



**TOP 5  
CLEVER  
IKEA  
HACKS**

*Fancy a pint?*

Visit the smallest pubs in the UK

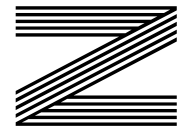
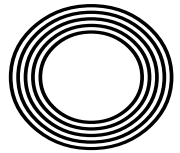
**FISH AND CHIPS DAY**

How to make the perfect fish and chips

**COOPER AND**

**CLARKSON**

Dynamic duo return for third series of popular show



**FREE**



# THE DIFFERENCE IS CLEAR

WINDOWS  
DOORS • PORCHES  
SOFFITS • GUTTERING  
CONSERVATORIES • FSG  
\* Solar Batteries now available \*

TAKE ADVANTAGE OF OUR  
UP TO **50%** OFF  
**SALE**

## Uncompromising when it comes to quality

At EE Glazing, we have over 70 years of combined glazing industry experience behind us. During this time, we've learned what sets a top product apart from merely a good one. We have also centred our company ethos around quality, and every product we install is evidence of that commitment.

Take the Kommerling 70mm uPVC window system that we use, for example; it is hands down one of the best uPVC window systems on the market. It's highly durable, very efficient, secure, easy to maintain, and ultra-versatile, making it the perfect window option for every homeowner.



Contact us now for a no-obligation quote

**01279 939152**

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



" The whole experience from initial order to installation and completion was carried out with efficiency, good humour and professionalism "

**Mr & Mrs Lambert**

**CERTASS**  
Registered Installer







MAY 2024

# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford.

Last month, I wrote about how important it is to ask questions of your older family members to find out more about where you come from.

Recently, I was surprised at how much new information I was able to find out from my family. My dad came to England from Cairo, where he was born, with his mum. Somehow it never occurred to me before to wonder where my grandmother was buried, but it turns out her grave is in Stepney - not far away at all. As well as giving me the impetus to go and visit her grave, it also made me want to go to Egypt to visit my grandfather's grave.

On my dad's birthday earlier this year, he came to visit and brought a photo of his dad with him. On the back was the logo of the shop where the photo was printed. My dad then revealed that his dad had worked in the printmaking industry. I found it amazing that I'm now working in a similar industry to my grandfather, and I'd had no idea!

So my task for you this month is to talk to your family members and ask them the questions we tend to leave until it's too late. How many of us can say we know what our grandparents or great-grandparents did for a living? There's no time like the present to unravel your family mysteries!

I hope you enjoy this month's edition.

*Brett Shohet*

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:**  
 bishopsstortford@visionmag.co.uk | 01279 939134 | www.visionmagherts.com  
 X@visionherts @visionmageastherts Vision Magazine East Herts

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Bryn Holmes

All pages are recyclable

## THE B7 MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION  
 SIGNAGE • MENUS & BROCHURES • RETAIL PACKAGING  
 EXHIBITION BOARDS & BANNERS  
 WINDOW VINYLs • LOGO DESIGN  
 BRAND ALIGNMENT • VEHICLE WRAPPING  
 CARBON PADS • WORKWEAR • WEBSITES  
 SOCIAL MEDIA • I.T. SOLUTIONS

ENQUIRIES@B7MEDIAGROUP.COM

01279 939134



## Luxury care in the heart of Harlow

Now open to viewings

We are delighted to announce the grand opening of The Jubilee Suite - our new luxury care suite situated within Abbot Care Home in Harlow, Essex.

Our new Jubilee Suite has been expertly designed with kindness, and dignity at its heart, providing person-centred nursing, residential and dementia care. With a variety of excellent facilities and spaces to enjoy, we welcome the people who live here to play an active part in everyday life - as we ensure activities, events and mealtimes are carefully tailored to the personal preferences of each individual.

Abbot Care Home is situated amongst peaceful open parkland and features beautiful, landscaped gardens. The people who live here enjoy a comfortable environment and benefit from the home-from-home atmosphere.

It is important to our team that we work as part of your family, as we plan in partnership whilst providing the same caring support that we would wish for our own loved ones to receive, whilst enjoying a life well-lived, each and every day.

**Excelcare**  
 Belong with us



We welcome you to visit us to meet with our friendly team who will be happy to work around your schedule.

To find out more about Abbot Care Home and book in to view our newly opened Jubilee Suite, please get in touch

01279 594 610

info@excelcareholdings.com



# A DATE TO REMEMBER



**CELEBRATING 25 YEARS SINCE THE WOMEN'S INSTITUTE CALENDAR THAT TO DATE HAS RAISED MORE THAN £6MILLION FOR BLOOD CANCER RESEARCH**

It happened 25 years ago – a funny, unconventional and cheeky method (in more ways than one), to honour a cancer victim at the Rylstone and District branch of the Women's Institute.

Wind the clock forward and the brilliance of these Yorkshire women has raised millions of pounds, as well as sparking a Hollywood blockbuster.

The story began when Angela Knowles' husband, John, was diagnosed with non-Hodgkin lymphoma in February 1998.

The devastating diagnosis sparked an interesting idea from Angela's daughter-in-law, who suggested they give those close to them a sunflower plant in the hope that when the flowers bloomed, John would be in remission.

Sadly, he died a mere five months later at the age

of 54, on July 22, 1998.

Amid her grief, Angela was looking for something positive to put her energy into. Her friend and fellow Yorkshire Ladies Women's Institute member, Tricia Stewart, suggested they find a fun way to raise money for a new sofa on the ward where John was treated. They settled, as you do, on a Pirelli-style nude calendar!

A suggestion that started as nothing more than a joke had suddenly become serious. With all profits going to Blood Cancer UK (Leukaemia & Lymphoma Research as it was then), a growing party of ladies was ready to take part.

The women tastefully posed nude for the calendar, each covering themselves strategically with items related to their interests or the Women's Institute,

such as baked goods, flower arrangements and knitting. Each picture also included a sunflower, which became the emblem for the Calendar Girls.

The initial plan was to print 1,000 calendars to be sold for £5 each, but the minimum print run was 5,000. Just as well, because by the time the calendar first became available on April 12, 1999, the publicity was so enormous that the first run was soon snapped up. Eventually, they shipped 56,000 calendars, raising £322,000.

The Calendar Girls' story gained more popularity when it was adapted into a successful film in 2003, directed by Nigel Cole and starring the great Dames Helen Mirren DBE and Julie Walters DBE.

In 2012, Gary Barlow OBE and Tim Firth began writing songs for a musical based on the tireless

fundraisers. *The Girls* opened at the Leeds Grand in 2015 and toured across the UK, receiving widespread acclaim. The show hit stages across the country again earlier this year.

Over the years, Angela and her gal pals have released several more calendars (including a 10-year anniversary edition in 2010), and even presented calendars to Her Late Majesty Queen Elizabeth II and Queen Elizabeth The Queen Mother.

The story resonates with many because of its portrayal of ordinary women doing something extraordinary for a good cause, and certainly John would have been immensely proud of his wife and her friends. A terrible illness, which stole a beloved husband in five months, has been transformed into 25 years of hope for millions.





# UK's SMALLEST PUB

Photo credit: J M Ritchie/Shutterstock.com, Liz Coughlan/Shutterstock.com, Claudio Divizia/Shutterstock.com

## WHY DOES SIZE MATTER WHEN YOU'RE DEALING WITH BRITAIN'S SMALLEST PUBS

They say a pint of beer is the perfect representation of something that's small, yet perfectly formed. Extending that idea to the immediate surroundings is the name of the game when it comes to searching out (and getting into) the UK's smallest pubs.

That ultimate accolade goes to The Nutshell in Bury St Edmunds, Suffolk. Measuring 15x7ft, this is a boozer than can only accommodate 15 people at a time (although there is outside seating space). The Victorian pub is plastered with memorabilia and quirky ephemera and is a true gem.

The Nutshell takes the crown because of the off-season closure of The Signal Box Inn in Cleethorpes. No prizes for guessing what clever use has been made of an outdated relic from the golden era of our railways. At just 8ft x 8ft, the knocking of someone's pint with a stray elbow is less a possibility and more an inevitability.

Another challenger is The Lakeside Inn on Southport promenade. This place did hold the official record for the UK's smallest pub back in 1989, but has since been trumped by the aforementioned tiny taverns.

A little closer to home, The Rake in Borough Market is miniscule, while if you're ever in Surrey, venture to Claygate to sup a pint at Platform 3, a pub converted from an old station waiting room.

Elsewhere in the capital, The Euston Tap on Euston Road and The Dove in Hammersmith also feature in the top 10.

The seismic achievements of Britain's smallest pubs are a shot (in the arm, and of the alcoholic nature) to the continued popularity of pubs in the UK. At the last count, there were 27,650 small pubs welcoming adventurous lovers of alcohol – albeit for the establishments on this list, it's strictly one-in, one-out!



## THANK YOU ARTA 2023

for an amazing Gala Event and Dinner!

We Hope To Capture The Big One Next Year, Cheers!

**mint leaf**  
THE ART OF INDIAN COOKING

**10% OFF  
WHEN YOU  
DINE IN  
FOR 2 PEOPLE  
£50 MINIMUM  
SPEND**

## SUNDAY SPECIAL BUFFET EAT AS MUCH AS YOU CAN!

12pm to 2.30pm & 5pm to 10pm

**Adults  
£16.95**

**Child  
£9.95**

**WE HAVE WIDE VARIETY OF DISHES  
TO CHOOSE FROM**

New dishes added every week  
You can choose your own



## PRIVATE HIRE

**MINT LEAF IS A GREAT PLACE FOR  
ANY CELEBRATION, FROM AN INTIMATE  
FAMILY DINNER, AN OFFICE PARTY, OR A  
GRAND CELEBRATION, WE CAN PROVIDE  
YOU WITH THE PERFECT VENUE.**

## BANQUET NIGHT

**EVERY MONDAY TO THURSDAY  
ENJOY A FIVE COURSE MEAL  
ONLY £19.95**

## BRING YOUR OWN BOOZE



ALL FOOD IS SERVED | TERMS, CONDITIONS AND EXCLUSIONS APPLY

**ORDER ONLINE: [WWW.MINTLEAFONLINE.COM](http://WWW.MINTLEAFONLINE.COM)**

**CALL TO BOOK: 01279 939151**

**mintleafrestaurant** **Mint Leaf Bishop's Stortford**



SCAN ME



# TO PLUCK or not TO PLUCK?

When you see hairs popping up on parts of your body where you definitely do not want them, it can be all too tempting to reach for the tweezers and give them a good old pluck. However, there are certain areas of the body where you should not use this hair removal technique.

✗ **NOSE HAIRS:** You should never pluck your nose hairs as these are there to prevent bacteria and infections. Instead, if you have very visible hairs growing out of your nose, it is a much better idea to simply trim them.

✗ **HAIR ON MOLES:** If you have hairs growing on or around any moles on your body, then you should not pluck these as this can lead to inflammation and can also increase the risk of the area becoming infected.

✗ **INGROWN HAIRS:** Ingrown hairs can be both unsightly and uncomfortable, but that doesn't mean you should go at them with a pair of tweezers. A much safer and more effective solution is to use a combination of steam, scrubs and exfoliation.

✗ **SENSITIVE AREAS OF SKIN:** Areas of skin such as under your arms, around your nipples and your bikini line should not be plucked. This is because the skin is incredibly sensitive in these areas and can easily become irritated or scarred.

## HOW TO PLUCK EFFECTIVELY:

You can safely pluck other areas of your body, such as your chin, upper lip, eyebrows, toes and knuckles, using the below top tips:

- ✓ Always sterilise your tweezers before use or use a brand-new pair.
- ✓ Pull out the hair at an angle, following the grain of the hair.
- ✓ Pluck after showering for best results.
- ✓ Apply aloe vera lotion after plucking to soothe the skin.
- ✓ Take an over-the-counter painkiller 45 minutes before plucking to decrease discomfort.



## A GUIDE TO CHOOSING THE RIGHT BELT FOR YOUR BODY SHAPE

Do you struggle to find a belt that does the job and looks good? If yes, then we feel your pain. Fortunately, the below guide to belts for all shapes and sizes is just what you need!

### BEST FOR PETITE: Thin and monochrome

If you are a petite woman, then you need a belt that is going to elongate your figure and streamline your silhouette. For best results, look for a skinny belt that matches the colour of your whole outfit.

### BEST FOR TALL: Wide

Taller ladies will benefit from a wider belt that will complement the natural proportions of your body. Don't be afraid to go big and bold with colour; your statuesque frame can handle it!

### BEST FOR PLUS SIZE: Loose fit and contrasting colours

If you want a belt that hides your problem areas and makes the most of your curves, then opt for a loose fit design that rests lightly on your waist. For even more sass, match a bright belt with a contrasting coloured outfit.

### BEST FOR HOURGLASS: High and wide

For those with glorious curves, you need to play close attention to the positioning of your belt. Ideally, you should pick a medium to wide belt and place it slightly above your natural waist. This will emphasise your body shape without digging into your hips.

### BEST FOR SHORT WAIST: V shape or chain

Make your upper body appear longer by drawing the eye downwards using a v shape or chain belt. This is especially important if you are wearing a midi-length skirt or dress.

### BEST FOR BOYISH: Super slim

Create the illusion of hips with the narrowest belt you can find and wear it over an oversized dress or jumpsuit. Make sure you place the belt at your belly button and ruff up the fabric to add even more volume.

### BEST FOR LONG WAIST: Big buckle

If you have a long waist, you can handle a bold buckle. Just make sure that you place your chosen belt higher up on your body to avoid adding any further length.



Photo credit: naxos.co.uk, ASOS.com







SCAN ME



**Hummingbird**  
CANCER SUPPORT

Monday's 10:30 - 1:30  
@South Mill Arts

Bishop's Stortford

07510 178200

[www.hummingbirdcancersupport.org](http://www.hummingbirdcancersupport.org)  
[enquiries@hummingbirdcancersupport.org](mailto:enquiries@hummingbirdcancersupport.org)  
Registered charity 1199955



**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

     
WASHING MACHINE DISHWASHER WASH DRYER TUMBLER DRYER

     
ELECTRIC OVEN ELECTRIC HOB FRIDGE FREEZER EXTRACTION HOOD

**ALL MAKES  
ALL MODELS  
REPAIRS  
SALES**

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

**SAME DAY  
CALL OUT  
AVAILABLE**

**SPIN DOCTOR**  
DOMESTIC APPLIANCE REPAIR

PROUD MEMBERS OF  
**Checka**  
trade.com  
Member since 2015  
View our sales page for list of  
machines ready to install today!

**Celebration  
of  
Life**

**Isabel Hospice**  
Together we care

**Sunday  
9th June 2024**

**Ware Priory Gardens,  
SG12 9AL**

**3pm arrival  
for a 4pm start**

A **family friendly** afternoon of celebration and remembrance  
in beautiful surroundings with **musical performances** from  
James Laing, renowned Countertenor and Ware U3A Choir.

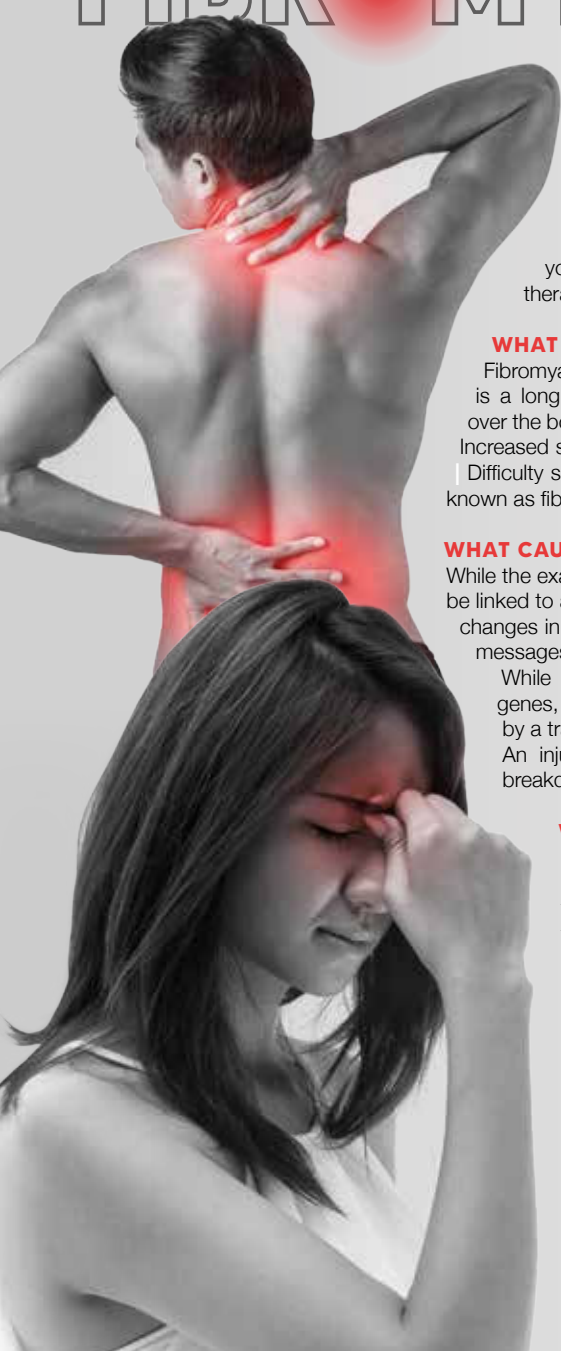
**Refreshments** and cream teas available.

Registration is required by 17th May. To register or find out more visit:  
[isabelhospice.org.uk/CelebrationOfLife](http://isabelhospice.org.uk/CelebrationOfLife) or call Lisa Bailey on  
01707 954 827, email [lisa.bailey@isabelhospice.org.uk](mailto:lisa.bailey@isabelhospice.org.uk)



Scan to book

# FIBROMYALGIA



**F**ibromyalgia Awareness Day 2024 is Sunday, May 12, so this month we're looking at the symptoms, causes and treatments. Fibromyalgia is a chronic condition that causes extreme tiredness and widespread pain. While there is no cure for fibromyalgia, you can manage your symptoms with the right treatments and therapies.

**WHAT IS FIBROMYALGIA?**  
Fibromyalgia, also known as fibromyalgia syndrome, is a long-term health condition that causes pain all over the body. Other symptoms of fibromyalgia include:  
Increased sensitivity to pain | Extreme fatigue | Muscle stiffness  
| Difficulty sleeping | Problems with memory and concentration,  
known as fibro-fog | Headaches | Irritable bowel syndrome

**WHAT CAUSES FIBROMYALGIA?**  
While the exact cause of fibromyalgia is unknown, it is thought to be linked to abnormal levels of certain chemicals in the brain and changes in the way the central nervous system processes pain messages.  
While fibromyalgia can also be inherited through your genes, in many cases, the condition appears to be triggered by a traumatic event, such as:  
An injury or infection | Childbirth | An operation | The  
breakdown of a relationship | The death of a loved one

**WHO IS MOST LIKELY TO BE AFFECTED?**  
Anyone can develop fibromyalgia, although this condition is seven times more common in women than it is in men. It most typically develops between the ages of 30 and 50 but can occur in both children and the elderly. An estimated one in 20 people is affected by fibromyalgia in the UK, but this is only a rough estimate as this condition can be hard to diagnose.

**HOW IS FIBROMYALGIA TREATED?**  
As mentioned, there is no cure for fibromyalgia, but it can be managed with the right treatments. These tend to be a combination of:  
1. Medicines such as antidepressants and painkillers.  
2. Talking therapies, including cognitive behavioural therapy and counselling.  
3. Lifestyle changes such as exercise programmes and relaxation techniques.







# BEGINNER'S GUIDE TO: PADDLEBOARDING



Fancy trying something new this summer? Not only is paddleboarding great fun, but it is also a brilliant form of exercise and can be enjoyed by the whole family.

## WHAT IS PADDLEBOARDING?

Paddleboarding, or stand-up paddleboarding, is a water sport that enables you to enjoy and explore various waterways such as lakes, bays, rivers and even the sea. Unlike canoes or kayaks, paddleboards are completely flat and you can choose to stand, kneel or sit on them.

## HOW TO STAND ON A PADDLEBOARD:

You need to learn the proper paddleboarding technique if you want to be able to control and manoeuvre the board and get maximum enjoyment and physical benefits from it.

- > Stand next to the board in shallow water.
- > Place your paddle down on the board horizontally.
- > Attach the ankle leash if there is one.
- > Place your hands firmly on the paddle and kneel on the board just behind its halfway point.
- > When you feel like you have a good balance, slowly stand up.
- > Position yourself so that you are standing at the centre of the board which should be completely flat on the water.
- > Your feet should be facing forwards, about hip-distance apart with your knees slightly bent.

## HOW TO PADDLE:

- > Engage your core muscles to help maintain balance.
- > Keep your arms straight as you extend the paddle forward for each stroke.
- > Make 4-5 short and close strokes on each side of the board and then switch sides, reversing your hand position.
- > To turn your board, keep paddling on one side (paddling on your right will make you turn left and vice versa).

## WHERE TO PADDLEBOARD IN THE UK:

- > Chichester Harbour, West Sussex – Best for nature lovers
- > River Fowey, Cornwall – Best for stunning scenery
- > Saunton Sands, Devon – Best for slow waves

Remember that coastal waters are tidal so always check out the tide times before you set out. Slack tides are best for beginners as this is when the tide is moving at its minimum. Always wear a lifejacket when paddleboarding and, if you are worried about safety, choose a beach or other waterway that has a lifeguard present.



## HOW TO COOK THE PERFECT FISH & CHIPS

THE HOMEMADE WAY TO ENJOY  
NATIONAL FISH AND CHIP DAY



To celebrate National Fish and Chip Day on Thursday, June 6, we're sharing the ultimate fish and chips recipe so that you can enjoy this popular national dish from the comfort of your own home.

## YOU WILL NEED:

- > 650g skinless cod, haddock or hake, cut into 4 pieces
- > 50g self-raising flour
- > 50g cornflour
- > 1 egg white
- > 125ml sparkling water
- > 600ml sunflower oil for frying
- > 800g unpeeled, even-sized Maris Piper or King Edward potatoes
- > 2 tbs olive oil
- > Salt and pepper to season

## HOW TO MAKE THE CHIPS:

1. Cut the potatoes into 1.5cm thick chips.
2. Add to a saucepan of water, bring to the boil, lower the heat and simmer for 4-5 minutes.
3. Drain, pat dry and leave to cool.
4. Heat the oven to 220°C/200°C fan/gas mark 7.
5. Place a large, shallow roasting tray in the oven

with 1tbs olive oil and heat for 10 minutes.

6. Mix the chips in a bowl with 1 tbs olive oil and then add to the roasting tray.
7. Bake for 5 minutes, turn them over and bake for a further 8-10 minutes until crisp.

## HOW TO COOK THE FISH:

1. Place 1 tbs flour on a plate and coat each piece of fish.
2. Pour the sunflower oil into a heavy, non-stick wok and heat to 200°C.
3. Mix the rest of the flour, cornflour and seasoning.
4. Pour the sparkling water into the flour mix and gently whisk.
5. Whisk the egg white until frothy.
6. Add the egg white to the flour mix and lightly whisk. Try to retain as many bubbles as you can to keep the batter light.
7. Fry 2 pieces of fish at a time, dipping them in the batter to coat and then lowering them into the oil using a slotted spoon.
8. Fry for 5-6 minutes, turning the fish halfway through to ensure it is golden all over.

Serve your fish and chips with some peas, mushy or normal, and a wedge of lemon.



# The cherry N THE CAKE

What fruit announces summer better than glossy and ripe British cherries, often grown on family farms or orchards in the south of England, particularly in Kent?

Cherries may be small, but they're also scrumptious – and pack a big nutritional punch. They're one of your five-a-day and packed with vitamins, minerals and antioxidants. This includes vitamins A and C, vital for your skin and immune system, and potassium, essential for heart health and regulating blood pressure.

Cherries, particularly tart cherries, are also great to snack on if you're struggling from sleep disorders. Sweet cherries are high in melatonin, a sleep-inducing hormone, so try eating some around an hour before you go to bed.

If you're looking for a sweet treat for your next

BBQ, or feel like making a celebratory bake for any other special occasion this summer, why not indulge in this delectable cherry cake?

## YOU WILL NEED:

250g plain flour | 2 tsp baking powder | ½ tsp salt | 115g unsalted butter, softened | 200g granulated sugar | 2 large eggs | 120ml milk with 1 tsp vanilla extract added | 400g fresh cherries, pitted and chopped | Icing sugar to decorate (optional)

## HOW TO MAKE:

Preheat the oven to 175°C/150°C fan/gas mark 4 | Grease a 23cm/9in diameter round cake pan | In a medium bowl, stir the flour, baking powder and salt together | In a large bowl, beat the butter and sugar together until light and fluffy | Add the eggs, one at a time, beating well after each one | Gradually add the flour mixture to the butter and sugar mixture, alternating with the milk and vanilla, and mix until just combined | Lightly toss the cherries in flour – this will stop them from sinking during the baking process | Pour the mixture into the cake tin and lay the cherries across the top | Bake for 35-40 minutes, or until a toothpick inserted in the centre of the cake comes out clean | Cool for 10 minutes before removing it from the tin | Dust with icing sugar before serving if you wish.

## SUPPORT LOCAL BUSINESSES



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

Black and White

## Darkroom

For Hire  
In Ware

Make Silver Gelatine Prints up to 20"x 24"

Process, Contact and Scan Film  
35mm to 4X5

Colour Epson Inkjet Printing

For all experience levels

Tuition Available

Please Call 07964 006 521



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



Nigerian Authentic & Caribbean Cuisine  
Vegan / Meat Eaters / Pescatarian

Would you like *Flavour Full*  
Afrocaribbean Cuisine at your  
next private or social event?

Such as, weddings, corporate events,  
birthday parties and much more...

We also provide "Party Packs" variety  
meals for children's parties

Contact us today: 01279 939154

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


[support@delicasil.co.uk](mailto:support@delicasil.co.uk) • [info@delicasil.co.uk](mailto:info@delicasil.co.uk)

597 Hertford Road, Enfield EN3 6UP





**50% OFF**

 SCAN ME

**50% OFF PIZZA ONLY, ONLINE ONLY.**

**Use code Vis50 at checkout**  
**www.thepizzaguysonline.com**

# LOOKING FOR SOME EXTRA CASH?

**NO CREDIT CHECK REQUIRED** 

# RAISE CASH QUICKLY USING THE BUYBACK SCHEME

**WE ALSO BUY  
LUXURY ITEMS**

# CASH CONCEPTS HERTFORDSHIRE

► WE BUY AND SELL VALUABLE ITEMS

**GET INSTANT CASH TODAY FOR  
YOUR GOODS WITH THE OPTION  
TO BUYBACK LATER**

**01279 641535**  



# Animal buns



KIDS

Have fun in the kitchen with your little ones while making these super-simple and super-cute pig and frog burger buns that you and your kids will love creating!

You will need:

100g spinach (frogs) or 100g cooked beetroot (pigs) | 150ml warm milk | 500g strong white bread flour | 10g fine sea salt | 1 sachet dried yeast | 50g unsalted butter, melted and cooled | 125-150ml warm water | 2-3 black pitted olives | Extra milk for glazing

### How to make:

1. Blend the spinach or beetroot and warm milk in a blender until smooth.
2. Add the flour and sea salt to a bowl and dry whisk with a fork.
3. Add the yeast and whisk again.
4. Gradually mix in the coloured milk, melted butter, and  $\frac{1}{3}$  of the water.
5. Bring the ingredients together with your hand until you have a shaggy dough.
6. Tip the dough out and knead for 10-12 minutes until springy and shiny.
7. Divide the dough into 12 pieces and roll 11 of these into tight balls.
8. Place on a baking tray, making sure to leave space between each ball as they will double in

size while baking.

9. To make the frogs, use the remaining piece of dough to make googly eyes and place a pair on each roll.
10. For the pigs, make little blobs for ears and larger blobs for the noses, use a skewer to mark out holes on each, and place them on each roll.
11. Cover loosely with oiled clingfilm and put in a warm place to prove for 30-45 minutes.
12. Preheat your oven to 200°C/180°C fan/gas mark 6.
13. Add the details to each roll – slivers of olives for the frogs' eyes and tiny pieces for the nostrils, and two tiny eyes for the pigs.
14. Bake for 12-15 minutes until risen and lightly golden.
15. Leave to cool. Slice and add your filling of choice.
16. These can be kept in the freezer for up to three months. Wrap tightly with plastic and then cover with tin foil to seal in moisture and flavour.

Other animal buns ideas:

Turtle brioche buns | Hedgehog bread rolls | Octopus soup bowl.







# How to keep your plant LEAVES CLEAN



**A**re the leaves on your indoor plants looking a little dirty and dusty? Do you wish they would return to their original shine?

While it can be a tedious job, a clean houseplant is happier, healthier and better equipped to improve the air quality in your home.

## ✓ DO be gentle

When cleaning the leaves of your indoor plants, you need to make sure that you do so gently so that you don't damage them. Use a damp cloth or paper towel to carefully remove any dust and then allow to air dry.

## ✗ DON'T buy expensive sprays

You don't need to buy expensive cleaning sprays to clean your plant leaves. Just add a squirt of liquid washing detergent to a bowl of lukewarm water and gently clean as detailed above. Alternatively, try lemon juice or vinegar for more stubborn residues.

## ✓ DO dust the leaves

As well as washing the leaves when you notice a build-up of dirt, you should regularly dust them. For plants with large leaves, use a feather duster to remove dust. For smaller-leaved plants, a soft make-up brush works well.

## ✗ DON'T put your plants in direct sunlight

Although you may be tempted to place your plants in the sun after cleaning to make them dry quicker, this can damage the leaves. This is especially true if you have used any cleaning products that contain chemicals.

## When should you clean the leaves on your houseplants?

The best time to clean the leaves on your houseplants is towards the end of the day when the sun is starting to go down. In terms of frequency, the best way to determine when to clean the leaves is by rubbing your fingers gently along them or by looking for signs of dirt and dust.







# IKEA®

## HACKS YOU'LL LOVE!

Who doesn't love a trip to the wonderful world of Ikea? With so many items for your home and garden to choose from, it is almost impossible to leave this Scandinavian superstore empty-handed. Discover all our favourite and easy Ikea hacks below!

### 1 FLOATING HALLWAY STORAGE

If you are always losing your keys and other essential items, then you need this Ikea hack in your home. To make this, all you need to do is mount an Ikea floating shelf to your chosen wall and then attach a few Ikea magazine holders underneath.



### 2 RATTAN PENDANT LIGHT

Designer lighting can be expensive, but it doesn't need to be with this super-stylish and affordable Ikea hack. Simply take a round Ikea rattan basket, remove the lid and attach it to your chosen ceiling light fixture.



### 3 CONTEMPORARY CAT TREE

Fed up with your feline friend scratching your sofa? Just take four Ikea wall shelves, cover them with Ikea's faux sheepskin fabric, and then mount them on your chosen wall. Hey, presto; a cosy corner for your cats to climb and play.



### 4 WALL-MOUNTED CHARGING STATION

If you and your family are always losing your phone chargers, or worse, fighting over whose turn it is to use them, then this DIY charging station is just what you need. To create, attach an Ikea Hultarp rail to the wall and then hook on a matching Hultarp basket or container. Add an indoor plant or two to the rail for enhanced visual appeal.



### 5 DIY DESK

Need somewhere to work but don't have space for a home office? Take two Ikea three-drawer dressers and place an Ikea worktop on the top. For a more upmarket look, cover the drawer fronts in wood-look laminate and replace the knobs with sleek handles.



Photo credit: instructables.com, Minn App via housebeautiful.com, Aaron Bengtsson via housebeautiful.com, hometalk.com, Mike Gatten via goodhousekeeping.com



## YOUR DREAM FLOORS AWAIT

Book a consultation and bring your vision to life

Whether you are looking to create your dream space at home or work, LKJ Flooring can help. With over 20 years experience in the flooring sector, we specialise in supplying and fitting a wide range of carpets, Amtico, Karndean, LVT, laminate and many other floor coverings.

AT LKJ we offer a friendly and knowledgeable service as we believe everyone deserves a beautiful floor, that's why our passion for first class customer service and expert advice is at the heart of everything we do.

We provide a free estimate service - this entails a room measure, professional advice and assistance on deciding which would be the most suitable flooring options for you. With a vast array of samples for you to view in the comfort of your home or work place. Plus we will go through any preparation work required to give you the most professional finish whilst also finding the most cost-effective option for you.



☎ 01279 939103

🌐 [www.lkjflooring.com](http://www.lkjflooring.com)

✉ [info@lkjflooring.com](mailto:info@lkjflooring.com)



LKJ Flooring  
Services Ltd





**HAINAULT**  
TRADE WINDOWS  
TRADE WINDOWS FOR TRADE PEOPLE

At Hainault Trade Windows we are built upon reputation, trust, High-quality items at cost-effective prices and a clear understanding of supply and demand for the trades.

Are you a tradesman in Essex and the surrounding areas? Are you looking for trade products including any the following, then we can help :-

- ✓ **FSG**
- ✓ **Doors**
- ✓ **Windows**
- ✓ **Aluminium**
- ✓ **Conservatories**
- ✓ **Roof Lights/Lanterns**

Get a quote now  
**0208 088 4153**  
[www.hainaulttradewindows.co.uk](http://www.hainaulttradewindows.co.uk)







SCAN ME





**Infinite Glass**

BUILDING TRUST  
WITH QUALITY  
WORK





**01279 939123** [info@infiniteglass.co.uk](mailto:info@infiniteglass.co.uk)  
Unit 2 The Links, Raynham Road, Bishops Stortford CM23 5NZ




SCAN ME









A GUIDE TO  
**FLUTING**

HOME & DIY

Fluting is enjoying a revival in modern home décor, offering a simple way to add texture to a room, as well as a little glamour. Essentially a series of shallow grooves that run across a surface, there are lots of great ways to incorporate fluting into your home.

**Fluted panel walls:** Fluted wall panels can be used to add texture and visual interest to pretty much any room in your home. These can be installed vertically or horizontally, and the size of the spacing can be adjusted to achieve the desired effect. Fluted wall panels can be made from wood, metal, MDF or PVC.

**Fluted design furniture:** Fluted design furniture such as a fluted sofa or fluted cabinets provide the perfect way to create a focal point in a room, drawing the eye directly to the piece. When choosing fluted design furniture, pay close attention to the material and colour as these need to complement the rest of the room.

**Fluted light fixtures:** Light fixtures that feature fluted glass shades or grooved metal bases are bang on trend, adding a touch of elegance to any room. For a dramatic look, consider installing a fluted light fixture on a fluted wall.

**Fluted design accents:** Smaller fluted accents are ideal for anyone who wants to try out this design trend but doesn't want it to overpower a space. Fluted vases, candle holders and other fluted decorative items can be placed around your home to create specific areas of interest.

**Fluted wall partitions:** A fluted wall partition can be used as either a statement piece or as a subtle accent to separate spaces and zones in a room. It can be made from a variety of different materials including wood, metal and even glass. These are highly effective when used alongside fluted lighting for a more cohesive look.

Photo credit: [www.7design.sg](http://www.7design.sg), [houseandhome.com](http://houseandhome.com), [corston.com](http://corston.com), [zoecliviblog.co.uk](http://zoecliviblog.co.uk), [Pinterest-Victoria-Tian](http://Pinterest-Victoria-Tian)



# IT'S A FARMER'S LIFE

THE THIRD SERIES OF *CLARKSON'S FARM* CROPS UP SOON, BUT WHY IS THE CONCEPT OF A PETROLHEAD PARADING IN AMONG THE PIGS SUCH A RATINGS WINNER?



Known more for his career in automotive journalism, Jeremy Clarkson's pivot to rural life has not only been educational and entertaining, but also a true transformation of someone who has reinvented himself away from the high-octane heat of *Top Gear*, *The Grand Tour* and more.

Set in Chipping Norton, in the Cotswolds, the debut series of *Clarkson's Farm*, from 2021, lured viewers in by showcasing the former motoring broadcaster getting to grips with machinery of an altogether different kind – from tractors to milking contraptions and more.

Backed by his charismatic, witty and occasionally serious take on modern agricultural complexities, the series delved into the significant challenges facing the farming industry – extreme weather conditions, skyrocketing inflation, crops and the daunting economics of keeping a farm afloat... no better referenced than the meagre £144 arable farming profit he made in year two!

Clarkson is aided on-site by a host of typically rural characters, yet it has been his unexpected and somewhat charming friendship with farm worker Kaleb Cooper that has endured.

Their relationship, marked by banter and mutual respect, sees 25-year-old Kaleb often act as a foil to Clarkson's novice enthusiasm and grandiose plans, bringing a grounded perspective to some typically outlandish ventures.

From a local young farmer to a national celebrity, Kaleb's journey highlights how dedication and knowledge can bring about unexpected opportunities. "It has been a rollercoaster ride and the best thing to ever happen to me," he says. "I don't think anyone in agriculture has ever believed their work would court celebrity circles, but if there was ever a reward for hard graft then this is certainly it."

In addition, the success of the series has driven energy and enthusiasm into the same rural communities so used to seeing younger folk depart for the city lights.

Of course, current *Who Wants To Be A Millionaire?* host Clarkson is still the skilful schemer he always was. In August 2022, the 62 year old was ordered by West Oxfordshire District Council to close the restaurant attached to the farm after being denied planning permission.

Despite his claim of exploiting a "delightful little loophole" to open in July, the council issued an enforcement notice. "The loophole is no more," he quipped.

Season three sees the unlikely pair tackle various new challenges, such as attempting to profit from unused areas of Diddly Squat Farm, inventive projects involving woodland and hedgerows, and ventures into raising different livestock and crops.

It will be split into two parts of four episodes each – 1-4 available from May 3, and 5-8 commencing May 10.

"I had no idea where this project would take me when I started it," says Clarkson, "though I can safely say it's been one of the most rewarding things I've done in my whole life.

"Really, farming and agriculture remains the heartbeat of this nation. We should all take time to think about it, about the environment, about where our food comes from, and the real costs associated with producing it.

"I would like to think the series is a tribute to the trials, triumphs and essential truths of farming life – and the incredible hard work that goes into it... sometimes even by me!"





# The history behind the oldest building in Hertford

Boasting a history spanning 800 years, and as one of two active churches in the Parish of Bengoe, St Leonard's Church was constructed shortly after the Norman Conquest.

It functioned as the main parish church until 1855, when the larger Holy Trinity Church designed by Benjamin Ferrey took over the role. During the late 19th and early 20th centuries, Bengoe was home to as many as five churches.

The other churches were Christ Church, serving what's now known as Lower Bengoe and decommissioned in 1968; Saint Mary's Chapel of Ease, catering to the Tonwell community and since integrated into the local church school; and Saint Michael's in Waterford, which became its own parish around 100 years ago.

When Holy Trinity assumed its lead role in the mid-19th century, St Leonard's was deprived of its furnishings and remained vacant and neglected for several years. The Gosselin family, residents of nearby Bengoe Hall, hired John Thomas Micklethwaite to renovate and refurnish the church between 1884 and 1894.

Constructed from flint and accented with stone, the church roof is covered in tiles. The southern side entrance was established in the 12th century and is complemented by a Georgian-era porch made of brick, with a 14th-century door, while the bellcote at the western end is made of wood and accommodates a bell from the year 1636.

The presence of an apse is distinctive in the fact that it's shared with only two other medieval churches in Hertfordshire: St John the Baptist in Great Amwell and St Mary's in Great Wymondley.

Interestingly, William Weir, the Scottish architect who specialised in the repair of ancient structures, revealed medieval wall paintings during his 1938 restoration. One of the paintings, likely to be from the 13th century, depicts Jesus being taken down from the cross prior to his burial.

With such an image serving to inspire church-goers in their devotions, St Leonard's is now back in the heart of the community – it hosts Sunday services and serves as a venue for exhibitions and concerts.



## FROM LOCKOUTS TO LOCK CHANGES

Lockey Locks are a five-star rated, fully qualified and insured emergency locksmith service, covering Bishops Stortford and the surrounding areas.

- Locked Out? ● Lost Keys?
- New Locks Fitted
- Insurance Upgrades
- UPVC Specialists
- Safe Engineers

**24 HR ASSISTANCE**

**CALL FOR YOUR FREE QUOTE**

SCAN ME

Google ★★★★★

📞 01279 939183

✉ info@lockeylocks.co.uk

🌐 www.lockeylocks.co.uk

📷 📺

**LEARN HOW TO BE A LOCKSMITH WITH LOCKEY LOCKS**

Learn all the necessary skills to start your own locksmith business in just 3 days

100 YEARS  
WOOD BROS  
ENGLAND 1924

**\*20% OFF with this advert**

\* T&C's see instore

**UPHOLSTERY | CABINET | FABRIC | ACCESSORIES**

**Visit us:** Online woodbros.co.uk Showroom in Ware



# Simon Cowell's path from village to luxury villa

Born in Lambeth on October 7, 1959, TV and music mogul Simon Cowell was raised in Elstree, giving him a somewhat fortuitous local foundation on which he could construct plans to become a towering figure in the entertainment industry.

Best known as a judge on popular TV talent competitions *Pop Idol*, *Popstars: The Rivals*, *The X Factor*, *Britain's Got Talent* and its counterpart across the Atlantic, *American Idol*, Cowell's sharp critique – often laced with a dry, unapologetic wit – has made him one of the most memorable personalities on television.

His education started at Radlett Preparatory School, though the young, impressionable Cowell wasn't academically minded and left school with one O Level in order to pursue a career in the record industry. Carrying with him a nagging persistence – both as an employee at EMI and through his own E&S label, whose first hit was Sinitta's *So Macho* – he ascended the ladder to become a leading artists and repertoire

executive, where he perfected a knack for recognising up-and-coming talent.

His achievements in the industry are numerous, including the formation of Syco Entertainment in 2002, and the sparking of successful music careers for acts such as Westlife, One Direction, Susan Boyle, James Arthur and Little Mix.

Away from his professional endeavours, 64-year-old Cowell's personal life has been a constant in newspapers and online. Engaged to Lauren Silverman, with whom he shares 10-year-old son Eric, Cowell is a dedicated father, whose influence extends beyond entertainment and into philanthropic efforts. It's also evident in his contributions to his former home county of Hertfordshire, not least the famous Elstree Studios, chosen as a base for *Britain's Got Talent*.

"It's a home from home, and will always feel like home to me," said the music maestro upon returning to the place where he was raised.

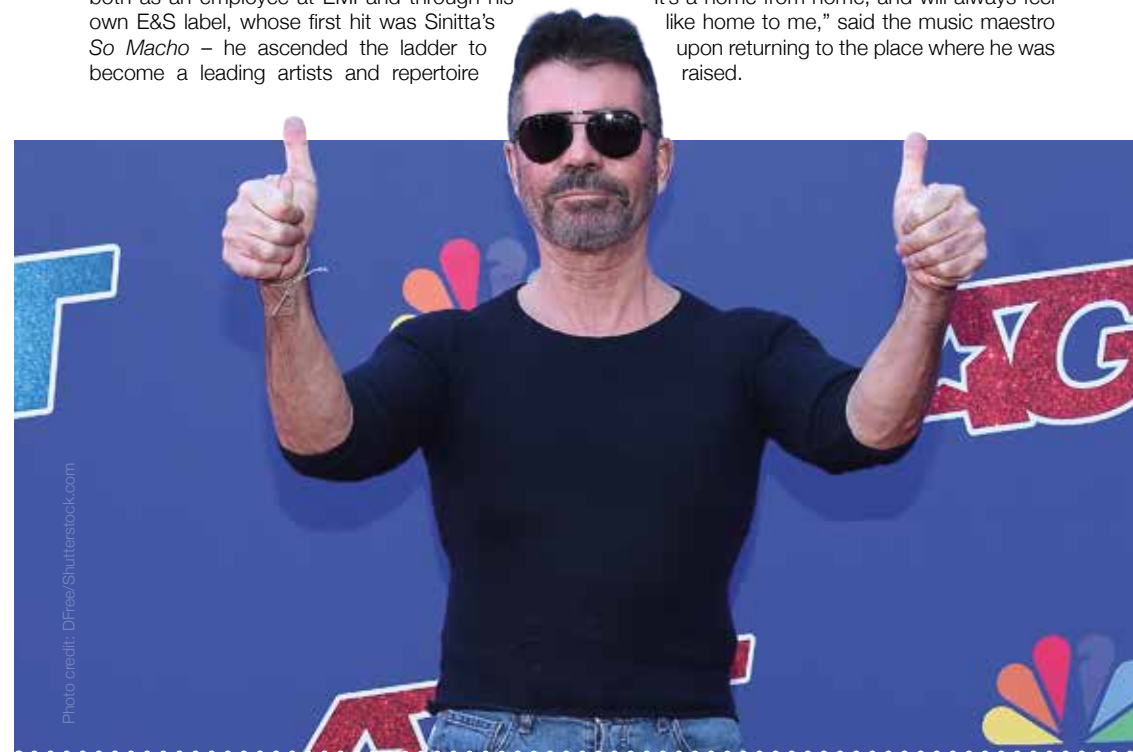


Photo credit: DFree/Shutterstock.com

**DO YOU WANT TO SAVE ENERGY?**  
**DO YOU WANT TO RETAIN HEAT?**  
**DO YOU WANT TO SAVE MONEY?**  
**DO YOU WANT TO PROLONG THE LIFE OF YOUR EXTERIOR PROPERTY?**

As Properla Approved Installers we offer a range of exterior super hydrophobic waterproof and 100% breathable coatings for your roof or walls, designed to reduce energy costs and protect the exterior of your property and save you money.

## CLEANING & COATING SERVICES

PROPERLA & RENOTEC WALL & ROOF COATINGS

APPROVED INSTALLERS

ENERGY SAVING TRUST APPROVED PRODUCTS IN THE RANGE

ALL PRODUCTS COME WITH A 10-20 YEAR MANUFACTURERS GUARANTEE

- Roof & Wall Coating ■ Driveway Cleaning & Coating
- Wood impregnator ■ Damp & Mould Prevention
- Insulation Removals ■ Solar Panel Cleaning

Call us: 07810 562 506 or visit: [www.ecocoats.co.uk](http://www.ecocoats.co.uk)



PUT THE SPARKLE BACK INTO YOUR KITCHEN



Domestic Oven Cleaning Specialists

Est. since 2007

### Prices

Single oven incl. shelves & grill pan.....	£48.00
Double oven incl. shelves & grill pan.....	£59.00
Range incl. shelves & grill pan.....	From £68.00
AGAs.....	From £100.00
Hobs.....	From £17.00
Extractors.....	From £18.00
Microwaves.....	From £20.00

No VAT to pay



BEFORE

AFTER

PLEASE CALL FOR A FREE QUOTATION

01279 432444 \* [www.ovenbright.co.uk](http://www.ovenbright.co.uk)



# YOUR LOCAL EVENTS

## ENCHANTED CINEMA

Down Hall Hotel & Spa,  
Matching Road, Hatfield Heath,  
Bishop's Stortford, CM22 7AS  
Friday, May 24, to Sunday, May 26,  
7.30pm



Photo credit: Outdoor Cinema

Enjoy classic films in the hotel's picturesque 110-acre garden. *Barbie* will be shown on Friday, *Dirty Dancing* on Saturday, and *Jurassic Park* on Sunday.

Tickets start at £10 from [www.downhall.co.uk/upcoming-events/open-air-cinema](http://www.downhall.co.uk/upcoming-events/open-air-cinema)

## THE UPBEAT BEATLES

South Mill Arts, 1-3 South Road,  
Bishop's Stortford, CM23 3JG  
Saturday, May 25, 7.30pm

Having performed to sold-out audiences for the last 20 years, this Beatles tribute act have more than earned their golden reputation. They'll take you through the Beatles' entire career, from their early Beatlemania days all the way through to end of the Swinging Sixties.

Tickets start from £26 and can be booked by visiting [www.bit.ly/4aO03ak](http://www.bit.ly/4aO03ak)

## MORGAN AND WEST'S MASSIVE MAGIC SHOW

South Mill Arts, 1-3 South Road,  
Bishop's Stortford, CM23 3JG  
Thursday, May 30, 2pm

Children and childish grown-ups alike will be amazed by this performance. With five-star reviews from *The Stage* and *The Daily Mirror*, expect to enjoy a fabulous fantasia. This new magic show is full of Morgan and West's trademark wit, whimsy and silliness.

This show is suitable for children aged four and over. Tickets cost £13 for under-16s and over-60s, or £15 for standard tickets. To book, visit [www.bit.ly/4b35sds](http://www.bit.ly/4b35sds)

## D-DAY 80TH ANNIVERSARY COMMEMORATION

Castle Park, 20 Heron Court,  
Bishop's Stortford, CM23 2AY  
Thursday, June 6, 6.30pm – 9.30pm

This special event will commemorate one of the 20th century's most extraordinary moments, when brave soldiers valiantly fought to turn the tide of the Second World War during the Allied invasion of Normandy.

Further details will be announced in due course. To find updates, visit [www.bit.ly/44fl4YV](http://www.bit.ly/44fl4YV)

## CARNIVAL PARADE AND FUN DAY

Sworders Field, 3 Heron Court,  
Bishop's Stortford, CM23 2AY  
Saturday, June 15, 11.30am – 5pm

The biggest festival in the Bishop's Stortford calendar returns. This year's theme is Best of British, celebrating all that is great about this diverse, historic country.

The carnival parade will depart from South Mill Arts at 11.30am, processing through South Street, Potter Street, Market Square, North Street and Northgate End, finishing on Link Road at approximately 12.20pm.

The carnival fun day will be held on Sworders Field from 12pm to 5pm, featuring more than 100 stalls as well as a bar and food. Entry is free.

## MANUDEN OPEN GARDENS AND CLASSIC AND SPORTS CAR SHOW

Throughout Manuden village,  
near Bishop's Stortford, CM23  
Sunday, June 16, 2pm – 6pm

Come along to the village of Manuden, where some of the residents' gardens will be open for public viewing. Visitors can also enjoy a classic car show at the community centre, where there will be refreshments.

Entry to both the gardens and the car show costs £5. To find out more, please visit [www.manuden.org.uk/manuden-open-gardens.asp](http://www.manuden.org.uk/manuden-open-gardens.asp)



Photo credit: Manuden Open Gardens and Classic & Sports Car Show



## TIME TO RECLAIM YOUR LOFT SPACE



We are specialists in loft ladders and hatches for easy and safe access to your loft. We also provide boarding, lighting and insulation solutions. Call us now to find out how we can help you turn your lost space into a really useful loft space.



### WHAT MAKES US DIFFERENT?

- No waiting around. We arrive on time, every time
- Lifetime Guarantee
- Reliable, local company working in your home
- Extra confidence because we are accredited by Which? Trusted Traders
- Absolutely no mess and no fuss

Which?  
Trusted Trader

Call Des to book a FREE survey & quotation

**01279 976379**  
[WWW.ACCESS4LOFTS.CO.UK](http://WWW.ACCESS4LOFTS.CO.UK)



**DOM'S**  
HEATING &  
PLUMBING

Friendly Reliable Service  
Free Estimates & Advice

T 01279 871 818 M 07981 982 864  
E [info@domsheating.co.uk](mailto:info@domsheating.co.uk)

Installations • Breakdowns • Servicing  
Boilers • Gas Fires • Unvented Systems  
Complete Bathroom Design • Bathroom Installation



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





## Come home to a clean house

Our professionally trained team of maids will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget.

- Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- Regular and occasional cleans
- Free in home estimate
- All materials supplied
- No contracts

Arrange your no obligation in home quote today

Please call: **01279 944 688**

or email: [bishops-stortford@mollymaid.co.uk](mailto:bishops-stortford@mollymaid.co.uk)

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



# PUFFIN PARADISE



TRAVEL

Looking for a great place to visit during the May half term? Consider exploring the Farne Islands, a group of 28 islands a few miles off the Northumberland coast.

### WHAT CAN I SEE?

May and June are special in the Farne Islands because that's when puffins come here to have their babies, known as pufflings. There are 37,000 breeding pairs of puffins on the islands – more than anywhere else in the UK. The birds are drawn to the safe nesting sites on the islands' cliff edges and a plentiful supply of sandeels – their favourite food. These are actually a type of fish, not eels.

### GETTING THERE

The best way to see the Farne Islands is to take a boat trip from Seahouses, a small village on the coast. Several companies organise the trips, but it's best to book in advance. You can sail around the islands and, weather permitting, land on one of them, usually Inner Farne.

### WHO LIVES THERE?

Nobody lives on the Farne Islands all the time. But some National Trust workers stay there from March to October to care for the birds and seals. They also

make sure the islands are safe for people to visit.

### PUFFIN FUN FACTS

- ▶ They're often called 'sea parrots' because of their colourful bills.
- ▶ They can live a long time – more than 20 years and sometimes even more than 30.
- ▶ They're great swimmers, using their wings like flippers to propel them through the water.
- ▶ They can dive up to 60 metres.
- ▶ They nest in burrows in the ground.
- ▶ They lay one egg, and both parents help to keep it warm.
- ▶ They're faithful and often return to the same partner every year.

The Farne Islands offer a fantastic chance to see nature in action – without even leaving the UK. There's always something incredible to spot. So, grab your binoculars and set off for an adventure you won't forget!



Don't just take our word for it.....

*Having always been a bit of a golfer and having reached a point where it was time to downsize, Great Hadham Country Club was perfect.*

*We were moving from our family home in Hertford and looking to downsize and for an escape.*

*We met with Dani at Great Hadham who showed us round several homes before we eventually plumped for a Prestige Plantation House*

*Once the sale of our home went through the actual purchasing was quick and easy, mainly due to the updates we had from the sales team.*

*We have now lived at Great Hadham for almost 7 months and really couldn't be happier. The wife has even bought some clubs now.*

Mr and Mrs S



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

[info@goodlifelodge.com](mailto:info@goodlifelodge.com)

01279 939082



SCAN ME



SHOW HOMES



NOW OPEN





# BBQ SAFETY

*tips for pet owners*

**B**BQ season is upon us, with households up and down the country enjoying sizzling sausages, succulent burgers, and finger-licking kebabs. However, if you have any pets, the BBQ area can be a real danger.

## 1 Keep the BBQ area safe

With the sight, not to mention the smell, of food cooking on a hot grill, your pets are highly likely to make a beeline for your BBQ area. To keep them safe, make sure you:

- > Keep the BBQ on a flat surface to avoid any tipping accidents.
- > Keep skewers away from your pets, as if ingested, these can cause internal damage.
- > Keep lighter fluid, insect repellent, and other chemicals away from your pets.
- > Dispose of charcoal and ashes safely as these can be harmful if ingested.

## 2 Have designated pet-free/friendly areas

To avoid accidents and to prevent your pets from knocking over the BBQ or getting burnt, it can be a good idea to set up a physical barrier around your grill. You may also want to create

a pet-friendly area in your garden where they have access to shade and water.

## 3 Be vigilant of any leftovers

With so much food and drink lying around, you need to ensure that your pet is protected from food poisoning and other potential health problems.

- > Avoid feeding your pet scraps such as cooked meat as these may contain spices, onions, and garlic which are toxic to pets.
- > Keep any alcoholic drinks away from your pets as even small amounts can be toxic when ingested.
- > Dispose of leftover food safely as bones pose a choking hazard.

## 4 Monitor your pet's behaviour

Watch out for any signs of distress or discomfort as well as symptoms like excessive drooling or panting and whining as these may indicate that they have ingested something they shouldn't have. If you notice anything worrying, give your vet a call.



**AERIALBASE.COM**

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

**AERIALS  
FULL FITTED  
from £59.97**

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

digital

sky

BT

freesat

Freeview HD

youview

TalkTalk

**FREE CALLOUTS  
SAME DAY SERVICE** (where possible)

**01279 939212 / 01375 460964  
FREEPHONE 0800 193 0017  
BOOK ONLINE @AERIALBASE.COM**



## Services we provide

- Dog walking £14 per hour (discount for 2nd pet) £10
- Doggy day care £30
- Overnight care £35

Contact Charlie

[we are insured](#)



facebook: Charlies pawsome adventures



info@charliespawsomeadventures.com

number: 07359 750327



**PET THERAPY  
Rooms**

## CANINE HYDROTHERAPY AND PHYSIOTHERAPY

### ENSURING YOUR PET ENJOYS THE BEST PHYSICAL WELLBEING

For best comfort, strength and mobility  
Post op and injury rehabilitation  
Osteoarthritis and senior dog support  
Fitness conditioning  
Puppy development  
Gait correction  
Professionally qualified and insured  
Members of RAMP and NAVP

### BLOCK BOOKING SAVINGS



UNIT 4, LITTLE HYDE HALL, HATFIELD HEATH ROAD, SAWBRIDGEWORTH, CM21 9HX  
07977 548395 • info@pettherapyrooms.co.uk • www.pettherapyrooms.co.uk



# PRUNING

## climbing PLANTS



Following on from our guide on how to choose the right climbing plants for your garden, we are exploring how to prune these varieties, with simple steps that are easy to follow.

**HOW TO PRUNE IVY:** Ivy does not need to be pruned for its health, but as a vigorous plant, you will probably need to prune it at some point to prevent it from outgrowing your space. For best results, prune English ivy in spring.

- > Trim back any excess growth.
- > Remove any leaves that feature dark spots as these may have a bacterial or fungal infection.

**HOW TO PRUNE JASMINE:** Some jasmine varieties flower in summer and others in winter – both need to be pruned after they have finished blooming to avoid damaging any flower buds.

- > Start by pruning out any dead, diseased or damaged stems.
- > Next, trim out any long, straggling shoots that are growing away from the plant's support.
- > Finally, shorten the stems to the nearest strong side shoot to keep your plant's shape.

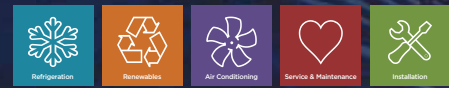
**HOW TO PRUNE VIRGINIA CREEPER:** Virginia creeper should be pruned annually (in winter) to

keep growth in check. This is especially important if you are growing this plant up the side of your home.

- > To start, cut back older or overcrowded stems.
- > Trim back any growth from the gutter, windows and downpipes.
- > Remove dead or diseased vines that have been affected by pests or caused by overwatering.

**HOW TO PRUNE JAPANESE QUINCE:** Ideally, you should prune this plant in late April or early May, right after spring blossoming. If you prune any earlier than this, you risk losing many of its flowers.

- > Examine the shape of the plant and then select approximately one-third of the branches for removal (make sure these are divided evenly over the shrub).
- > At the same time, remove any dead, diseased or damaged branches.



## Complete temperature control solutions

Our success for delivering complete temperature controlled solutions, service and planned maintenance, is built on 70 years of experience and ongoing excellence. Everything we do starts with people; our success is built on long-term working relationships with our customers, employees and suppliers. We are a large, local family company that pride ourselves on delivering excellence through service.



Bishop's Stortford office: 01279 939094  
Email: [sales@pitkin-ruddock.co.uk](mailto:sales@pitkin-ruddock.co.uk)  
[www.pitkin-ruddock.co.uk](http://www.pitkin-ruddock.co.uk)



## BEEWISE

### CARD MACHINE OFFER

- Free next day settlement
- Low rates
- £1 terminal rental
- 24/7 Helpdesk

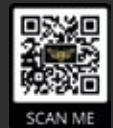
£1 ONLY

### MERCHANT SERVICES

Beewise with what your business needs.

Join the Beewise Family

01279 939128  
[www.beewiseltd.co.uk](http://www.beewiseltd.co.uk)







**CONTINUUM**  
YOUR FINANCIAL FUTURE MADE REAL

MORTGAGES | LIFE INSURANCE | SAVINGS | INVESTMENTS | PENSIONS | ESTATE PLANNING



**Sandy Pabial DipPFS, Certs CII (MP & ER)**  
Independent Financial Adviser

**T: 07985 209250**

**E: [sandy@mycontinuum.co.uk](mailto:sandy@mycontinuum.co.uk)**

**[www.mycontinuum.co.uk](http://www.mycontinuum.co.uk)**

The value of your pensions and investments can fall as well as rise and you may get back less than you invested. Estate planning is not regulated by the FCA. Your home may be repossessed if you do not keep up repayments on your mortgage.

Continuum (Financial Services) LLP, Falcon House, Eagle Road, Langage, Plymouth, PL7 5JY T: +44 (0)345 643 0770 E: [info@mycontinuum.co.uk](mailto:info@mycontinuum.co.uk) [www.mycontinuum.co.uk](http://www.mycontinuum.co.uk)  
Continuum is a trading name of Continuum (Financial Services) LLP Falcon House, Eagle Road, Langage, Plymouth, PL7 5JY which is authorised and regulated by the Financial Conduct Authority



**Your friendly,  
local digital  
marketing team**

**Accelerating business growth with powerful websites  
and effective digital marketing campaigns**

**Our digital marketing  
services include:**

- Web design
- SEO
- Paid advertising
- Graphic design
- Marketing strategy
- Social media management

**We offer a FREE consultation  
to discuss a customer's  
existing online presence**

[enquiries@dreamdigital.agency](mailto:enquiries@dreamdigital.agency)

0800 0438 894

[www.dreamdigital.agency](http://www.dreamdigital.agency)



# PERFECT Spring PLANTING

Just because spring is already upon us doesn't mean that it is too late to inject some colour into your garden. These beautiful blooms make the perfect pairings and guarantee to brighten up any outside space.

**Roses and lavender:** You can add structure and beauty to your garden by planting shrub roses surrounded by scented lavender. While the tops of roses are lush and plentiful, the bottoms can become leggy and sparse, which is where lavender can come to the rescue.

**Trilliums and ferns:** Trilliums are perfect for adding to borders in light shade and combine very well with other woodland plants such as ferns, which look simply stunning when they unfurl in the spring and into the summer months.

**Muscari and feather grass:** Muscari, also known as grape hyacinths, are very easy to grow and look great when combined with other spring bulbs and also with fine grass such as feather grass. Bear in mind that muscari tend to spread so, if this is an issue, plant them in pots rather than directly in the ground.

**Daffodils and wallflowers:** Daffodils are synonymous with spring, making them a welcome addition to any garden. For the ultimate display, pair them with wallflowers, which are not only vibrantly colourful but also give off a rich and sweet fragrance.

**Tulips and euphorbia:** Tulips and euphorbia are a match made in heaven. The acid yellows and greens of the latter combine perfectly with most shades of tulips, but especially white and purple varieties, which will really pop among the lush greenery. Plant in a sunny spot for best results.

**Heathers and hellebores:** Winter heathers flower well into the spring, making them ideal for use in pots and container displays. Combine with an array of brightly coloured hellebores, and irises if you have any, for an eye-catching display.



**GARDENING**

Photo credit: [www.gardenersworld.com](http://www.gardenersworld.com) [www.gardenaholic.net](http://www.gardenaholic.net)







# IN IT TOGETHER

EVERYTHING YOU NEED TO CONSIDER BEFORE GETTING A JOINT MORTGAGE

- **DON'T RUSH:** Whether you're buying with your partner, friend or family member, it's important to consider the long-term implications of such a commitment. It's vital to have a trustworthy and financially responsible partner, as both of you will be equally accountable for repaying the mortgage. This includes assessing each other's creditworthiness and financial stability. If you don't already live together, it may be a good idea to rent together first to test the waters.
- **BUDGET WISELY:** Calculate how much you can afford to borrow based on your combined income, expenses and financial goals. Be realistic about your budget and ensure that your monthly mortgage payments are manageable.
- **GET MORTGAGE SAVVY:** Familiarise yourself with the various types of mortgages available in the UK, such as fixed-rate, variable-rate and interest-only mortgages. Choose the one that suits your financial situation and future plans.
- **SEEK PROFESSIONAL ADVICE:** Consult with a mortgage adviser or a financial expert who can provide guidance on mortgage options, interest rates, and the best lenders for your specific situation.
- **DECIDE OWNERSHIP:** Determine how you want to own the property jointly. Common options are joint tenants and tenants in common. Each

- has its implications for property ownership and inheritance. It's important to sign a legal agreement to make sure that both parties own their share of the property.
- **SAVE UP:** Most lenders in the UK require a deposit, typically around five to 20 per cent of the property's purchase price. Saving for a deposit can help you secure a more favourable mortgage deal.
- **PROTECT YOUR ASSET:** Consider taking out mortgage protection insurance or life insurance policies to safeguard your investment and ensure that the mortgage can be repaid in case of unexpected events.
- **BUDGET FOR THE UNKNOWN:** Be prepared for additional costs like legal fees, stamp duty (if applicable), home insurance and ongoing maintenance expenses. It's also a good idea to set up a joint bank account to help you stick to a budget and ensure both people are accountable for their share.
- **MAKE A WILL:** Grim as it is, such a life-altering commitment requires the need to consider what will happen in the event of your death. Making a will ensures your share of the property goes to who you want it to and can save your co-owner a world of stress.



## Award-winning PEOPLE & HR SOLUTIONS for Ambitious Small Businesses & SMEs

- Recruitment & Employment Contracts
- Employment Handbooks & Policies
- Performance & Appraisals
- HR Software & Staff Records
- Absence Management
- Disciplinary & Grievances
- TUPE & Redundancies
- Employment Law Compliance
- Diversity, Inclusion & Equality

- Employee Health & Wellbeing
- Team Performance Training
- Personal & Business Coaching

team@breenassociates.co.uk

breenassociates.co.uk

01279 871 413

★★★★★ Google Reviews

## DOES YOUR WORK LIFE NEED

■ FLEXIBILITY ■ INSPIRATION ■ BALANCE?

## FIRST DAY ALWAYS FREE

### We have the solution!


Join us at The Residence – a collaborative space for people to work, connect and grow in a community-led environment.

Hot Desks | Permanent Desks | Private Offices | Meeting Rooms

CALL 01279 597497 OR EMAIL KAREN@THERESIDENCECOWORKING.CO.UK

WWW.THERESIDENCECOWORKING.CO.UK





**EV ELECTRICAL**  
TAKING THE LEAD ON CAR CHARGING

**YOUR LOCAL EV CHARGE POINT,  
SOLAR PV AND BATTERY INSTALLERS**

**PROFESSIONAL AND EFFICIENT SERVICE IN ESSEX**

CONTACT US FOR A **FREE QUOTE** AND ADVICE ON WHICH CHARGER SUITS YOU BEST

☎ 01371 532487 ✉ info@ev-electrical.com 🌐 www.ev-electrical.com 📱 f in

Unit 4 Zone D, Chelmsford Road Industrial Estate, Great Dunmow CM6 1XC

**IS YOUR CAR TRULY SAFE?**

**CAR & VAN SECURITY SPECIALISTS**



SCAN ME

**SMART CAR PROTECTION WITH GHOST IMMOBILISER**

📍 Greater London & surrounding M25 areas

🕒 7 days a week  
8am to 10pm

☎ 01279 939129

• carkeyssolutions.co.uk • 01279 939129  
• contact@carkeyssolutions.co.uk

**UK'S MOST TRUSTED AND REVIEWED AUTO  
LOCKSMITH WITH EMERGENCY RESPONSE**



FROM ONLY  
**£450**



**READY, STEADY,  
CELEBRITY**

**MOTORING**

**A-LIST RACERS IN THE LE MANS CHALLENGE**

**W**ith the engines checked and ready to go ahead of the 92nd instalment of the world's most famous 24-hour race on June 15 and 16, here is a selection of the Le Mans race's most recognisable celebrity entrants.

**MICHAEL FASSBENDER:** Growing up in Ireland, Fassbender was obsessed with Formula 1. At his first Le Mans last year, the actor had a disagreement with a tyre wall, but was able to restart his Porsche 911 RSR-19 and finish.

**CHRIS HOY MBE:** The only competitor on this list to compete in elite racing as a profession, albeit on two wheels, Chris Hoy MBE boasts six Olympic golds and one silver. The cyclist competed at the 2016 Le Mans in a Nissan-powered Ligier and, despite issues attaching the steering wheel, his team eventually finished 17th overall.

**FABIEN BARTHEZ:** The 1998 French World Cup winner made his Le Mans bow in 2014, before setting up a team with ex-F1 driver Olivier Panis in the LMP2 category two years later. They subsequently finished 12th overall and 8th in their own class.

**PATRICK DEMPSEY:** The *Grey's Anatomy* star competed four times at Le Mans between 2009 and 2015, picking up a podium finish. It led to the actor toying with the idea of quitting his day job for good in favour of taking up racing, although the small screen won that challenge. He also raced at Daytona in the GT class in 2014 for Rolex 24.

**NICK MASON CBE:** Legendary Pink Floyd drummer Nick Mason CBE has long been obsessed with fast cars, making five appearances at Le Mans between 1979 and 1984, earning podium places in his first and second races in a Lola T Ford. The 79 year old is said to have one of the biggest car collections in the world.

**PAUL NEWMAN:** Newman made one only Le Mans appearance, but finished first in class and second overall in his Porsche 935 in 1979. In 2016, the car sold for more than £4million.

Photo credit: newroom.porsche.com, Nissan PR, Eddy Lemaire/EPA-Shutterstock, Malcolm Greig/Alamy Stock Photo, Koel/Shutterstock



**Palmer  
Martin &  
Hire**

FREE LOCAL COLLECTION  
AND DELIVERY



## CAR HIRE VAN HIRE

PROVIDING A ONE-STOP-SHOP FOR ALL  
OF YOUR HIRE REQUIREMENTS

FAMILY RUN COMPANY ■ CLOSE TO STANSTED AIRPORT  
120+ FLEET OF NEW VEHICLES ■ CARS ■ PANEL VANS  
LUTON VANS ■ 7 SEATER MPVS ■ 9 SEATERS MPVS

Call us on 01279 505072

or book online at [www.palmerandmartin.co.uk](http://www.palmerandmartin.co.uk)

Unit 14 Twyford Business Centre, London Road Bishop's Stortford CM23 3YT

FULLY FITTED  
PRICES FROM  
**£995**

## UNBEATABLE VALUE ELECTRIC GARAGE DOORS

- ✓ FREE installation
- ✓ FREE 5 year warranty
- ✓ Manufactured in the UK
- ✓ Fitted by a local Garolla engineer
- ✓ The UK's No.1 recommended

**GAROLLA**  
ELECTRIC GARAGE DOORS



BOOK A FREE SURVEY TODAY  
**01992 830 024**  
[GAROLLA.CO.UK](http://GAROLLA.CO.UK)



SPORT



UNUSUAL SPORTS:

# LAWN MOWER Racing

Unsurprisingly, the sport of lawn mower racing was dreamt up while large quantities of beer were being consumed; although the UK's drink drinking laws now require all participants to prove their sobriety!

Indeed, it's just as well competitors keep a clear mind when climbing aboard these machines. While top speeds of 8mph may not have Lewis Hamilton and his Mercedes mechanics cowering with fear, competition is fierce. The roots of the sport – which originated in West Sussex in 1973 – have now spread worldwide.

The ethos behind lawn mower racing is simple – speed, competition and large amounts of fun. It came about when a group of racers adapted their home lawn mowers after finding themselves unable to afford the considerable set-up costs of traditional motorsports.

By removing the cutting blades, beefing up engines and, in some cases, lowering the riding position, they quickly discovered an affordable way

to experience the thrill of the throttle.

Lawn mower racing rapidly ascended to the point where its own governing body – the British Lawn Mower Racing Association – was set up to oversee events and competitions. Races generally take place in the spring and summer between May and October with British, World, Endurance and 12-Hour Endurance championships pitting the very best against each other.

Celebrity names, including Derek Bell MBE, Phil Tufnell, Chris Evans and Guy Martin, have all pursued arable acceleration on the track, with the late, great Sir Stirling Moss OBE a British champion in the 1970s.

The rapid growth of the sport has led to thousands of new riders getting involved each year. With numerous events listed throughout spring and summer, riders all over the country can sample the thrill first-hand. Competitors must be 18, brave and fast – no grass seed required!

Photo credit: Action Press/Shutterstock



# THE VISION LISTINGS

## ACCOUNTANT & TAX ADVISORS

### ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation

## AIRPORT TRANSFERS

### PRIMROSE AIRPORT CARS

Competitively priced efficient, clean & reliable service using satellite navigation and tracking of all return flights for Business or Leisure. 01992 364000 | 07966 180531

### GREEN SKY EXECUTIVE

Demand a higher class of travel for business or leisure. Competitively priced executive vehicles for the more discerning traveller. 0800 066 9979.

## AUDIO & VISUAL

### ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

## BUSINESS CENTRE

### THE TOWNHOUSE HERTFORD

Modern business centre in the heart of hertford offering a variety of office space, meeting rooms and hot desking facilities. 01992 350132

## CANCER SUPPORT

### HUMMINGBIRD CANCER SUPPORT GROUP

We are a friendly group based in Bishops Stortford. We meet Mondays 10:30 - 1:30 at South Mill Arts - 07510 178200 | www.hummingbirdcancersupport.org

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

## CARPET & UPHOLSTERY

### ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

## CAR & VAN HIRE

### SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service. 01708 753461

## CLEANING SERVICES

### GLOWWHITE CLEANING

Serving Hertford and surrounding areas. We specialise in end of tenancy cleaning for tenants, landlords and property managers. Fully insured. Contact: 07561 138855

## CLEARANCE & WASTE

### THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience. 0207 101 3387

**BOOK VIA BISHOPSTORTFORD@VISIONMAG.CO.UK**

## COMPUTER REPAIR & I.T.

### MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

## ELECTRICAL & WHOLESALE

### CH ELECTRICAL WHOLESALE

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

## ELECTRICIAN

### ARCH ELECTRICAL SERVICES LTD

Domestic and Commercial Electrical contracting company covering Essex. Design, installation, maintenance. Contact us on 07986 663793 | @APElectricalEssex

## FLEXIBLE WORK SPACE

### MANTLE SPACE LTD

We offer flexible offices, co-working spaces and meeting rooms. With 24/7 access, enhanced cleaning, beautifully designed interiors. mantlespace.co.uk | 03330 066330

## FRENCH POLISHING

### DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

## FURNITURE RESTORATION

### ABBEY GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

## GARDEN SERVICES

### JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

### THE ORIGINAL TREE SURGEONS LTD

Taking care of all your tree care needs and providing a personal first-class service to both domestic and commercial clients. 01708 715440

## HEALTH & WELLBEING

### IMPROVE YOUR SMILE DENTAL PRACTICE

Est. in 1986. Encompassing all needs from basic oral health to advanced dental procedures and high-end cosmetic treatments. New patients welcome. 020 8504 2704

## LOCAL MARKETS

### LITTLE CANFIELD LOCAL SUNDAY MARKET

Join our Family friendly market, every 2nd Sunday of the month with something for everyone. Contact llocalsundaymarket@gmail.com for more information.

## LOCKSMITHS

### KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 01279 216349 | Quote: 15075

## MASTICS AND SEALANTS

### QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information call 01245 520981

## PAINTING & DECORATING

### PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

### TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

## PLASTERERS

### TF PLASTERING LTD

Professional quality workmanship, over 25 years' experience. Public liability insured. Skimming, coving, dry lining, rendering. Free quotes 07738 278036 | 01279 416311

## PLUMBING & HEATING

### BOILER

BOILER offer servicing, installations, repairs and plans. Local Gas Safe engineers for all your needs. 7000 Homes EVERY MONTH. Call 01279 927074

### CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

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

## PROPERTY MAINTENANCE

### LILLYWHITE PROPERTY GROUP

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

### STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

## ROOFING

### JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. Contact 01708 874816 | 07833 572459

## WHITE GOODS & APPLIANCES

### T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

**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 VISION on 01279 939134**

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01279 939134** TODAY

WORDLADDER: COME, CORE, BORE, BARE, BACK





# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

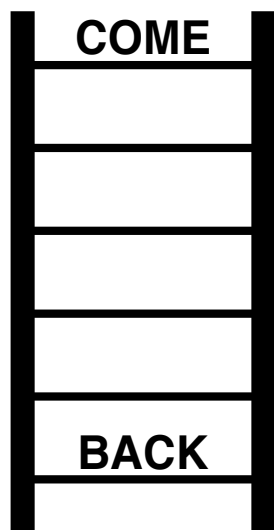
- ▶ CHERISH
- ▶ EVERYBODY
- ▶ FEVER
- ▶ FROZEN
- ▶ GAMBLER
- ▶ HOLIDAY
- ▶ HUNG UP
- ▶ JUMP
- ▶ LA ISLA BONITA
- ▶ LIKE A PRAYER
- ▶ MATERIAL GIRL
- ▶ MUSIC
- ▶ PAPA DON'T PREACH
- ▶ RAIN
- ▶ RAY OF LIGHT
- ▶ REVOLVER
- ▶ SECRET
- ▶ SORRY
- ▶ TRUE BLUE
- ▶ VOGUE



## DID YOU KNOW?

- ▶ The month of May is named after Maia, the Greek goddess of nursing mothers.
- ▶ Athena is the Greek goddess of war and was said to have been born from Zeus' forehead, wearing full armour.
- ▶ Dionysus is the Greek god of wine-making and is also known in Roman mythology as Bacchus. The festivals held to celebrate him were known as the Bacchanalia.
- ▶ The common emblem for medicine of a snake entwined around a staff is known as the Rod of Asclepius, named after the Greek god of medicine.
- ▶ Hades is the Greek god of the underworld. He rules with his queen, Persephone, and they are aided by the three-headed dog, Cerberus.

## 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.

7 STATION ROAD.

PHONE: 01279 704070

WEBSITE: WWW.WOODGRILLRESTAURANT.CO.UK/

# WOOD GRILL

STORTFORD'S NEW TRENDY, FRIENDLY RESTAURANT.

A PLACE FOR EVERYONE



STEAKS, PIZZAS,  
BURGERS AND £7.95  
CHILDREN'S MENU!

**GORGEOUS VENUE  
AND FAMILY  
FRIENDLY.**

SEAFOOD, CHICKEN  
WINGS,  
SALADS AND MORE



NEED A DECORATOR? CALL US FOR RECOMMENDATIONS

# YOUR GO-TO DESTINATION FOR PAINT SUPPLIES

*Unleash your Creativity, Unleash our Colours*

*JDC Paints – the Best Choice for Paint*



**PAINTS**  
*more than paint*



**PAINT MIXING  
SERVICE AVAILABLE**

- In store colour matching
- Any colour in any finish
- Local express delivery service
- Harlow & Bishops Stortford
- Harlow open 7 days a week



BISHOPS STORTFORD



HARLOW

Enjoy a  
free coffee  
while you wait



**ORDER ONLINE: [www.jdcpaints.com](http://www.jdcpaints.com)  
OR CALL 01279 213 877**

**BISHOPS STORTFORD**

6 Raynham Close,  
Raynham Road  
Bishops Stortford  
CM23 5PJ

(T) 01279 213 877

**HARLOW**

Unit A, St James Centre  
Temple Fields  
Harlow  
CM20 2SX

(T) 01279 444 213

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



SCAN ME