

DUVET DAYS:

The top ten excuses for calling in sick in Britain

FOOD FOR THOUGHT

All you need to know about staying healthy

MUHAMMAD ALI

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Editor's notes...



Nik Allen, Franchise Owner

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

We were delighted with the response from the first edition and have enjoyed reading all your comments as we bring you all new, exciting content and take your suggestions on board.

This month we cover the terrible news of boxing legend, Muhammad Ali's death, and the impact he left behind on some of the most influential people in the world.

The Euros have seen some troubles, but with some of the Vision team out in France reporting, continue reading to see what it was like to be in the middle of it all.

If you're looking to take part in sports yourself, we have everything you need to know about cool-downs, and what your body really needs nutritionally.

For those looking to cook up a treat this summer, **VISION** looks into the benefits of coconut oil in your cooking, as well as bringing you the recipe for easy tray bake caramel shorties.

While the warmer weather brings longer days, it's the ideal time for some arts and crafts, so why not make your own curtains, decorate mugs with the kids, or even brighten up their rooms with some crafty, home-made additions?

Take a peek inside to find out all that has been happening in Brentwood, where you can read all about one woman's miraculous escape, unscathed from a crash on the M25, as well as the affects of the recent storms and flash flooding. We even saw a new Mayor of Brentwood Borough Council elected, and a visit from Ed Sheeran.

Happy reading, and as always, let us know your thoughts,

Nik

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TIMELINE ...Friday November 22, 1963



DRIVEN

TO KILL THE PRESIDENT

Buell Frazier was just 19 on the morning of November 22, 1963 and it started off just like any other day. He had recently started work at the Dallas Book Depository in Texas and most days he gave a workmate a lift to work.

On that day his passenger had placed a long package on the back seat of the car. When he asked what it was, the passenger replied: "Curtain rods". Hours later Buell would find himself at the centre of one of the most famous events of the 20th century - the assassination of President



The limousine carrying mortally wounded President John F. Kennedy races toward the hospital seconds after he was shot in Dallas



John F Kennedy.

The workmate was Lee Harvey Oswald and the package in his car was the sniper rifle used in the killing that sent shock waves around the world. He had unwittingly helped Oswald transport the rifle used in the assassination - a gesture that has haunted him for the last 50 years.

Not only was he accused of being an accomplice of Oswald but his brief friendship with the killer has blighted his life ever since. He lost jobs and was shunned by friends once they found out he had given Oswald a lift to work on the day JFK died.

He also said he has lived in fear of being killed by people who want to exact revenge for the death of America's most beloved President.

"There isn't a day goes past that I do not regret what happened," said Buell.

"If I could turn back the clock I would. When Lee got into my car I had no idea what was going to happen. Ironically it was Buell who had helped Oswald find a job, packing school books at the seven storey warehouse in downtown Dallas. They had only known each other for about a month and lived near each other in Irving, Texas.

At the book depository Oswald, aged 22, hurried

inside with the package tucked under his arm.

Staff at the depository had been given time off to watch JFK and his wife Jackie as their motorcade sped through Dealey Plaza outside their building just after 12.30pm.

Buell said he was excited to see the President - but wanted to get a good look at Jackie Kennedy.

Buell remembers hearing the first gunshot which he thought was a motorbike back firing. When he heard two more shots and saw women in the crowd screaming and running he knew shots had been fired.

What he didn't know was that Oswald was firing from the sixth floor window of the building. The shooting was captured by Abraham Zapruder who filmed the entire gory scene as the

President was struck.

The 26 seconds of film have become the most studied film in history. After the shooting and the pandemonium that followed Oswald fled leaving the rifle behind. Police instructed managers at the school book depository to gather the employees for a roll call - Oswald was the only one missing.

Hours later while visiting his step-father in hospital Buell was arrested. He was questioned for hours as police suspected he was involved in an assassination

THERE ISN'T A DAY goes past that I do NOT REGRET what happened



November 22, 1963: Scene through the foreground convertible's windshield, President John F. Kennedy's hand reaches toward his head within seconds of being fatally shot

plot. "I just told them what I knew, and told the truth," said Buell in his slow, Texan drawl.

"They kept on asking about Lee and the ride to work. I told them all I knew, but I could see they suspected I was involved.

"I was just a simple country boy and it was just a nightmare. I kept on telling the police I did not know anything. They kept on asking me the same questions. Buell spent hours being interrogated before being released after passing a lie detector test".

Meanwhile, Oswald had been arrested when he was found hiding in a movie theatre. He had earlier shot a police officer JD Tippit who had recognised him from a description flashed to all law enforcement officers.

The assassin insisted he was a "patsy" and denied killing JFK.

Two days later he was shot dead by nightclub owner Jack Ruby as he was being brought out of a police station. His death coupled with reports of a second gunman on the Grassy Knoll at Dealey Plaza have meant there are hundreds of conspiracy theories about the assassination.

Buell, now aged 69, was called to give evidence to the Warren Commission, the inquiry set up in 1964 by the US Government to investigate JFK's death.

The Commission found that Oswald was the lone gunman and dismissed all other theories.

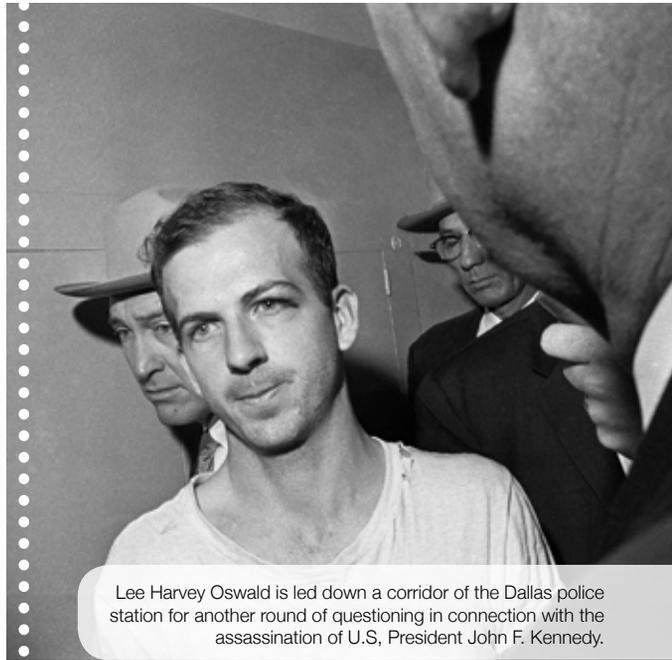
Buell said he doesn't believe Oswald acted alone and said the Warren

Commission was a "whitewash".

"People have not been told the real truth. Not for one minute do I think Lee was on his own. There were other people involved. It was a conspiracy to kill the President."



The movie theatre where Lee Harvey Oswald was arrested after U.S. President John F. Kennedy was shot and killed in Dallas.



Lee Harvey Oswald is led down a corridor of the Dallas police station for another round of questioning in connection with the assassination of U.S. President John F. Kennedy.

Photo Credits: PA Images, Chris Bott & Jim Murray



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GIVE YOUR MAKE-UP BAG

a clean up

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:

Lipstick - *Every year*

Every girl would love their lipstick to last more than a few months, but with all the reapplication, it's unlikely. However, in the event that you do have a few shades hanging around in the bottom of your make-up bag, throw it out after one year. Lipsticks give off a funny smell when they are well past their sell by dates. Using old ones can cause skin irritation and even infections.

Nail polish - *Every year*

The best way to spot if your nail polish is at the end of its life is to see how smoothly it comes out of the bottle and goes onto your nail. If it's time to throw it out, it will be clumpy and no longer glides over the nail.

Face cream - *Four months*

Weirdly enough, despite applying face cream with your fingers, you can actually introduce bacteria into your face cream this way. Hands are one of the deadliest places for germs so throw away your face creams every four months to avoid spreading germs onto your face and neck. Also remember to keep them in air tight containers to prolong the life of the product.

Fragrance - *Two years*

Fragrances have a distinctive smell so when this changes, alarm bells should be ringing. Usually perfumes and aftershaves last up to two years, but generally we tend to spray them often enough for these to be used up in a matter of months. Every pump lets air into the fragrance which eventually turns it sour.





Bag of tricks!



Check out these make-up bags to hold all your treasured cosmetics in.

Speech Bubble Make-up Bag: *My Beauty Bits & Bobs*

Bright, fun and funky make up bags in either peach, mint green, blue or pink with an eye catching geometric print on one side and a speech bubble on the other filled with a quote.

Handmade Personalised Silk Make-up Bag: *Love Birds Make-up Pouch*

Beautiful monogrammed make up bags that are hand made to order by Mia Fleur in a range of colours. Made from pure cream silk with a cream cotton lining, the zip, tassel and lettering are in a delightful light blue. We can think of so many other uses for these gorgeous make up bags from stashing jewellery in to keeping sewing bits and bobs together. Just add your chosen initial for the perfect monogrammed present.



Women's Cream & Pink Love Words & Birds Print Make-up Bag



A versatile pouch from Lydia Rose which can be used as a make up bag to store your essentials. The size is great for longer brushes and liners while the pattern is vibrant and girly.

Anne Fortin Make-up Bag *Black Cut Out*

Etsy bring you this Anne Fortin make-up bag with a black cut-out. The design is modern and unique, giving the quirkiest of girls a run for their money.



Tartan Wildlife Make-up Bag

This smart make up bag is made from long lasting laminated cotton and features a beautiful tartan wildlife design. Roomy enough for all those daily and travelling essentials, but not so bulky that they take up your entire handbag. Strong zip fastenings and a white lining make these bags a practical solution to carrying make-up. The laminated cotton is easy to wipe clean. Made in the UK.

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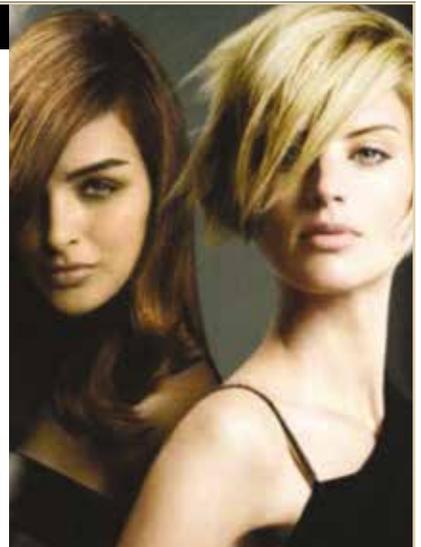
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NUTRITION

What we really need

The internet is definitely not short of nutritional advice in terms of what you should and should not eat, but too much information can sometimes be a little overwhelming. Fad diets and workout regimes aside, we looked into what our body really needs to function.

No single food offers all the essential nutrients needed for the body to function efficiently. Every individual will have specific nutritional needs and to maintain a healthy diet, it is vital to eat a range of foods from each of the five food groups. These are carbohydrates, protein, milk and dairy, fruit and vegetables, and fats and sugars. Keeping a varied diet allows the body to store a range of minerals and vitamins, while avoiding dietary imbalances.

Calorie intake should be balanced with the amount of energy your body needs to carry out everyday tasks. For this reason, those with a more active lifestyle should consume more calories on a daily basis than those with a more stationary lifestyle.

As a guide, men need around 2,500kcal a day to maintain a healthy body weight and women need around 2,000kcal a day. It is estimated that the average adult consumes between 200 and 300 surplus calories per day.

To lose weight, exercise levels must increase or calorie intake must be reduced. Cutting out 500 to 600kcal a day should allow you to lose between one to two pounds per week, but it is important to ensure that you are still having a varied, balanced diet despite the drop in calories.

Weight gain begins when the body is given more energy than it needs, therefore storing it as extra weight. Over 60 per cent of adults in the UK are classed as overweight or obese, as well as there being growing concern about the number of children who are overweight. Health issues such as diabetes, heart disease and some cancers are linked to being overweight, making it more important than ever to stay at a healthy weight.

The key to a healthy diet is moderation and balance. To test whether or not you are of a healthy weight, you can use a Body Mass Index (BMI) calculator, easily found online.



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Training Academy

The Mellow Moments Beauty and Holistic Therapy Training Academy will be running beauty and Holistic Therapy courses from August 2016. Please contact Sheila on 07956 123335 or mellowmoments@btinternet.com for further information.

Why Take Time Out? Meditation/Relaxation for Adults and Children in Brentwood

It is important to find some time during our busy working day to sit quietly and relax our body and mind. This benefits our blood flow and circulation and allows all the systems in the body to recharge.

Sitting peacefully and in silence enables the brain to relax and process information, slows the breathing so that you can balance your emotions and be calm.

We teach you to breathe effectively, reduce muscle tension, practice visualisation and use powerful affirmations to help you relax. Pregnant women can also take part. All you need to do is bring a cushion

We have two meditation/relaxation classes available:

Monday evenings: 8.15pm - 9.00pm
at Ingatestone Junior School

Thursday evenings: 8.15pm - 9.00pm
at Brentwood Leisure Centre

The cost is £5 for adults and £2.50 for children aged 7 - 16.

Contact Sheila Moses for a treatment or to book a place on the meditation/relaxation classes on 07956 123335 ● mellowmoments@btinternet.com ● <http://mellowmoments.biz>

Spa Treatment Rooms, 25 Roman Road, Ingatestone, Brentwood, Essex CM4 9AA

COOLING DOWN: THE BENEFITS

When pushed for time, the first thing to be missed from most people's workouts is the all-important cool down. Whether it's temptation to get going once the cardio is done, or lack of information on the benefits of cooling down, we're here to set the record straight, and set you on the path to pain-free recoveries.

The main aim of the cool down is to return the body to a pre-workout level. During exercise, the body goes through a number of strenuous processes which can lead to injury and discomfort; however an effective cool down can assist your body in its repair process.

Through the correct cool down, you can reduce the build-up of lactic acid, helping to avoid post-exercise muscle soreness and speed up recovery with these three simple steps.

- ➔ **GENTLE EXERCISE** – Three to five minutes of low intensity exercise, resembling the same type of exercise you did during your workout.
- ➔ **STRETCHING** – Five to ten minutes of static stretching and flexibility training to increase blood circulation.
- ➔ **RE-FUELLING** – Drinking plenty of water as well as a good quality sports drink fuelling after exercise will replace any fluids and sodium lost during exercise. Easily digestible food is best to eat straight after a workout, such as fruit.

These three steps accompanied by some deep breathing to recover oxygen debt will enable you to have a more pain-free day after exercise, whilst reducing your risk of injury.

There is no better way to discover the benefits of a cool-down than to try it yourself, so why not test it out after your next workout.



Holly Willoughby *on parenting*

Mum-of-three Holly Willoughby has been busy with a new project writing a parenting book, which has just seen its release.

She has written the book - *Truly Happy Baby* - with her sister Kelly and it is full of advice and tips she "learned on the job".

The 35-year-old *Good Morning* presenter has three children with her TV producer husband Dan Baldwin, 40, Harry, six, Belle, five, and Chester, one.

She said: "I think as a woman, when you've just had a baby your hormones are raging, and they make you see things differently. They make you feel different, your body looks completely different, and you might feel completely unsexy.

"You're not going to change any of that, but I think just give yourself a break and say I'm not going to make any decisions, I'm not going to put myself under any pressure to look a certain way, be a certain way, behave a certain way. I'm just going to ride this because I know that motherhood is going to be brilliant and crazy and terrifying all rolled into one.

"I think the best advice I ever got has been from friends and fellow mums," she says.

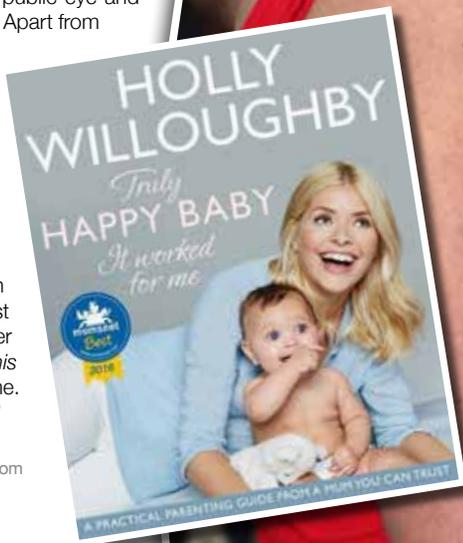
"I've learnt that the most important thing as a mum is really listening to your instincts. We've become so used to reading stuff in a book and going: 'I'm going to use this idea, this is the routine I'm going to follow,' and we're just a bit scared to chuck in our own intuition".

She keeps her children out of the public eye and carefully chooses her work projects. Apart from *This Morning*, which she co-presents with Phillip Schofield, there is the weekly dose of *Celebrity Juice*, an annual series of *Surprise Surprise*, and ITV sports panel show *Play To The Whistle*.

Holly and Dan will celebrate a decade of marriage next summer.

But it is *This Morning* for which the presenter turned author is best known, and it's the show she calls her "bread and butter". She added: "*This Morning* is like going to school for me. I love it - every day is very different."

Photo Credits:
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& www.amazon.co.uk/Truly-Happy-Baby-Worked-practical



Call the doctor!

welcome.

Hello and welcome to July and British Summer Time...

Holiday season, sunshine and family breaks make it prime for sun damage and sun burn so this month we will be focusing on taking the best care of your skin. As always, 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.

Sunscreen - what, where and why!

We all love that summer tanned glow but with that comes sunburn! All of us are aware that there is a risk of skin cancer with repeated sunburn, but are you aware of the profound ageing effects of the sun on light skin? Pigmented blemishes, wrinkles and fine lines, as well as harmless but unsightly moles can arise as a result of overexposure to the sun.

Sunburn doesn't just happen on holiday, you can burn in the UK, even when it's cloudy.

WE MUST PROTECT OUR SKIN WITH SPF.

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer; 50+ offering the strongest form of UVB protection. However, I recommend a minimum factor of 30+, with 50+ for children. I understand this is probably your common practise but I cannot stress the importance of sun protection.

TOP TIPS. Avoid being directly in the sun between 11am and 3pm.

Cover up with suitable clothing and sunglasses *IN ADDITION TO SUNSCREEN.*

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied 15 minutes before going out... and then every two hours as needed!

IF YOU HAVE MOLE OR SKIN CONCERNS CONTACT ME on contact@athreya.co.uk.



Pictured: Dr Kannan Athreya

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Meningitis B

Our Meningitis B Vaccination schedule is now fully underway with over a 150 children vaccinated thus far, and all on our wait-list scheduled to complete the first round within the next few weeks. Though the vaccine is intended primarily for the under-fives, it is licensed for adults and children, and if you are interested in securing the vaccine for your child or just more information then please see our Facebook (Essex Private Doctors) site or home page (essexprivatedoctors.com)

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Contact myself, or the Practice for more information.



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I offer a bespoke counselling service, based on an Integrative Model that includes humanistic, CBT and psychodynamic approaches. I know from personal experience that sometimes life is challenging and may create situations that are difficult or distressing. Psychotherapy provides an opportunity for us to work together so that we can consider how you see yourself and how you relate to others.

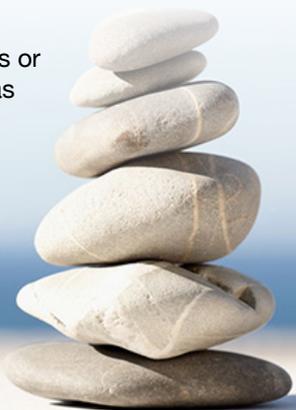
The services I offer will be tailored to consider your individual needs or circumstances, and can cover an extensive range of issues, such as bereavement and loss, depression, anxiety, relationship issues, exam anxiety, self harm and OCD.

If you would like to make an appointment with me, please do not hesitate to contact me.

Arlette Anfield

BA (Hons) in Integrative Counselling & Psychotherapy (MBACP)
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The Hermitage, 15A Shenfield Road, Brentwood Essex CM15 8AG

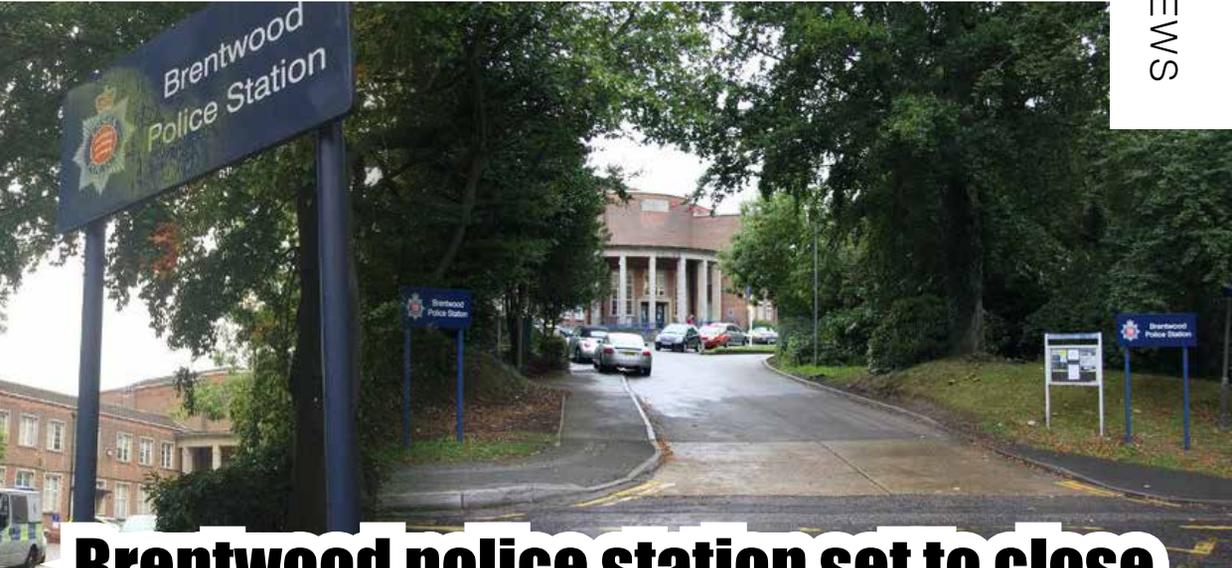


LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Brentwood police station set to close

Brentwood police station is to close its front counter, in Essex Police reforms which will also see cuts in the numbers of officers on the street.

Having previously said it was looking to save £63 million over the next five years, Essex Police are set to cut the number of Community Support Officers from 250 to just 60.

With the front counter due to be closed by April next year, Brentwood Borough Council leader Councillor Louise McKinley shared her hopes to offer access to the police through a town hall community hub.

She said: "There is a reality that we have to make the savings. I think if we look at it as a building, it's obviously large, it's only open restricted hours. It's important the police will be having a home and presence in Brentwood, it does not have to be a separate police station."

Cuts to emergency services such as the police force have

led many to grow concerned over the possibility of a rise in crime.

Companies such as local business First Ford Security are expecting more of a focus on alarms and security systems from locals over the next year, explaining that they are a "worthwhile investment", helping to protect your home from any of the negative affects of these changes to Essex Police.

Chief constable Stephen Kavanagh explained that money was not the only motive behind the changes.

He said: "Many of the changes we announce today would need to be made even if money wasn't a problem.

"We need to get smarter, we need to get more efficient, and we need to put our limited resources where they can help people in need, not in to outdated buildings or outmoded styles of policing."

Ed Sheeran visits local café

The Don't singer, Ed Sheeran visited the Brentwood Kitchen @LoveFoodBK on June 17. The Brentwood Kitchen @LoveFoodBK tweeted: "#edsheeran #starstruck #TBK zed Sheeran sampling the delights of TBK".



Floody hell

Brentwood fire crews were called out five times as a result of sudden downpours and flooding this month. Dramatic thunder storms took place, in which two cars ended up becoming stranded in the Buttsbury Wash. Other call-outs included helping motorists who had become stuck in flood waters throughout Essex. One woman and her dog had to be rescued by firemen, and a

number of private properties' drains had overflowed and flooded homes.

Flash flooding affected many roads in the area, with motorists unaware of the depth of waters, driving through what they believed to be a large puddle before their cars came to a halt in the floods.

While many motorists did not enjoy the storms, photographers managed to capture some incredible images of the storms.

New Mayor Cllr Noelle Hones



Brentwood Borough Council has elected Councillor Noelle Hones as the Mayor of Brentwood for 2016/17 to take over the role of ambassador and first citizen of the borough for the coming year.

She was elected to Brentwood Borough Council to represent Ingatestone, Fryerning and Mountnessing in 2007. During her time as a councillor for the rural ward,

she has worked with parish councils, community groups and volunteers for the good of the villages.

On her appointment, Mayor of Brentwood, councillor Hones, said: "It is a great honour to have been elected as the Mayor of Brentwood for 2016/17. There is a wonderful sense of community in Brentwood and both myself and my husband Jon are particularly looking forward to meeting the unsung heroes of the voluntary sector and those that represent the Armed Services.

"My chosen charities reflect two things that are dear to my heart - children and animals, and so I am delighted to be supporting the following three charities: Remus Memorial horse sanctuary, Georgia's Teenage Cancer Appeal and Christy Hall Charitable Trust, the headquarters of the local scouts, guides, cubs, beavers and brownies."

Leader of the council, councillor Louise McKinlay, said: "I would like to welcome councillor Noelle Hones as the new Mayor of Brentwood. She has been a passionate advocate of her ward Ingatestone, Fryerning and Mountnessing and I know she will bring that same enthusiasm to her role. I know she will be an excellent ambassador for Brentwood."

The outgoing Mayor, councillor Mark Reed, has raised £9,700 for his mayoral charities SNAP, Special Needs and Parents and Brentwood Philharmonic Orchestra with a donation also going to Brentwood Skatepark Association.

Councillor Will Russell, ward member for Brentwood West, was appointed as deputy mayor for 2016/17. His wife Naomi will be his consort.

Fire crews called to tumble dryer fire

Two fire crews were called to a house in Knight's Way after a tumble dryer burst into flames. The blaze was reportedly already out when fire crews arrived at the scene, but this has prompted fire crews to warn of the potential dangers of tumble dryers.

Some of the top tips on how to use your tumble dryer safely include not using your tumble dryer at night or

leaving it unattended, as well as regularly cleaning filters to avoid overheating. It is also recommended that you do not overload plug sockets, and register your appliance.

All domestic appliances can be registered for free at www.registermyappliance.org.uk, which will then notify you in the case of any product recalls or issues with your model of appliance.

Warning over deadly dog disease



Photo credit: Mirror Online

Dog owners throughout Brentwood are being warned of the affects of Alabama Rot, a deadly canine disease on the rise.

The disease, which is not often heard of, began in America and has since been found in areas of the UK, including Essex.

The cause of Alabama Rot, also known as idiopathic cutaneous and renal glomerular vasculopathy (CRGV), is not yet known and there is currently no known prevention or cure.

While Alabama Rot affected greyhounds in America, there does not seem to be a particular breed or type of dog which is vulnerable here in the UK.

It is suggested that you wash your dog after muddy woodland walks as a precaution, as failure to recognise and attempt to treat the disease leads to sudden vomiting, tiredness, and potentially fatal kidney failure.

With quick treatment, around 25 per cent of cases can result in successful recovery, however spotting the signs is vital in saving your dog's life should they contract the disease.

The first signs tend to be a skin sore which has not been caused by a known injury. These sores tend to be below the knee or elbow, and appear swollen, red or ulcer-like.

David Walker of Anderson Moores veterinary practice said: "Any dog owners who are worried that their pet might have Alabama Rot should contact their vets immediately. This will help build knowledge about the disease and also give the dog the best chance of survival."

More information on Alabama Rot can be found at www.vets4pets.com/stop-alabama-rot/

Mental health charity set to relocate due to rent troubles

Brentwood Mind, a local mental health charity may have to shut up shop and move to the town hall after struggling to afford its rent on Ongar Road.

The charity which has provided its services for over 40 years, currently leases the property from Brentwood Borough Council.

Until last year, the organisation received funding from the NHS, however this ended, leading Brentwood Mind to negotiate with Essex Social Services and the NHS to re-establish some public funding, which has not been possible.

The lack of funding has left rent impossible to pay,

which could see up to 20 volunteers and staff of four, have to move the charity. Discussions are ongoing as to what can be done to save the top on Ongar Road.

Woman cut from car in M25 crash



Awoman had to be cut from her vehicle following a crash in which her car ended up on its roof on the M25.

Three fire crews were called to the one-car incident, which took place between junctions 28 for Warley and 29 for Brentwood.

Emergency services managed to cut the woman free from her vehicle using cutting equipment as three ambulance crews and an ambulance officer arrived on scene.

Miraculously, the woman remained completely uninjured, and was not taken to hospital.

The incident resulted in queues, as the anti-clockwise carriageway was closed while emergency services attempted to free the woman. The opposite side of the carriageway was also closed for some time.

Fines increase as fly-tipping is on the rise



Brentwood Borough Council are to take action to deter fly-tipping in the area, as fines are set to be doubled to £400.

With several documented incidents throughout Brentwood, the council have come to the conclusion that this hefty fine should deter those leaving their waste everywhere, from the side of the road, to fields.

By introducing a higher fixed penalty, the council believe that this should reduce the number of expensive court cases as it can be dealt with on the spot, as opposed to going through lengthy court proceedings.

The fixed penalty is set to a default of £200 but can be raised as high as £400, should any council wish to change the rate.

WHAT'S ON

in your area

WHAT'S ON

BNY Mellon Brentwood 10k **Start point: Blackmore Village Hall** **Sunday 3rd July, 11am**

Fancy a challenge? The BNY Mellon Brentwood 10k road race goes through the rural outskirts of Brentwood. With a minimum entrant age of 16, enjoy the varied terrain with water stations placed around the course, and distance markers every kilometre.

For more information, visit www.thriftygreentrotters.co.uk or call 01277 821824.

A Moving Medley **Brentwood Theatre**

Thursday 7th July – Saturday 9th July

Support the local community and aspiring dancers by seeing what the local dance students have to offer. From three-year-olds' first steps, to the Essex Dance Theatre's confident leavers, there is something for everybody.

The performance will run for 2 hours 10 minutes, including a 20 minute interval.

Tickets are available online and more information can be found at www.brentwood-theatre.co.uk.

Brentwood and District Photographic Club **The Friends' Meeting House, CM15 8NF** **Every Friday 7:45pm and 10pm**

Improve your photography skills. With a friendly atmosphere and range of different classes for 'beginners' to 'advanced amateurs and professionals', there is no need for an expensive camera, just the will to learn new photography skills.

Everyone welcome, and please call 01708 507248 or email dave@dfaldo.com for more information or to book a space.

The Runaways in aid of Saint Francis Hospice **Brentwood Theatre** **Sunday 24th July, 7:30pm**

For an evening of entertainment in aid of the Saint Francis Hospice, join The Runaways, who will be performing classics from the Shadows as well as Rock n Roll music from the 1960's.

All profits will go to the Saint Francis Hospice.
Tickets £14. Concessions £12

Mega Family Fun Day **Brentwood Centre** **Sunday 17th July**

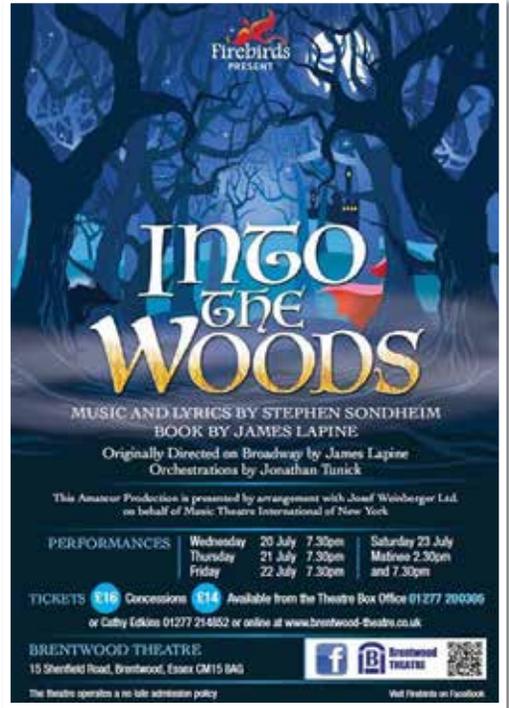
Looking for something to keep the kids occupied at the weekend? The Mega Family Fun Day is certain to entertain! Including Junior and toddler inflatable zones, bubble football, pedal karts, a BBQ and much more, wristbands cost only £5 for juniors and £3 for toddlers.

Into The Woods **Brentwood Theatre** **Wednesday 20th – Saturday 23rd July**

Come down to the Brentwood Theatre to see the amateur production based on the hit movie, *Into the Woods*.

When a baker and his wife learn they're been cursed with childlessness by the witch next door, they embark on a quest to break the spell, including many well-known characters. Follow Cinderella, Little Red, Rapunzel and Jack as they go on a journey with a moving lesson about responsibilities, and the results of our actions.

For more information, and ticket sales, visit www.brentwood-theatre.co.uk. Tickets £16, Concessions £14

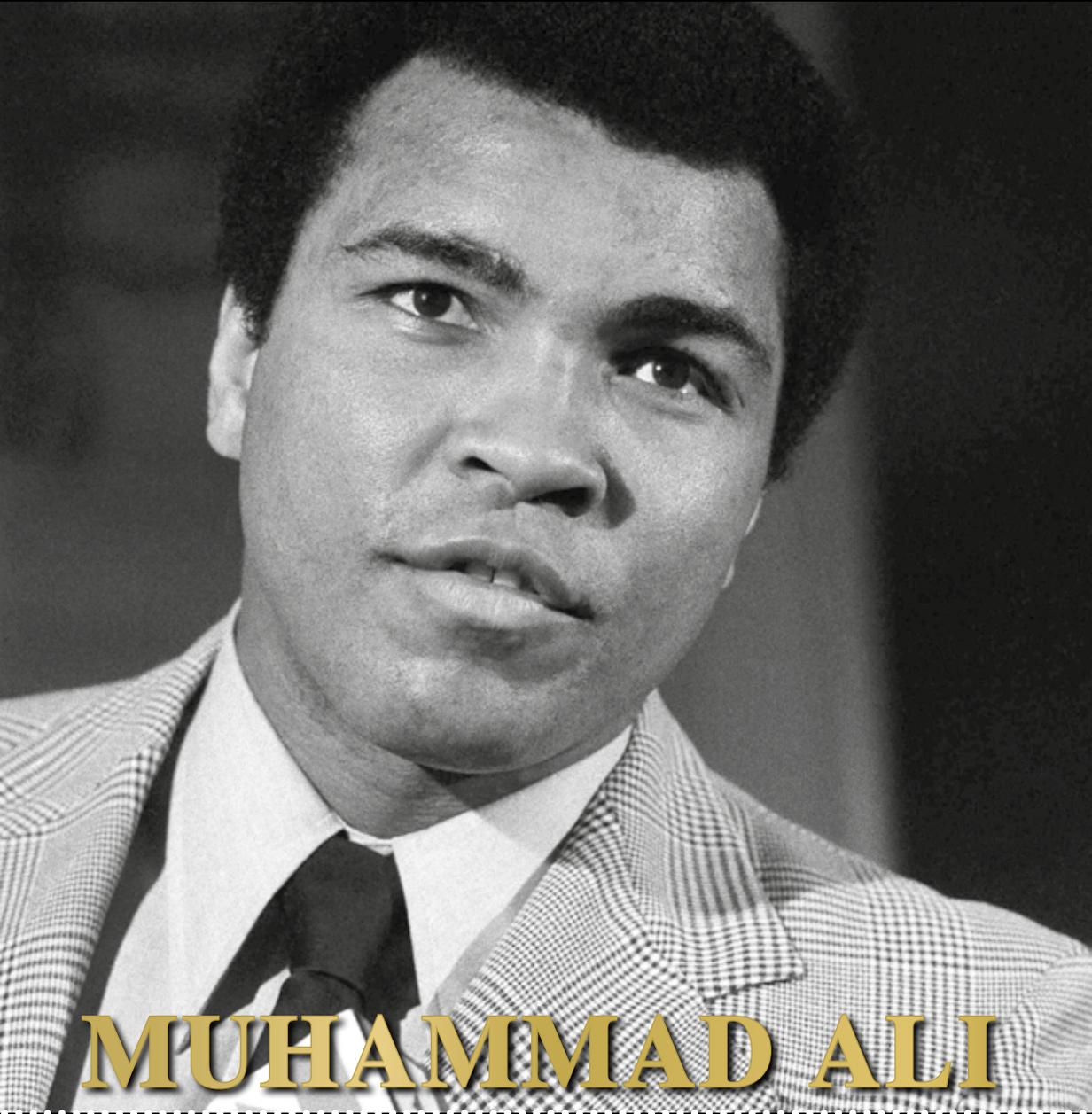


Brentwood Children's literary festival **Brentwood Theatre and Brentwood Library** **Monday 25th July – Friday 29th July**

This literary festival is for children from pre-schoolers to teens. Authors including Caghlan Smith, Nikki Sheehan and Dave Cousins will be at the event to speak about their route into writing, as well as their upcoming books. The festival will also be attended by Bizzy Bear, who will be providing free storytelling for all ages.

Tickets are available online and more information can be found at www.brentwoodlitfest.com

JANUARY 17, 1942 - JUNE 3, 2016



MUHAMMAD ALI

THE GREATEST

'Legends never die'

On Saturday, 4 June the World said farewell to one of the most famous people on the planet. **VISION** writer Jerry Lyons looks back on the life of Muhammad Ali.



There are sporting and social icons and then there is Muhammad Ali. For me he stood head and shoulders above any other public figures. He has always been my only real hero.

Perhaps it was remembering my Dad and Uncle wax lyrical about his boxing skills, or my mum always commenting about what a 'handsome man that Ali is' or simply watching him on telly when I was young and thinking that man is really funny.

At his peak he was the most famous and photographed face in the World. I was in Amsterdam the weekend he died aged 74 years-old and his enduring global appeal was highlighted by all of the different international news channels leading their bulletins with the news of his death.

Born Cassius Clay in the segregated American city of Louisville, Kentucky, he was the first man to win the Heavyweight World Title three times.

But his impact was not confined to the boxing ring. For me it's what he did outside of the sport which marked him out as a true hero and one of the most charismatic people of the 20th century.

He stood up for what he believed in and fought for civil rights and his religious beliefs, even when he knew it would cost him his title and fortune.

He was by no means perfect, he had affairs, once held racist views and could be cruel in his taunts to rivals, the late great Joe Frazier in particular.

But his faults were greatly overshadowed by his positive energy, kindness, humour, generosity, humanity and wisdom.

Parkinson's disease blighted decades of his life but even then his bravery was evident as it was when he lit the Olympic flame at the Atlanta games in 1996.

On his death tributes poured in from the great and the good, celebrities, fellow lesser icons and fittingly for a man of the people, members of the public.

No words that I could conjure up could do him justice. But it's worth looking at the reaction to his death from people across the globe to understand what he meant to so many.

"He shook up the World and the World is a better place for it." President Barack Obama.

"A giant among men. Ali showed a greatness, talent and conviction that most of us will never truly be able to comprehend." Lennox Lewis.

"The greatest there will ever be." David Beckham.

"He made me believe in myself." Al Cooper, bus driver in Atlanta.

Muhammad Ali is seen training October 9, 1974 for his world championship fight in Zaire

"I remembered when he visited Ireland. It was like the Pope had turned up. Everywhere he went the crowds flocked. He even said he had Irish roots. He may well have but it wouldn't have mattered as we all loved him regardless." Mary Flanagan, County Cork, Eire.

Back in April as a birthday treat my wife got me a ticket to visit the Muhammad Ali exhibition at the o2 Arena in London (well worth a visit).

Alongside the memorabilia, exhibits and anecdotes a quote from Ali's memoirs caught my eye as you make your way through the exit.

"I'll tell you how I'd like to be remembered: as a black man who won the heavyweight title and was humorous and who treated everyone right.

Float like a butterfly, STING LIKE A BEE

As a man who never looked down on those who looked up to him and who helped as many of his people as he could-financially and also in their fight for freedom, justice and equality.

As a man who wouldn't hurt his people's dignity by doing anything that would embarrass them.

As a man who tried to unite his people through the faith of Islam that he found when he listened to the Honourable Elijah Muhammad.

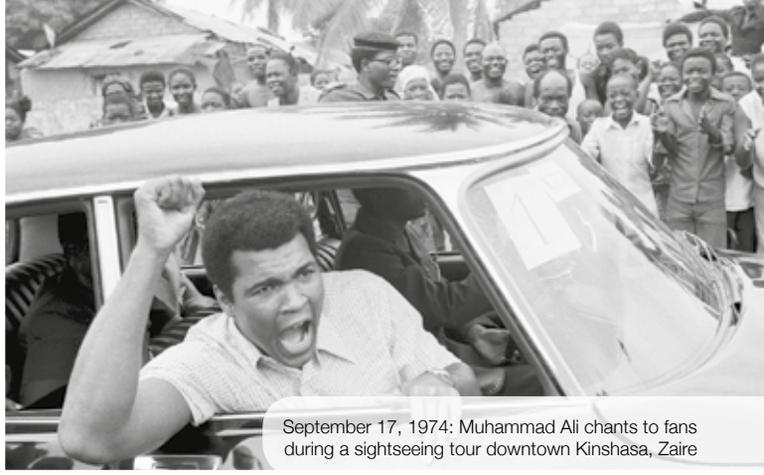
And if all that is asking too much, then I guess I'd settle for being remembered only as a great boxing champion who became a preacher and champion of his people.

And I wouldn't even mind if people forgot how pretty I was."

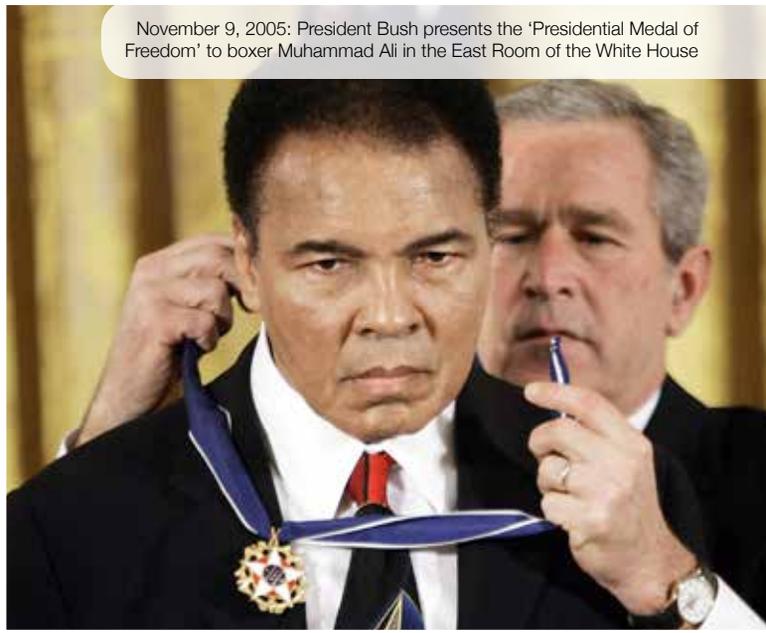
Ali certainly made his time on earth count and in doing so touched and brought joy and inspiration to the lives of millions of people.

Rest in peace The Greatest of All Time.

Photo Credit: PA Images



September 17, 1974: Muhammad Ali chants to fans during a sightseeing tour downtown Kinshasa, Zaire



November 9, 2005: President Bush presents the 'Presidential Medal of Freedom' to boxer Muhammad Ali in the East Room of the White House



Muhammad Ali watches defending champion George Foreman hit the canvas - Rumble in the Jungle Oct 30, 1974

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Tips to survive

travelling with children

Once upon a time, in your pre-baby days, all you had to do was throw a few essentials into a backpack and then head off for a spontaneous adventure. But once you have a baby, things change. Here are some tips to make family travel as stress free as possible.

PREPARATION

The beauty of the internet is that you can easily organise flights, accommodation and car hire online before you travel. Having an idea of activities and the surrounding area when you arrive is one way to make your first day painless.

When it comes to packing, have a checklist of essentials and pack a few days before travelling to avoid a mad dash before the airport taxi arrives.

Tips if you are flying

TAKE YOUR TIME

Arrive at the airport with time to spare, so you can factor in toilet stops, time to eat and maybe even the odd tantrum.

Use children's zones to allow the kids to stretch their legs and run off their energy before boarding the flight.

When airlines call for parents travelling with small children to board first, this is an invitation you may wish to decline if you have a long haul flight ahead. The less time in a cramped plane, the better.

MEDICINES

Never give your child any kind of medicine that you haven't given them at home before.

You never know how your child is going to react, so don't risk finding out it doesn't agree with them mid-air.

BE PROACTIVE

Small children have short attention spans. Pack small items which you know will catch their attention. Toy cars, stickers, puzzles and Lego figures, that are small enough to stash in your hand luggage, are great ways to keep them occupied. You can even wrap toys up like presents, opening one every hour to keep the journey exciting.

CHANGE OF CLOTHES

All sorts of spills are possible when you are travelling with children, so pack a change of clothes for your little one.

Car Travel

PACKING

If you have space, let your little ones choose their own soft toys to take with them. Try and stash as much of the luggage in the boot, so children don't feel too wedged in.

PLAY THE GAME

Have a few games in mind to play when inevitably the boredom sets in. The guessing game with only yes/no answers is one to keep the car entertained.

CD books are another great way to keep little minds occupied, or letting the kids choose the music, even if this means spending hours endlessly listening to One Direction or Meghan Trainor.



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IS COCONUT OIL

all it's cracked up to be?

It's a favourite ingredient of food writers and bloggers, but does coconut oil live up to the hype?

Many food writers rave about coconut oil and recommend you fry, bake and roast with it instead of butter or olive oil.

Bestselling food writers Natasha Corrett (author of the *Honestly Healthy*) and Jasmine and Melissa Hemsley (authors of the *Art of Eating Well*) are all fans.

They say it is nutritious and easy to digest and recommend using it to add sweetness to food such as (sugar free) tarts, soups and slices.

So why so much interest in coconut oil? It is a rich source of fat, specifically medium-chain fatty acids (MCFAs). Some claim these MCFAs are easily absorbed by the body so cause less strain on the digestive system.

About half of the MCFAs in coconut oil are lauric acid which converts to monolaurin – a substance which kills bacteria, fungi and viruses – in the body.

So if it's good for your digestion and can help combat illness, then what is the problem?

Traditionally we have been encouraged to avoid saturated fats (and coconut oil is one of the highest sources of saturated fat).

The British Heart Foundation recommends steering clear of all saturated fats including coconut oil and opting for unsaturated fats such as olive or rapeseed oil.

Perhaps the best approach, if you want to try it, is to introduce coconut oil into your diet gradually and see if firstly you like the taste and secondly if you feel any benefit. It's also worth noting it comes with a price tag which is significantly higher than humble olive oil.



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EASY TRAYBAKES :

Chocolate caramel shorties

Traybakes are perfect for feeding the masses, keeping for a few days and putting in your lunch box. This recipe makes about 16 bars or squares and can be kept in a locked Tupperware box for about a week. Enjoy!

INGREDIENTS: For the Shortbread: 250g unsalted butter, 125g caster sugar, 250g plain flour, 125g rice flour, pinch salt. For the caramel cheat... buy ready made in the tin. Chocolate topping: 100g white chocolate, 100g plain chocolate

METHOD:

1. Cream sugar and butter together until fluffy.
2. Sift in dry ingredients and mix until everything is well combined.
3. Turn out onto a flat, floured surface and need until you have a nice firm, smooth dough. Wrap in cling film and refrigerate for 30minutes.

4. Preheat oven to 170 degrees C or gas mark 4. Lightly grease or line a 18cm square cake tin.

5. When the dough is ready, turn out onto your floured surface and roll out with a rolling pin to 1-2cm thick.

6. Place in the tin and bake in the oven for 10-12 minutes.

7. Meanwhile, pour the caramel into a pan and heat through.

8. Once the shortbread is ready, take it out of the oven and leave to cool. Once cool, pour over the caramel and leave that to cool. Make sure the caramel completely covers the biscuit base and is about 1-2cm thick.

9. Whilst this is cooling, make your topping using the chocolate. Melt the white and plain chocolate in two bowls over a pan of hot water. Stir until the chocolate has melted in each bowl.

10. When the caramel has cooled on top of the biscuit base, pour over the chocolate onto the caramel, using some of the white and then some of the plain until you have lots of different pools of chocolate on the top.

11. Hit the tin on the surface to make sure the chocolate is evenly spread and then run a knife through the chocolate in swirls and mix the chocolates slightly. You should have a marbling effect.

12. Refrigerate for at least 45 minutes and then it's ready to cut into squares. Transfer the squares to an airtight container and enjoy!





Top five summer bedding plants

With the warmer months officially on their way, summer bedding plants are in every garden centre, but why stick to the most common? Here are a few of **VISION's** favourite summer plants to brighten up your garden.



Lobelia

Easy to grow and long-flowering, the lobelia's dainty flowers will create dense waterfalls of colour in hanging baskets, as well as having the ability to grow upright in flower beds and borders. Bringing a touch of cool blue, white or purple to any space, these annual bedding plants are sure to make a statement.

Petunia

Arguably the summer bedding plant with the most exciting blooms. Popular for their large, trumpet shaped flowers, encompassing bright colours and various patterns including stripes, the Petunia is a beautifully eye catching flower. Traditionally in shades of lilac-blue, mauve and purple, many petunias can even be trained to climb a frame, but enjoy spilling from a hanging basket or window box all the same.



Geranium

One of the more hardy bedding plants this summer, the geranium is commonly found in gardens, but for all the right reasons. It is suited to hot, dry conditions all the way through to the first frosts, the versatile plant flowers all summer and is perfect for beds, baskets, borders and containers. Add a touch of colour to any display with shades of red, pink, lilac or burgundy geraniums.



Sweet peas

Sweet peas love to climb anything from wigwams to netting, reaching heights of up to six feet with their colourful blooms. Alternatively, dwarf sweet peas are ideal for providing groundcover and their range of colours makes them suitable for any colour-scheme. Cut your sweet peas back to make bunches of gorgeous, fragrant, fresh - cut flowers throughout summer.



Begonia

They are known for their large blooms in a wide range of colours, the Begonia is one of the most versatile summer bedding plants. It is the perfect addition to any flower bed, border or even hanging basket, Begonias can be upright or trailing.



WORKOUT IN STYLE



If you vowed to spend this summer in the gym instead of the pub then a quick spot of retail therapy may help you maintain your motivation.

Sportswear used to be a rather simple – and boring – affair. But in recent years high street retailers have followed the lead of niche sports brands and upped their game when it comes to producing eye-catching work out kit.

Almost all major high street names including Gap, Topshop, Zara, Primark and New Look have their own sports ranges. This means there is no excuse for looking shabby in the gym as there is a wide range of affordable kit available.

Even M & S has got in on the act, with supermodel Rosie Huntington-Whiteley acting as the face (and body) of M & S's Autograph Active Collection which this season shuns bold colours for muted dusty pinks and smokey greys.



LEG IT

Hit the pool in this eye catching coral Online retailer www.activeinstyle.co.uk stocks a range of sportswear brands from the Australian label Lorna Jane Active, Alala and Be An Athlete. If you're looking for leggings like these colourful ones, look no further.



Ab fabulous

This black sports abstract print top from New Look means you will stand out when pumping iron in the gym. £14.99 from New Look (www.newlook.com).



What a classic

These black Stan Smith trainers ensure you can workout in comfort and style. Available for £89 from La Redoute (www.laredoute.co.uk).



Make a splash

Hit the pool in this eye catching coral sports scuba bikini also from New Look. Bandeau top £14.99 and bottoms £7.99.

MAKING EXCUSES

Nearly one in six working Brits – that's 4.3 million people – admit to 'faking-it' for a day off work, according to new research.

From spluttering down the phone with a fake cold to locking themselves out of the house, truant employees are coming up with new and exaggerated excuses every day to avoid work, with 14 per cent of those surveyed confessing that they've bent the truth in order to stay home.

The study by reed.co.uk shows the "live for the weekend" mentality is the cause of most absences, with more than one in seven Brits (13 per cent) embracing the Friday feeling early and calling in sick to extend the weekend break. An additional one in eight workers (12 per cent) confess to conjuring up a Monday morning excuse for an unscheduled day off to recover from a busy weekend.

Employers were also asked to name the most common excuses employees use for a day-off and it's no surprise that calling in sick came out on top, with workers fake coughing and croaking down the phone to bosses.

The study also reveals that employees are becoming more imaginative than ever, from the slightly careless "I thought it was Sunday and not Monday" to the more extreme "my dog ate my iPhone", employers named the

most ridiculous excuses they have heard.

Other creative cover stories include, 'I've been waiting for a bus for three hours' and "I cannot make it into work this morning as I have sunburnt feet".

Lynn Cahillane, communications manager at reed.co.uk, said: "If you are considering making-up an excuse and taking a day-off work then perhaps it's time to think about why. For many people a career is the most important aspect of life, so it's vital to have a job that makes you happy. If you don't enjoy work then maybe it's time you stop faking it and try a new position."

Employer's top ten most frequently heard excuses are:

- ☛ I'm sick
- ☛ A member of my family is sick
- ☛ I'm in A&E
- ☛ My phone battery died
- ☛ My dog is sick
- ☛ I was robbed last night
- ☛ I fainted on the way to work
- ☛ I don't feel like going in
- ☛ I've broken my leg
- ☛ I'm locked out of my house



PUZZLES & TRIVIA

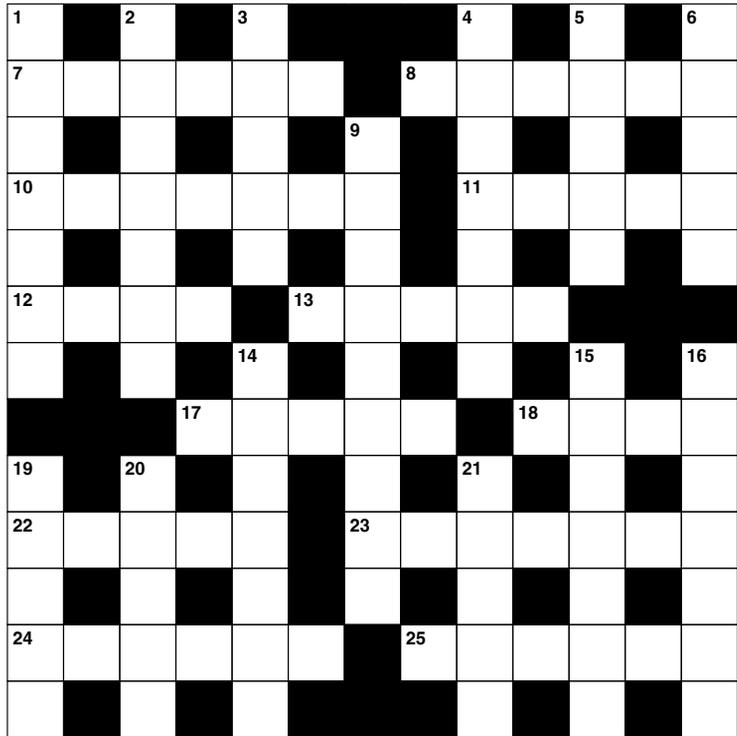


ACROSS

- 7. Large property with land; holding (6)
- 8. Zone (6)
- 10. Alike (7)
- 11. Precise (5)
- 12. Ring a bell (4)
- 13. Keep away from (5)
- 17. Eg molar or incisor (5)
- 18. Desire; hope for (4)
- 22. Church instrument (5)
- 23. Material made from animal skin (7)
- 24. Customer (6)
- 25. A small handbook (6)

DOWN

- 1. Degree of compactness (7)
- 2. Walk unsteadily (7)
- 3. Manner of speaking (5)
- 4. Advantage gained from something (7)
- 5. Thick slice of beef (5)
- 6. Produce a literary work (5)
- 9. Confidentiality (9)
- 14. Early part of the day (7)
- 15. Lacking; not having (7)
- 16. Soon (7)
- 19. Verbalise (5)
- 20. Once more (5)
- 21. Pertaining to warships (5)



RANDOM FACT QUIZ

- Q1:** How many times more water does it take to make Coke cans and bottles than it does to make Coca-Cola itself?
- Q2:** Cuban emergency services use which animals instead of sniffer dogs?
- Q3:** In which year was the first selfie stick invented?
- Q4:** Are kangaroos left or right-handed?
- Q5:** Who is the highest earner, Gwyneth Paltrow or Grumpy Cat?



SUDOKU

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

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DESIGN YOUR OWN Sharpie mugs



To brighten up those plain mugs you have lying around, or even create the perfect home-made gift, give these self-painted Sharpie mugs a try. Certain to add a spot of colour to any mug, as well as a personal touch, this project is suitable for all ages and is bound to put a smile on someone's face!

1. Recycle any unwanted white mugs, or buy some. They can be found easily in a number of shops and online.
2. Clean and dry the mug thoroughly. Ensure all stickers are fully removed.
3. Pick a Sharpie to decorate your mugs. Oil-based Sharpie Paint pens work best.
4. Draw your design, removing any mistakes using rubbing alcohol.
5. Once happy with your design, leave your mug for 72 hours, allowing your design to set fully.
6. Place your mug into a cold oven. It is very important that

the oven is not pre-heated to avoid your mug cracking.

7. Heat your oven to 200°F or gas mark 7 for one hour, slowly warming your mug.
8. Once the hour is up, turn off the oven, allowing your mug to slowly cool inside the oven.
9. Remove your mug when fully cooled, and enjoy.

Top tips:

- ✓ Be careful of your mug even after you turn the oven off. Your mug will be incredibly hot!
- ✓ The heating and cooling process must happen slowly to avoid cracking your mug.
- ✓ Some colours will dry slightly darker when placed in the oven.
- ✓ Mugs may be dishwasher safe but it's best to hand wash to avoid damage.



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BRIGHTEN UP THE SUMMER HOLIDAYS

With the summer holidays underway, what better time to bring some new additions into the kids' bedrooms? Check out these lamps which are bound to brighten up any room.



ANANA - BABY ELEPHANT LIGHT - £120

www.maidenshop.com

A very beautiful statement light inspired by the cute features of a baby elephant.

The light is called Anana and emits a soft comforting glow. Suitable for adults and children alike!



Miffy light - £119

www.maidenshop.com

In 1955 by Dutch artist Dick Bruna created Miffy after telling his son stories about a rabbit they seen on a beach holiday. Since then Miffy's adventures have spanned more than 30 books and have taken her to the zoo, the seaside, an art gallery and many other locations.

Over 50 years later, Miffy's future is even brighter because she is now a tremendously appealing light! This light is made from polyethylene which is virtually unbreakable and can also be recycled without harm to the environment.

The light is made in Holland and is an officially licensed Miffy product. Available in two different sizes.

Hello Kitty Lamp - £130

www.maidenshop.com

Since the creation of Hello Kitty in 1975, she has become a globally recognised character appearing on thousands of different items of merchandise.

This is the only official licensed designer Hello Kitty lamp on the market. Purrfect for Hello Kitty fans of all ages.

Made of a high-quality polyethylene, this lamp is virtually unbreakable, fully recyclable and easy to clean. It is also fully dimmable and perfect for reading, or a night light when dimmed.



Create your perfect curtains

Struggling to find your perfect curtains? Make your own using these 7 simple steps, and have your choice of every material and fabric you can find!



You will need:

- > Curtain rods
- > Curtain rings
- > Fabric and thread
- > Pins
- > Tape measure
- > Iron and ironing board
- > Sewing machine / Needles

Tips:

Pre-washing material before making curtains will prevent shrinkage in the future if you plan on washing them at any point. Sewing single hem on the edges will prevent fraying in the wash.

1. Measure windows to determine fabric size. Curtains should measure 1.5 – 3 times the width of your window opening, and have around 10 inches of extra length to accommodate hems at the top and bottom. The larger the material in comparison to the window size, the more folds you will see when curtains are closed.

2. Iron your fabric to remove creases and mark out measurements. Bear in mind extra material needed for hems, and cut to size.

3. First, sew the side hems. Fold side material ½ an inch in from the edge and iron the crease in to aid hemming. Fold one more time, pin and sew. Now repeat for the other side hems of the curtains, ensuring lines are

straight.

4. Now it is time to begin hemming the tops and bottoms of the curtains. For the top hem, fold and iron, creating a ½ inch hem. Fold again another 1.5 inch in, pin and sew. For the bottom of the curtain, fold and iron ½ inch in, before folding again, pinning and sewing with a 3 inch hem this time. Repeat for each curtain.

5. Iron curtains again, and sew loops to attach curtain rings, equally distanced at 4 inches apart.

6. Iron one final time for your curtains to hang perfectly.

7. Hang your curtains, step back, and enjoy your handywork.

FEMALES FIGHT FOR FORCES

Women in the British Military may get the green light to fight alongside men in combat zones and if necessary to kill for Britain.

Prime Minister David Cameron wants the UK to follow where the USA and other western nations have led, by opening up the infantry and armoured corps to female recruits.

Women already serve on the front line in support roles such as medics, military intelligence operators and dog handlers, but are not allowed in situations where the primary aim is to “close with and kill the enemy”.

There are no such restrictions in the USA, Canada, Australia, France, Germany, Norway, Denmark, the Netherlands or Israel. EU law requires the government to hold a review by 2018 into whether the ban should continue in the British army.

Defence secretary Michael Fallon said armed forces roles, “should be determined by ability and not gender”. Those who volunteered would have to pass the same stringent fitness tests as men, including being able to carry 63 kilos of kit into a combat zone.

Mr Fallon said: “The review makes clear that there’s

no question mark over the cohesion of the unit, the overall effectiveness of the unit. Women can fight just as effectively as men.”

However military experts have blasted the plan backed by David Cameron’s to place women soldiers on the frontline as “crazy political correctness” which will undermine the fighting strength of the British Army.

There are currently just under 16,000 women serving in Britain’s armed forces. Few may want to join the infantry and even fewer are likely to meet the physical demands.

To join an infantry unit at recruitment level, men have to complete a run

of 1.5 miles in 12 minutes 45 seconds.

They then have to complete an annual fitness assessment which involves carrying 25kg, plus a rifle and helmet, over a distance of just under eight miles in two hours, the MoD said.

Col Mike Dewar, a military historian who served in Cyprus, Borneo and Northern Ireland, said upper body strength in 99.9 per cent of women would make it virtually impossible to pass the tests.

“should be determined by ability and NOT gender”



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BUSINESS WITH A DIFFERENCE

PEUGEOT LAUNCHES ALL-NEW EXPERT VAN

If you're looking for a new business vehicle to keep you on the road, then look no further than the Peugeot Expert.

This new van range offers drivers the latest branding, a robust design and achieves a mere 133g/km of CO2.

It's compact and lighter, and boasts an array of features including hands-free sliding doors, active safe brakes and a rear-view camera with VisioPark which is connected to 3D navigation.

The vehicles in this collection have also been created with the driver in mind, offering extra comfort, more legroom in some of the versions and an array of driving assistance devices. Grip Control means the wheels can auto adapt to a variety of road surfaces, changing from two to four wheel drive to suit the circumstances.

What's more is that, this range comes in three body lengths from 4.60m to 5.30m and carries up to 1400kg of weight.

> For efficiency, comfort and safety, the new PEUGEOT Expert offers a number of features that are rare or exclusive to this particular collection of business vehicles:

> The advanced modularity of the passenger space with Moduwork, the head-up display and sign reading system with speed limiter recommendation

> Automatic switching to main beam lamps

> For the first time ever, one of the brand's vehicles is equipped with new voice-control connected 3D navigation and real-time traffic information, VisioPark 1 reversing camera with 180° overhead rear view and rear view zoom and Driver Attention Alert.

The Choice is Yours

Crew vans - with five or six fixed or fold-up seats | Platform cab - as a conversion base
Combi - as a people-carrier with up to nine seats





MOTORING NEWS

OH DEER!

It seems motorists have more to worry about on the roads than just bad drivers. Animals have caused their fair share of problems as well. Last year, Saga handled around 500 car insurance claims involving animals, from the odd to the downright bizarre.

For example one Saga customer who parked in Dartmoor National Park for a ramble returned to find 12 horses licking the paintwork off his car. The naughty nags caused £1,200 worth of damage.

Another customer was on his way to a wedding when a stag appeared out of nowhere causing him to slam on his brakes. While he avoided the stag in his sights, another stag appeared moments later and ploughed straight into the stationary car. While both stags dashed off the driver was left with £2,000 damage to his car.

Roger Ramsden, chief executive Saga Services, said: "It seems that just about anything can send a road trip into turmoil and the over 50s have to have their wits about them when they're in the driver's seat."

It's not just careless drivers who are causing havoc on our roads – new figures reveal animals caused about £1million pounds of damage to vehicles belonging to over 50s last year.

IS BUYING A CAR CHILD'S PLAY?

The strength of pester power – when children pressure their parents into buying particular products – is well known when it comes to supermarket shopping.

But new research has shown that children have a fairly powerful influence over their parents when it comes to buying a new car.

A study of 1,000 parents by Auto Trader found 78 per cent said having children had forced them into buying a new car, while 37 per cent say that children go on to influence decisions to buy their next car.

"A substantial amount of research has been done looking at how the decision of the car buyer can be influenced and at what stage in the buying journey," said Nathan Coe of Auto Trader.

"But few have really considered the role that children play, or the influence of pester power. If one of the kids doesn't like the shape or colour of your next car, or it doesn't come with plug-in for an iPad, then you'd better be prepared for some serious pestering!"

Overall, colour is the most common feature for successful persuasion by children (26 per cent influenced their parents' choice of colour). Children are most likely to push for red, blue and black.

Children also influenced their parents in terms of the comfort (13 per cent), size (12 per cent), design (12 per cent) and entertainment (nine per cent) of their new car.

HOW FAR AWAY IS THE DRIVERLESS CAR?

Industry insiders are predicting Apple is aiming to make its mark in the car industry.

Apple's chief executive Tim Cook said earlier this month that "massive change" is afoot in the car industry, and has not commented on rumours Apple is planning to follow Google's attempts to develop self-driving cars.

It may be hard to picture self-driving cars out on our roads, but tech firms are adamant it is the way of the future. In the US alone, 30,000 people died from car accidents every year while about 40 per cent drivers fail to brake at all during a crash. By eliminating humans from the driver's seat it is hoped human error can also be avoided.

But even though Google have said they will have a feasible model ready to hit the road by 2019, there are still some glitches to iron out. Apparently Google's prototype doesn't handle heavy rain (kind of crucial in the UK) and the Mercedes design can't decipher gestures from traffic police.

Photo Credit: Steve Lagreca/Shutterstock.com





SPORTING LEGEND... JIMMY GREAVES

World Cup winner Jimmy Greaves has seen his fair share of football success.

Better known as Greavsie, the star was a key member of England's 1966 World Cup-winning squad, with this year marking 50 years since the country's proudest sporting moment.

The footballer, who spent the majority of his career at Tottenham, collected 366 top-flight goals for Chelsea, Tottenham, West Ham and AC Milan, holding the all-time record across the five top European leagues. This sets him one goal clear of Germany's Gerd Müller, as well as Lionel Messi who has 301 La Liga goals and Cristiano Ronaldo who has scored 247.

Having earned the unofficial title of being one of the world's greatest footballers, Greavsie suffered a shattering stroke, leaving him wheelchair-bound and largely unable to speak. With deteriorating health, the now 76-year-old was recently unable to attend his own induction into the Tottenham Hall of Fame due to rehabilitation.

Having come from a generation where footballers could not hope to earn enough to look after themselves against the ravages of old age, many of the Class of 66 have struggled. Financial trouble pushed Alan Ball to sell his World Cup winner's medal in 2005 to look after his grandchildren after George Cohen parted with his priceless memento, selling it to his former club, Fulham FC for £80,000.

A large chunk of Jimmy's hefty medical bills are being picked up by Spurs who set up and funded the Tottenham Tribute Trust (TTT) to specifically assist ex-players.

In a statement the club said: "The TTT and the Club have been working closely with the Greaves family to ensure his needs are met while he continues his recovery.

Jimmy's son Danny, on behalf of the Greaves family said: "We are all very grateful and indebted to the TTT, the charity created and supported by Tottenham Hotspur, for their ongoing and invaluable support for dad. This has very much aided his continuing recovery."



Chelsea



AC Milan



England

GREAVES IN NUMBERS

- ▶ 266 - Goals for Tottenham in all competitions - a club record
- ▶ 6 - Hat-tricks for England (a record), including four in a game twice
- ▶ 44 - Goals for England in 57 matches
- ▶ 100 - League goals scored by Greaves by the age of 20 years and 290 days, making him the youngest ever to reach the milestone
- ▶ 80,000 - Pounds spent by AC Milan to sign Greaves from Chelsea in 1961
- ▶ 132 - Goals for Chelsea in 169 matches
- ▶ 2 - FA Cup wins with Tottenham
- ▶ 5 - The amount of debut goals Greaves scored for England, Tottenham, Chelsea, West Ham and AC Milan
- ▶ 1963 - The year Greaves helped Tottenham become the first British team to lift a major European trophy after scoring twice in a 5-1 win over Atletico Madrid in the final of the Cup Winners' Cup



Tottenham Hotspur



Westham Utd



MEDIA'S PORTRAY

Our reporter, Dean Shaw, was in Marseille recently for the England v Russia Euro 2016 clash that made front and back page news following days of violence on the French Riviera. He gives his account.

Having arrived from Nice the day before England's opening Euro 2016 clash with Russia I was expecting a war zone.

On route to Marseille I read the British media's account of England jobs terrorising their French hosts and I was expecting to witness unruly violent Englishmen hell bent on ruining what was meant to be a festival of football. How wrong I was.

With the sun shining and the football being played in the official fan zone it was calm with a real intense feeling of anticipation that comes before the opening game of any tournament that England are involved in.

As the game approached the England fans arrived – as did Russians and French gangs. There was around

50,000 England fans in Marseille for the game and with spirits high, the sun shining and the beer flowing there was always going to be a minority that caused problems, not that I saw it.

From speaking to fans in Marseille it seemed the French police had an attitude of tear gas first and ask questions later as minor disturbances led to scenes that resembled the war zones being portrayed back home. Elderly fans, women and children were left wiping their eyes as the effects of the tear gas. This not only caused pain but also alienated the relationship between the police and the fans.

There is no doubt that some of the English fans behaviour left a lot to be desired and was loud and idiotic, but the main troublemakers were Russian fans followed closely by French hooligans.

I did make the conscious decision to avoid the port area where a lot of the war zone images were snapped.



AL IS EURO TRASH

Instead we spent a pleasant couple of days in the fan zones and mixed enjoyably and peacefully with other supporters from across Europe.

We drank, sang and had a great time without a hint of trouble as did thousands of others of all nationalities.

We saw no trouble before the match as we headed from the fan zone to the stadium. However, as soon as we got to the station we saw English fans who had been tear gassed by police and they began telling us the stories of the Russians attacking them with batons, chairs, and equipped with fighting gloves and even mouth guards.

They were in no doubt that these attacks had been carefully planned.

In the stadium a disappointing result was overshadowed by the disgraceful invasion of an English fans' section by Russian thugs at the end of the game. There was no grey area here. It was clearly Russian hooligans attacking fans who were trying to get away from the violence.

I saw with my own eyes the charge from the Russian section when a loud bang went off towards the end of the match. This was the signal for the Russians to attack the English fans and showed the level of planning which had gone into the attacks and mindless violence.

Not for one minute am I condoning the behaviour of some of the unruly and violent England followers. But the media got the initial reports very wrong. French prosecutors have even officially laid the main focus of the blame on 150 hardcore Russian hooligans who stormed through the port area.

The media's perception pre-tournament was not accurate and nor was the planning by French authorities or UEFA who let the real fans down.

Marseille was not a war zone, for me it was quite the opposite. The organised criminals are not football fans and the brush that tarnished England fans before the match in the Stade Velodrome was far from accurate.

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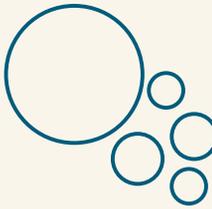
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