word, so that's where the investigation must both start and finish. Misunderstandings," he told me, "generally only begin when the Bible is set aside."

Of course, most paper Bibles are at least 1,000 pages long, so people can understandably feel a bit overwhelmed when they first approach the book. So I asked Simon, how can somebody who is not so familiar with the Bible build up at least a basic starting knowledge? Where should they start? What are the key themes or topics? And, how can someone get a bit of supportive guidance if needed?

"They're good questions, which is why, to help with all of this, the Billericay OBLG have created a series of so-called 'Bible Shorts' for YouTube on key topics (e.g. God; the Gospel; the Christian hope), each lasting



no more than five minutes. These shorts are intended to be just an introduction, but importantly they apply the same approach that any study should, with the Bible as the touchstone and it is constantly referred to."

Alongside these 'Bible Shorts', OBLG also available have various full length recordings of their recent talks and special presentations, which can be viewed or just listened to free of any obligation. So, if you can't make it along in-person or just want to start your Bible journey in your own time, why not check out their website [openbiblelearninggroup.com](http://openbiblelearninggroup.com) or their YouTube channel [@openbiblelearninggroup](https://www.youtube.com/@openbiblelearninggroup). It only needs to start with five minutes of your time... with "Bible Shorts – An introduction to the Bible"

Scan this QR Code for Details



**APPLIANCE PROBLEM?**  
**WE'LL FIX IT!**  
Any make Any model

**LOCAL ENGINEERS IN YOUR AREA!**

If we can't fix it, we can supply and install new appliances same day

**SAME DAY CALL OUT AVAILABLE**

View our sales page for list of machines ready to install today!

**ALL MAKES ALL MODELS REPAIRS SALES**

**CALL OR BOOK ONLINE**  
**01279 310793**  
[www.spindoctoruk.co.uk](http://www.spindoctoruk.co.uk)

**SPIN DOCTOR**  
DOMESTIC APPLIANCES

**DAVID LEPINE**  
PAINTER – DECORATOR  
REPAIRS & 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,

*D Lepine*

**Office 01277 549277**

**Mobile 07960 741973**

**Web [davidlepinedecorating.co.uk](http://davidlepinedecorating.co.uk)**

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

# Exploring Langton's 18th-century splendour

Langtons House in Hornchurch offers the perfect combination of history and luxury, whether you're planning your next big event or an afternoon walk.

The wonderful thing about visiting manor houses is that they enable you to leave the stresses of the 21st century behind and escape to a simpler time. Langtons House is a perfect example of this, especially as it is nestled within six acres of stunning gardens and boasts its own ornamental lake.

A Grade II listed 18th-century structure, the property retains many of its original features, including Georgian windows, ornate fireplaces and decorative ceilings which preserve their original moulding. From the outside, it is impressive and imposing, while inside it still exudes luxury and decadence.

The residence was owned by the Massu family, who were Huguenot refugees originally from France. They had achieved prosperity as silk merchants in the City of London.

In 1929, the Massu

family generously donated the house to the Hornchurch Urban District Council. This gift came with the stipulation that the building be dedicated to council-related activities and that the six acres of land remain accessible to members of the general public.

Just shy of a century since the Massus passed on this magnificent property, Langtons House remains a favourite destination for both locals and those from further afield.

With four ceremony rooms – East Room, West Room, Langtons Hall and The Orangery – it is a fabulous destination for any big event.

More than that, though, it holds perfect echoes of a decorative past. With lottery grants allowing restoration to parts of the house such as The Orangery in recent years, the house you see today is just as magnificent as it would have been in days gone by – a building and estate locked in the traditions of the past, while looking ahead to an elegant future.

Photo credit: Shianne Mercier Photography



LOCAL FEATURE



41 Coram Green, Hutton, Brentwood CM13 1LW

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

[b.wattsmaintenance@gmail.com](mailto:b.wattsmaintenance@gmail.com)

**07725 901 004**

Facebook [b Watts maintenance](https://www.facebook.com/bWattsMaintenance)

- Bathroom and kitchen fitting ■ Painting and decorating
- Wood flooring ■ Plastering ■ Fascia, soffit, guttering
- Fencing ■ General building ■ And much more

**Free quotation**

**For all your home improvement and maintenance needs**

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



**CIS**

CONSERVATORY INSULATION SOLUTIONS

**THE AIM IS TO OFFER THE CUSTOMER THE MOST COST EFFECTIVE CONSERVATORY INSULATION SOLUTION!**

With over 20 years experience within Home Insulation & Energy saving marketplace, Conservatory Insulation Solutions (CIS), offer you the Customer the very best conservatory internal ceiling & insulation system available in the UK today, as well as excellent value for money without the need to replace your existing Roof.

If your Conservatory requires some TLC or minor repairs absolutely no issue, also we can install full down-lighting system subject to survey.

We use LOW E class 1 fire rating and Grade A UPVC T&G which is fully approved by Local Area Building Control (LABC), and the only insulation fully compliant with the upcoming regulatory changes within the home insulation environment.

All our installations come with a comprehensive **10 year GUARANTEE** on all works & materials used. Also as a **HMRC approved product** it is **0% VAT**.



Our aim is to bring your Conservatory to life and give you back a beautiful room that can be used all year round, **COOLER in the SUMMER, WARMER in the WINTER** ensuring a really comfortable, peaceful room that can be used every day of the year, whatever the Weather.

*For a friendly no-obligation quote call your local SURVEYOR Shay on 07940080828.*

Find out more about our unique insulation & ceiling system check out [www.conservatoryinsulationsolutions.com](http://www.conservatoryinsulationsolutions.com)



**CIS**

CONSERVATORY INSULATION SOLUTIONS

Essex Based

**Special offer:**  
Save 25%  
+ 0% VAT

*Is Your Conservatory Too Cold In The Winter?*

*Conservatory Insulation Is The Answer*

- Warmer in the winter
- Cooler in the summer
- Normally fitted in just 1 day
- FREE in home quote
- Year round use of your conservatory
- VAT FREE GOVERNMENT APPROVED INSULATION



**EXTRA 10% discount for**  
NHS / Current & Retired | Blue Light Card Holders | Saga Members

**Your LOCAL Surveyor**  
**SHAY - 07940 080828**





WHAT'S ON

# YOUR LOCAL EVENTS

## THE CLASS OF EXCELLENCE '24

Brentwood Theatre, 15 Shenfield Road, Brentwood, CM15 8AG  
Saturday, January 13, 3pm



Photo credit: Beverley Marks Stage School

Directed by professional performer Sam Fleet with The Plan Street Dance Academy and dancers from BMSS Performing Arts School, enjoy a fantastic afternoon of dance, performance and entertainment.

Tickets start from £15 and can be purchased from [www.shorturl.at/eotOR](http://www.shorturl.at/eotOR)

## THE SHERLOCK HOLMES COMEDY DINNER SHOW

The Billericay Theatre, 34 Radford Way, Billericay, CM12 0DX  
Friday, January 19, 7.30pm

The landlord of The Frog & Bucket has been brutally murdered, but the restaurant must remain open and you are invited for dinner.

Enjoy a delicious three-course dinner, collect the clues, question the characters, and solve the mystery – or just sit back and enjoy the show!

Tickets cost £27 from [www.tickettailor.com/events/thebillericaytheatre/1020938?](http://www.tickettailor.com/events/thebillericaytheatre/1020938?)

## HASTILUDE LONDINIUM – KNIGHTLY TRAINING

Shenfield Parish Hall, 60 Hutton Road, Shenfield, CM15 8LB  
Saturday, January 20, 11am – 8pm

Enjoy one-to-one knight coaching, snacks, a social and movie night, prizes, awards and fun with your fellow fighters. A fun day out full of friendly competition and crown-level bouts. Attendees can also earn a Hastilude Britannia stamp.

Adult tickets start at £10 and under 18s go free. To find out more information, visit [www.facebook.com/events/229927183250254](http://www.facebook.com/events/229927183250254)

## STOCK BROOK MANOR WEDDING SHOW

Stock Brook Golf and Country Club, Queens Park Avenue, Billericay, CM12 0SQ  
Sunday, January 21, 11am

Stock Brook has been licensed as a wedding venue for more than 28 years, allowing couples to be married in any of the three stunning venues or outside grounds.

Enjoy amazing wedding inspiration, special offers for your big day, and inspiration from top wedding suppliers.

Entry is free. Find out more at [www.shorturl.at/qyIMX](http://www.shorturl.at/qyIMX)

## JOSH JAMES & LAURA SMYTH

Brentwood Theatre, Shenfield Road, Brentwood, CM15 8AG  
Friday, January 26, 8pm

Join popular comedians Josh James and Laura Smyth as they trial new material and work on their upcoming debut tours.

Josh James is one of the UK's most exciting breakout comedy names and Laura Smyth is a Funny Women Award holder, so expect a night of laughter and fun!

Tickets cost £10 and can be bought online from [www.shorturl.at/cxEG2](http://www.shorturl.at/cxEG2)

## ICONS WITH DEBBIE

The Billericay Theatre, 34 Radford Way, Billericay, CM12 0DX  
Sunday, January 28, 4pm

The wonderful Debbie is back at The Billericay Theatre once again, with a tribute to musical icons from across the years.

Enjoy cabaret-style seating and delicious food. Tickets cost £12.50 and can be bought from [www.tickettailor.com/events/thebillericaytheatre/1032269](http://www.tickettailor.com/events/thebillericaytheatre/1032269)



Photo credit: Billericay Theatre

# TJM

## CALL US WHEN YOUR HOME NEEDS THAT NEW COAT OF PAINT

### Painting & Decorating

## HOME MAINTENANCE AND REPAIRS



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

**CALL US TODAY FOR YOUR FREE QUOTE**

### FOR HIGH QUALITY WORK CALL 07824 664591

[www.TJMdecorating.co.uk](http://www.TJMdecorating.co.uk) ● email: [tjmdecorating@hotmail.com](mailto:tjmdecorating@hotmail.com)

Local family run business

Warm, Safe & Secure

Free to upgrade to triple glazing



Top rated on [Checkatrade.com](http://Checkatrade.com)  
Where reputation matters

Local double glazing experts

[www.easiglaze.co.uk](http://www.easiglaze.co.uk) Call 01277 424 515 / 01268 419 155

A+ Energy Saving Windows & Doors







**URBAN  
REFORMER**

**PILATES**

**BILLERICAY**

FIRST FLOOR, UNIT 9,  
RADFORD CRESENT, CM12 0DU

**OPENING  
FEB 2024**

✉ [INFO@121URBANHOTYOGA.CO.UK](mailto:INFO@121URBANHOTYOGA.CO.UK)

[WWW.UHYRP.COM](http://WWW.UHYRP.COM)

@121URBANHOTYOGA



**HERITAGE HOMES CAN  
BE WARM HOMES TOO.  
VERSATILE SECONDARY  
GLAZING IS BEST FOR  
ENERGY EFFICIENCY.**

**UPGRADE YOUR CURRENT UPVC WINDOWS FOR  
NEW ENERGY EFFICIENT GLASS!**

**ALL YOU HAVE TO DO IS REPLACE THE DOUBLE GLAZED UNITS WITHIN THE WINDOW FRAME!  
FOR A FRACTION OF THE COST OF NEW WINDOWS, ALONG WITH GETTING THE SAME ENERGY RATING  
(DEPENDING ON THE THICKNESS OF THE DOUBLE GLAZED UNITS)**

For listed homes or buildings in conservation areas, changing the windows simply isn't an option as it will impact the character of the place negatively.

Secondary glazing has been long established to insulate your windows in a period property or heritage home as it does not change the original windows in any way, has a high performing insulating gap which is great for sound proofing too and can be unobtrusive to both the internal and external look of the fenestration.

If the windows in your heritage home are wonky, don't worry, Mr Misty can still install secondary glazing which will cut your energy bills and reduce traffic noise too.

How does Low-e glazing work?

With its transparent, invisible metallic coating PLANITHERM Low-e glass captures free energy from natural daylight, allowing it to pass through the glass and warm the home. At the same time the coating reflects heat generated in the home back into the room, rather than allowing it to escape through windows.



- Windows using PLANITHERM attain the highest Window Energy Ratings of A or A+ in most cases when fitted with the right combination of frame, spacer and gas filled unit
- Compliant with Part L of the Building Regulation for England and Wales (Part F in Northern Ireland) with all frame types, offering greater consumer choice
- Exceptional Window Energy Rating (WER) performance thanks to the optimised balance between a very low U-value and high solar gain
- Haze and tint free windows – Planitherm will maximise the amount of natural light without the effects associated with older double glazed windows



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.

**FREE PHONE: 0800 25 45 111**  
FOR YOUR FREE CHECKUP  
[WWW.MRMISTY.CO.UK](http://WWW.MRMISTY.CO.UK)



**Braiden Plumbing**

# YOUR TRUSTED LOCAL PLUMBERS IN ESSEX

We are a company that works hard to deliver on our promises and we are focused on reliability

- Domestic Work
- Commercial Work
- Free Estimates
- Leaks
- Plumbing Repairs
- Emergency Plumber
- Bathrooms
- Cloakrooms

**CONTACT US:**

☎ 01277 562968  
07715 652 840

✉ contact-us@braidenplumbing.com  
🌐 www.braidenplumbing.com



# SAVE *the* DATE

Massively underappreciated and underused, dates are delicious, nutrient-dense and available in abundance at this time of year. They're also perfect for creating delectable desserts, as this vegan, no-bake date stuffed cookie recipe shows!

**YOU WILL NEED:**

120g rolled oats | 40g cacao powder | ½ tsp sea salt | 10 pitted Medjool dates | 3 tbsp coconut milk | 160g creamed coconut or coconut butter | 1 tsp vanilla bean paste | 1½ tsp maple syrup | Parchment paper | A cookie cutter (5cm)

**HOW TO MAKE:**

- To make the base, add the oats, cacao powder and salt to a blender and blitz into a fine powder.
- Next, add the Medjool dates and blend until fully combined.
- Add the coconut milk one tablespoon at a time, combining until you have a dough that sticks together between your fingers.
- Roll out the dough between two sheets of parchment paper and cut out 24 shapes using the cookie cutter.
- For the filling, melt the creamed coconut over a pot of simmering water in a heat-resistant bowl.
- Stir in the maple syrup and vanilla bean paste and whisk to combine, then allow to cool.
- Place the mixture between two sheets of parchment paper, roll out to approximately ½cm in height and place in the freezer for 30 minutes. Once taken out, the filling should have a fondant-like consistency.
- Use the same cookie cutter to cut out discs from the creamed coconut and then carefully sit them on top of one of the cookies.
- Sandwich the cookies by placing another cookie disc on top of the creamed coconut mixture.
- Once made, these can be eaten right away or stored in an airtight container in the fridge for up to two weeks.



Photo credit: addictedtodates.com

**OTHER DATE DESSERT RECIPES TO TRY:**

Date brownies | Chocolate-covered dates | Date caramel sauce | Upside-down date cake | Sticky date pudding | Apple and date pie.



FOOD & DRINK

# DRY JANUARY

## mocktails

Take the dreariness out of dry January with these delectable, alcohol-free concoctions, guaranteed to please even the most discerning palates. These recipes each make one drink.

### COOL FRUIT MOCKTAIL

You will need:

A thick slice of cucumber (chopped) | 4-5 mint leaves (chopped) | 200ml water | About 7 raspberries (frozen or fresh) | 120ml sparkling lemonade (clear) | Ice cubes

How to make:

Bring the water to the boil in a small saucepan and add the cucumber and mint | Turn off the heat and leave for 2 minutes | Add the raspberries and squash them slightly | Strain the mixture | Pour 40ml of the mixture into a tall glass | Add the ice cubes and top up with lemonade

### NO-ALCOHOL NEGRONI

You will need:

¼ grapefruit and ½ orange (unpeeled) cut into small chunks | 100g caster sugar | 3 crushed cardamom pods | A pinch of coriander seeds | 150ml cold water | Ice cubes | 25ml white grape juice | Grapefruit and orange slices for garnish

How to make:

Put the grapefruit, orange, sugar, cardamom pods, coriander seeds and 125ml of the water into a saucepan | Bring to the boil and simmer for 5 minutes, then leave to cool | Strain the mixture and throw away the spices and fruit | Fill a tumbler with ice and the grapefruit and orange slices | Pour in 25ml of the syrup, the grape juice and the remaining water | Garnish with grapefruit and orange slices

### TANGY FIZZ

You will need:

1 pear, peeled, cored and sliced | 4 dried apricots, quartered | 50g golden caster sugar | 3 tsp honey | A sprig of rosemary | 100ml water | 2 tsp apple cider vinegar | 100ml cold sparkling water

How to make:

Put the pear, apricots, sugar, honey, rosemary and water into a saucepan | Simmer for 10 minutes, then cool completely | Strain the syrup into a jug, add the apple cider vinegar and chill the mixture in the fridge for 30 minutes | Pour 25ml of the syrup into a champagne glass and top up with the sparkling water.



# ΨΙΑΜΑΣ

A modern Greek fish and grill restaurant with fresh dishes inspired by the Mediterranean



Expect fine wine and cocktails with entertainment every Friday and Saturday evening and be prepared to raise a glass and call out "Yiomas" and cheers with friends, family and guests!

Open Tuesday - Sunday for lunch and dinner from 12pm



www.yiomas.co.uk | 01277 546600 | Ongar Road, Brentwood CM15 9SS



Photo credit: BBC Studios/Lambert Mark Mainz

# Television's FAITHFUL FRIEND

## Claudia WINKLEMAN...

Talented, attractive, charismatic and perfectly grounded – is Claudia Winkleman terrestrial television's elegantly-cloaked saviour?

Many of us may know someone who has ventured off for a murder-mystery weekend at a remote, windswept, crumbling castle. The concept is as old as, well, the castle itself, in some cases, but the BBC's decision to reinvent the challenge in the form of a reality show has not just done wonders for its tumbling ratings; it's also given the usually chatty Claudia Winkleman a whole new, almost silent persona.

The host of *The Traitors*, whose first-series success has led to the concept being brought back at the start of 2024, has revealed how the show's producers were insistent on her keeping quiet during tense moments, something that didn't come naturally to the perennially chatty host of *Strictly Come Dancing*, *The Piano* and *Best Home Cook*.

"As a presenter, I've always had to mould myself to new environments, situations and such, but I've always got through the discomfort by being outwardly vocal and chatty," the 51 year old admits.

"To be told I had to zip it was something quite new, and actually took a bit of getting used to, as I'm the sort of person who doesn't like nervous silences... yet the show is built around them!"

The first series of *The Traitors* worked itself into a spectacular crescendo almost a year ago, and the expectations are that its return will further revive the kind of entertainment across main channels that appeared to be at risk of running out of ideas.

Winkleman, to her credit, has been the glue that's prevented the terrestrial TV schedule from slipping into total oblivion. Her time on *Strictly* now totals a decade, and she has also hosted *The Great British Sewing Bee*, plus a host of one-off productions on both the Beeb and Channel 4. She also fronts the Saturday mid-morning show on Radio 2.

The star, who is the daughter of author and journalist Eve Pollard OBE gained her small-screen break when featuring on the likes of *Holiday* and *This Morning* in the early 1990s. She then progressed to the likes of *Fame Academy*, *Comic Relief*, *Eurovision* and a number of panel shows.

"I feel lucky to have had so many opportunities over the years, and I do feel we produce so much high-quality entertainment in this country. We are the envy of the world in that respect."

It helps, of course, to have presenters as charismatic and versatile as Winkleman, who with her journalist hat on has written for the likes of *The Sunday Times*, *The Independent*, *Metro*, *Cosmopolitan* and *Tatler*.

The mother-of-three, who has been married to producer Kris Thykier since 2000, has also been vocal when it comes to charitable and public health issues; not least in 2015 after her daughter Matilda was badly burned when a Halloween costume she was wearing caught fire. Winkleman's subsequent campaigning led to a change of the law.

"Career aims are great," she concludes, "but family has always been everything to me, and I would give up everything I have achieved, in a heartbeat, in order to protect them."

Perhaps the one 'traitorous' act we could forgive...



# Richard Ward

Richard@warddecorators.co.uk

Painter - Decorator

Domestic - Commercial

Interior - Exterior

Fully Insured | 35 years experience

Tel: 01277 821 454

Mobile: 07961 943840



# HAMMOND — & SONS —

## GAS ♦ PLUMBING ♦ HEATING

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



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

From a tap washer to a full heating system, call

**01277 261 888**

email: hammondandsons@hotmail.co.uk

**www.hammondandsons.co.uk**

# 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)

# EIFFEL TOWER

*The enduring charm of the*

The Eiffel Tower is the most visited paid tourist attraction in the world. Every year, around seven million people visit and savour the glorious views over Paris. Not bad for a structure that was only ever meant to be temporary.

In 1889, Paris hosted the grand World's Fair to mark the 100th anniversary of the French Revolution. The competition to design a monument for the fair's entrance was won by a company run by architect and civil engineer Gustave Eiffel – who died 100 years ago last month at the age of 91.

While Gustave Eiffel gave the structure its name, the original design was the work of one of his engineers, Maurice Koechlin. But Eiffel didn't like Koechlin's initial plan and asked him to make it more elaborate.

The final design needed more than 18,000 pieces of iron held together by 2.5 million rivets. It took hundreds of workers two years to build the tower, which was almost 300 metres (nearly 1,000 feet) high. When it was finished, it was the tallest man-made structure in the world.

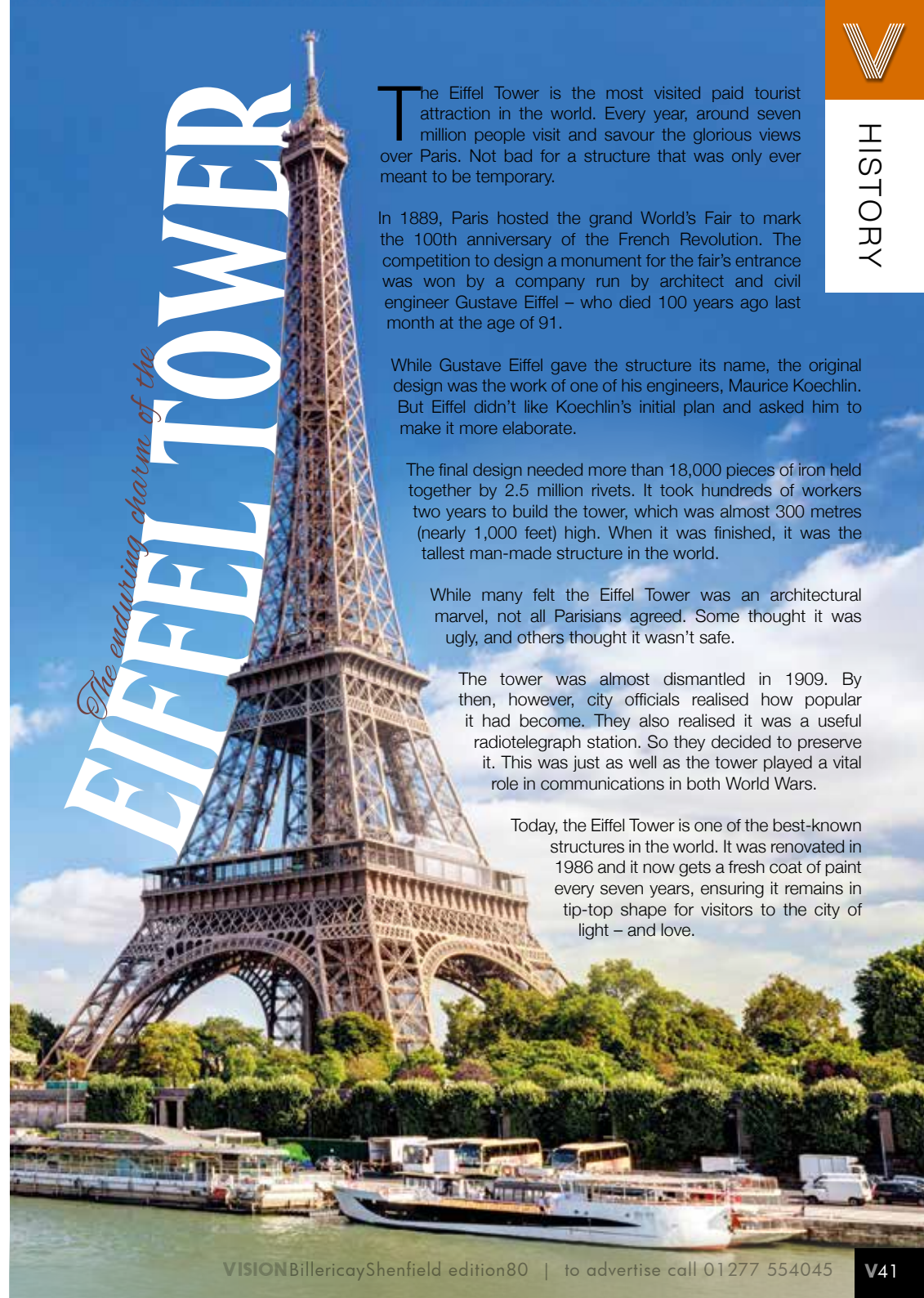
While many felt the Eiffel Tower was an architectural marvel, not all Parisians agreed. Some thought it was ugly, and others thought it wasn't safe.

The tower was almost dismantled in 1909. By then, however, city officials realised how popular it had become. They also realised it was a useful radiotelegraph station. So they decided to preserve it. This was just as well as the tower played a vital role in communications in both World Wars.

Today, the Eiffel Tower is one of the best-known structures in the world. It was renovated in 1986 and it now gets a fresh coat of paint every seven years, ensuring it remains in tip-top shape for visitors to the city of light – and love.



HISTORY





# Plants to PLEASE YOUR PETS

If you have a dog or cat, you need to be mindful of the plants you grow in your garden as some can cause them harm. Discover the prettiest pet-friendly plants for your outside space below.

**SNAPDRAGON:** Snapdragon is recognisable by its tubular flowers that come in an array of bright colours. A short-lived perennial, all elements of this plant are safe for dogs and cats to consume.

**BEE BALM:** The flowers of bee balm plants are often compared to fireworks, with their unique appearance making them a popular choice for many UK gardens. A magnet for bees, butterflies and hummingbirds, bee balm is also safe for pets.

**CRAPE MYRTLE:** Providing colour all year round, crape myrtle is non-toxic to both cats and dogs and requires little attention once it is established. There are many varieties to choose from, with options to suit gardens of all sizes.

**CORAL BELLS:** Coral bells come in a variety of colours and shapes and are known for their high tolerance levels. Non-toxic to pets, these can be planted anywhere in your garden.

**FUCHSIA:** One of the most popular flowers for hanging baskets, fuchsia is completely safe for cats and dogs and is also a firm favourite of hummingbirds.

**CAMELLIA:** Camellia is a showy flower that guarantees to brighten up your garden, and all parts of this plant are harmless to pets if ingested. Use in foundation plantings, hedging and screening for best results.

**SUNFLOWER:** Annual sunflowers make a cheerful addition to any garden and, fortunately, they are non-toxic to both cats and dogs. In fact, some dogs enjoy the nutty taste of their seeds and cats are often attracted to their leaves.

**PLANTS THAT CAN BE HARMFUL TO PETS:**  
Aloe vera | Carnations | Chrysanthemums | Dahlias | Irises | Lily of the Valley | Peonies | Delphiniums | Tulips | Tomato Leaves | Autumn Crocus.



## Landscapes designed to open your mind

New Leaf Landscapes and Designs are a trusted, professional company with a great reputation to uphold, and have a combined experience of over 20 years in our trade.

We work closely with our customers in order to guarantee complete satisfaction and peace of mind. No job is too big or too small, with our expertise ensuring that each project is properly organised and efficiently completed to the highest possible standard.

Preparation is perhaps the most essential part of any project. We spend time ensuring that the ground is properly prepared in order to ensure a long-lasting and flawless finish.

Our services include landscape designing, all hard and soft landscaping and all ground works. We are specialists in block paving and driveways as well as porcelain and artificial grass.

If you are interested in any of our comprehensive services, please do not hesitate to contact us with a query or for friendly professional advice on the design, construction and maintenance of your outdoor spaces. Contact us today on 01277 549 027 / 07856 769 007 or email [newleaf.landscapes@outlook.com](mailto:newleaf.landscapes@outlook.com). You can visit our website for more information on how we can help - [www.newleaflandscapesanddesigns.co.uk](http://www.newleaflandscapesanddesigns.co.uk)



Landscape Gardening, Garden Maintenance & all Ground Works

## Redream your outdoor space

Our comprehensive services include:

- All Aspects of Landscaping
- Garden Maintenance
- Ground Works
- Design Service
- Turfing
- Lawn Re-seeding
- Porcelain & Artificial Grass
- Hard Landscaping
- Block Paving
- Patios
- Fencing Gates
- Intricate Brickwork
- All Brickwork Undertaken - Extensions/Porches/Conservatories



Tel: 01277 549 027 / 07856 769 007  
Email: [newleaf.landscapes@outlook.com](mailto:newleaf.landscapes@outlook.com)  
[www.newleaflandscapesanddesigns.co.uk](http://www.newleaflandscapesanddesigns.co.uk)



★★★★★  
Reviews on Trustatrade

CONTACT US TODAY FOR A FREE NON-OBLIGATORY QUOTE & ESTIMATE



**WINTER OFFER**  
**UP TO 15% OFF\***  
 \*Contact for more info

*Is your roof ready for winter?*

# Lifetime Guaranteed Flat Roofing

- ✓ 100% resistant to algae & moss
- ✓ Manufactured never to blister or crack
- ✓ 100% maintenance free
- ✓ Proven in all climates & storm resistant
- ✓ Durable enough to be walked on
- ✓ Installed never to leak



For free advice, request a brochure, pricing or free sample, please get in touch on;

01268 203483 [www.flatroofs.net](http://www.flatroofs.net)

\*T&Cs apply  
 Please see our website for details

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



Advertisement Feature

## Will your flat roof keep you warm and dry this winter?

**Are you concerned about potential leaks or costly water damage?**

More than 70% of UK homeowners still have a traditional mineral felt flat roof. Over time extremes of temperature can result in this cracking and leaking. Once the felt starts to fail, water damage often goes unnoticed resulting in severe damage and inconvenience.

**What to look out for:**

If you see blisters on the roof surface or cracking around the roof edge, pipes, upstands and roof lights you need to act fast.

Insurance companies will no longer accept liability for external or internal damage caused by leaking flat roofs that are more than ten years old.

High-Tech offer professional roof replacement services using only the highest quality materials along with some of the most advanced flat roof technology available.



All flat roofs installed by us adhere to building regulations, are dimensionally stable and incorporate an anti-slip membrane strong enough to walk on. We recommend Protan, an architect-specified, award-winning single ply PVC flat roofing system which has a proven track record of excellence.

- ✓ Maintenance free
- ✓ Will not blister or crack
- ✓ Fully resistant to moss and algae
- ✓ Solar reflective
- ✓ Aesthetically pleasing



Contact our friendly team today or pop into our showroom at 850 London Road, Leigh-on-Sea, Essex, SS9 3NQ

Scan the QR code to book your FREE site survey



See the quality of our products first-hand and buy with confidence.



PETS

# Do you need a PETNUP?



An estimated one in four divorces now involves a dispute over a pet. If you co-own a pet with a partner or spouse, even if you are happy together, it can be a good idea to know your rights if the worst does happen.

### WHAT IS A PETNUP?

A petnup is drawn up in much the same way as a prenup but is designed to specifically deal with pets. It typically includes elements such as ownership, custody, maintenance and other arrangements for your pet in the event that you get divorced or separated.

### WHAT TO DO IF YOU CAN'T AGREE ON CUSTODY

If you can't agree on who gets custody of the family pet, then you may want to consider mediation. This involves you and your ex-partner sitting down with a trained impartial mediator to try to solve the issue without having to go to court.

### HOW IS PET CUSTODY LEGALLY DECIDED IN ENGLAND?

If you are unable to agree on who will have ownership of the family pet on your own or with the help of mediation, then the courts will check who has proof of ownership and rule in their favour. They will look at:

- Who bought the animal?
- Who primarily cares for it?
- Who pays the vet bills?
- Whose name is the pet registered/microchipped under?

The only exception is if there is clear evidence that the pet was gifted to the other party.

### THE WELFARE OF YOUR PET IS PARAMOUNT

Animals are sensitive to change and will be aware of any tension in the home, so you need to make sure you put their welfare first. Changes in living arrangements and routines can also cause upset and may affect their behaviour.



SIGN HERE: .....



## SPECIALIST IN PRE-CAST BUILDINGS

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



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



R  
PAGE  
CONCRETE  
BUILDINGS LTD

CONTACT US ON 020 8590 3701

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

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

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

# Basildon Timber

Celebrating 30 Years

TRADE • PROFESSIONAL • DIY

- LARGE RANGE OF DECKING
- PREPARED TIMBER & MOULDINGS
- EXTENSIVE HARDWARE SHOP
- SHEET MATERIAL CUT TO SIZE



COMPETITIVE PRICES • FRIENDLY STAFF • PROMPT DELIVERY SERVICE AVAILABLE

Honywood House, Honyard Road, Basildon, Essex, SS14 3DT  
sales@basildontimber.com • www.basildontimber.com

Opening hours: Monday - Friday 7.30am-5pm • Saturday 8am -1pm





**HOT  
TUB  
BARN**

**YOU  
DESERVE  
IT.**



**Leading Supplier of  
Hot Tubs and Swim Spas  
in Essex**



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

**Wickford Showroom  
Alton Garden Centre  
Arterial Road  
Wickford, Essex  
SS12 9JG  
01245 265036**

# OUT WITH THE OLD

January is a great time to engage in some post-holiday wardrobe organisation. If you received new clothes for Christmas or have stocked up on some sales bargains, now's the time to let go of those ill-fitting items and things you haven't worn for ages.

**1 EMPTY** your wardrobes, drawers and cupboards and pile all your clothes, shoes and accessories onto your bed. This will give you an idea of just how many clothes you have and help you think about what you actually need.

**2 TRY** everything on, even your underwear. If it doesn't fit well, isn't comfortable or you don't like it – it's time to let it go!

**3 SORT** all your clothes and accessories into three piles: 'yes', 'no' and 'maybe'.

**4 PUT** the 'yes' pile back in your wardrobe, drawers and cupboards. Treat yourself to some new coat hangers and group similar items together. Also, organise your drawers with dividers, making everything easier to find.

**5 CATEGORISE** the 'no' pile into three groups: sell, give away and recycle. Sell gently used items through local pre-loved clothing stores or online. Give away things to friends, family or a charity shop. And recycle items at clothing or shoe banks, which you can find at council recycling centres or in the car park of some big supermarkets.

**6 PLACE** 'maybe' items in a bag or box in a spare room or cupboard. Set a reminder for six months. After this period, if any items remain unworn, move them to a new 'no' pile for selling, donating or recycling. Things you wear can join your 'yes' collection.

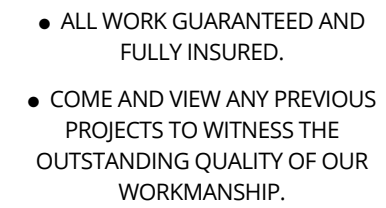
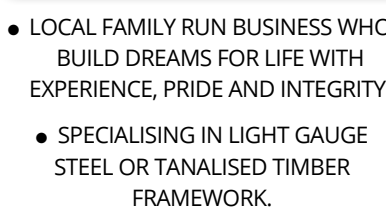
A new year clothes declutter is therapeutic as well as rewarding. Best of all, you'll end up with a tidy and organised wardrobe filled with your favourite, well-fitting pieces that bring a sense of clarity to your daily routine.



FASHION

# SANCTUARY FOUND

OFFICES • MANCAVES • GARDEN ROOMS



- LOCAL FAMILY RUN BUSINESS WHO BUILD DREAMS FOR LIFE WITH EXPERIENCE, PRIDE AND INTEGRITY.
- SPECIALISING IN LIGHT GAUGE STEEL OR TANAISED TIMBER FRAMEWORK.
- ALL WORK GUARANTEED AND FULLY INSURED.
- COME AND VIEW ANY PREVIOUS PROJECTS TO WITNESS THE OUTSTANDING QUALITY OF OUR WORKMANSHIP.

SANCTUARY FOUND

NEVER KNOWINGLY BEATEN ON A LIKE FOR LIKE QUOTE



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

Seeking Sanctuary...  
SANCTUARY FOUND...

Call Jon on 07508 339 804  
or email [info@sanctuaryfound.co.uk](mailto:info@sanctuaryfound.co.uk)



PRICES START FROM AS LITTLE AS £10,000



SPORT



## ENGLAND EXPECTS

With the group draw made, England are gearing up for potential success at Euro 2024, while Scotland also celebrate a return to the football elite.

Following the draw for the group stages of Germany 2024, England can now begin preparations for their European Championships campaign in earnest.

Their journey begins on June 16 in Gelsenkirchen, when Serbia are the opponents – the match representing a first meeting between the two countries.

Then, it's Denmark in Frankfurt – when the Danes will be looking to avenge their Euro 2020 semi-final defeat – before the group stage concludes in Cologne against Slovenia.

Three Lions manager, Gareth Southgate OBE, expressed mixed feelings about the draw, saying England will show absolute respect to their trio; yet also recognising the potential for tougher challenges that will surely follow in the knockout phase.

Their prospects post-group stage include possibly facing the third-placed team from Groups D, E or F in the last 16 – which could be Wales, should they negotiate a

route through a complicated playoff picture – then a potential quarter-final against Scotland.

The brief for England is pretty clear – win the thing. That may sound like a bold aim, but the Three Lions squad has never been laced with such talent, flair, resilience and mental strength – something tightened by impressive performances at the last three major tournaments.

The bookmakers make England pre-tournament favourites, followed by France, Germany (the hosts), Spain and Portugal. So the question is... is football finally coming home?

As for Scotland, they face a rigorous test of their credentials in Group A, beginning their campaign against host nation Germany on June 14.

Steve Clarke's men will also contend with an organised Switzerland outfit, and Hungary, who have reached the Euro finals for the third time in a row. The Scots have a history of starting big tournaments with a bang, reminiscent of their World Cup 1998 opener against Brazil.

For the Scots, their football regeneration means qualification is achievement enough, but don't rule out the Tartan Army upsetting the applecart along the way.

Photo credit: Colin Poulme/ProSports/Shutterstock

## Our Story

It all started with our passion for watches that are a bit different, with history or having a story. Our love and appreciation of a fine timepiece remain, you can be assured we know our stuff. If you've spent any time at all around the luxury, new, vintage & pre-owned watch market, you will know the type of experience often offered. Inflated prices, a stock that's not available, long waiting lists & unhelpful & pushy salespeople.

We believe in a transparent way of doing business, honest, and upfront, providing value and a great experience.

### FAIR

We offer a fair way to buy, sell & invest in watches by combining a low-cost business model & low margins.

### FRIENDLY

We believe buying or selling a watch should be like dealing with a friend. We won't pressure you. We're always honest and transparent in our dealings, even if it means sending you to a competitor.

### ETHICAL

It's not all about profit. We always strive to do business ethically, be environmentally responsible and make a difference to the causes we support.



Whether buying or selling, we expect great service & that's what we will give you, never pushy, just honest, friendly, polite & knowledgeable good old-fashioned great service. Unique & not easily replicated. **Chase Hattan is not your average watch retailer.**



MENS

WOMENS

VINTAGE



## Our passion is watches

WE'RE ON A MISSION TO MAKE BUYING, SELLING & INVESTING IN MODERN, PRE-OWNED, VINTAGE, RARE & EXQUISITE LUXURY TIMEPIECES SIMPLE, MORE AFFORDABLE, TRANSPARENT, & MEANINGFUL.

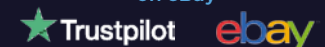


NO MATTER YOUR INTEREST, WEARING OR COLLECTING, SOMETHING FOR YOURSELF OR A GIFT FOR A LOVED ONE, WE'RE HERE TO BE YOUR GUIDE THROUGH THE MARKET. THERE IS NOTHING WE LIKE MORE THAN TALKING WATCHES.



USE THIS QR CODE TO VISIT OUR WEBSITE AND BUY ONLINE.  
CONTACT BY PHONE  
0203 059 7942 or 07722 352304  
VIEW BY APPOINTMENT  
BRENTWOOD / CANARY WHARF

Rated Excellent on Trustpilot  
4.9 out of 5 on Chrono24  
& 100% positive feedback on eBay



TRAVEL TREND:

# FLAT PACK HOTELS



**W**hen you hear the phrase 'flat pack', a certain Swedish furniture store might spring to mind. However, when it comes to flat-pack hotels, it is budget hotel group Habitas that is the brains behind the operation. Find out more about this green tourism trend below.

**WHAT ARE FLAT-PACK HOTELS?**

Although the concept may sound gimmicky, 3D-printed flat-pack hotels boast deep-seated eco-credentials and are based on the principles of modular housing and prefabricated architecture. The building parts are manufactured in a factory and then flat packed and shipped to a destination to be assembled on site.

**WHEN DID FLAT-PACK HOTELS FIRST LAUNCH?**

The hotel group Habitas opened its first flat-pack hotel in Tulum, Mexico, way back in 2017, with the aim of offering burnt-out city dwellers a stylish yet simple place to stay and recharge. This first-of-its-kind hotel boasts 32 rooms built on elevated platforms, a thatched roof and canvas walls.

**WHAT ARE THE BENEFITS OF FLAT-PACK HOTELS?**

- There are many benefits to flat-pack hotels for the traveller, the environment and the hotel itself. Some of the most notable benefits are:
- o Quicker to construct than standard hotels
  - o More cost-effective owing to lower labour costs
  - o Lower carbon footprint owing to less waste and the use of sustainable materials

**WHAT IS THE FUTURE FOR FLAT-PACK HOTELS?**

Not just a passing trend, Habitas has built its own factory in Mexico which can manufacture hotel parts. The parts are then flat packed, shipped, assembled on site and opened for guests in less than 12 months. Since the first flat-pack hotel, more have opened in destinations such as Saudi Arabia, Costa Rica and Bhutan.



Photo credit: ourhabitas.com

THE TRAVEL BOUTIQUE

DISCOVER LUXURY

At The Travel Boutique, we get to know you personally. So why not find out more about us too? Meet our passionate team and get in touch to start planning your next escape!

Find Us At -  
 39a High Street, Ingatestone CM4 9DU  
 01277 563 193  
 janette.healey@thetravelboutique.co.uk





## 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**

## Get your feet... summer ready!



### CHIROPODY, PODIATRY & FOOTWEAR CENTRE

- Shockwave Treatment
- Foot Health • Heel & Foot Pain
- Digital Foot Scanning Technology
- Diabetic Foot Care
- Ingrown Toe Nail Surgery & Other Nail Issues
- Sports Injuries Biomechanics & Orthotics
- Fungal Nail Treatment Using Laser
- Swift Verruca / Wart Treatment

01277 659200 | [www.essexfootcare.com](http://www.essexfootcare.com)  
2 The Walk, Billericay, Essex CM12 9YB



## 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](mailto:emma.brooks@mollymaid.co.uk)

[www.mollymaid.co.uk/brentwood](http://www.mollymaid.co.uk/brentwood)

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



★ Trustpilot



# SWEET SMELL *of success*



Experts believe that smell is the most powerful of the body's five senses, so it's no wonder we've been creating ways to make ourselves smell sweeter since ancient times. It's big business, too. Today's global perfume industry is worth £4.7 billion and is still growing\*. But what's inside the perfume we buy – and how is it all put together?

### INGREDIENTS

Traditionally, perfume was made from rose petals, jasmine, frankincense, myrrh, oakmoss, sandalwood, vanilla and citrus fruit, usually blended with oil.

Animal products were also used – especially musk, a glandular secretion from the musk deer, and ambergris, produced by the digestive system of sperm whales.

These days, most perfumes still contain some natural products, but synthetic ingredients now make up at least 70 per cent of most scents. Meanwhile, animal ingredients are becoming less acceptable to modern buyers – and hugely expensive.

Because manufacturers aren't obliged to give away trade secrets, labels usually just list the scents as 'fragrance' – even if it's a blend of hundreds of different ones.

### HOW IS IT MADE?

There are a few stages involved in manufacturing perfume. First, the scents are extracted from the natural raw ingredients before being blended with the other ingredients. The mixture is then aged to improve the blending process.

### WHAT ARE PERFUME NOTES?

The smell of perfume on your skin changes as time goes by. This is all to do with 'notes', which describe the mix of fragrances. Top notes are what you smell when you first apply the perfume, and these evaporate quite quickly. The middle and base notes are longer lasting.

### WHO INVENTS THE SCENTS?

Specific scents are developed by perfumers, known as 'noses' because of their excellent sense of smell. There are only around 100 noses in the world, most of them in France and Switzerland. Most popular perfumes take several years to perfect.

\*Verified Market Research, 2022

**A Brand New Smile in One Day?**

From the outside, Brentwood High Street's SmileHQ looks more like a boutique hotel than a dental practice.

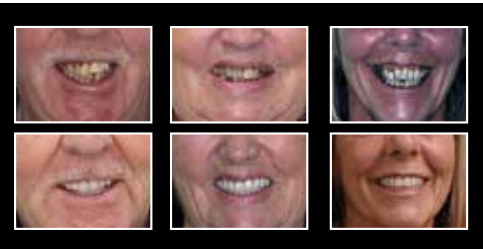
Inside, owner Dr Vishal Patel and a highly skilled team of dental surgeons provide a treatment that transforms much more than just smiles.

The clinic is earning rave reviews for its Same-Day Teeth treatment — a life-changing procedure that gives patients a brand-new replacement smile in just one day.

**Life Without Smiles**

Life without a complete set of teeth isn't just an oral health challenge, says Dr Vishal. "While it sounds trivial, the problem of loose or missing teeth and poorly fitting dentures can be a real blight on lives.

"These conditions prevent patients from eating their favourite foods and getting the balanced



diet they need. It can also be a constant drain on confidence that leaves people feeling afraid to smile."

**The Same-Day Solution**

In the past, the only option for patients with missing teeth was removable dentures or implanted teeth.

However, dentures often leave wearers facing problems with eating and speaking clearly, while implant surgery is a lengthy process leaving patients without functional teeth during recovery.

SmileHQ's Same-Day Teeth changes this —

reversing even the most extreme effects of failing oral health and tooth loss in a single day.

The procedure uses state-of-the-art dental implants to replace loose or missing teeth, so it's also perfect for those who live with the daily inconvenience of dentures.

Results are such a dramatic improvement that Same Day Teeth are often life-changing for SmileHQ patients, says Vishal: "The changes we see in patients after receiving their brand new smiles aren't just cosmetic. For many, it represents a new lease of life, with improved confidence, a more youthful look and radically improved dental function."

**The Science of Same-Day Smiles**

Same Day Teeth technology uses a series of strong titanium implants as a substitute root for the replacement teeth. Where traditional methods require 6-10 implants per jaw and a lengthy recovery time, Same Day Teeth uses just four for a completely new arch of teeth.

Crucially, this means patients can walk into the practice with no teeth and leave the same day with a brand-new smile.

**Trust SmileHQ's Same-Day Experts**

Dr Vishal and the SmileHQ team have successfully placed thousands of same-day implants and also have extensive experience in advanced implant techniques, including bone grafting and sinus lifts.

If you suffer from loose or missing teeth or have poorly-fitting dentures, they are here to listen to you and explain the options at every step of the way.

"We believe everyone should be able to enjoy the benefits of a healthy, functional smile without the wait," says Dr Vishal.



**Dr Vishal Patel**  
Dental Implant Surgeon

Love that *Fresh-from-the-Dentist* Feeling?

Just wait until you try next-generation guided biofilm therapy hygiene with Smile HQ

\*Limited Introductory Offer Until 2024

Now Only  
**£95!\***

If you can't get enough of the fresh feeling of a hygiene deep clean and polish, you'll love guided biofilm therapy (GBT) from experienced hygienists at SmileHQ.

Although it's more gentle than a regular scale and polish, GBT removes even more hard-to-reach plaque, bacteria and stains—leaving you looking and feeling fresher for longer.

Patients who try GBT never go back to ordinary hygiene!

- ⊙ Reveals and removes more stains, calculus & bacteria
- ⊙ Devised and used by gum specialists and considered gold standard
- ⊙ Dual gentle AirFlow® & PerioFlow® cleaning action
- ⊙ The most comfortable hygiene session you'll ever experience using warm water
- ⊙ Specialist recommended for implant, bonding and veneer maintenance



Everyone should experience the outstanding action of GBT. So, we're cutting the cost of 45-minute appointments to just £95 until 2024.

Ask our team today about booking your GBT appointment at this special introductory rate and information about our membership plans for savings on treatments.

Ask our team today to book your appointment for just £95!

Dr Vishal and the SmileHQ team are now offering an exclusive 10% discount on the procedure, which could save VISION Magazine readers up to £2,060.

■ [care@smilehqs.com](mailto:care@smilehqs.com) ■ [www.smilehqs.com](http://www.smilehqs.com)

☎ 01277 503 252

📍 105 High St Brentwood CM14 4RR

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

## Are you in pain?

### Free treatment on first visit

We treat sciatica, back pain,  
neck pain, headaches,  
postural problems & more.  
Book online today.

[www.shenfieldchiropractic.co.uk](http://www.shenfieldchiropractic.co.uk)  
[info@shenfieldchiropractic.co.uk](mailto:info@shenfieldchiropractic.co.uk)

27 Hutton Road  
Shenfield  
CM15 8JU



## The care you deserve

- Personal care
- Medication Support
- Meal Preparation
- Community support  
and Shopping
- Overnight Care
- Companionship
- Domestic Tasks
- Hourly Care

01245801401

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



Elsie's Help at Home, Croxtens Mill, Blarford Hill,  
Little Waltham, Chelmsford, CM3 3PJ



# UNDERWATER weightlifting

**A**re you looking to take a different twist to your weightlifting regime? Discover the fitness craze of underwater weightlifting.

#### What is underwater weightlifting?

As the name suggests, underwater weightlifting is a form of weightlifting that is carried out underwater. Marketed as the ultimate resistance training routine, underwater weightlifting combines the resistance of being in water with the additional strain of lifting weights.

#### What are the benefits of underwater weightlifting?

Some of the most notable effects that you may experience when regularly performing underwater weightlifting are:

- ➡ Increased core strength
- ➡ Improved breathing techniques
- ➡ Enhanced cardiovascular system
- ➡ Better injury recovery
- ➡ A mental health boost
- ➡ Lower stress levels
- ➡ Improved muscle strength

#### Are there any risks associated with underwater weightlifting?

As you might expect from an activity that involves being underwater while lifting heavy weights, there are certain risks involved. It is not recommended to try underwater weightlifting if you suffer with vertigo or have balance issues. Plus, if you have any heart or lung problems, then you need to consult your GP before trying this regime. If you are not a confident swimmer, then you should stick to lifting in shallow water rather than lifting while submerged.

#### How to get started with underwater weightlifting

If you have not tried underwater weightlifting before, it is advisable to seek out professional help or attend a class such as Speedo WTRX Water Xtreme, which is led by a knowledgeable trainer. You can contact your local leisure centre for further advice on this and any classes available in your area.

However, if you really want to practise this activity on your own and you have access to a private pool, start by lifting light weights in a part of the pool where you are able to touch the bottom with ease.

# Is a bad hip stopping you from doing everyday things?

**Nuffield Health Brentwood Hospital reveals the signs you might need a new one.**

## What is a hip replacement?

This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

## 1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

### Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

### Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

### Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night – talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

## 2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

## 3. The one leg test

If you can't stand on your problem leg for longer than a minute – even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

## 4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

## How to book a consultation at Nuffield Health Brentwood Hospital

**If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:**

Telephone: **01277 695 631**

Online: **[www.nuffieldhealth.com/hospitals/brentwood](http://www.nuffieldhealth.com/hospitals/brentwood)**

Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



# Orthopaedic services

## Nuffield Health Brentwood Hospital

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

### Treatments include:

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



For more information call **01277 554181** or visit **[nuffieldhealth.com/hospitals/brentwood](http://nuffieldhealth.com/hospitals/brentwood)**







# GOOD FATS VS...

**W**hile fat used to have only negative connotations, we now know that not all fats are equal. Find out everything you need to know about dietary fats.

### What are the different types of fat?

There are four main types of fat in our diets: monounsaturated fats, polyunsaturated fats, saturated fats, and trans fats. The first two are 'healthy fats' as they help to maintain healthy cholesterol levels. The latter are 'unhealthy fats' as they can raise the level of bad cholesterol in your blood. Too much bad cholesterol could potentially lead to a stroke, heart attack or vascular dementia.

Examples of foods containing these four fats include...

**Monounsaturated fats:** Peanut butter | Almonds | Cashews | Olive oil | Avocado oil

**Polyunsaturated fats:** Oily fish like mackerel and salmon | Rapeseed oil | Sunflower oil | Walnuts | Sunflower seeds

**Saturated fats:** Processed meat such as burgers, sausages and bacon | Hard cheeses | Whole milk | Butter | Suet

**Trans fats:** Fried foods | Some takeaway foods | Snacks such as biscuits and cakes | Pies | Hard margarines made with hydrogenated oil

### How much fat should I eat?

Roughly one-third of your daily energy should come from fat, the majority of which should be unsaturated. This is approximately 70g per day for a woman and 90g per day for a man. Saturated fat intake should be no more than 10 per cent of total daily energy and trans fats no more than five per cent. Polyunsaturated fats should be limited to five to 10 per cent of your total calories and monounsaturated fats should make up 15 to 20 per cent.

You can find out the total amount of fat and the saturated fat content on the nutritional label on most foods. Trans fats can be labelled as 'hydrogenated fats' or 'hydrogenated vegetable oils' in the list of ingredients.

# BAD FATS



**You've popped the cork, now light the wick!**



Treat yourself to one of our candles, upcycled from champagne and liquor bottles to add a bit of luxury to your happy place



Scan the QR code & visit our website or go to [www.wickinc.co.uk](http://www.wickinc.co.uk)

Make sure you use our special **VISION discount code for 10% off your first order!**

**WICKVISION22**



## AERIALBASE.COM

**TV • AERIAL • SATELLITE  
INSTALL • SERVICE • REPAIR**

**AERIALS  
FULL FITTED  
from £59.97**

**AERIALS  
SET UP / REPAIR / TUNING  
ONLY £29.97**



**FREE CALL OUTS  
SAME DAY SERVICE** (where possible)

**01277 833047 / 01375 460964  
FREEPHONE 0800 193 0017  
BOOK ONLINE @AERIALBASE.COM**



## FAST, EFFECTIVE & PROVEN

### ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

Flyer Distribution Essex covers a majority of the CM, SS & CO postcode areas

- One off drops OR regular monthly drops
- Targeted Demographics - delivered direct to homes
- Cost effective Printing service available
- Direct Pick up service available from your Essex based address

### CONTACT US

**0800 086 2836 • [www.flyerdistributionessex.co.uk](http://www.flyerdistributionessex.co.uk)**



**Resolve**  
BUILDING  
CLAIMS



## ONE CALL RESOLVES IT ALL

**IF YOU HAVE, OR ARE ABOUT TO MAKE AN INSURANCE CLAIM, PLEASE CALL US**

**LEAKS FIRE STORM DAMAGE FLOOD DAMAGE IMPACT DAMAGE CRIMINAL DAMAGE**

- ★ We survey your property and issue a fully detailed scope
- ★ We will liaise on your behalf with your Insurance Company and their Loss Adjusters

- ★ We carry out the repairs
- ★ The service is completely FREE as we invoice your insurers for the works carried out. You will have to pay your policy excess.

**CONTACT US TO TAKE AWAY THE STRESS & STRAIN FROM AN INSURANCE CLAIM**

**01277 230637 | 07951 751479 | admin@resolvebc.co.uk | www.resolvebc.co.uk**

Simon Leigh Associates Limited trading as Resolve Building Claims is an appointed representative of Citrus Funding. Citrus Funding is a trading name of Andrew Smith which is authorised and regulated by the Financial Conduct Authority



**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  
enquiry@fjg.co.uk



**B**udgeting is hard enough, but for people with an irregular income, it can seem almost impossible. Whether you are self-employed, working a zero-hours contract, or claiming Universal Credit, the below top tips will help you manage your money from one month to the next.

food shopping and other essentials, such as travel costs.

### PLAN AHEAD

If your income fluctuates at different times of the year – for example, you make more during the summer months or the run-up to Christmas is your busiest time – then make sure you put some of this income aside to help see you through during quieter periods. Also, don't forget to factor in times of the year when your outgoings are higher, such as when annual bills are due or in winter when your energy bills are higher.

### BUDGET FOR LOWER INCOME MONTHS

Although you may be tempted to set your budget based on the best-case scenario, this can leave you short. Instead, budget for your lowest income month as this will ensure you have all your essential costs covered. Then, if you have a good month, you can revise next month's budget or add to your savings.

### HAVE AN EMERGENCY FUND

Rather than spend any spare income that you have during a good month, it is a much better idea to set up an emergency fund to get you through times when your income might be lower. Ideally, this should be enough to cover three months of essential outgoings. Set this up in a separate bank account, or you can save it in a money box.

### MONITOR YOUR OUTGOINGS

You may not know exactly how much money you are going to have coming in each month, but you can work out how much needs to go out. By monitoring your outgoings, you can stay on top of your finances and identify areas where you can cut back. Make sure you include your bills,



# A WILL WRITER'S WORDS OF WISDOM

## WORRYING PROBLEMS

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

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

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if

you die with no surviving traceable relatives

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

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

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

## PEACE OF MIND SOLUTIONS

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

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

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

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

documentary evidence, eg Decree Absolute, is sufficient

The estates of current or retired members of the Armed Forces, fire police and ambulance services, and most rescue organisations are entitled to exemption from Inheritance Tax if they die on active service, or if their later death was caused by an injury or disease that was received or aggravated while they were on active service

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

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

# HAVE YOU MADE YOUR WILL?

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

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

**Please note that weekend meetings are offered at no extra cost**



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

Please visit [www.businessadvisoressex.co.uk](http://www.businessadvisoressex.co.uk) for more detailed information, then call me for a fixed fee quotation and free advice

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

**ENGLEMAN WILLS**  
+ POWERS OF ATTORNEY + PROBATE



**Family disputes and conflicts can be a difficult and emotionally charged time. You will receive expert, cost-effective guidance which delivers the best possible solution to the issues in your case, if you work with us.**

**With over 75 years of cumulative experience we can offer support and advice on all legal aspects of relationship breakdown.**

**If your case is suitable we offer a fixed fee initial consultation of up to one hour providing outline advice to new clients.**

### You can seek help on:

- Financial settlements on marriage breakdown
- Financial disputes unmarried couples
- Pensions on divorce
- Pre-nuptial agreements
- Child arrangements



**Jessica Thrower**  
Senior Associate Solicitor  
[jessicathrower@mplaw.co.uk](mailto:jessicathrower@mplaw.co.uk)



**Roisin McCorry**  
Head of Department  
[roisinmccorry@mplaw.co.uk](mailto:roisinmccorry@mplaw.co.uk)



**Jas Pannu**  
Solicitor  
[jaspreetpannu@mplaw.co.uk](mailto:jaspreetpannu@mplaw.co.uk)



**Yvonne Taiwo**  
Solicitor  
[yvonnetaiwo@mplaw.co.uk](mailto:yvonnetaiwo@mplaw.co.uk)



**Alison Brotherton**  
Filer  
[alisonbrotherton@mplaw.co.uk](mailto:alisonbrotherton@mplaw.co.uk)



**Callie Nimki**  
Solicitor  
[callienimki@mplaw.co.uk](mailto:callienimki@mplaw.co.uk)

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

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

**Upminster Office:**  
Suite 5, Essex House,  
15 Station Road,  
Upminster RM14 2SJ  
**T: 01708 251560**

**Email:**  
[office@mplaw.co.uk](mailto:office@mplaw.co.uk)

**UNBEATABLE VALUE**  
ELECTRIC GARAGE DOORS

**FULLY FITTED**  
FROM ONLY  
**£995**  
FREE 5 YEAR WARRANTY

**NEW & IMPROVED**  
GAROLLA PRODUCT RANGE



Garolla's new range is strong, secure and durable  
Transform the look of your home...

- Unlock 25% more garage space
- 100,000+ doors installed in the UK
- The UK's No.1 recommended
- Expertly fitted by a local Garolla engineer

**Checkatrade**  
Where reputation matters  
9.8 out of 10

**Trustpilot**  
4.7 out of 5 / 8,000+ reviews

**GAROLLA** We survey, manufacture and fit...  
TOUGH • TRUSTED • TRANSFORMATIVE

**01277 801 081**  
garolla.co.uk

CALL TO ARRANGE A FREE SURVEY

BESPOKE ELECTRIC DOORS  
MADE IN THE UK

**GUARANTEED**  
PART WORN & NEW TYRES




**PART WORN TYRES**

**NEW TYRES**

**TRACKING**

**CAR TYRES**

**CROSSOVER TYRES**

**4x4 TYRES**

**VAN TYRES**

**PUNCTURE AND DAMAGE TYRES REPAIR SPECIALIST**

For details of our **LIFETIME GUARANTEE** on part-worn tyres visit:  
[www.tyresaversukltd.co.uk](http://www.tyresaversukltd.co.uk)

Unit 4 Navigation Road, Chelmsford CM2 6HE  
Call: 01245 252 626

143 London Rd, Stanford Rivers, Ongar CM5 9PP  
Call: 01277 365 420

 Visit us on Facebook




# Paint IT BLACK

Are you thinking of splashing out on a new set of wheels, but can't quite decide between a blue Beamer or a silver SUV? Well, studies suggest your choice of car colour says a lot more about your personality than you may think.

but you're willing to find common ground with your more outlandish automotive associates.

**GREY/SILVER**

Grey and silver gives off a light air of wealth, taste and prestige, while the neutrality of the colours and their ability to camouflage dirt points to a busy, work-heavy lifestyle. As of 2023, grey is the most common car colour in the UK, with more than 25 per cent of British road users opting for this cool colour.

**RED**

This classic car colour is usually associated with boy racers and other speedy scoundrels – and perhaps rightly so. Driving a red car is said to show you have high energy and an outgoing personality. With that in mind, it's little wonder red has long been the colour of choice for vibrant Italian vehicles such as the Ferrari.

**BLACK**

Whether it's an LBD or tuxedo reception, black has long been synonymous with sophistication and luxury. And when it comes to car colour, it tends to suggest in its driver a dignified personality that eschews over-exuberant displays of wealth, whilst still wanting to signal authority to fellow motorists. And just like the *Men in Black*, you don't mind a bit of mystery in your life, either.

**GREEN**

It's easy to assume that driving a green car hints at an environmentally friendly outlook, and whilst it is suggested that those in green will be less inclined to fill up their tank with toxic nasties, the real reason behind picking an emerald automobile is that it reflects a gentle and patient nature. Either that, or you've just purchased a vintage Jag in beautiful British Racing Green – the iconic motor racing colour commonly associated with the UK.

**ORANGE**

You don't see many orange cars, and that's exactly why a carrot-coloured four-wheeler is representative of a driver who does their best to stand out from the crowd. If you're artistic, eccentric, fun-loving or trendy, an orange car is sure to turn heads... which is maybe why it's more commonly seen adorning futuristic supercars such as Lotuses or Lamborghinis.

**BLUE**

Owning a blue car doesn't mean you're a downbeat person – instead, it signifies that you like to promote an optimistic and stable image to the world. You might not be flamboyant enough to go for a red or orange roadster, for example,



## AERIAL / TV SERVICE & REPAIRS

### AERIALBASE

Tv/Aerial/Satellite/Install/Service/Repair. Free Callouts. Over 20 years experience. Call on 01277 833047 | 01375 460964 Book online @Aerialbase.com

## BATHROOMS & KITCHENS

### 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

### OLYMPUS BATHROOMS

Specialising in Innovative Bathroom Design. Visit our showroom – 13 High Street, Chipping Ongar, Ongar, CM5 9DS. Contact us on 01277 330151

**JOIN THE LISTINGS...**

for just **£15** +VAT per month

## BUILDING SERVICES

### ACURA CONSTRUCTION

Landscaping, Groundworks, Civil Engineering, Grab Hire & Muck Away. Call 01277 424886 | 07539 300539 or visit our website to find out more [www.acuraconstruction.co.uk](http://www.acuraconstruction.co.uk)

### HOUGHTONS BUILDING CONTRACTORS LTD

All work guaranteed, no deposits, free estimates, Public liability insurance. FREEPHONE 0800 292 7185 | 01621 834464 | 07568 971279 | [www.houghtonsbuildingcontractorsltd.co.uk](http://www.houghtonsbuildingcontractorsltd.co.uk)

## CARPENTRY & MAINTENANCE

### JS CARPENTRY & MAINTENANCE

Domestic & Commercial. From Architraves to Media Walls, Internal Doors to Bespoke Staircases, we can help you with all your carpentry needs. Call: 07368 947079

## 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](mailto:emma.brooks@mollymaid.co.uk)

## CONSERVATORIES / INSULATION

### 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

### CONSERVATORY INSULATION SOLUTIONS

Warmer in the WINTER Cooler in the SUMMER call your local Surveyor, SHAY for FREE no-obligation quotation on 07940 080828 or [www.conservatoryinsulationsolutions.com](http://www.conservatoryinsulationsolutions.com)

## CURTAINS & BLINDS

### IANS CURTAINS & BLINDS

Curtains, Tracks & Poles, Roman, Roller, Vertical, Venetian, Wooden Blinds. FREE Quote, 01268 976779 | 07743 562384 | [ian.dipple@yahoo.co.uk](mailto:ian.dipple@yahoo.co.uk) | [www.ianscurtainsandblinds.co.uk](http://www.ianscurtainsandblinds.co.uk)

## DENTISTRY

### SMILE HQ

Exceptional dentistry. Contact us today on 01277 503252 or visit [www.smilehq.com](http://www.smilehq.com) for more information and a free consultation\* | 105 High Street, Brentwood, CM14 4RR

## DOMESTIC APPLIANCES

### SPIN DOCTOR

Local Engineers in your area. Appliance problem? We'll Fix It! Any make, Any model. Call 01279 310793 or book online at [www.spindoctoruk.com](http://www.spindoctoruk.com)

## ELECTRICIAN

### PARKERS ELECTRICAL SOLUTIONS

No Job Too Small, Kitchen/Bathroom electrics, Inspections & Testing, Friendly reliable and fully insured contact Joe today on 07737 447302 or email [pesolutions@hotmail.com](mailto:pesolutions@hotmail.com)

## FINANCIAL SERVICES

### ENGLEMAN WILLS

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

## GARDEN BUILDINGS

### R PAGE CONCRETE BUILDINGS LTD

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

## GARDEN ROOMS

### SANCTUARY FOUND

Offices, Mancaves, Garden Rooms. To find out more call Jon on 07508 339804 or email [info@sanctuaryfound.co.uk](mailto:info@sanctuaryfound.co.uk)

## GARDEN SERVICES

### GREEN THUMB

Lawn Treatment service, if you have been thinking about enjoying a great lawn this year - Simply call 01277 352236 or visit [greenthumb.co.uk](http://greenthumb.co.uk)

## HEALTH & WELLBEING

### CHIROPODY, PODIATRY & FOOTCARE CENTRE

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

### NUFFIELD HEALTH BRENTWOOD HOSPITAL

Come and join us at our free hospital events please check our page in the Health section of this edition for more information. Spaces are limited call us on 01277 554181

### SHENFIELD CHIROPRACTIC

Are you in pain? Free treatment on first visit. We treat Sciatica, Back Pain, Neck Pain, Headaches, postural problems & more. Book online today. [www.shenfieldchiropractic.co.uk](http://www.shenfieldchiropractic.co.uk)

## HOME CARE

### ELSIE'S HELP AT HOME

Personal Care, Medication Support, Meal Prep, Community Support & Shopping, Companionship & more. Call 01245 801401 | [www.elsieshelppathome.com](http://www.elsieshelppathome.com)

## HOME IMPROVEMENT & HANDYMAN

### B WATTS MAINTENANCE

For all of your home improvement and maintenance needs. Call 07725 901004 for a FREE quotation. [www.bwattsmaintenance.co.uk](http://www.bwattsmaintenance.co.uk) | [b.wattsmaintenance@gmail.com](mailto:b.wattsmaintenance@gmail.com)

**JOIN THE LISTINGS...**

for just **£180** +VAT per year

## LANDSCAPING

### NEW LEAF LANDSCAPES & DESIGNS

Landscape Gardening, Garden Maintenance & all Ground Works. Tel: 01277 549027 | 07856 769007 | Email: [newleaf.landscapes@outlook.com](mailto:newleaf.landscapes@outlook.com)

## LEAFLET DISTRIBUTION

### FLYER DISTRIBUTION ESSEX

Leaflet, printing & distribution service. Cover a majority of CM, SS, CO postcodes. One off drops or regular monthly drops. Call us on 01277 554045 | [www.flyerdistributionessex.co.uk](http://www.flyerdistributionessex.co.uk)

## PAINTING & DECORATING

### 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](mailto:richard@warddecorators.co.uk)

### JRS PAINTING SERVICES

All aspects of painting work covered: Domestic, interior & exterior. Commercial. Please contact Jamie for FREE quotes on 07712 524407 | [jamiesanders273@yahoo.com](mailto:jamiesanders273@yahoo.com)

### TJM PAINTING & DECORATING

Home Maintenance & Repairs. Fully Insured. For High Quality Work Call 07824 664591 | [www.TJMdecorating.co.uk](http://www.TJMdecorating.co.uk) [tjmdecorating@hotmail.com](mailto:tjmdecorating@hotmail.com)

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

## 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

## PROPERTY 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 [office@timminspsl.co.uk](mailto:office@timminspsl.co.uk)

## ROOFING

### JIM BARR ROOFING

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

### HIGH TECH MEMBRANE ROOFING

For free advice and pricing please call 01268 859 602 or visit [www.flatroofs.net](http://www.flatroofs.net)

## SHUTTERS

### STYLEHOUSE SHUTTERS

We fit the highest quality, bespoke, hand-crafted plantation shutters in Essex. For a no-obligation quote. T: 01277 412178 M: 07962 356184 | E: [hello@stylehouses Shutters.co.uk](mailto:hello@stylehouses Shutters.co.uk)

# THE VISION LISTINGS

## SOLAR PANELS & EV CHARGING

### SOLAR ARMOUR

Solar Panels, Solar Batteries, EV Charging, Service & Maintenance. FREE quote on 0800 772 3461 | www.solararmouruk.co.uk | 65 Ongar Road, Brentwood, CM15 9AZ

## TRAVEL AGENT

### THE TRAVEL BOUTIQUE

Your independent travel agent. Find us at 39a High Street, Ingatestone, CM4 9DU. Call or WhatsApp message 01277 563193 | janette.healey@thetravelboutique.co.uk

## TYRES

### TYRESAVERS

Guaranteed Part Worn & New tyres. Puncture & Damage tyres repair specialist. Ongar, CM5 9PP – 01277 365420 | Chelmsford, CM2 6HE – 01245 252626

## WINDOWS & DOORS

### WINDOW MAN

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

### MR MISTY 'THE WINDOW DOCTOR'

Eliminate window condensation, broken window parts, broken glass, secondary glazing, faulty hinges, locksmiths. Contact us 0800 2545 111 | www.mrmisty.co.uk

## WINDOWS & GUTTER CLEANING

### REVIVE CLEANING & MAINTENANCE LTD

Window Cleaning, Gutter Cleaning & Pressure Washing services. Professional Service, Friendly & Reliable & Competitive Prices. Call today on 07769 894398

**CONTACT US TO BOOK... BILLERICAY@VISIONMAG.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: FANG, FANS, BANS, BINS, BITS, BITE

# ARE YOU FED UP IN YOUR CURRENT ROLE?



## LOOKING FOR A SALES ROLE WITH FLEXIBLE WORKING HOURS?

- Are you limited in your current earnings?
- Do you have a great personality, enjoy talking to people, have a flair for getting great conversations going and driven to achieve results?
- Have you worked in sales for at least six months (or have a desire to work in sales) and feel you are not being stretched or paid your true value?

*If so, then this might be the job for you!*

Your  
Monthly  
Lifestyle  
Magazine



**CONTACT US TO FIND OUT MORE**

01277 554045

nik@visionmagessex.com

## Get £90 off affordable general care from SmileHQ until 2024.

At just £45 for a 45-minute appointment\* with our friendly dentists until 2024, keeping your smile in perfect long-term health has never been more affordable.

\*Usually £135!

### Your Routine Appointment Includes



In-depth 45-minute  
check-up and consultation  
with our team



Advice on all the options  
available to improve  
your smile



Access to X-rays,  
state-of-the-art scanner and  
other diagnostic tech,  
should you need it



Oral cancer screening

## Need Us in an Emergency?

We hope you'll never experience a dental emergency. But it's good to know that SmileHQ will be there with same-day emergency appointments when you need us.

For confidence that an emergency doesn't turn into a crisis, add our number to your contact list today.

\*subject to availability.

Ask our team today to book your appointment for just £45!

☎ 01277 503 252

📍 105 High St Brentwood CM14 4RR

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