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EMMA WILLIS

Supermum returns as BIG BROTHER grows up

FREE

Photo Credit: PA Images



THE GREAT BREXIT DEBATE

VISION Brentwood | Edition 1 | June 2016



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Editor's notes...



Nik Allen, Franchise Owner

Hello and welcome to the first edition of **VISION** Brentwood.

I'm excited to be launching **VISION** in my home town. We've spent months researching, talking to

local people and creating what you see in front of you today.

VISION is a free monthly magazine which will be hand delivered to over 6,000 homes in Brentwood every month by me and some of our team here at **VISION**.

With a combination of interesting, entertaining and topical stories alongside adverts promoting local businesses, we are able to support those within the community, whilst bringing top quality content to your doorstep.

Furthermore we want to support the community with promoting events that are happening locally and a summary of recent happenings within Brentwood in our local news and what's on pages every month.

In this month's edition, you can read about the Queen's 90th birthday celebrations, Leicester's unexpected leap to Premier League success, Prince William and Kate Middleton's visit to India, which has been covered by **VISION**'s very own Charles Rae, a previous journalist for a popular national newspaper who travelled with Princess Diana worldwide.

There's a bit of something for everyone in this magazine and I'd love to know your thoughts about our first edition, so please feel free to get in touch.

Hope you enjoy it and until next month.

Nik

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UNITED FRONT

PRINCE TREADS IN HIS MOTHER'S FOOTSTEPS

Written by Charles Rae

Look at this picture. It is one of the most iconic snaps ever taken but can you spot what is missing?

...Give yourselves a pat on the back if your answer is Prince Charles.

I was in India, covering the royal tour in February 1992 when Princess Diana sat on a brick bench in front of the world's greatest monument to love - the dramatic Taj Mahal in Agra.

But 1200 miles away in Bangalore was the man who should have been sitting with her, the Prince of Wales, who preferred to address a conference instead of being

with his wife.

Prince Charles had visited India as a single man of 32 in 1980. Sitting on the very same stone bench in front of the Taj Mahal, he had vowed to return one day with the woman he loved.

But it was a promise he broke.

This resulted in the iconic image of the Princess of Wales sat alone on the very same bench which many critics hailed as symbolic of cracks in the couple's marriage.

At that time, there had been strong rumours that the one time fairy tale royal marriage was in trouble. This picture made it clear in no uncertain terms that the couple were



having serious problems - highlighted a few days later in Jaipur at a Polo match where Diana presented prizes to the winning team - captained by her husband.

As he moved in to kiss her, the Princess deliberately moved her head and Charles missed. Just a nine months later, the then Prime Minister John Major announced that the couple were separating.

But back to that day at Agra, the Princess clearly knew that her being photographed alone would send a massive message back to the UK. There was an entourage - mainly Indian dignitaries - accompanying the Princess, but we in the press pack wanted all of them out of the way.

One photographer even jokingly asked her: "Can we have just you in front of the Taj Mahal, without the rest of the family?"

In fact when one newsman asked her how she was feeling, Diana replied that she found the visit to the Taj Mahal "very healing."

The enigmatic words confused us all but despite our pleas, the Princess refused to elaborate.

Last month this picture made headlines once again - 24 years after it was taken.

Her son Prince William is on an official tour with his wife Kate. William will be standing and sitting next to Kate in front of the Taj Mahal. This time the picture will signify their

unity - just as Diana's picture signified her loneliness.

The visit is taking place at the request of the British Government and is the first time either William or Kate have been to the country.

As well as India, The Duke and Duchess of Cambridge - who are leaving Prince George and Princess Charlotte behind - are also visiting the secretive kingdom of Bhutan.

It's a whistle-stop week-long tour starting in Mumbai on April 10 and finishing with a visit to the Taj Mahal on April 16.

Nestled between India and China, Bhutan has been ranked as the happiest country in all of Asia and the eighth happiest country in the world.

Its hereditary Monarchy has been in power since 1907 but the country became a Parliamentary Democracy after elections in 2008.

It has a population of 770,000, a life expectancy of 68 and the currency is the Bhutanese ngultrum.

The capital Thimphu does not have any traffic lights, with police directing traffic instead.

The Duke and Duchess will be hosted by Dragon King Jigme Khesar Namgyel Wangchuk - who became king in 2006 - and his wife Queen Jetsun Pema.

The couple have just celebrated the arrival of their baby boy who was born in the grounds of their Lingkana Palace on February 5.



HAPPY BIRTHDAY

YOUR MAJESTY

The Queen has shown that she really is a reigning champion as she celebrated her 90th birthday.

But there was no rest for the Monarch as she conducted engagements on her actual birthday, April 21, including a walkabout in Windsor.

She then lit the principal beacon at Windsor Castle – the first of 564 birthday beacons that officially marked the beginning of the celebrations.

The Queen will then attended a private birthday party at Windsor Castle, hosted by Prince Charles.

But events to celebrate the fact that she will be the first reigning Monarch to reach 90, run throughout April, May and June.

Ant and Dec hosted an equestrian spectacular at Windsor Castle in May with a weekend of celebrations in June to follow, culminating in the sold-out Patron's Lunch, a spectacular street party for 10,000 in The Mall costing £150 per head, two days after Prince Philip's 95th birthday – another landmark occasion.

Although long haul trips are now a thing of the past for the Queen, very little else has changed in her working life.

Last year the Queen carried out more engagements than the Duke and Duchess of Cambridge and Prince Harry combined, making 341 visits in the UK and abroad.

William, Kate and Harry managed only 292 between them while Philip clocked up 217 home engagements and 33 abroad.

Although Buckingham Palace will not comment on whether the Queen will go

abroad this year, saying the second half of 2016 is still "in the planning stage", her domestic diary looks as busy as ever.

As well as 90th birthday events there will be a number of high profile engagements across the UK including Holyrood week when the Queen will carry out a series of engagements at other key royal events include the State Opening of Parliament which the Queen still sees as one of the highlights of her constitutional duties despite placing enormous strain on her.

Her Majesty is required to wear the 3lb Imperial State Crown for an hour while reading her speech. Prince Charles now accompanies his mother, having taken over an increasing amount of her duties including investitures, but the idea of standing in for her on such major state occasions is still met with incredulity behind palace gates.

The only concessions to her age at the ceremony are that the Queen avoids walking down too many steep steps in full regalia while her dais has been lowered to ease the pressure on her knees when bending down to confer honours at investitures cut back from 90 to 60 minutes.



Get the look: FLORALS AND PASTELS

Spring is fast approaching and there are a few styles that are here to stay every season - it's all about florals, pastels and light colours.

The SS16 look books on the UK high street are sporting pastel pleats, floaty materials and a romantic feel. This year, flower power has grown up and heritage prints are all the rage. Pretty patterns are subtle and can work easily for work wear and the weekend. There's

something for all shapes and sizes and gone are the garish and immature flowers and sugary pastels are here to stay.

Candy colours were a thing of 2014, but they are back, loud and proud, but with a sophisticated edge. You'll find candy tones on peplum tops, wedding wear and smart outfits this spring and makes for an ultra-feminine look.



Bomber jacket
New Look £29.99

This light blue bomber jacket is perfect to put over a white tee and jeans for the day, or flung over a light coloured dress for the evening.



White Ditsy Floral Dress
New Look £17.99

This versatile spring/summer number will keep you on trend and cool due its lightweight fabric and floaty feel. Team with white canvas shoes by day and with a leather jacket and sandals by night.



Powder Blue Jumpsuit
Miss Selfridge £45

Perfect for work, a wedding and an evening with the girls. This powder blue jumpsuit is right on trend with its pastel tone and feminine tailoring and ruffle attachment. Team with a white or cream blazer for a posh daytime do, or with heels and bomber for the perfect evening wear.



Floral Sleeveless Crop Top
Miss Selfridge £35

Sky blue floral top in a silky fabric. Perfect for a spring or summer wedding, teamed with a white or cream pleated skirt, tailored ankle grazers or city shorts.



Pink Metal Handle Bag
New Look £18.99

Girls love a good bag and this one is perfect and a bargain at under £20. The pastel peach colour will go nicely with light and dark colours and will make a statement being such a bold design. The cute handle is to die for.



Classic Hi-Top Trainers
Primark £10

White hi-top plimsolls are a staple for spring and will take you all the way to autumn. Team with jeans and a bomber for the perfect daytime look, and with a playsuit and leather jacket for a casual smart evening outfit. Comfortable and a steal at just a tenner.

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Spring Clean your Make-Up Bag

Make-up items have a shelf life but many of us try to hold onto products for as long as we possibly can. By using old make-up on our faces daily, can spread bacteria and could cause a variety of skin problems. Try and rotate your make-up with these handy tips:

Eyeliner

Bacteria can be transferred to the eye from the tips of liquid liners and Kohl pencils. If you regularly sharpen pencil liners, that will extend the shelf life. Change every two years.

Cream Blusher

Cream based make-up can allow bacteria and germs to fester because of the high content of water. Swap to a powder blusher to extend the shelf life and avoid using the same brush for both foundation and blusher. Replace annually.

Brushes and Sponges

Sponges unfortunately trap germs and bacteria in their pores. It's even worse when used with a cream or moist cosmetic like foundation and blushers as they can promote bacteria growth. Definitely use separate applicators for each item, to stop spreading the bacteria from one item to another. Brushes

can be easily cleaned with baby shampoo twice a week or a gentle face wash. Replace sponges as soon as you see them deteriorate.

Mascara

Be extra vigilant when it comes to mascara as it goes in and out of your eye and the pot regularly. It's also moist and can fester bacteria. If you don't replace your mascara regularly, at least once every two months, you could end up with sties.

Foundation

Bacteria and germs are easily transferred from foundation as most are water-based. Smells will be a tell tell sign of anything that's going off and if the texture appears to separating. Avoid storing this item wet areas such as bathrooms or on the windowsill. Change your foundation twice a year, at least!

TOOTH WHITENING

the do's and don'ts

Coffee, red wine, smoking and antibiotics are just some of the causes of discoloured teeth. But if you want to brighten your smile where do you start? **VISION** magazine spoke to dentist to the stars David Bloom.

The popularity of teeth whitening has grown astronomically in recent years with many people eager to transform their yellowing gnashers into pearly whites.

David Bloom, a cosmetic dentist who works in London and south west Hertfordshire, recommends people research teeth whitening options to avoid shelling out on treatments that don't work.

He said: "In terms of entry level teeth whitening, a variety of toothpastes are on the market which make various claims. The truth is most whitening toothpastes simply prevent stain build up, they don't actually whiten."

"Only one toothpaste on the market contains hydrogen peroxide, the whitening agent which all dentists use, and that is Colgate Max Expert White. No other toothpaste will actually whiten."

But toothpastes are not as effective as an intense whitening treatment carried out by a dentist.

David said: "Teeth whitening is safe and effective when carried out under the guidance of a dentist or dental care professional working under the supervision of a dentist. But you must make sure you are speaking to someone

who is professionally qualified to ensure you get the right treatment and don't do any damage."

A dentist will discuss if you have pre-existing porcelain restorations which cannot be whitened (although they can be replaced to match newly whitened teeth) and ensure patients have realistic expectations.

The most common form of whitening involves usually trays specially made to mould to a person's mouth. The whitening solution is placed in the trays and patients wear the tray for anything between one hour and eight hours, for up to ten days.

Dentists can also offer laser whitening, which is carried out in the dentist's chair, although this will still need to be topped up using trays.

David said some maintenance was required to keep teeth pearly white after treatment.

He said: "Results will fade over time, but patients can top it up after seven or eight months, or when needed, by wearing the trays for a few days."

Some patients may also experience increased sensitivity when undergoing treatment.

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BREXIT

IN

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THE GREAT BREXIT DEBATE

On Thursday, June 23 the UK heads to the polls to vote whether to stay in or leave the European Union.

It's a momentous decision which will define a generation and one which has split the Government.

The Prime Minister David Cameron is arguing to stay in and the current Mayor of London Boris Johnson says we should leave.

It's not just political parties experiencing in-fighting over the decision. We spoke with three generations of the Francis family from Watford in Hertfordshire who had opposing views.

But first let's look at five points from sections of both the in and out campaigns.

THE REMAIN CAMPAIGN ARGUES

THAT:

- ➔ We are better off in the EU.
- ➔ Europe is our biggest trade partner.
- ➔ An estimated 3.5 million jobs are linked to the EU and would be at risk if we left.
- ➔ Immigration isn't all one way traffic with UK citizens looking to move abroad potentially affected and restricted by change.*

*According to the Stronger In website.

THE LEAVE CAMPAIGN SAY THAT THE UK WOULD HAVE:

- ➔ Freedom to make stronger trade deals with other nations.
- ➔ Freedom to spend UK resources to the advantage of our citizens.
- ➔ Freedom to control our national borders.
- ➔ Freedom to restore Britain's special legal system.*

*According to the Better Off Out website.

FAMILY VALUES

The Francis family described themselves as a very 'typically' British family. We spoke with Grandfather Michael, his son Alan and Michelle who is Alan's daughter to get their views on the referendum.

Michael, 68, a retired bank manager, said: "One thing I know from my four decades working in the financial

industry is that it fears nothing more than uncertainty. A vote to leave the EU would strike fear into the UK money markets for a good few years until the fallout has settled.

"I also think that in terms of our position in the World we're no longer the power we once were and being a part of the EU helps us negotiate with the USA and other trade partners. I will be voting to remain in the EU."

Alan, 45, a businessman, said: "I want out. Europe dictates to us. How can we be told what to do and how to run our own country by people who sit in faceless offices in Brussels?

"The remain campaign is based around fear of change while the leave argument is one which I believe is more accurate and forward thinking. This idea that everyone will stop trading with us because if we leave the EU is crazy,

"We are one of the top six economies in the World. Do you really think that big foreign companies will look at us and think, 'they're out of the EU, and we can't do business with them anymore?' Of course not.

"Immigration is also a major concern. When people say there's no more room they're being realists not racists.

"Also I thought that President Barrack Obama was out of line when he made his comments about leaving being bad for Britain. Could you imagine a British prime Minister telling the USA what to do? No chance."

Michelle, 23, who is a stay at home with two young children said: "My partner and I have talked about this a lot. It's a decision that I feel we are making not just for our future but for that of our children.

"It's a once in a generation vote and I'm leaning towards a remain vote. Neither side have totally convinced me as a lot of their arguments are based on guesses or predictions.

"What's swinging it for me to vote to stay in is that I feel our national security would be safer as part of a bigger block of countries. But the most important thing for me is the economy. A vote to remain seems to be my best option although I must admit to seeing the whole thing as a waste of time and energy compared to more pressing and socially damaging issues like housing shortages in the UK."

The debates will keep raging up until the 23rd June then perhaps for a while after.

Either way it will be a very interesting period in our nation's history.



Feed your **FACE**

Healthy eating tips for great skin

When it comes to skincare the old adage you are what you eat rings true.

A balanced diet high in fruit and vegetables is crucial to feed your skin the vital nutrients it needs to help it stay soft and spot-free.

Experts recommend eating a minimum of five portions of fruit and veg a day to protect skin from the cellular damage caused by free radicals caused by pollution, smoking and sun exposure.



PUMPKIN

Most people associate pumpkins with Halloween, but for healthy skin include them in your diet year round.

Pumpkins are a great source of beta-carotene which the body converts into vitamin A which aids skin cell growth. They are also a good source of the anti-oxidant vitamin C, E and zinc (which helps cell growth and fights acne). As well as eating flesh of the pumpkin itself, try pumpkin seeds (experts claim they can also help raise libido).



AVOCADO

Avocados are a super food for the skin they are packed with carotenoids, and vitamins E and C – which all help protect against the damage of free radicals. One particular carotenoid found in avocados, lutein, helps promote skin elasticity. Avocados also contain polyunsaturated fatty acids which guard skin from sun damage and monounsaturated fatty acids, which keep the top layer of skin moist.



STRAWBERRIES

Vitamin C is great for the skin as it fights free radicals, which break down cells and lead to fine lines, and inflammation. The good news is strawberries are packed with the stuff. They have more vitamin C per serving than oranges or grapefruit.

OLIVE OIL

Not only is olive oil a tasty addition to salads or cooking, it's good for the skin. Why? Olive oil is high in monounsaturated fatty acids, which keep the skin moist. The antioxidant polyphenols in olive oil could also quench damaging free radicals. So opt to cook with olive oil ahead of sunflower or peanut oil.



GREEN TEA

For those wanting great skin green tea is the beverage of choice. It contains polyphenols

which help tackle acne and may slow down the development of some signs of ageing. Scientists also believe green tea can play a role in mitigating sun damage by neutralising free radicals that help UV rays cause damage.



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Call the doctor!

Hello and welcome to the first edition of the brand new monthly feature that aims to support and inform you and your family about all things health, and well-being...

Pictured: Dr Kannan Athreya



welcome.

Each month I will be talking about health topics, answering reader's questions, and providing you with the very best medical advice and tips to ensure you and your loved ones are as happy and healthy as possible.

I welcome questions and comments and should you wish to contact me, I can be reached by email at contact@athreya.co.uk.

Dr Kannan Athreya MBBS DRCOG DipDerm (Distinction) - local family GP and lead practitioner at Essex Private Doctors Surgery, Shenfield. For my full profile and professional medical history please visit essexprivatedoctors.com.

Frustrated with not getting an appointment when you need one at your local NHS GP surgery?

With more NHS surgeries becoming over subscribed, what I am hearing from patients is the frustration simply with not being able to get an appointment when they need or want it, and although we have the right to NHS treatment, demands on an overstretched service mean its not always as quick and easy as we would like or need it to be.

I believe there are many misconceptions associated with 'pay-as-you-go' private medical care so I wanted to start by clearing up a few of the common opinions and concerns I come across day to day; I do understand there are usually cost considerations but when you need urgent doctor-services, private clinics provide a solution for a wide range of treatments, testing and more. Sometimes you simply don't have the time to wait for your local GP.

Below is a guide price list for the area, to highlight private healthcare can be affordable - but of course you can't put a price on the wellbeing of you and your loved ones:

Health assessment with Bloods from £260

Sameday apppt with prescription New patients £120 (incl registration) Existing patients £80

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'it's an option that's available locally - should you need it'

What private surgeries also offer, where the NHS can't guarantee due to the volume of patients across the country, is a same-face service - where the majority (99%) of the time you will see the same practitioner - who knows you and your families health circumstances or concerns. Private surgeries do of course offers many of the same medical services you'd expect on the NHS, but there are also a lot more in-depth services offered, on demand when you need them, and at a convenient time that fits around your busy schedule and it's an option that's available locally should you need it at **Essex Private Doctors** - more information can be found at www.essexprivatedoctors.com or t. 01277 201 001

Doctor's Monthly Health Tip;

Summer Sexual Screening

With the sun shining, and summer finally here - sun kissed bodies are on show and its the season we always see a rise in sexual health issues. Of course my advice is to ensure you are protecting yourself at all times against STI's and unwanted pregnancies, but I would also ask the question to you - 'when did you last have a sexual health check up?'

As a taboo topic many of us probably brush this under the carpet and hope everything is okay, but like any issues - if left untreated, or undetected at all then this can lead to much bigger problems down the line including infertility.

If you have any doubts, concerns or just to put your mind at rest - GET CHECKED. As sexually active adults, it is our responsibility to be in the know about our sexual health. A full sexual health screen is available at my private medical surgery in Shenfield, Brentwood and we offer 100% confidential testing and advice.

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WHAT'S ON

in your area

Brentwood Festival

15th - 17th July

The Brentwood Festival kicks off at 6pm on Friday 15th July. Acts include Soul II Soul, Level 42, Tony Hadley and The Boomtown Rats, with more bands still to be announced. Day passes and weekend camping available, as well as a food village, festival market, fairground and VIP area. Under 10s go free and weekend passes are available at www.brentwoodfestival.co.uk for as little as £50.



Brentwood Rock Choir – Brentwood County High School

Every Thursday from 8 - 9pm

Come and try a free taster session worth £10 at the Brentwood Rock Choir. With no auditions, Rock Choir is the UK's most popular contemporary choir, pioneering a new approach to vocal training and entertainment. Offering fun, weekly rehearsals using well-known hit songs with original vocal arrangements and performance elements, Brentwood Rock Choir is bound to be a feel-good experience. Book your free taster at www.rockchoir.com.

Summer Evening Jazz – Gardens of Ingatestone Hall

Saturday 2nd July - 5:45pm – 10:15pm

Enjoy an open-air concert in the picturesque gardens of Ingatestone Hall in aid of Farleigh and Saint Francis Hospices. Bring your own table and chairs, picnic and drinks. Food and drinks are available as well as Brentwood Brewing Company providing real ales. Join the umbrella parade with prizes for the best decorated brollies and a raffle. Tickets £14 in advance or £15 at gate, if available. Call 01277 350800 to book tickets.

Brentwood Theatre

Soul Journey – An audience with Steve Brookstein

Wednesday 15th June

The first ever winner of the *X Factor* in 2004, Steve Brookstein managed to get a record six million votes in one night, going on to score a number one album and single with his debut releases. Launching his first album

in seven years, the singer's most recent album *Forgotten Man* was entirely funded by fans, and he now returns to Brentwood by popular demand, to remember the *Legends of Soul*. Tickets cost £14 and can be bought online through www.ticketsource.co.uk.

Dance Trix Summer Showcase 2016

Saturday 18th June

For the third year, Dance Trix will be performing at the Brentwood Theatre to show what they have been working on since last summer. Including a range of tap, ballet, jazz and modern dances from all age groups to a variety of pop classics, musical theme tunes and Disney songs. Tickets available from £8.50 on www.ticketsource.co.uk.

High School Musical on Stage

Saturday 16th July – 3pm and 7pm

Based on the Disney Channel Original Movie, the cast of *High School Musical* share their dreams and aspirations as Thesbians, Braniacs, Skater Dudes and Jocks. Set in Salt Lake City, follow the cast as they learn an important lesson in teamwork while gearing up for a musical performance that will have the audience dancing in the aisles. Suitable for all the family, tickets are available from £15 on www.ticketsource.co.uk.

Business Networking Events

Word of Mouth

Third Wednesday of every month – Slug & Lettuce, Brentwood – 10:30am

A free, structured networking meeting takes place on the third Wednesday of every month and is available to any business, charity or organisation that wishes to promote themselves. With a fast and focussed format, Word of Mouth is ideal for those looking to help each other in business simply by spreading the word and remembering who you know. To find out more please email gabriella@mindhealthmovement.com

Round Robin Networking

Wednesday 8th June – The Robin Pub, Ongar Road, 10:30am - 11:45am

Mingle with members and visitors at The Robin pub to make the most of networking opportunities, speaking about your business sharing ideas with others. Be sure to bring business cards or leaflets for circulating, to help promote your business. More information can be found at www.roundrobinnetworking.co.uk.

LOCAL NEWS

from your neighbourhood



Brentwood Borough Council has announced the winners of the Civic Awards

The three winners were: Roy Tyzack for his service to the community, as he is a Community First Responder and chairman of the Navestock Village Society; Audrey Clark for her service to the Community, from Brentwood Community Print; and Roy Pomphrey for Lifetime Achievement, as he is a volunteer counsellor for Havering and Brentwood Bereavement Service and Age Concern.

The Civic Awards judging panel said they were impressed not only with the number of nominations this year, but also the exceptionally high quality of them, which not only showed nominees' outstanding work, but that the community appreciated their contribution.

Roy Pomphrey said: "I usually like to be in the background, so this was an unexpected surprise to be awarded such a honour."

"When I retired, I enrolled on a counselling course. I didn't expect it to open so many doors. Throughout my time as a voluntary counsellor, I met a cross-section of society. I realised that when life becomes difficult and traumatic, we are not always able to find a way forward. I wanted to give others the opportunity to express their fears and trauma in a safe environment."

"We cannot change the past but we can hope for a better future."

Brentwood Council Elections

For Brentwood North Alison Elizabeth Fulcher, Liberal Democrat, was elected with 966 votes.

For Brentwood South Juliette Morrissey, Labour Party, was elected with 486 votes, Catherine Tierney, Conservati

Party, was a close second with 478 votes.

For Brentwood West, Karen Louise Chilvers, Liberal Democrat, was elected with 886 votes.

Burglary suspects arrested after police dog swims across river



Two men have been arrested on suspicion of a string of burglaries after a police dog swam across a river in Braintree. Police were called to reports of two men seen acting suspiciously in Bulford Mill Lane, Cressing just after 2.30pm on May 7, 2016.

The men made off towards nearby Black Notley and the police helicopter and police dog Ivy and her handler were called to search for them.

German Shepherd Ivy tracked for three quarters of a mile to locate two men in woodland.

The men made off in opposite directions. The first was arrested nearby by local officers on the ground while Ivy pursued the second, swimming across a small river to find a man up a tree.

Ivy detained the man until local officers arrived.

Two men, both aged 24-year-old man, were both arrested on suspicion of one count of theft and six counts of burglary.

The men, one of no fixed address in the Brentwood area and the other of no fixed address in the Chelmsford area, have both been released on bail pending further investigation until July 20, 2016.

New ANPR cameras to be installed across Essex

Essex Police will be installing new Automatic Number Plate Recognition (ANPR) cameras across Essex to target criminals using the county's roads.

New camera sites are being considered in Brentwood area. In the last twelve months evidence from ANPR cameras has been used in 206 court cases to secure convictions for theft, burglary, vehicle crime, robbery, fraud, the supply of controlled drugs, kidnap, conspiracy to facilitate illegal entry of foreign nationals into the UK, serious domestic violence crimes, assault and murder.

Martin Lyddon, ANPR manager at Essex Police, said: "ANPR makes a positive contribution to policing objectives each and every day, supporting a range of activities from volume crime enquiries to major incidents."

"In October 2015, four men were convicted and sentenced to various terms of imprisonment for their involvement in the widespread theft and disposal of vehicles stolen from across Essex. Fixed site ANPR helped trace the movement of the stolen vehicles and those being used to commit the crimes. The blend of traditional policing

methods combined with ANPR technology brought these offenders to justice."

Garden Waste collections

More than 4,500 householders now have the convenience of having their garden waste collected from their home in a wheeled bin by Brentwood Borough Council. You can join this growing band of happy gardeners by hiring a wheeled bin, with each collection costing £1.64. This will save you the inconvenience of loading garden waste in your car and traipsing off to the local amenity site. What's more you can hire more than one bin; to manage any extra garden waste.

The hire of the bin and the service charge costs £41 for the year, this entitles you to 25 collections - once every two weeks (except for the Christmas holidays). You might not get a brand new bin, that's because we like to reuse bins, but it will be clean.



Research reveals increase in rent prices

A study conducted by a local estate agents has revealed a steady increase in rents which falls in line with house prices.

The report, by estate agent Balgores, has revealed that although rents rises are slowing across Essex, prices in Brentwood are still on the up from this time last year.

In April 2015, the average monthly rent for properties in Brentwood was £1,071.45 but this has increased by more than £50 per month to £1,134.46; a rise of six per cent.

Howard Lester, Director of Balgores Property Group said: "Brentwood has recorded a large hike in rent prices and this is in line with rising property prices. House prices in Brentwood rose by 15 per cent in the first quarter of 2016, compared with the same time period in 2015."

"Brentwood is attracting commuters because of the great work-life balance that the town offers."

"It has two lovely country parks, the Brentwood Mall which is being redeveloped, a great selection of bars and restaurants, good schools and excellent road and rail links and transport in the town will get a boost when Crossrail starts running in 2018."

"Brentwood and Shenfield are the final two stations in the north-east section, and passengers will be able to travel right into the West End without having to use the tube".



SUSANNA BREAKS FREE FROM DAYBREAK AND MARRIED LIFE?

It is the question that everybody wants to know the answer to: "What is it really like working with Piers Morgan."

And who better to give that answer than vivacious Good Morning Britain presenter Susanna Reid, 45. She and the ex loudmouth editor of the Daily Mirror have been together on the Breakfast TV sofa for some months now - and the result has seen a dramatic upturn in viewing figures.

Piers joined the Good Morning Britain team permanently last November.

He and Susanna co-host Monday to Wednesday. Then on a Thursday she shares with Ben Shephard and takes Fridays off.

But it is Susanna and Piers' on-screen chemistry which has helped to turn around some disappointing ratings - over the past year there has been a five per cent increase in viewing figures and the programme gets peak audiences of more than a million.

She says she does not allow Piers to embarrass her - no matter how hard he tries.

Susanna said: "I describe him as a mini tornado. The chairs start spinning, the papers go everywhere, interviewees never know what's going to happen to them."

But she has learned a little from him.

"He always gives his interviews a bit of an edge. He takes them by the collar and shakes them until nuggets of headline fall out. We could all learn from that."

She launched Good Morning Britain (successor to the disappointing Daybreak) in April 2014, having been poached from BBC Breakfast, where she was voted the show's most popular presenter ever, after 21 years at the corporation.

She says she tries to calm Piers down.

"I calm down his excesses. We have a lot of respect for each other. People make a big deal about our banter. I don't flirt with Piers, but we are playful and antagonistic and it works.

The opportunity to move to ITV arrived at the right time, she says. She still feels great affection for the BBC and once said that the BBC runs through her like a stick of rock, but points out, 'If someone asks you to launch a new programme, you know that these opportunities rarely come up. The fact that it was 15 minutes from my home was a factor, but it wasn't the only factor.'

“I describe him as a mini tornado”

She sets her alarm for 3.20 a.m. and is in the studio by 3.45 after a 15-minute drive from her home in London. It is a lot less gruelling than her last two years at the BBC when it moved to Salford in Manchester.

She commuted to Salford three times a week. She made a point of coming home to pick up her children from school and cook dinner, so she'd commute to Salford the night before, sleep in a hotel, record the show, then catch the train back at midday.

However, it was during this period that her relationship with Dominic Cotton, her partner of 16 years and the father of her three sons – Sam, 13, Finn, 12 and Jack, ten – ended, leading to speculation that the long hours away had taken its toll.

It was also claimed as a case of the 'curse of Strictly'. She is one of a number of celebrities – including Natasha Kaplinsky and Denise Van Outen – whose relationships ended after they appeared on the show.



EMMA WILLIS

LEADS 17TH SERIES OF REALITY TV SHOW

The seventeenth series of *Big Brother* is set to begin, with TV presenter Emma Willis hosting the show for the fourth series running, in which one lucky contestant will win £100,000. She will be joined by Rylan Clark-Neal who will be presenting *Big Brother's Bit On The Side*, and this year the theme will be "under attack", with twists and turns bound to cause controversy within the house.

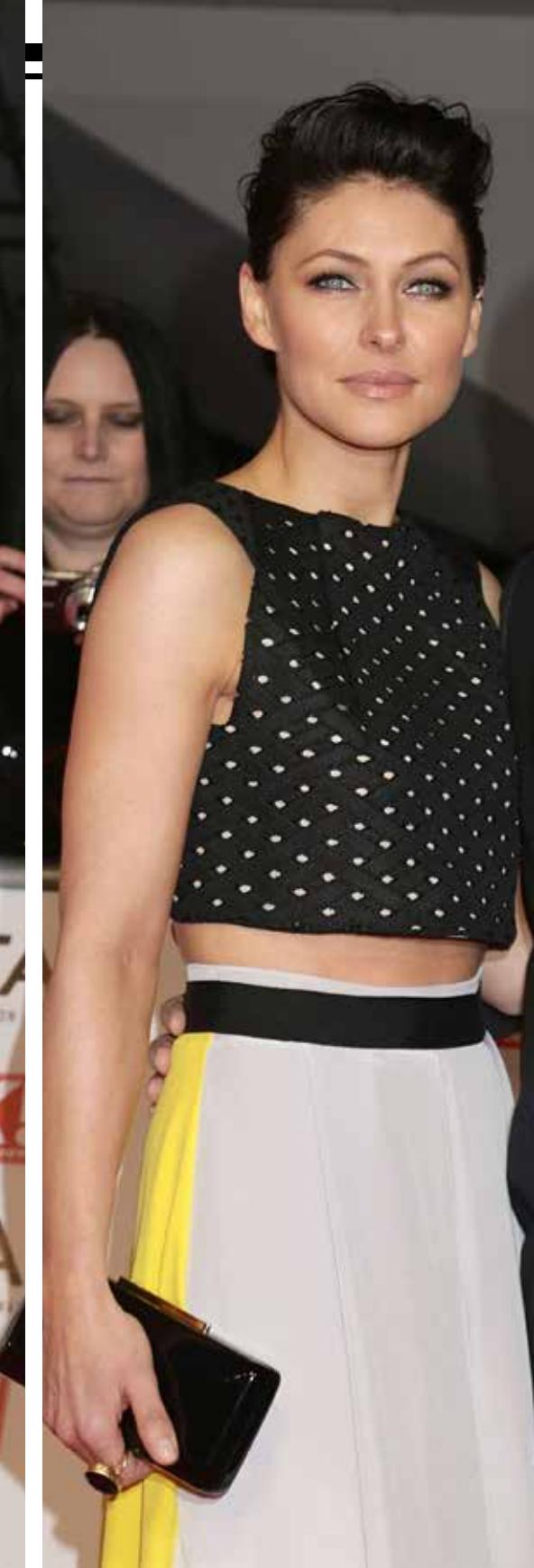
Promising to be contestants' worst nightmare, the house will be completely monochromatic, with only black and white décor, which may sound appealing at first but should drive housemates slightly crazy before long.

Presenter Emma Willis is ready for the big launch having recently welcomed her third child, Trixie Grace with husband Matt.

The pair met when Emma was beginning her presenting career at MTV, and their relationship flourished unexpectedly. The 40-year-old spilled the beans: "I met Matt when he was in Busted. I'd see him wearing baggy jeans, waddling around like a duck so they didn't fall down. He used to wear makeup and have weird hairstyles. But I remember underneath all that was a really cute guy."

"Nine years on, that fun has turned into a marriage and kids, which is amazing because I never expected it for a second, and I don't think he did."

Upon the arrival of her newborn daughter, Emma





announced on Twitter: "Thank you so much for all your lovely messages. Trixie arrived in the world on Wednesday. May the 4th be with her indeed."

The couple are also parents to their four-year-old son Ace, and daughter Isabelle, who is soon to turn seven. Their relationship hasn't always been simple, as it was revealed that there had been turbulent times.

Emma has supported husband Matt through multiple visits to the Priory, first in 2005 for alcohol abuse and again in 2006 for cannabis addiction before his final stint in rehab in 2008, as his problems spiralled out of control a month before the pair were married.

Emma shared her thoughts on fame: "You can go through tough times when you feel you have lost everything, but we understand better than ever that this is an industry where success comes and goes. You have to accept that."

Despite becoming a presenting sensation, making a name for herself through *Big Brother* and The Voice UK in recent years, Emma has not always been as confident in her abilities as you would imagine. Beginning, modelling at the age of 17 for companies including Elle, Vogue, GAP and Chanel brought Emma to people's attention, but surprisingly didn't do wonders for her self-belief.

“ I WANT THIS TO BE
MY JOB UNTIL I RETIRE,
BECAUSE I DON'T KNOW
WHAT ELSE I'D DO ”

She explained: "I felt I'd got into TV by fluke because I'd been a model. I looked alright and could string a sentence together. I never believed they were 100 per cent behind me for my ability as a presenter."

However, Emma quickly realised presenting was something she had a talent for: "I lacked self-belief until I started doing *Big Brother's Little Brother*. I knew then it was something I could do for hours and I feel comfortable now and I'm glad it's taken time. You want to be the slow-burner, not the firework that just explodes," she said.

It looks now as though Emma is here to stay on screen, as she has found the perfect balance between family life and work in the spotlight, currently promoting her new TV series, *What Would Be Your Miracle* in which she follows people about to benefit from medical breakthroughs.

Husband Matt has been touring the UK with boyband Busted, reuniting on stage for the first time in 12 years with bandmates James Bourne and Charlie Simpson for their *Pigs Can Fly* tour. Having given birth only seven days previously, Emma had no choice but to stay at home, tweeting: "First night of the Busted tour at Wembley tonight. Wish I was there but have the most amazing time."

One thing is for certain, Emma is keeping busy as she prepares to host the new series of *Big Brother*. She added, "I want this to be my job until I retire, because I don't know what else I'd do."

Photo Credit: PA Images

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A Danish *Delight*

Copenhagen, whose name derives from the word meaning merchants' harbour, is a great deal smaller than fellow Scandinavian capital, Stockholm, but boasts an equally impressive array of historical sites and stunningly diverse architecture.

A popular holiday destination, Copenhagen boasts a wide variety of charming and picturesque hotels and bed and breakfasts.

One such establishment, located near the beautiful 17th century waterfront district, Nyhavn, is the Neptun.

The Neptun was founded by a Mrs Svendsen in 1851 and was run illegally. The hotel was unlicensed and many of the guests were smugglers. To be let in to the hotel you had to give a pass phrase 'Neptune'.

Like its fellow Nordic states, the Danish natives are uncommonly polite, and display such a high level of English they would put many Londoners to shame.

Some of the cities must-sees include the Round Tower, a 17th century iconic Baroque behemoth which sits in the centre of the city and the world famous Copenhagen Zoo – one of the oldest and most impressive in Europe.

It is also home to the world famous Carlsberg Museum, a number of awe inspiring palaces including Amalienborg

and the statue of the world renowned Little Mermaid, a monument celebrating the country's iconic writer, Hans Christian Andersen and his most famous work.

In the evenings the popular Nyhavn district, famed for its bars and restaurants offers a relaxed atmosphere where you can enjoy the local cuisine and during the festive months, a glass of glogg – mulled wine to you and me.

This attractive waterfront with its cobbled streets is well worth a visit and despite its quaintness, is lively and full of character, much like the rest of Copenhagen.

Last year Copenhagen was announced as the European Green Capital and is home to a number of impressive parks and green areas.

The city is also one of the most cycling friendly in the world. The health conscious Danes cycle everywhere and often the cycle paths take precedence and are in much better condition than the pedestrian pavements.

It is certainly worth joining in and tour the city on two wheels particularly around Copenhagen's grand parks and gardens, including Frederiksberg and Tivoli.

For those looking for a relaxing break in a city rich in culture, you can do a lot worse than

Verdict: Pretty, peaceful and quite possibly perfect.



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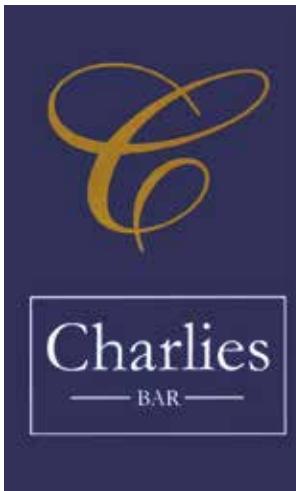


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Make your own Cider

There are few things more English than a glass of scrumpy. In fact cider consumption in England can be traced back to 1066 and the Norman Conquest.

If you have a surplus of apples, or access to windfalls, then why not try making your own. Cider making can be very easy – simpler than brewing beer.

A variety of cider making kits are available from brewing stores and on the internet. Or, if you are handy, you can make it using items you have around the home. Here are some simple tips.

- Source your apples, and don't skimp on the quantity. About 20 lbs of apples will produce 4.5 litres. You can use any type of apples as long as they are ripe, although the experts recommend trying to use a variety of apples, some sweet and some acidic.

- Juice the apples. Some people use a juicer, others take an old school approach. If you want to try a more traditional method, pulp them first, simply by cutting them in pieces and placing them in a bucket and mashing them with a piece of wood. Then run the mashed pulp put through a wooden press. If you are handy, you can make your own press. There are lots of examples on the internet which have been made with some old timber, a car jack and some muslin cloth. You can also purchase one.

- Once you have your juice/pulp put it into a storage bucket which has been cleaned with food grade sterilizer.

- Add a sodium metabisulphite tablet such as Campden to kill any nasties such as moulds or bacteria in your liquid.

- Wait 24 hours and add brewing yeast to get the fermentation process going.

- After a week or so, your mixture should have changed and sugar will have turned into alcohol. If your mixture tastes very sharp, you can add calcium carbonate to neutralise the acids in your cider. Add the calcium carbonate in stages as it will cause the mixture to fizz.

- Leave your cider for a few weeks. It will clear as the yeast settles and then be ready for bottling. It is recommended you prime the bottles by adding just over half a teaspoon of sugar to each. Use bottles designed to stand pressure such as bottles made for sparkling wine. Seal your bottles with corks and champagne wire cages. You can use beer bottles with crown corks, but this needs a special tool.

Drink on its own, or serve with food. The National Association for Cider Making has a number of recipes on its website of dishes which are ideal with cider.

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INGREDIENTS

200g Chocolate, preferably good quality dark chocolate with 70 per cent cocoa solids | 150g butter (unsalted is best)
1 tbsp of golden syrup | 100g maltesers | 100g hazelnuts | 100g pecans | One crunchie bar or snickers (optional)

METHOD

This is the easiest cake you'll ever come across. There's no baking involved and you can tuck in after about an hour and a half of cooling. It's not for the faint-hearted, weight conscious or if you have an aversion to chocolate!

1. Break the chocolate into small pieces and put it in a heatproof bowl with the butter
2. Place the heatproof bowl on a saucepan of gently boiling water, be careful not to let the water touch the bowl and leave to melt, stirring occasionally
3. Mash your maltesers and any other chocolate you may be using, you can chop it up, or place in some cling film and cover with a tea towel and pound with a rolling pin to break into small pieces
4. Chop up your nuts into rough chunks; you want to be able to get surprises when you tuck in
5. Pour the syrup into the melted chocolate and butter and then mix in the dry ingredients
6. Once well mixed, spoon into a loaf tin, mould or tray bake tin and pop in the fridge for an hour or two. If you have longer, overnight is best and the taste is better

When you are ready to serve, turn the mould out onto a flat surface and cut into equal squares. Put in an air tight container in the fridge and they should keep for up to a week.

TAKE A WALK ON THE WILD SIDE

with chef Valentine Warner



Photo Credit Jake Gavin

Some celebrity chefs like to spend their time in Michelin star kitchens experimenting with exotic ingredients and cutting edge technology.

But Valentine Warner, most recognisable from his BBC show *What to Eat Now* from 2008 and regular stints on cooking programmes such as *Saturday Kitchen*, is not your average “celebrity chef”.

As a great lover of wild Britain and its countryside, Val (as he likes to be called) prefers nothing more than just cooking with fresh fish or a wild animal, or something plucked straight from the great outdoors.

He said: “I cook every day. I grew up in rural Dorset and my father was passionate about nature. I think this is where I get my love for the countryside. I was of the notion that everything was edible or inedible. So there isn’t much I disliked and I was forever putting things in my mouth and chewing at things.”

Coming from two good cooks - both his mother and father provided meals for his family - Val’s destiny was written for him early on.

Street food

His passion for food comes from turning something simple into something spectacular, which he calls “food from poverty” or “eating on the side of the road”. This perception of food extends throughout his life, where even on holiday he opts for eating from street vendors, rather than top rated restaurants so he can get a feel for the flavours and tastes of the area.

“I much prefer food that's charcoal cooked and I just follow my nose. It's all about the senses for me”

Val added.

One question Val reluctant to answer is what his favourite food is. Unlike most, food for this green-fingered cook is all about mood, location and circumstance. But with all this in mind, fish or shellfish would be his produce of choice for the mere reason that he finds the underwater world a mysterious place and, of course, loves fishing.

Learning to fish, cook and shoot from a young age led Val to a real appreciation for fresh fish, seafood and shellfish. The experience is as exhilarating as the food itself for the chef and allows him to relax, turn off his phone and recuperate.

One thing of which the fisherman is certain is that being healthy is not necessarily about eating certain foods, but instead having everything in moderation.

He said: “I would describe myself as a healthy person. I walk as often as I possibly can and if I am somewhere safe enough to swim, I'll swim and I'll happily climb a mountain too. But at the same time, I don't follow a strict diet, I eat absolutely everything and there's a lot of preciousness out there which I am not really into.

“For me, being healthy is not living by any food rules, but eating a bit of everything and let your mood guide you.”





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Wooden furniture is the ideal addition to any home, especially for those looking to create a modern interior design while bringing an eco-friendly touch, and some colour into the home. Less time-consuming than redecorating, bringing new furnishings into the house can bring character to the bleakest of rooms.

Wood brings a feeling of comfort into the home, adding a certain charm to any style of house, be it modern or not. Traditionally, wooden furniture is thought of as outdated, but this could not be further from the truth. With lighter coloured woods such as maple, pine and ash, or darker shades such as rosewood or walnut, there are endless possibilities, and ways to introduce wooden furniture into the home, no matter what your style or colour preferences.

Solid wood is not only eco-friendly but often more sturdy

and long-lasting when it comes to furniture. Blending functionality and unique texture, the only downside of solid wood furniture can sometimes be the cost.

If solid wood is not for you, brilliant quality man-made 'wood appearance' furniture is easily available nowadays, much of which you would never be able to tell apart from real wood.

To create a stand-out statement, a custom-made wooden piece of furniture will bring a unique difference to the usual home, whilst something as simple as a wooden dining table can bring a sense of individuality to the room.

So, with no better time to bring some warmth into your home than in the colder months, why not use this opportunity to introduce some new wooden additions into the home?



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Keeping your little ones occupied on a rainy day can be a challenge. But even the most mundane household items can be transformed into colourful creations.

So why not raid the contents of your recycling bin and try your hand at junk modelling? Egg cartons and cardboard rolls are the most versatile.

All you need is a pair of scissors (if they're sharp make sure you supervise your little ones with them), paint, glue, a marker pen and a little imagination. You can also add felt, fabric or googly eyes for extra impact.

With a little handiwork the humble loo roll can become:

> **AN OCTOPUS** – simply cut one end of the roll into strips, up to about half way, to create the tentacles. Paint, and add eyes.

> **AN OWL** – Paint a cardboard toilet roll and once it's dry fold down the top half of the roll and then the second half so that the two flaps meet in the middle (see the main picture above). Either draw on eyes, a beak and wings or stick them on with coloured paper.

> **A PENGUIN** – paint your roll black and when it's dry, stick a piece of white, oval-shaped paper on the front. Then add black wings, yellow or orange feet, beak, and eyes.

> **A RABBIT** – paint your roll and two ice lolly sticks or pieces of cardboard for the ears. When it is all dry add the ears and decorate the face.

ACCESS DENIED FOR STALKERS

The Home Office is drawing up proposals to hit stalkers with protection orders and counselling under new plans to protect victims targeted by strangers on the internet.

Proposals being drawn up by the Home Office would ban stalkers from contacting victims as soon as a crime is reported and before the case gets to court.

Singer Lily Allen has said she became a 'hermit' after being stalked by an obsessed stranger for seven years.

The 30-year-old pop star was harassed by Alex Gray, who bombarded her with abusive letters and tweets before breaking into her flat as she and her two young children slept.

She said Gray had also threatened to stab her in the face and believes he spent nights lurking in her garden.

The stalker was convicted of burglary and harassment last month at Harrow Crown Court.

The singer also claimed that she was made to feel like a 'nuisance rather than a victim' by police investigating the case.

Another high profile victim was EastEnders Samantha Womack, who was left scared in her own home after a stalker travelled 93 miles to declare his love for her.

The 43-year-old actress discovered Peter Rombough, 22, outside her family's property in the early hours of September 3, 2014.

He pleaded guilty in December last year to stalking and was given an eight-week prison sentence.

Samantha, who plays Ronnie Mitchell in the soap said: "He's a total stranger but I'm concerned about his well-being and do hope he is okay and needs to seek some help."

Figures show stalking crimes have shot up by over 30 per cent since 2012 including many cases which occur on social networks like Twitter and Facebook.

More than half of all stalking victims do not know the perpetrator, government research shows.

Officials said the proposals aim to stop stalkers before their obsessions get out of control.

Theresa May said: "While it is

encouraging that prosecutions under the legislation the previous government introduced in 2012 are increasing, I am concerned that there may still be a gap between the time when the offending behaviour begins and the time when a prosecution can be commenced where we could be doing more to deter the perpetrator from their obsession."

A spokeswoman for the Suzy Lamplugh Trust, which manages the National Stalking Hotline, said: "A stalking protection order may be especially helpful for victims who are being stalked by someone they have not had a relationship with.

"It is important that police and prosecutors receive training on how to use stalking legislation effectively."

The consultation comes after a number of high-profile online stalking cases, including women's rights campaigner Caroline Criado-Perez who received death threats after her campaign to put a woman on the £10 banknote.

One of the messages read: "I will find you, and [you] don't want to know what I will do when I will do ... Kill yourself. Before I do."





Hang in there

add some colour to your outdoor space

A hanging basket overflowing with colourful blooms is a great way to brighten any outside area especially an ugly wall or dreary fence.

And not only do hanging baskets make a bold statement, they are easy to look after.

The best time to start thinking about creating your summer hanging baskets is in April or May.

Start by choosing the basket. There are plenty of options available from wire ones (which need to be lined), wicker ones (which are lined but may require drainage holes) to plastic ones.

If your basket needs lining, then you can buy ready-made cardboard liners and fibrous materials for this purpose. Aim to cover the inside with about half an inch of material and then half fill the basket with compost. You can use any brand of multipurpose compost but may like to add some water-retaining gel and slow release fertiliser to give your plants an extra boost.

Once your basket is half full, it is time to add the plants – dig a small crater for the plant first – being careful to protect the roots. Then add compost around the plant. Many people use plug plants in their baskets as they are

most cost effective. You will probably need about 10 plug plants for a 12 inch basket, or about 14 plants for a 14 inch basket spread around the edges and centre.

When deciding what to plant, think about how the colours will work together. Busy Lizzies, Lobelias and Petunias are popular choices. Trailing varieties of Fuchsia, Geranium and Verbena are great around the edges of the basket as are foliage plants such as Nepeta or Helicrysum.

Once you have planted your baskets, the next step is to ensure they stay moist – but don't go soggy.

They will need to be protected until the frosts have passed (usually sometime between mid-May or the end of May). If you don't have this sort of space available, hanging baskets can be placed in a sheltered position outdoors during the day and brought under cover at night until the risk of frost has passed.

Water well and keep indoors in a conservatory or greenhouse until the frosts have passed. Then you can hang them outdoors. Your baskets will need regular watering – and at the height of summer will need to be watered every day. Also consider using liquid fertiliser intermittently to keep them healthy.

Elba's Shere Class

Actor Idris Elba likes nothing better than playing baddies. In fact he says good guys are boring and the villain always gets to go wild.

But even some of his good guys are a little bit bad; take him in Luther where he plays the mean and moody DCI in the totally dark and gory drama.

But he does like to get his claws into a part as his latest role he is also cast as a baddy when he voices the man eating tiger Shere Khan in the brand new Disney live action and CGI version of the Jungle Book.

He is also starring in Bastille Day where he plays a former CIA agent embarking on an anti-terrorist mission in France.

Many people believe his performance in the film is an "audition" for him taking over the role as James Bond from Daniel Craig.

Idris has come a long way since he came to audience attention in the successful US series The Wire where he played ambitious gangster Stringer Bell. London born, he is one of those British actors who seems to revel in roles on both sides of the Atlantic. He is hot property.

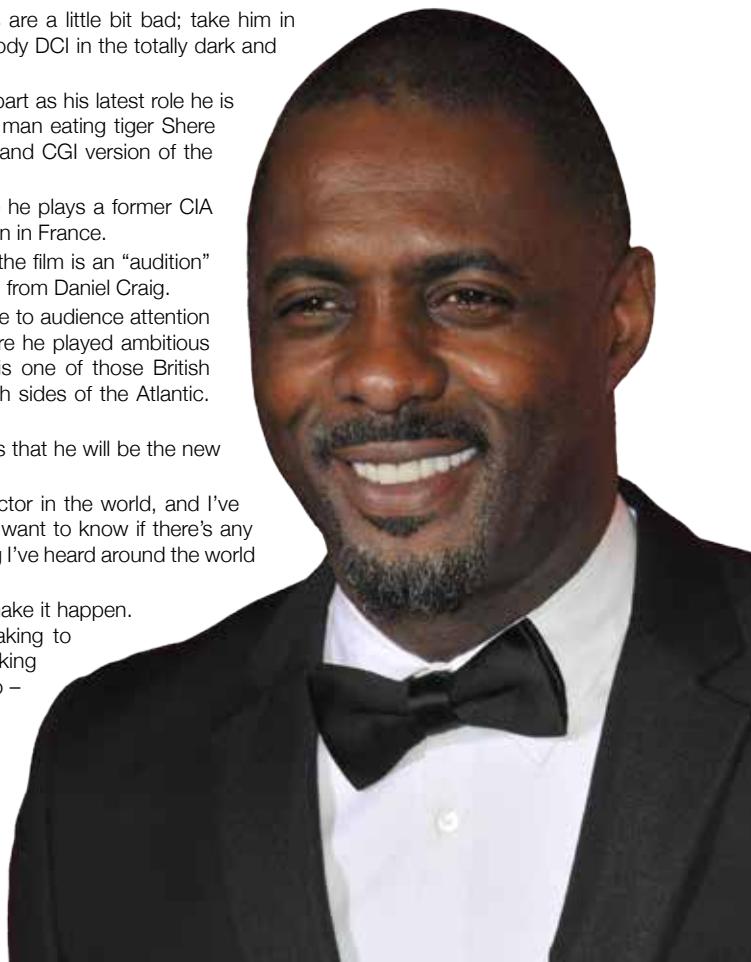
But Idris is tired off the constant rumours that he will be the new James Bond.

"I'm probably the most famous Bond actor in the world, and I've not even played the role. If human beings want to know if there's any connectivity between all of us, the one thing I've heard around the world universally is, 'You'll be great at Bond.'

If everyone wants something, they can make it happen. However, it's all Rumourville. I'm not speaking to the James Bond people. They are not speaking to me. So if it was to happen, there you go – the will of the nation did it!"

He divides his time between London and LA, Idris is dad to two children, Isan, 14, with ex wife Kim Norgaard and Winston, two, with ex girlfriend Naiyana Garth.

A little known secret about Idris is that he is a professional DJ - using the name Big Driis (correct) the Londoner.



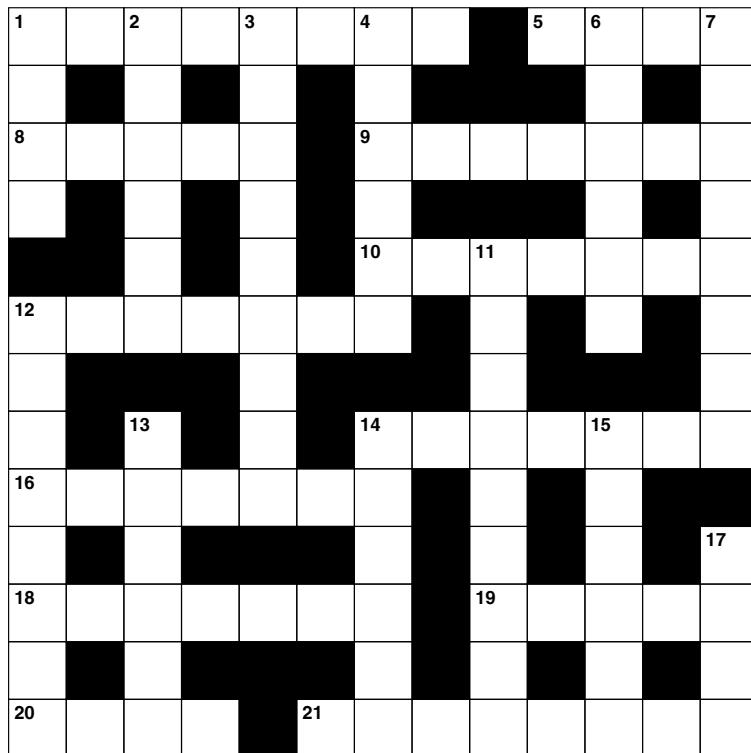
PUZZLES & TRIVIA

ACROSS

1. Eg from Italy or Spain (8)
5. Not as much (4)
8. Opposite of outer (5)
9. Subdivision (7)
10. Burst violently (7)
12. Type of conference (7)
14. Ennoble (7)
16. Involved; intricate (7)
18. Easily broken (7)
19. Giggle (5)
20. Large town (4)
21. Publicly recommend (8)

DOWN

1. Live (anag) (4)
2. Without pattern (6)
3. Employees (9)
4. Reply (6)
6. The boss at a newspaper (6)
7. Prison term (8)
11. Case (9)
12. Stated clearly (8)
13. Effect; force (6)
14. Surpass (6)
15. Emotional shock (6)
17. Protective foot covering (4)

**DID YOU KNOW?**

1. The all-time fastest Playmobil figure was issued in 2015. It was of Martin Luther complete with quill pen and German Bible.
2. Smoky bacon Pringles, prawn cocktail Walkers and McCoy's BBQ crisps are all suitable for vegetarians.



3. Fartplan is Danish for the word timetable.
4. In Japan you can buy sweet potato flavoured KitKats. (They also come in green tea, wasabi and pumpkin pudding).

SUDOKU

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1	6	5						3

DOES ZERO TOLERANCE = ZERO SENSE?

Drivers debate stricter enforcement of motorway speeding laws

Motorists have reacted to the news that speeding laws on motorways across England have become a lot stricter.

In the past a degree of tolerance was applied to people breaking the speed limit but now Police forces across the country are using more and more speed cameras to prosecute drivers going over the limit.

In some recent cases people who have been clocked doing 74 MPH have received a fine and penalty points on their licence.

According to website www.motoringresearch.com nearly half of all cars, motorbikes and vans broke the 70 mph limit on motorways in 2015. The research found that 80 mph was the default speed for many of these drivers.

We spoke with two drivers with polar opposite views about the subject.

Dan Higgins, 42, a delivery driver from Apsley, in Hertfordshire, said: "The limit of 70 MPH was set back in the mid sixties (December 1965) and is out of date because cars and roads are safer now."

"The limits need to be reviewed again as all they are at the moment is a way for police forces to raise money by fining people. I've six points on my licence and I'm by no means a fast and reckless driver. It's my livelihood, like millions of others in the country and this zero tolerance approach being rolled out smacks of money grabbing by the authorities.

"How can you justify fining someone for doing 75 MPH on a motorway that's totally empty at 5am in the morning when driving conditions are perfect?"

Steve Hamilton-Jones, 56, of Radlett, feels very differently. He said: "In my work as a solicitor I've seen cases where speeding has had catastrophic and indeed deadly results.

"The *Top Gear* brigade would have no speed limits if they got their way. The laws are there for a very good reason and of course if they are broken then people should face the consequences."

For more information about speed limits visit: www.gov.uk/speed-limits



DRIVING TO SUCCESS

With just weeks until Euro 2016 kicks off in France those fans planning their route to the host nation will find driving is the cheapest by miles.

In total there has been more than five million ticket applications from 189 countries for the tournament with England fans set to benefit from some of the cheapest travel costs – if they drive.

The European Breakdown team at Kwik Fit Insurance Services has conducted research on the cheapest transport methods and the distance football fans will take to follow their team from their home country, around the stadiums and back home. The insight includes a journey planner comparing the cost of driving versus taking trains and flying, as well as a motoring guide to each of the host cities in France.

The data shows that England fans benefit from the cheapest transport costs across all three methods compared with other competing UK nations which includes England, Wales and Northern Ireland.

Perhaps unsurprisingly, driving proved the cheapest transport method for all of the home nations. Due to the high demand of flights around the tournament dates, flying proves to be an expensive option, with prices expected to continue rising over the coming months. Between January and March 2016, the average train

price has already risen by £146 and flying costs has risen by £171.

Northern Ireland, whose fans will be attending their first major tournament since 1986, have the highest road, air and rail costs to pay.

Due to London being closer than the other home nation capitals, England fans will have the fewest total miles to travel if they drive to France. However when in France, Northern Irish fans win out, only having to travel 582 miles between Nice to Lyon and Lyon to Paris, compared with Welsh fans who will have to travel nearly double the distance at 1,031 miles throughout the group stages.

Stewart Barnett, Marketing Director at Kwik Fit Insurance Services said: "We created Road to France as a fun way of thinking about how football fans in the UK could plan their trips to the biggest footballing event of the summer – it's a great visual representation of the physical journey that they will have to take when following their team – not forgetting the emotional journey too."

The 2016 competition is relatively unique as being so close to home allows fans to drive to the French host towns and cities, saving them a significant amount of money – and even more so with road and car shares.

"That said, I'm a Scot, so I'll be looking for alternative ways to spend my summer."



	England	Wales	Northern Ireland
Driving cost	£337	£425	£480
Train Cost	£544	£735	£860 (Flying and Train)
Flying cost	£640	£550	£1010 (Flying and driving)

	England to Marseille, Lens, Saint-Etienne	Wales to Bordeaux, Lens, Toulouse	Northern Ireland to Nice, Lyon, Paris
Total miles travelled	1999	2689	2709
Miles travelled within France	621	1031	582

MIRACLE MEN

Fairy tales and sport rarely go hand-in-hand but Leicester City's remarkable success this season has made the world realise that anything is possible.

Having narrowly avoided relegation the previous season the Foxes entered the 2015/16 season among the favourites for the drop. The expectation that they would struggle was further compounded when they made the bizarre appointment of Claudio Ranieri, an ageing manager who had led Greece through a humiliating Euro 2016 qualifying campaign that included two defeats to the Faroe Islands.

The 5,000-1 shots for the Premier League title defied the odds and quickly raced to the upper echelons of the Premier League thanks to a six-match unbeaten start to the season.

From that moment the belief in the squad grew and grew, and despite suffering two defeats to Arsenal and a loss at Anfield on Boxing Day, the Foxes rarely faltered.

The expectation from pundits, supporters and other clubs around the world was that the mesmerising start to the campaign must come to a shuddering end at some point, but it didn't.

Even as late into the season as March there were doubters as to the possibility of them winning the title but, as other so-called big teams fell away, the rank outsiders held their nerve to claim one of the biggest prizes in the sport.

Leicester City's title winning effort has changed the landscape of football in England as so-called smaller clubs can now dream of winning the league and knocking the giants of the game off their perch.

The changing of the guard in English football has been on the cards for several years now as mismanagement at some of the country's biggest club's as well as the £5.136bn television deal, divided equally between the clubs, means all 20 teams can attract the best players in the world.

The challenge for Leicester, and indeed all the other similar sized clubs, will be to continue that challenge as giants Manchester United and Manchester City welcome two of the best managers in the world to their clubs in Jose Mourinho and Pep Guardiola to bolster their title challenge next season.

Whatever happens next the fairy tale written by Leicester will be hard to top and it may mark a titanic shift at the top of the Premier League.





from

SHEEP FIELDS *to* AUGUSTA



DANNY WILLETT REFLECTS ON HIS FAMOUS MASTERS WIN

It is the moment that has become almost as famous as the victory itself, but when 2016 Masters winner Danny Willett removed his white top to reveal a green polo shirt underneath, it gave an indicator of how the 28-year-old from Sheffield had rated his chances of winning the green jacket later that day. The world number 12 would surely not have selected a green number from his wardrobe on that Sunday morning had he expected to finish the day wearing the famous green jacket, becoming the first Brit to win the Masters since Nick Faldo in 1996 and claiming the first major of his career. It is just the latest twist in a remarkable story that very nearly saw the Liverpool supporter miss playing the Masters all together. Prior to the tournament he confirmed he wouldn't fly out unless his wife, Nicole, had given birth beforehand.

"If he fancies coming out early on, it would be great, but if not, I won't be playing," Willett said in March.

Fortunately Zachariah James Willett arrived on March 29, via a C-section, and the proud father was able to jet out to the USA six days later to take part before capping an unforgettable week by coming from behind to win the Masters. You couldn't make it up.

Most startling of all was the cool and calculated manner in which Willett went about his business while last year's winner, Jordan Spieth, lost his cool. Augusta can either be the making or the breaking of you. The iron-willed American had birdied four holes in a row to reach the turn with a five-shot lead and was the overwhelming favourite to follow in the footsteps of Jack Nicklaus, Faldo and Tiger Woods by clinching back-to-back wins at Augusta. But his round unravelled spectacularly at the tenth and put Willett in the unlikely position of driver's seat, one he'd never experienced at a major. He had just four European Tour wins, the most recent of which was the Dubai Desert

Classic in February, to call on from the memory bank of experience.

But the Yorkshireman, who studied in the USA at Jacksonville State University for two years before turning pro in 2008, handled the pressure with the manner of someone for whom winning majors was second nature. He was completely unnerved. It was like he was having a round at his local club in Lindrick.

That nerveless, unflustered approach to the biggest eight holes of his life can be put, in part, down to the influence of his father Steve, a vicar by trade.

"When I came home a good day wasn't about whether I'd shot 65 but whether I was all right," Willett said of his youth. "You see these parents force the game down the throats of their kids and it's so destructive. I've been to a few sports psychologists but the best one I know is my dad."

Family is a recurring trend with Willett, it's the making of a thoroughly decent bloke. As the drama unfolded on the final Sunday in Augusta his older brother Peter - a teacher, like their mother Elisabet - emerged as a social media star with his alternative commentary on Twitter. He was trending for a while. Peter has more than 22,000 followers on the back of insight such as: "Speechless. I once punched that kid in the head for hurting my pet rat. Now look. #bbcgolf #TheMasters".

Willett's circuitous route to the top is best seen through the prism of him practising in a field full of sheep as a youngster. "We used to go to Anglesey to play a par three course in the middle of a sheep field," he told the Daily Telegraph earlier this year. "You skip it forward 17 years and you've got an invite to the Masters. It's just a bit crazy really."



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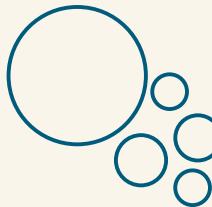
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