

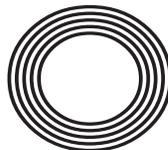


**TYSON VS
WILDER
THE
PREVIEW**

**CENTENARY OF
THE END OF WWI**
We will remember them

CHOOSING
*The perfect
Christmas tree*

**DITCH THE
RAZOR**
More people than
ever take part in
Movember

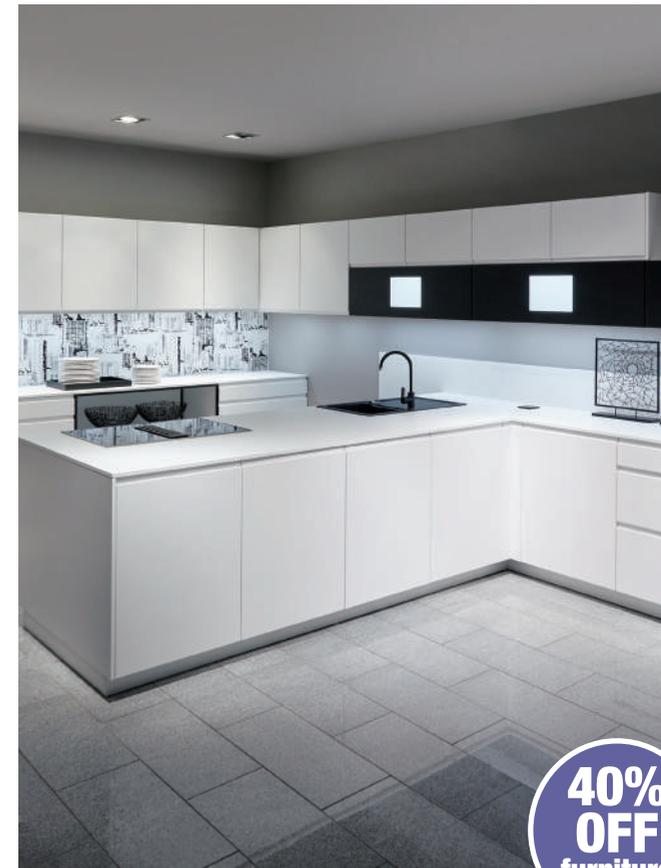


FREE

Photo credit: Can Nguyen/REX/Shutterstock

Hally
WILLOUGHBY

Presenter prepares to head down under



Why choose Kutschenhaus?
As the largest retailer of quality German engineered kitchens in the UK, we deliver rigid pre-built luxury kitchens manufactured in Germany at direct from the factory prices. View your dream kitchen in the luxurious surroundings of the largest kitchen showrooms in the UK.



UP TO **3 years**
0%
Interest free credit



- Full installation service or supply only
- 12 months 'buy now' and 'pay later' option
- Kitchens designed and built to order
- Free in-showroom design consultation
- Trade enquiries welcome

Brentwood
Farnborough
London - Tottenham Court Road
London - Finchley Rd
Manchester
York

Visit our website or our showroom
6, The Baytree Shopping Centre,
Brentwood, Essex CM14 4BX
01277 204447

www.**kutschenhaus**.co.uk
The **German** Kitchen

- 6 CENTENARY OF WWI
- 8 MOVEMBER
- 11 HOME & DIY
- 19 LOCAL NEWS BRENTWOOD
- 34 LOCAL NEWS ONGAR
- 44 HOLLY WILLOUGHBY
- 48 GARDENING
- 51 HEALTH & FITNESS
- 55 BEAUTY
- 59 FASHION
- 60 FOOD & DRINK
- 67 KIDS
- 68 TRAVEL
- 71 PUZZLES
- 72 WHAT'S ON
- 74 BUSINESS & FINANCE
- 81 MOTORING
- 82 SPORT
- 84 THE **VISION** LISTINGS
- 86 LOCAL TRADES & SERVICES

CONTACT US

www.visionmagessex.com
 brentwood@visionmag.co.uk | 01277 554045

 @visionmagessex  @visionmagessex

 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
 CO-ORDINATORS | Rebecca Fryer, Kim Plater, Amy Pollard
 CONTRIBUTORS | Tabatha Fabray, Tim Green, Dean Shaw

Editor's notes...



Nik Allen, Editor

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

I'd like to start my Editor's Notes this month by saying a big thank you to one of our readers.

I was contacted by Peter James who sent me one of his lovely handmade greeting cards in advance of the birth of our first child next month.

Thoughts of the looming arrival of our child has filled my head with an array of different and new thoughts. How will Kathleen (Mrs Allen) cope with childbirth? How will I cope seeing it? Have we packed enough items for the hospital? I've even thought about who will look after our Yorkshire Terrier Dixie while we're welcoming our special delivery.

This time next month I should have answers to these questions. It's an exciting time for our family but there's a big part of me that's apprehensive. Watch this space next month for more news on the arrival of baby Allen.

I'd like to encourage readers to get in touch with their local news; be that fundraising events, issues affecting your neighbourhood or just anything that's happening in your area.

In local news this month, a student scoops a prestigious showjumping award, a golfer is heading to the US Masters and a schoolgirl has her book published.

So, until next month, look after yourselves and keep buying locally.

Nik

LONDON'S No 1 STEEL SUPPLIER



REINFORCING DIVISION

- Cut & Bent Reinforcing Bar
- Lenton Threading and Couplers
- Reinforcing Accessories
- Reinforcing Mesh
- Large and Small Contracts

STEEL SECTIONS DIVISION

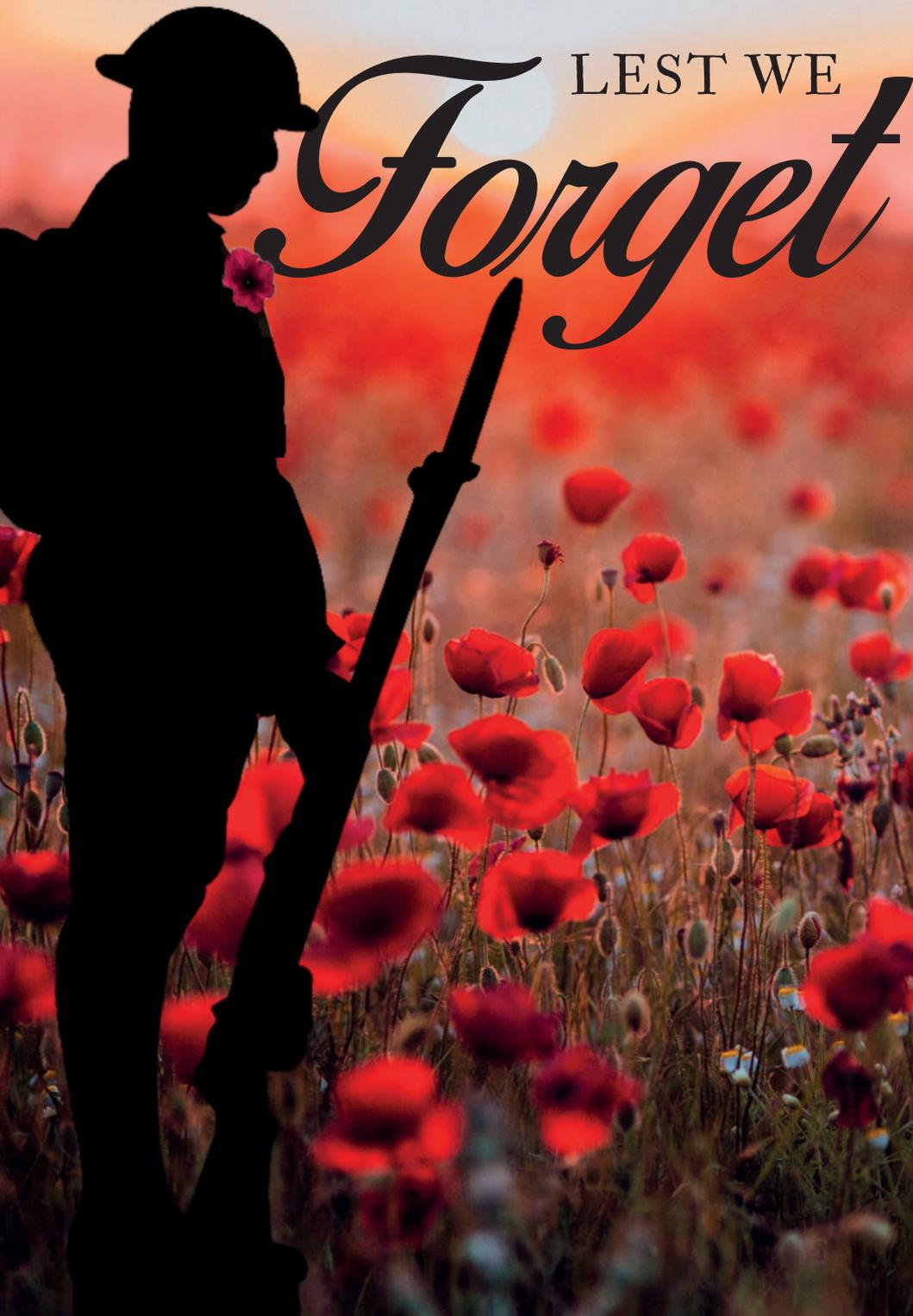
- Universal Beams * Universal Columns
- Channels * Angles * Plates * Flats
- Hollow Sections * Squares * Rectangles * Circles
- All cut to length
- Crane off load available

RAINHAM STEEL

RAINHAM STEEL Co. LTD KATHRYN HOUSE, MANOR WAY, RAINHAM, ESSEX, RM13 8RE
 TEL 01708 522311 FAX 01708 559024 SALES@RAINHAMSTEEL.CO.UK

WWW.RAINHAMSTEEL.CO.UK

ACROSS: 1.LINKING, 7. BARFIELD, 8. MRS, 9. SAFARI, 10. LIAR, 11. ASSAY, 13. VENEERS, 15. OUTGROW, 17. STORK, 21. VOIL, 2. BISHOP, 23.REV, 24. ANACONDA, 25. CANYON
 DOWN: 1. LAMINA, 2. KISSES, 3. GREAT, 4. TRAILED, 5. AFFLUENT, 6. REPAIR, 12. ANGELICA, 14. BOBBING, 16. UNIONS, 18. OSPREY, 19. KELVIN, 20. ISAAC



LEST WE

Forget

It was 100 years ago when the First World War drove a stake through the heart of global relations and set in motion events that would escalate even further just over two decades later (with the Second World War) in producing the bloodiest modern-day battle the planet has ever seen.

While the last living person to have fought in the First World War is now no longer with us, the efforts of Claude Choules – who passed away in May 2011 at the age of 110 – and millions of others who put up their lives to preserve our sovereignty and dignity will never be forgotten.

So as November 11 approaches – and with it, at 11am, the 100-year anniversary of the signing of the Armistice, in the French town of Redonthe, which brought an end to the war – it's important to remember the key events that contributed to the third bloodiest battle of all time. From that, we might hope, however naive our optimism, that at some point, we all might learn from the mistakes of the past.

KEY EVENTS (PRE-WAR)

- While it's true to say the assassination of Franz Ferdinand and his wife by Bosnian revolutionary Gavrilo Princip was the catalyst for the start of the First World War, it wasn't its cause.
- Before then, Britain, Germany, France, Serbia, Russia and Austria-Hungary had been at each other's throats for a good period of time, and after war was narrowly avoided on several occasions, finally tensions spilled over.
- One of the main contributing factors was the huge move towards imperialism - Britain and France had stolen a march on Germany who were desperate to catch up.
- Meanwhile, nationalistic tendencies were high and military power at an all-time peak.
- Plus, a whole host of alliances were made between countries looking to protect, though in simple terms Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

KEY EVENTS (DURING THE WAR)

- On July 28, Austria-Hungary declared war on Serbia and the tenuous peace between Europe's powers crumbled.
- In August 1914, Germany advanced through Belgium into France.
- In September 1914, Britain and France confronted German forces at the First Battle of the Marne, meanwhile Eastern Front battles saw Russia attempt to gain territory in Germany. Their inability led to revolt in Russia and the start of the Russian Revolution.
- With several battles in between ending in stalemate, and often with considerable losses, the Central Powers gradually faded, and in 1917, after German U-boats continued to sink US passenger liners in British waters, the Americans entered battle on the side of the allies. This heralded the start of the end.

FIRST WORLD WAR IN NUMBERS

- With new military technologies and the longevity of battle – over four years – unprecedented levels of carnage and destruction were caused and over **16 MILLION** lives were lost, **NINE MILLION** of them soldiers. The war also, inadvertently, led to the spread of Spanish flu which killed an estimated **30 MILLION** people.
- Liberal Prime Minister David Lloyd George took us out of war in **1918**.
- At the Battle of the Somme, **OVER A MILLION** lives were lost for a gain of just **25 MILES**. German officer Friedrich Steinbrecher said: "Somme: the whole history of the world cannot contain a ghastlier word."

MOVEMBER

It's time to ditch the razor

It has caused some hairy moments and has led to some serious lip service from the ladies.

But Movember is back again, which gives the guys the perfect excuse to ditch those razors and raise a huge amount of cash for good causes.

The charity campaign asks blokes to grow a moustache for November and rope friends and family into sponsoring them. The funds raised by the Mo Bros – as they are known – go directly to men's health, including mental health, aiming to increase early cancer detection, diagnosis and treatment for prostate and testicular cancer.

But it is no hair-brained scheme. Last year the Mo Bros and Mo Sistas raised a staggering £8million in the United Kingdom alone and 69.7 per cent of funds raised were allocated to men's health projects.

Not bad for an idea which grew over a meeting

in an Australian bar in Melbourne, by two mates Travis Garone and Luke Slattery.

The moustache had all but disappeared

from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

Through the years the charity, like the moustaches, has just grown and grown. By 2009, the UK and US joined in.

Of course, no charity campaign would do much without celebrity backers but Movember brings out a Triple A list of celebs.

In the past Johnny Depp, Brad Pitt, Orlando Bloom, Zac Efron, Idris Elba, David Beckham, Theo Walcott, 007 Daniel Craig, John Travolta, Justin Bieber and Stephen Fry have all taken part.

But ladies can join in too and wear false moustaches. Lady Gaga, Carol Vorderman, Kate Upton and Laura Whitmore have also joined in as part of the Mo Sistas.

This year, the cash is expected to roll in again as fast as those 'taches grow. Organisers are hoping that last year's total will certainly be beaten by a lot more than a whisker.



Brentwood Jewellers

bespoke diamond jewellery



Brentwood Jewellers are delighted to offer:

- Fine Diamond Specialists ● Unique Handmade Jewellery
- GIA Certificated Diamond Rings ● Bespoke Wedding Rings
- Bespoke Engagement Rings ● Finest Handmade Diamond Rings
- Exceptional Service & Craftsmanship
- IN-HOUSE WORKSHOP FOR ALL JEWELLERY REPAIRS AND REMODELLING

www.brentwoodjewellers.com

Telephone 01277 227401

Email robert@brentwoodjewellers.com

87 High Street Brentwood Essex CM14 4RR





WE WILL PAY YOUR VAT

VAT STILL APPLIES TO THE REDUCED AMOUNT

A12 Eastern Avenue
Romford
Essex

Bodywash
Bathrooms

01708 736700
sales@bodywash.uk
www.bodywash.uk

FOR EXPERT ADVICE & LONG LASTING QUALITY
NOBODY DOES IT BETTER



HOME & DIY



Tiling can seem like quite a daunting prospect but if you are simply updating a small space, doing the work yourself is a feasible option.

The most important thing is to ensure you are working on an even surface.

Next, set out your tiles carefully. Start by making a gauge from a length of timber. Lay some of your tiles on the floor with spacers in between and put the timber next to them. Mark each joint on the timber.

Then measure and mark a point halfway up the wall above the highest floor or skirting board level as a starting point. With the measuring gauge positioned against this mark, mark downwards to show where each course of tiles will fall. If the space left at the bottom is less than half a tile high, adjust the starting point.

Next, create a horizontal gauge. Measure and mark a horizontal line across the wall at the level of the bottom of the lowest row of whole tiles. Lightly fix the batten to the wall.

Measure and mark the centre point of the horizontal batten and use the measuring gauge horizontally to mark the position of the last whole tile close to the end of the wall. Mark this point on the batten.

The aim is to start tiling in the middle and end at each side with a part tile.

Use a spirit level to mark a vertical line up from the position of the last tile. Fix another straight batten vertically along this line.

Apply small sections of adhesive at a time using a special adhesive spreader. Place the tile in position and press firmly. Use tile spacers.

Once your adhesive is completely dry, start grouting. Use a grouting float to force grout into the spaces between the tiles then use the float to remove excess grout.

When dry, polish the tiles to get rid of any fine cloudy residue.



HOME & DIY



Photo credit: www.tlciinteriors.com.au



A MODERN WORLD

THE ROOTS OF MODERNISM AND HOW THIS BRAVE MOVEMENT HAS LASTED SO WELL

The advent of modernism in home furnishings – and beyond – was something that really took off towards the end of the 19th century. In essence, it was a rebellious response to the years of floral, ornate, elaborate, elegant and largely curved, flowery styles that had patterned so much of people's lives.

For countless decades before, the idea of Victorian, Gothic and Renaissance designs – and with them, interiors that screamed detail, eloquence and opulence – had dominated homes and was the norm. After all, we'd all like to recline on a chaise longue while admiring arches and arcs, patterns and textures, right?

Wrong. In modernism the 'mo' became straight lines, clean shapes and hard edges. Within this, overuse of colour was discouraged, while the invitation was laid out to embrace textures and textiles not previously considered homely – consider steel, concrete, large expanses of glass and other materials once thought of as cold and unwelcoming.

Where colour did prevail, this was to be bold and statement-giving, so perhaps blocks and slabs of shades adjacent to blacks, greys and whites.

Where did this all come from? Well, the Industrial Revolution had a lot to do with a more measured and practical approach to living. Modernists liked the idea of exploring norms and modes that were suited to this new world industry was providing, and it was perhaps to be expected that the influences of work became the influences of home.

Sure enough, these modernist statements didn't start and end in our homes, there was literature, art, music and more – countless areas where people were expressing a desire to rebel.

Although no end date for modernism has ever been noted, it's perceived that post-modernism came into being in the late 1970s, and from there society has largely embraced a mass of contrasting and conflicting styles in elegant harmony. Yet without those early-century modernists, the world we see in 2018 would surely look very different.

Create the perfect home

Where quality & peace of mind are assured



FASCIAS – SOFFITS – GUTTERING – FLAT ROOFING – WEATHER BOARDING

"A" Rated Windows | Composite Doors | Bi-Fold Doors | Stable Doors
French Doors | Patio Doors and Rear Doors | Fascias | Soffits | Guttering
Flat Roofing and Weather Boarding | Own specialist installation teams
10 year insurance backed guarantee on all products

FOR YOUR FREE ONLINE QUOTATION VISIT

www.aspenhi.co.uk

FOR MORE INFORMATION ABOUT OUR PRODUCTS CALL US ON:

01277 888 055

Email: sales@aspenhi.co.uk

Unit 6F, Whitesbridge Farm Retail Park, Crays Hill, Billericay, Essex, CM11 2UL

Please ask about our Postcode Offer

Aspen





Susie Horner

BESPOKE INTERIOR SOLUTIONS

Susie Horner

BESPOKE INTERIOR SOLUTIONS

QUOTE
VISION
FOR 15%
DISCOUNT



OPENING TIMES - TUESDAY - SATURDAY 10AM - 5PM (OPEN TILL 8PM TUESDAY EVENINGS)
5 HATCH ROAD, BRENTWOOD, CM15 9PU - T: 01277 374835 M: 07492 986 986



HOME & DIY

A DESIGN for life



Need a little home inspiration? These interior design bloggers will help you reinvent your home while adding a splash of 'cool'.

Mad About The House

madaboutthehouse.com
For over two decades Kate Watson-Smyth has been writing about interior design for some of our top broadsheets, offering a smart look at bringing the perfect touches to any inside space.

FROM EVIJA WITH LOVE

fromevijawithlove.com
This design blog takes the idea of DIY, upcycling and reuse of materials as a blank canvas for creating interiors that are original, affordable and personal.

The Design Sheppard

thedesignsheppard.com
With a view towards redesigning what you already have, Stacey Sheppard's blog has recently enjoyed a huge upsurge in popularity.

DEAR DESIGNER

deardesigner.co.uk
Often adventuring to the more voluptuous side of chic, Carole King's blog provides almost a decade's worth of top tips.

Emma Jane Palin

emmajanepalin.com
Another self-titled blog, but one that allows design maxims to come to the fore in this inspiring archive.

CATE ST HILL

catesthill.com
Cate's self-titled blog is based on simplicity of style, and presents everyday objects in stunning ways as a route to achieving design stories that invigorate and excite.

Alice in Scandiland

aliceinscandiland.com
As you would expect, a passion for Scandinavian design is what flows through in Alice Collyer's engaging and inspiring blog.

FRESH DESIGN BLOG

freshdesignblog.com
Cost is a key buzzword for Rachel Newcombe in her modern and contemporary interior design blog which, since 2009, has been offering affordable touches for ambitious homeowners.

Girl About House

girlabouthouse.com
Sarah Mailer's obsession with gold touches comes through in this aesthetically rewarding blog that leans on aspiration and luxury.



STATEMENT SHADES: THINK **BIG** & GO **BOLD**



A statement lampshade can help complete an otherwise unfinished looking room, it can act as a focal point for interior discussion, it can even bring together the whole design concept of your home.

This year's lampshades should not be lurking in the shadows, they are designed to be seen and revered.

Flowers and Foliage

Floral patterns have been hugely popular across all interior design this year, but lampshades have taken this trend one step further with floral geometric patterns. These quirky and eye-catching designs are ideal for those wanting a fresh and naturalist vibe to their home.

Bold Battan

This lightweight material which fits easily over existing light fittings is perfect for casting light patterns across a room. Choose an intricately woven design to create an impressive focal point that your

guests cannot fail to notice. A great shade for ceiling lights in a conservatory or office. Team with a vintage lightbulb for a retro effect. For an alternative revived material, try bamboo or shell shades.

Sumptuous Silk and Velvet

Add a touch of glamour to your home with a velvet or silk lampshade. This luxurious fabric suits both the bedroom and living room. Best used for a table or floor level lamp so that its luxuriousness can be appreciated up close and personal. We love a deep purple velvet shade for creating light in an intimate reading corner.

Cutting-edge Sculptural Shapes

Sculptural lampshades are bold, incredibly modern-looking and often appear more like works of art than mere lampshades. Ideal for homeowners who want a surrealistic or contemporary vibe within their home. These types of shades are incredibly versatile and work well for ceiling lights, wall and floor lamps.

Photo credit: John Lewis, Next, House of Fraser, Not on the High Street



Loving the room.

With **0% finance** available over three years, it's never been more affordable to get more room for everything you love with Sliderobes.

Call **0800 454 465** or go online now to arrange your **FREE AT HOME CONSULTATION**

VISIT OUR SHOWROOM
BASILDON 01268 531144
Unit 3, Cranes Farm Rd, Basildon SS14 3JD

SLIDEROBES®
SLIDEROBES.CO.UK



CREATE THE LOOK

BESPOKE WINDOW SHUTTERS
STYLISH AND PRACTICAL

Pop into **kitchenCentra** to see our range of shutters we can supply and fit

KitchenCentra Showroom:
Great Eastern Road,
Brentwood, CM14 5EH

We fit the highest quality, bespoke, hand-crafted plantation shutters in Essex. Offering you ultimate style, choice and quality in your home.

Get a no-obligation quote today - **CALL: 01277 412178**

STYLEHOUSE SHUTTERS

† 01277 412178 m 07962 356184 e hello@stylehouses shutters.co.uk www.stylehouses shutters-essex.co.uk



YOUR MOBILE FLOORING COMPANY

Carpet · Wood · Luxury Vinyl Tiles · Laminate · Vinyl · Rugs · Restoration

WE WILL BE OFFERING THE SAME FAST AND EFFICIENT SERVICE
WHILST OFFERING BETTER PRICES ON ALL OUR PRODUCTS

CALL US NOW FOR YOUR FREE
SHOP AT HOME EXPERIENCE



Call us on
01277 211 822 or 07545 215 838

Web: www.flooringemporiumltd.co.uk Email: flooringemporium@outlook.com

15% OFF MY NEW FLOOR!

This voucher entitles me to 15% OFF my new carpet, luxury vinyl tiles, wood, laminate, sheet vinyl or rug!

LOCAL NEWS

from your neighbourhood



LOCAL NEWS BRENTWOOD



Dance class renamed following BBC row

A dance class who train in Brentwood have had to change their name following a clash with the BBC.

Formerly named Strictly Curved, the BBC believed the class could be associated with *Strictly Come Dancing*.

Dance teacher Teresa Lawrence said: "The BBC said we could be misleading the public to think we would be associated with them. I've never done ballroom.

"It was called that because we are strictly curved.

"They've trademarked strictly so you can't use it in any way, shape or form."

A spokesperson from the BBC explained: "We're fully supportive of someone running dance classes and wish them luck, but it's important the public isn't misled and don't mix up an independent dance business with something endorsed by the BBC."

The classes were set up to give people of all ages

and sizes the opportunity to dance and have fun without being judged.

Teresa continued: "I'm a dancer of 22 years and have attended other people's classes. People do look at you and comment.

"I know how people feel because it's quite overwhelming. I wanted to make something that anyone could attend which included some fitness."

As a size 24, Teresa understands more about how the body works different for people of different sizes.

She has now put forward two new names to see if they can be trademarked – BoCoDanz and BoCoDance. They both stand for body confidence dancing.

There are hopes that the classes will be rolled out over the UK and other dance teachers will come on board to inspire others to get up and dance.

Man dies after colliding with lamppost

A man has died of his injuries after colliding with a lamppost during an incident on Wednesday, October 17.

The driver failed to stop on Brook Street in Brentwood when asked to by police. The driver then crashed into

a lamppost on the road.

The man was taken to hospital for his injuries, but later passed away.

Essex Police are calling for witnesses to contact them on 101 quoting incident 93 of October 17.



Drummer's delight at national jazz orchestra call-up

Brentwood School drummer Sebastian Bloom has been selected for the National Youth Jazz Orchestra (NYJO) Academy.

Sixteen-year-old Sebastian will now be a key member of the NYJO Academy's flagship band, rehearsing with them every Saturday and performing at concerts both at home and abroad.

The lower sixth student started playing the drums at the age of seven and his hard work is paying off.

The NYJO Academy audition saw Sebastian both playing with a band and demonstrating his sight-reading skills.

The very modest youngster, said he was "really happy" to be picked from so many musical hopefuls.

He said: "I was very happy to find out that I had been given a place in the band and I feel it is a big step for me."

After his A-levels, Sebastian will look to audition for some of London's prestigious music colleges as he continues to fulfil his ambition of becoming a full-time professional drummer.

Brentwood School's director of music, Mr Florian Cooper, said: "Seb's appointment is testament to his hard work and a true passion for jazz music.

"I invited Seb to play for The Seven Steps Big Band, to cover a rehearsal in the summer. The whole band were so impressed with his level of performance that he was subsequently invited to perform one track with us at a sold-out gig at the Soho Pizza Express Jazz club – needless to say, he performed with true technical assurance and musical flare.

"This is another major step on Seb's journey to become a professional musician and we are truly delighted for him."

Entertainers take over Brentwood Live

A family run company has announced that it has taken over Brentwood Live, and will bring exciting new shows and tours to the Brentwood Centre.

Entertainers produces and/or promotes some of the nation's most loved shows.

The venue has recently had a major refurbishment and the work is now complete with a brand new floor.

Entertainers founder Michael Taylor said: "As a lifelong Essex resident, I have always been inspired to

come back to Brentwood and recapture the special moments we enjoyed with those acts back in the centre's heyday, and now that we are in a position to do so we can't wait to bring first class entertainment back to the town. All that we need is the support of the community."

There will be many shows to be announced over the coming weeks. Keep an eye on www.brentwood-live.co.uk for news coming soon.

GAROLLA
ROLLER SHUTTER DOORS

Great for:
Space Saving
Kerb Appeal
Easy To Use

THERMALLY INSULATED ELECTRIC GARAGE DOORS!

CE Approved

Acoustic & Thermal Insulation

Brush Sealed Rails & Thermal Insulation

No Deposit, Pay on Completion

18 Colours Available

FREE DISPOSAL OF OLD DOOR!

GAROLLA can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

LIMITED OFFER - was £1354
NOW ONLY £895
inc.VAT, Fully Fitted!
MADE TO MEASURE, CALL US TODAY

SAVE £459!

01277 800 142 **07537 149 128**

Phone lines Open 7 Days a Week

- offer valid for openings up to 2.6m wide & inc: 2 remote keys, 55mm white slats, internal manual override -

A Clean Home is A Happy Home

Professional Housekeeping & Ironing Services

BRIGHT&BEAUTIFUL

A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

BRIGHT&BEAUTIFUL

A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

FREE Basket of Ironing*

Our team at Bright & Beautiful knows how difficult it can be to keep the outdoors from getting in during the colder months. Muddy feet, paw prints and rain can take their toll.

That's where we can help. *Bright & Beautiful* is an affordable REGULAR, or ONE-OFF, housekeeping service that ensures your home sparkles all year round. In a *Bright & Beautiful* home everything is in its place, the laundry is done and the ironing is immaculate.

Make the most of the season and leave the CLEANING and HOUSEKEEPING to us...

CALL TODAY FOR A FREE CONSULTATION

01277 287 503

www.brightandbeautiful.com/brentwood

PLEASE QUOTE CODE: VS01
*UP TO 1 HOUR OF FREE IRONING, WHEN YOU SIGN UP FOR A REGULAR SERVICE.



BROADWAY

MANUFACTURER OF LUXURY BESPOKE KITCHENS



Visit our London, Essex or Midlands showrooms to see and feel the quality. Call to discuss your project and book a **FREE**, no-obligation design consultation

London 020 7118 8822

Essex 01277 212221

Midlands 0121 353 4999

www.bespokekitchensbybroadway.co.uk



LOCAL NEWS BRENTWOOD



Prep tennis ace tops Amazon Bestseller list

Brentwood Preparatory School pupil and star tennis player Tahlia Ayandare can now add children's author and Amazon Bestseller to her growing list of accolades.

Tahlia, one of Essex's top Under 9 tennis players, wrote *Life of a Junior Tennis Player* in a bid to share her love of the sport and to inspire other children keen on starting their own tennis journey.

A collective of short stories, *Life of a Junior Tennis Player: Stories By Children for Children*, is nine-year-old Tahlia's first book and has already hit number one in the Amazon Young Adult (Racket Sports) category.

Each of the stories gives advice to other children looking to play tennis either for fun or competitively.

She also explains how the support of her family and friends has helped her fledgling career and how she continues to grow.

Class teacher Mr Edwards said: "Tahlia is a polite girl who gets on well with others and is very ambitious in her learning."

After a busy summer of tournaments, Tahlia moved up the Lawn Tennis Association (LTA) rankings and now regularly trains with Essex as a county player.

A keen gymnast and swimmer, Tahlia has her own YouTube channel that provides a place for her to showcase her talent as well as provide updates and tips within her tennis life.

Tahlia's book can be purchased through Amazon.

Student scoops top showjumping award

Photo Credits: Seven Star Photography

Brentwood School showjumper Claudia Moore has capped off a fantastic season by scooping a top award at the annual British Showjumping Awards Ball.

Thirteen-year-old Claudia was presented with the Leading Pony Rider of the Year gong. The third-year pupil was surprised to take the honours and put her success down to consistent performance.

She said: "It was an incredible thrill and fabulous to have been chosen amongst such a great and strong group of riders."

Claudia, who has been riding since she was nine years old, is the youngest British rider ever to win a medal at a European Championships.





Photo Credit: Thames/Syco



Singer shines during The X Factor

Brentwood may have a new star as Bella Penfold has survived the first week of the live shows of *The X Factor*.

She impressed with her rendition of *Beneath Your Beautiful* by Labrinth and Emeli Sandé and was put through to the next round.

Twweeting after her performance, she said: "I am so grateful and so full of love right now. I prayed to something up above that I would do the best I could, and a fire burnt inside me. I'm so proud and I hope I

made you all proud too."

Bella has had an impressive journey so far. She wowed the judges during her audition and Six Chair Challenge, with mentor Simon Cowell hitting his golden buzzer.

At Judges' Houses, Bella performed *Same Love* by Macklemore in front of a star-studded crowd, including Randy Jackson, Paula Abdul and Ryan Seacrest.

At the time of going to print, Bella was due to perform in the second week of the live shows.

Hospice garden makeover on track thanks to rail firm

A team from railway engineering firm Colas Rail took time away from the track to volunteer their time and expertise.

Over 40 workers who are based in Brentwood and across East Anglia spent two days at Saint Francis Hospice in Havering-atte-Bower laying pathways, building furniture, painting tables and benches and de-weeding its award-winning gardens.

They were joined by workers from neighbouring companies BPH Rail and High Motive who also gave up their time and equipment to help the Hospice.

Corporate partnerships manager Tom Murtagh said: "This work carried out by Colas Rail and colleagues will save the Hospice thousands of pounds and we are incredibly grateful for this fantastic support.

"The tasks that the teams carried out have completely transformed a slightly tired area of the garden and will mean that patients and families are able to continue enjoying our beautiful grounds."

Office manager Theresa Weal explained: "Every year



Photo credit: Saint Francis Hospice

we nominate a good cause and I suggested Saint Francis Hospice because I know about the wonderful work it does for patients and their families as my aunt and cousin's husband were cared for by the charity."

Assistant project manager David McCann added: "No one knows when they may need the support of the hospice and this is something little we can do that will make a big impact."



Custom Quality Award Winning Design & Installation

The award winning home of high quality, bespoke fitted kitchens, bedrooms, home offices & TV media storage



01277 554083
WWW.ANSCOMBS.COM
sales@anscombs.com



VISIT OUR SHOWROOM AT 42-44 SQUIRRELS HEATH LANE | HORNCURCH | RM11 2EA

BRING THIS ADVERT WITH YOU TO RECEIVE AN EXTRA 10% OFF UNITS



WELCOME TO YOUR BETTER HOME

■ SECURITY ■ QUALITY ■ COMFORT

Essex
Window & Door Centre
Bi-folding | Sliding | Front Doors | Roof Lanterns



WE OFFER

- Bi Fold Doors
- Sliding Doors
- Front Doors
- French Doors
- Single Doors
- Roof Lanterns
- Windows
- Integral Blinds



We are happy to liaise directly with architects, builders and project managers from their original design through to completion. Come and visit our showroom to view your options and discuss your project

CALL US TODAY
01277 233513

www.ewdcentre.co.uk
sales@ewdcentre.co.uk

Brentwood Garden Centre
Vicarage Close, Brentwood, CM14 5GR



ON PATROL WITH... THE PASTORS



LOCAL NEWS BRENTWOOD



Street Pastors in Brentwood and Billericay continue to patrol the streets of the towns. We patrol in uniform and seek to help, listen and care for anyone who is or becomes vulnerable.

This month we came across a young lady who had become separated from her friends and was very cold and wasn't wearing enough clothing for this time of year. We managed to provide her with a blanket and flip flops for her feet. We waited with her until her guardian came and collected her.

None of us go out at night thinking we are going to need help. Situations change around us sometimes

which causes issues that are out of our control. In the end we found out that this young lady had not made bad decisions but still needed a few good Samaritans to look out for her.

Exciting news this month is that we have now launched Schools Pastors in Billericay School and will be supporting the great pastoral team there to look after the young people in school, the staff and teachers who are doing a great job. We will be in uniform in school on certain days and then out in the community looking out for anyone who may need some time with helpful listening people.

Design the mayor's Christmas card



Schoolchildren are being invited to get creative and design this year's Mayor's Christmas card.

There are two competitions open to children in primary schools in the Brentwood borough – to design the front of the card and to write a poem.

The successful design will be used for the mayor's official Christmas card sent on behalf the Mayor and Brentwood Borough Council and the poem will also be published in the mayor's Civic Carol Concert's Order of Service on December 23 at St Nicholas Church, Ingrave.

Please ensure all entries have the pupil's name and age on the back and are sent to Democratic Services, Claire Mayhew at the Town Hall, Ingrave Road, Brentwood CM15 8AY by 5pm on Wednesday, November 14 with a covering note as to who the winner should be contacted through.



Hospice supporters raise vital funding at Mission Mud obstacle run

Two neighbouring hospices launched a 5K muddy obstacle course fundraiser event, Mission Mud, at Nuclear Races in Brentwood.

St Clare Hospice partnered with Saint Francis in Romford, Essex, to host this new event and raise vital funding for both charities.

With approximately 30-40 Nuclear obstacles to challenge participants' inner mud-lovers, this challenging 5K route saw dozens of hospice supporters clad head-to-toe in mud on October 7.

A total of 14 participants took part in aid of St Clare.

After taking part in Mission Mud herself, St Clare's challenges and events fundraiser Emma

Broadbent commented: "What a way to spend a Sunday morning. Never would I have dreamed I would be jumping around in waist-deep mud on any occasion but having taken part I can honestly say that it was so much fun and really liberating to just get messy in the mud."

"A huge thank you so everyone who took part on Team St Clare - we simply couldn't do what we do without the kindness and generosity of everyone who supports us. We can't wait for next year's event."

For more ideas on how you can get active to support your local hospice, visit St Clare's website at www.stclarehospice.org.uk/get-involved

Brentwood Theatre announces Christmas production

Legends of King Arthur

4 - 30 December

Adapted by Kathryn Schultz Miller
Directed by James Sinclair

Produced by Brentwood Theatre Company
by arrangement with Plays for Children



Tickets

Brentwood Theatre has announced its Christmas production for 2018.

Legends of King Arthur is a magical show that retells the famous legends of the sword in the stone and Arthur with his knights of the round table.

Watch as Arthur grows from a young squire into the rightful King of England. Merlin's magic and Lancelot's bravery help Arthur on his quests against a fiery dragon and the evil Morgana.

Along the way, Arthur falls in love with the beautiful Guinevere and she inspires Arthur and his Knights to save the Kingdom of Camelot.

With performances running from Tuesday, December 4 to Sunday, December 30, Brentwood Theatre is also pleased to announce two relaxed performances on Wednesday, December 5 at 1.30pm and Thursday, December 13 at 6pm.

The relaxed performances are designed for visitors who have a sensory or communication disorder, learning or physical disability, or autism spectrum condition, although everyone regardless of disability is welcome to attend.

Tickets for all performances can be booked by calling the box office on 01277 200305 or online at www.brentwood-theatre.co.uk



BKC

Billericay Kitchen Company

COME AND SEE OUR NEW SHOWROOM

10a Radford Crescent, Billericay, CM12 0DU

01277 655679 or 07790 556863

www.billericaykitchens.co.uk



NEW 2018 DESIGNS KUHLMANN - GERMAN KITCHENS & SECOND NATURE 1909



Free Quote
No Obligation

WEST ONE WOOD

FLOORING COMPANY LTD

WE ARE NOW SUPPLIERS & INSTALLERS OF KARNDEAN FLOORING

Call us on 01375 892233 • 01277 630837

www.westonewoodflooring.co.uk • 5 The Walk, High Street, Billericay, Essex CM12 9YB



Visit our showroom which is open Monday to Saturday from 10:00 am to 5:00 pm, with ample free parking for all of our customers.

You can either call us on 01268 768844, or see a member of staff in store, and we can then make an appointment with you to survey your chimney to advise you of the best options available to you.

01268 768844
www.phoenix-fireplaces.co.uk
sales@phoenix-fireplaces.com

Hawk Hill, Battlesbridge, Essex, SS11 7RJ



Teen secures place at US Masters

A teenage golfer from Brentwood is the envy of his friends after securing a place in the Million Dollar Hole in One (MDHIO) grand final and a visit to next year's US Masters.

James Jensen, 17, took part in the popular competition on the seventh hole on Vale do Lobo's Royal course in the Algarve, and he aced the 138-yard hole with a pitching wedge.

His success earned him a trip to the USA next April where he will compete in a shootout for \$1million and take part in a day's play at the 2019 US Masters.

Jensen said: "I couldn't believe it when it happened - I've never been this lucky before.

"I'm excited about making the trip and hoping we can stop off in New York and Florida as well, although I haven't decided who to take with me yet."

He will participate in the grand final in Augusta

during the Masters weekend, in April 2019.

MDHIO's popular par-three challenge allows competitors to win a selection of golf-related prizes from balls to pitch-mark repairers, while a hole-in-one at one of the 40 associated courses across Europe earns the chance to shoot for a \$1million jackpot.

MDHIO, which has been running since 1990 in the USA and since 2000 in Europe, has steadily grown in popularity with more than 50,000 people each year trying their luck at the various par-three holes at courses across Portugal, mainland Spain, Mallorca and the UK.

More than 50 golfers have achieved their ace while playing MDHIO in Europe, while more than twice that number missed out by not entering and, subsequently, acing the hole.

Austin guides Surrey Storm to Fast5 All-Stars semi-final

Brentwood netballer Mikki Austin led her team to the semi-finals of the Fast5 All-Stars Championships recently.

The Surrey Storm director of netball and her team were joined by international superstar Sharni Layton, but the guest signing wasn't enough for the duck-egg-blue girls to go all the way.

In their last attempt to reach the final, competitors Wasps proved too much beating Storm 45-37.

Tweeting after the event, Austin said: "Could not be more proud of the girls in duck egg today. Thank you @Fast5allstars for creating such an exciting and amazing event for players and spectators - Until next year."



LOCAL NEWS BRENTWOOD

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



Grove House School
Please report reception

There is something very special about a town where people take the time to look after those most in need, especially its children. Brentwood is particularly good at this – I've written before in this magazine about the superb charity Special Needs And Parents (SNAP), and Spargoland where hairdresser Ian Marshall provides a calm space where children with autism and high anxiety can have their hair cut.

A few years ago, a group of parents sat around a kitchen table and discussed the need for a school for children with severe communication difficulties. It is extraordinary what can grow from such kitchen table meetings – because now, only five years later, the doors of Grove House School on Sawyers Hall Lane in Brentwood are open and ninety pupils aged from eight to 17 are happily enrolled and learning.

As a former vice-chair of governors at a school for children with autism in London, I know it is vital for all teachers and education staff to understand issues around autism and other special educational needs.

The government has funded three voluntary sector organisations, such as the Autism Education Trust which has so far trained more than 130,000 school staff, and published new content for all initial teacher training courses that includes a particular focus on special educational needs training.

As I discovered when I visited last month, half of the Grove House pupils are on the autistic spectrum and have significant difficulties with social communication and high anxiety make it extremely difficult for them to learn and thrive in a mainstream school. Walking around this calm, well-ordered and spacious school, I could see why it offers just what these children need at such an important time of their lives.

The next stage for Grove House will be looking at how it can prepare its older students for the workplace, through onsite vocational training. Given the extraordinary amount they have achieved in the past five years, I very much look forward to finding out what they will achieve in the next five.



MASSIVE SALE
ENDS 12TH NOVEMBER



the Radiator & Bathroom gallery

ESTABLISHED 11 YEARS
FREE PLANNING & DESIGN CONSULTATION

Enquiries: 01277 233378
or email sales@theradiatorgallery.com • www.theradiatorgallery.com

5-7 Coptfold Rd, Brentwood, Essex, CM14 4BN
Simply-burlingtonbathrooms.co.uk • Freestanding-baths.co.uk

www.alexburghart.org.uk



LOCAL NEWS

from your neighbourhood

Photo credit: Epping Ongar Railway



Santa Specials on course for selling out

Sales for the 2018 Epping Ongar Railway Santa Specials have exceeded all records and a number of trains have already sold out.

Compared with 2017 advance sales, this year are over twice as high, which means a truly bumper end to the season is on course.

Dean Walton, the railway's acting general manager, said: "Christmas really has come early for the Epping Ongar Railway. The extremely strong sales are a real boost to the staff and the volunteers after what has been a quieter year to date."

Jeff Mesnard, who will be heading up the Christmas front of house team explained: "Every year we make some changes to keep it fresh. They get sick of me saying it, but we have to adapt, adopt and improve every year. This year we've continued to improve our online seat reservations, so everyone knows where they are sitting and there is no need to queue on arrival."

Santa Special services run on December 1, 2, 8, 9, 15, 16, 20, 21, 22, 23 and 24.

For more information, visit www.eorailway.co.uk



From the smallest job to the largest high profile project



TPSL

Timmins Property Services Ltd

Locally based company in Brentwood, with over 25 years experience. Our range of services include:

PLUMBING

- Boiler servicing & landlord reports
- New boilers / repairs
- Bathrooms & kitchens
- Drainage works
- Powerflushing

ELECTRICAL

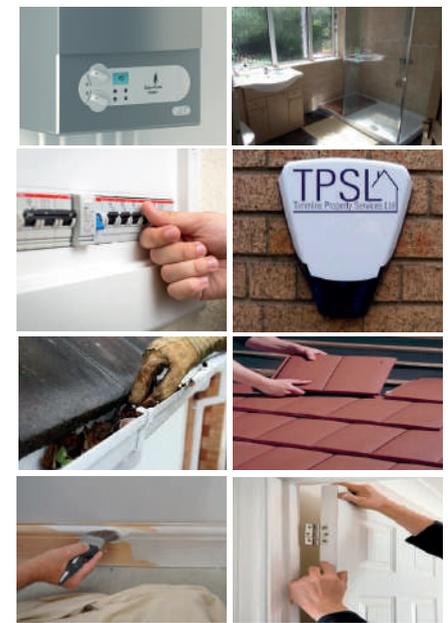
- All aspects of domestic, commercial and light industrial electrical works
- Security systems and alarms
- Replacement consumer units
- Periodic inspections and testing
- Full rewires, PAT testing and fault finding

ROOFING

- All aspects of roofing / flat roof works / lead works
- Gutter repairs / replacements / cleaning
- Valley and chimney re-pointing / repairs
- Replacement roof tiles

BUILDING

- Decorating / Painting
- Plastering / Rendering
- Wall re-pointing / repairs



Gas Safe Registered
NICEIC Approved Contractor & Domestic Installer



Please contact us for further information on all our services

www.timminspsl.co.uk

Tel: 01277 810005 | Email: office@timminspsl.co.uk

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



APPLIANCE REPAIRS AND SALES

**Tel: 0800 9 239 239
or 01277 785013**

www.spindoctoruk.co.uk

Need a repair today?

Local Friendly Professional Service

We repair all makes and models

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



Fixed labour charges and full safety tests on all repairs

NEW APPLIANCES IN STOCK AT COMPETITIVE PRICES



WS Spray Finishings & Powder Coating

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



Are you tired of the look of your old kitchen?

Don't despair instead of paying a fortune for new units and doors why not have your existing doors, drawer fronts, cornice, light pelmets, cooker hoods, shelf displays and plinths re-sprayed in any colour and sheen of your choice? Removal & installation of most work available.

We can spray any type of door solid wood, vinyl/plastic or MDF old or new. All work is fully cleaned & de-greased repaired if necessary and rubbed down prior to painting. We use a highly tough & durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel, fitted bedroom drawers doors & cabinets, internal room doors and all types of household furniture including brown furniture.

This is a very good economic and environmental way of recycling your worn out kitchen, bedroom cabinets and old furniture, we strive to be as eco friendly as is possible.

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



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



LOCAL NEWS ONGAR



Celebrate Christmas at Zinc

Christmas is coming early to Zinc in Ongar. Several Christmas events and activities have been planned, including a Christmas market and carols night.

The building will be buzzing with festive fun at the third Christmas Market, which is being held on November 18.

Members of the public can get their shopping wrapped up early at the event which will host local businesses and craftspeople.

There will be handcrafted home and garden ware, fabulous fashion, personalised presents, Christmas

decorations, beautiful jewellery and more.

The market will be open from 10am to 4pm and the café will also be open all day, serving festive food and drink.

An evening of Christmas carols is being held on December 1 from 5pm.

The event is free with performances from local singing sensations Funky Voices.

An extra special visitor will also be attending courtesy of the Ongar Mums Group, who will be bringing their grotto once again.

For more information visit zincarts.org.uk

Driver jailed after attacking man



Photo credit: Essex Police

A delivery driver has been jailed after hitting a man in the head with a wrench following an argument.

At around 3.30pm on August 17, the victim, a 35-year-old man from Ongar, was returning to his car after visiting a shop and got into a road related argument with Reiss Davis, who had just parked up.

The argument escalated and Davis went back to his car and grabbed a wrench before running towards the victim and striking him in the head.

The victim was knocked unconscious, however Davis continued to hit him before members of the public intervened.

Davis drove off, leaving the victim on the floor, and completed his last journey to deliver a parcel to another shop in Loughton where he told staff that he got into an altercation.

He was arrested at his place of work in Enfield at around 5pm.

The victim was taken to hospital and was placed in an induced coma. He made a recovery and has been discharged but has life changing injuries.

Davis was sentenced to four years at Chelmsford Crown Court on October 15. He admitted the offence at the same court on October 1.

Investigating officer Jo Pilcher, of Loughton CID, said: "While this incident will have a life-long impact on the victim, I hope the outcome offers him some justice."



Struggling church hit with setback after windows smashed

A church which is already struggling financially has been hit with a further setback after it had its windows smashed.

On Sunday, September 2 church goers at St Peter's Church in Ongar were shocked to discover eight of its windows had been smashed.

The damage caused meant shards of glass were across the inside of the Victorian building.

It represents a further knock for the church as it has been suffering with a dwindling congregation and a lack of funds.

Reverend Noelle Taylor, the rector of the church,

said: "It was a sad day in what is already a difficult time.

"The reality is that we will probably have to shut down and this just adds to the problem.

"There are so few people in the parish and as a result it is hard to get a large congregation.

"It's a beautiful building, it's just a shame it's in the middle of nowhere.

"We think it may have been local youths that caused the damage."

The criminal damage was reported to police but at the time of print no arrests had been made.

Who is your Young Citizen of the Year?

Residents in Ongar are being asked to send in their nominations for the Young Citizen of the Year Award.

Nominations are now open, so if you know of a young person that deserves recognition, nominate them before November 30.

The award, presented annually, recognises young people's exceptional contributions to the Epping Forest District. This can be in terms of outstanding courage, service to the community or showing extraordinary commitment, energy and effort in a

particular cause or achieving a particular goal. Eleven to 18-year-olds living in Epping Forest district are eligible for nomination.

The finalists will be invited to the district council's Civic Awards in March 2019 where the winner will be announced and will receive £300 and a certificate of achievement.

To nominate someone for the award, pick up a nomination form at EFDC buildings, local libraries and secondary schools or complete the nomination form at www.eppingforestdc.gov.uk/youngcitizen

DIRECT MARKETING SPECIALISTS

- ▶ PARTNERS WITH A WIDE RANGE OF ORGANISATIONS - DELIVERING AN EVEN WIDER RANGE OF ITEMS
- ▶ IN-DEPTH LEAFLET DELIVERY KNOWLEDGE
- ▶ NO CAMPAIGN TOO BIG OR SMALL

Call for a free quote
07723 384643
www.storkdistribution.co.uk
info@storkdistribution.co.uk



Covering all of Essex

15% OFF FIRST VISIT
 Quote Vision



- MY SERVICES
- 🐾 Full Dog Groom
 - 🐾 Wash & Go
 - 🐾 Hand Stripping
 - 🐾 Nail Trim
 - 🐾 Anal Glands released on all grooms

Professional Dog Grooming



Contact Pauline on
07845 030877
pawlinesparlour@gmail.com

25 Catherine Close, Pilgrims Hatch, Brentwood CM15 9RJ



Andys Aerials

Essex CM4 **Your local aerial installer**

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

Family-run business with over 20 years of experience.

Trading Standards Approved Aerial Installer.

Quality Workmanship At Sensible Prices.



FreePhone: **0800 77 97 047**
 Mobile: **07916 305 977**
 Mobile Local Rate: **0 333 900 333 2**
 Email: andy@andysaerials.com

www.andysaerials.com

WHY NOT TREAT THE **ONE YOU LOVE?**

From Jewellers to Car Servicing find what you need in...



THE VISION LISTINGS

CONTACT US TO FIND OUT MORE

t: 01277 554045 m: 07860 683239 e: brentwood@VISIONmag.co.uk

Your
Monthly
Lifestyle
Magazine



ADVERTORIAL

Has Your Double Glazing Steamed Up?

Established for over a decade Cloudy2Clear windows have become a leading company for glass replacement. Issues with double glazing can often be gradual and may only be noticed during a clear sunny day or during the winter. A failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed double glazing? If you act now you can avoid these problems.

Now, you may think you need to replace the

whole window including the frames and all the hardware, however Cloudy2Clear have come up with a simple and cost saving solution... Just replace the glass!!

If you see condensation in your windows just visit our website or give us a call on 0800 61 21 118. We will send out our highly experienced engineers for a free no obligation quote. A Cloudy2Clear quote takes on average no longer than 20 minutes. Once the quote is completed, we will sit down with you and explain the problem and tell you how we can fix it. With

years of experience Cloudy2Clear have a wealth of knowledge and are recognised as a Which Trusted Trader, plus our work is backed by an industry leading 25 year guarantee. Cloudy2Clear also replace faulty locks handles and hinges on all windows and doors.

Your friendly local Cloudy2Clear specialist is Chris Miller and he services the Chelmsford, Brentwood & Basildon areas.

So, if your windows are steamed up, broken or damaged give Chris a call for a free quotation on 0800 61 21 118.

“Cloudy2Clear GUARANTEE All Customers That An Average Quote Will Take No Longer Than 20 MINS!!!”



Cloudy2Clear Windows... Service With A Smile!

Cloudy2Clear Are A...



**Which?
Trusted
Trader**

All Glazing Backed By Our

**25 YEAR
GUARANTEE**



Priority Freephone
0800 61 21 118

www.cloudy2clear.com

Broken Or Damaged Windows? Faulty Locks, Handles, Hinges?



VISION Offer
Boiler Service &
Gas Certificate
for £60

Boiler Installation • **Boiler Servicing**
Boiler Repair • **Plumbing**
Heating • **Drainage**

Get In Touch: 01277 600 132
07599 864 808
www.eastplumbing.co.uk
info@eastplumbing.co.uk



Checkatrade.com
Where reputation matters



24
HOURS
A DAY
7 DAYS
A WEEK

DAVID LEPINE

PAINTER – DECORATOR REPAIRS AND MORE

I've been a part of the **Tony Baxter Team** for the last 15 years. As Tony has now retired I will be carrying on with my own smaller team producing high quality work, fully insured, delivering a clean reliable service with better competitive prices, plus no VAT.

Kind regards,



Office: 01277 549277 ■ **Mobile: 07960 741973**
Website: www.davidlepine.co.uk ■ **Email: d-lep@msn.com**

Teddy's

Complete Design & Build

Solutions for your perfect home

- ✓ Free One 2 One Design & Consultation
- ✓ Drawings & 3D visuals provided
- ✓ Complete Renovation & Refurbishment
- ✓ Full complete Project Management
- ✓ All types of building work
- ✓ Skilled, dependable workforce

Call today for a
FREE NO OBLIGATION QUOTE
01277 350 800

www.teddysathome.co.uk



Teddy's - the heart of your home...

Family run business for over 13 years

KITCHENS • BATHROOMS • BEDROOMS • EXTENSIONS

Come & visit our showrooms at: **47a, 120a & 122a High Street, Ingatestone, Essex, CM4 0BA**

WHERE THERE'S A *Willoughby,* there's a way

She's gone from teen model to national treasure, but for Holly Willoughby the biggest challenge is yet to come as she gets ready to enter the jungle.

Willoughby's ascent to full-blown daytime doyenne has been nothing short of remarkable. The classic 'girl next door', she has enchanted viewers across the widest of demographics, although with a sense of comfort – be that when discussing women's lifestyle, parenting, health or the home.

Yet now she's setting out on a whole new path, and to the Australian Outback, no less, to join Declan Donnelly in filling in for the Georgie's beloved but troubled sidekick Ant McPartlin on the new series of *I'm a Celeb... Get Me Out of Here!*, which begins in November.

While the challenges of a frenetic work schedule down under are a world away from the well-trodden mechanics of the *This Morning* TV studio, at least the 37-year-old won't be forced to canoodle with cockroaches or munch on maggots (all part of what lays in store for the real 'celebs' as part of the show's legendary Bush Tucker Trials).

Yet the likeable Sussex-born presenter is approaching things with an open mind.

She said: "I couldn't be more excited to have been asked to stand alongside Dec for the next jungle adventure. I love Ant and want to send him my best wishes and support for a continued recovery, and these are big shoes, not to fill, but just to keep warm for a little bit; but I'm going to give it my best shot."

Willoughby is arguably better equipped than most – she knows her way around a TV studio like few others in light entertainment, even if this one is littered with critters, koala bears and acacia trees.

"Of course I've been out of my comfort zone so many times in the past and it's probably where I thrive best," she says. "Right back to the early days of modelling for *Pretty Polly*, it was all a new experience, and the best decisions in life often come about as the result of trying different things."

Producers hope Willoughby will hit it off with buddy Donnelly in the same way that she did with her self-proclaimed "best friend in the world" Phillip Schofield, who she has co-presented *This Morning* with since 2009, their natural charisma evident for all to see. "You couldn't do that many hours of TV together, with all the different subjects, without there being some sort of relationship that's utterly real," said Willoughby at a recent BAFTA event to celebrate 30 years of the popular breakfast show.

"Dec and I know each other very well too and I'm sure there will be a lot of banter and laughter firing between us – I can't wait to get started."

Willoughby is taking all the family to Australia for what promises to be a memorable busman's holiday, and yet there's no let-up upon her return, with the self-confessed fashionista having recently become an ambassador for Marks and Spencer. Holly's Edit is part of the brand's Autumn Must-Haves campaign, with a focus on affordability (prices range from £19.50 to £99). "Keeping busy whilst exploring new angles is everything to me as I never want to stop... not even for a jungle meal."



Photo credit: TM/REXUS/istock

Maximise your natural light with a beautiful skylight



- ✓ Free survey for roof and room design
- ✓ A wide range of lanterns and skylights available
- ✓ All roof lanterns have an aluminium finish
- ✓ All our skylights are compliant with Building Regulations
- ✓ Pilkington self-clean temperature glass as standard
- ✓ All structural works undertaken by High-Tech
- ✓ All internal works inclusive of new electrics and lighting
- ✓ A complete extension or conservatory thermally efficient transformation
- ✓ All waterproofing products will have our LIFETIME guarantee as standard



Roof lanterns look great inside and out

High-Tech Roofing have installed over 10,000 flat roofs along with 1500 plus skylights and roof lanterns. Every roof installed comes with a LIFETIME guarantee. Let us, a company you can trust, transform your extension or conservatory into a stunning orangery style room.



A complete conservatory transformation



Are you retired? Extra savings now available

Brochure and free sample available on request

For a Free Quotation

Call: 01277 886757 www.flatroofs.net

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

Flood your Home with Natural Light

Advertorial

Flood your home with natural light – many of our clients are creating a stylish new living space flooded with natural light. Imagine an inspiring contemporary design feature not only enhancing your lifestyle but also adding value to your home.

Many would call it the WOW factor. We call it the aluminium roof lantern – an innovative pitched skylight range that's been created for today's style-conscious homeowner. Designed from the ground up around an innovative thermally broken system, it provides excellent thermal performance – keeping cool in the summer and warm in the winter – whilst delivering the architectural refinement you'd expect of a high-end aluminium lantern system.

We are continually upgrading extension roofs into beautiful orangery style extensions. Another option, also very popular, is to totally revamp an existing conservatory into a stunning and thermally efficient structure allowing all year-round use.

Along with every lantern installed, we also install the highest quality roofing system – keeping the elements out. In 1999, High-Tech Roofing first introduced the most advanced flat roof technology to the homeowner. Protan, based in Norway, has a pedigree in the design and manufacture of water-proofing

materials dating back to 1939, producing their first roofing membrane in 1971. Protan is our preferred PVC single-ply flat roofing system and will cope with all climates. Millions of square meters are installed here and abroad with a proven track record stretching over four decades. Protan is predominantly an architect-specified roofing system, winning many awards serving the very competitive commercial sector.

A High-Tech roof is dimensionally stable and solar reflective, the material is unaffected by climate change and 100% resistant to moss & algae growth. The membrane has a unique anti-slip finish allowing the roof to be walked on and is aesthetically pleasing. As it is a vapour permeable product it will never blister or become brittle and crack. High-Tech will create a 100% storm resistant watertight roof, maintenance free and guaranteed for life never to leak.

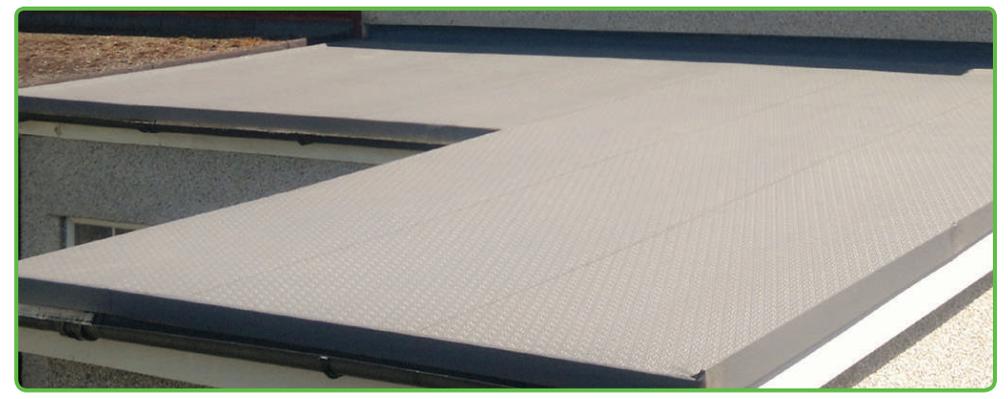
If it is a flat roof only you require please call us, all our work is carried out as to Part L Building Regulations that the homeowner and the contractor must comply with. **Please call for free information regarding the Part L Law.** The home-owner should also be made aware that insurance companies will no longer accept any liability for any external or internal damage caused by a leaking flat roof which is over 10 years old.



Before



After





GARDENING

Spruce up CHRISTMAS

Why festive fun at Christmas should begin with your choice of tree

As a centrepiece for the most special of seasons, you can't really lodge a statement any stronger than a Christmas tree. A beacon of festive fanfare, the tree we choose acts as a meeting place for family, friends and loved ones, so why not, ahem, 'branch out' this year on something special:

Norway Spruce: Our most traditional and best recognised Christmas tree that, to the surprise of some, grows happily in the UK (despite its name). It offers flailing green arms and an aromatic scent that lends itself to awkward hugs with Auntie Beryl.

A cost-effective, attention-grabbing tree, but one that sheds its needles quickly, so get your Hoover at the ready.

Nordmann Fir: The increase in popularity of this tree is largely down to the fact it doesn't shed its needles like a number of others. A symmetrical shape, it's glossy, soft and a winner with the kids.

Slightly more expensive than the spruce, this tree is also fragrance-free.

Blue Spruce: This one does what it says on the tin – a prickly, cactus-like spruce that comes with a sumptuous blue/grey tinge.

Typically a medium-sized little number, it's not overly kid-friendly, but adorned with lights probably ranks as the best looking of the lot.

Serbian Spruce: With better needle retention than the Norway Spruce, this attractive tree looks as though it's been dipped in a pot of wood polish, such is the sheen that comes up from its branches. If you don't have a lot by way of decorations or lights, this tree will do the hard work for you.

In terms of maintenance, follow these quick rules to keep your tree looking tip-top:

- Keep outside or in a cool place for as long as possible before use
- If keeping it in water chop a couple of centimetres off the stump first
- Water it every day



easigrass™
the artificial grass company

Whether you are looking to freshen up a lawn or putting together a whole new garden, investing in easigrass™ is a great way to transform outdoor space.

www.easigrass.com/uk/essex

Call now & get **5% off** Mayfair Grass this month only

RHS CHELSEA GOLD AWARDS 2015

- Adds value to your property
- Creates the "wow" factor
- No more mud or mess
- Outdoor fun all year round

The Brentwood Garden Centre, Vicarage Close, Brentwood, Essex. CM14 5GR
FINANCE AVAILABLE*
T: 01277 203355 | e: essex@easigrass.com

*Green Grass Essex Limited; T/A Easigrass Essex is an introducer appointed representative of Ideal Sales Solutions Ltd T/A Ideal4Finance. Ideal Sales Solutions is a credit broker and not a lender FRN 703401. Finance available subject to status. Loans of £25000 and above available on a secured basis. Think carefully before securing other debts against your home. Your home may be repossessed if you do not keep up repayments on a mortgage or any other debt secured on it. Go to the website www.easigrass.com/uk/essex for more information.

TREES Plus
ARBORICULTURAL CONTRACTORS

SERVICES
TREE SURGERY | STUMP REMOVAL | TREE SURVEYS
HEDGE CUTTING | SITE CLEARANCE

35 Years Professional Experience
Commercial and Domestic
Specialists in working with narrow access & confined spaces
£2M PUBLIC LIABILITY INSURANCE • FREE ESTIMATES & ADVICE

01277 352033 | 07973 202400

www.treesplus.co.uk | info@treesplus.co.uk
The Barns, Paslow Common Farm, Nine Ashes Road, Ingatstone CM4 0JY



Why wait for treatment?

Nuffield Health Brentwood Hospital.

We offer fast access to experts who can provide a diagnosis and treatment. Don't wait. Get in touch now. Whether you're insured or want to pay for yourself, don't just go private, go personal.

Our services include:

- Breast Care
- Cataracts / Eyes
- Cardiology
- Children's Services
- Cosmetic Surgery
- Ear, Nose & Throat
- Gastroenterology
- Hernia Repair
- Men's Health
- Orthopaedics /Sports Injuries
- Varicose Veins
- Women's Health

Don't wait. Get in touch now. For more information and to find out about our open events:

01277 886 984
Brentwood.enquiries@nuffieldhealth.com
nuffieldhealth.com/hospitals/brentwood

Nuffield Health Brentwood Hospital
 Shenfield Health, Essex CM15 8EH



Don't fear those dumbbells, ladies, lifting weights can be a huge benefit to your body as you age. The word 'weightlifting' may evoke visions of sweaty, ripped, slightly insecure men in dingy gyms, Arnold Schwarzenegger in spandex, and every bloke ever at the World's Strongest Man competition.

But don't let these preconceptions stop you from partaking in an exercise which could transform your life. After all, it's a well-known fact that past the age of 35, women begin losing muscle mass, a process which accelerates drastically post-menopause.

What is less known is how you can replace and maintain muscle. Surprisingly, cardio alone isn't ever going to restore what you've lost – it will simply keep you slim and tone muscle you already have. It is only by lifting weights – also known as strength and resistance training – that you build new mass.

If you're still not convinced, know that the benefits of weightlifting go beyond just altering your appearance. Pumping iron not only keeps your muscles strong, but increases bone density as well, reducing the risk of fractures, particularly as you get older. You will also

find that other activities like gardening and walking become far easier; it can also build confidence and help you lose weight as the increase in muscle mass boosts your metabolism.

Naturally, you don't want to end up looking like you've been overdoing it on the steroids, so rest assured that women do not have the testosterone levels required to build massive muscles. Instead, look at weights as an investment into your future health... one that could offer freedom, vitality and bingo wing-free arms.

TOP TIPS TO GET STARTED:

- ↔ Always warm up first
- ↔ Spend time with a trainer to perfect your form
- ↔ Keep it fun with a group class
- ↔ Don't do too much too soon
- ↔ Train different areas on different days to keep your body balanced and allow for recuperation





Beat the BELLY

With summer excesses now out the way, it's time to move into a shapelier frame of mind. And while eating has never been a route to losing weight, if you begin substituting sugary and fatty foods for some of the options below – whilst exercising regularly and drinking plenty of water – your autumn awesomeness may be just a few weeks away.

PROTEIN IS YOUR FRIEND

Get protein-heavy foods such as cheese, milk, yoghurt, eggs, beans, seafood and even white meat in your diet and you'll quickly see a big improvement. Not only in good quantities will it boost your metabolism into converting an extra 100 calories a day, it is also known to suppress hunger to the tune of up to 400 calories per day – so you're processing more and eating less. That's the ultimate health win-win. It also helps you avoid regaining weight if you ever decide to abandon your weight-loss efforts.

HIGH-FIVING FIBRE

Eating plant foods such as vegetables and fruit, as well as getting plenty of rustic cereals (like whole oats) is a smart move. Types of fibres bind with water to form a gel that sits in the gut. Nutrients therefore take longer to digest and absorb, meaning you stay fuller for longer.

BREAK IT DOWN

Of course, using protein shakes and high fibre smoothies can be an alternative way to stock your body with these fantastic nutrients, although feelings of fullness are likely to be reduced if your body doesn't have the task of breaking down solids.

KEEP TRACK

It's also a good idea to make a note of changes to your physique as this will spur you on. Belly fat is estimated by measuring the circumference around your waist – you can do this with a tape measure. Anything above 40" (102cm) in men and 35" (88cm) in women means there is work to do.



Brentwood Care Centre Recruiting Now!

AUTUMN 2018 SIGNING-ON BONUS*

- Great New Pay Rates
- Great Career Opportunities
- Wide Variety of Benefits
- Free Ongoing Training
- Incl. Perkbox

HEALTH CARE ASSISTANTS & SENIOR HEALTH CARE ASSISTANTS

£300

SIGNING-ON BONUS*



Where Care Matters

REGISTERED NURSES

£2500

SIGNING-ON BONUS*

For further information, or to submit a C.V. please contact us at:
recruitment.brentwood@rancare.co.uk | Call: 01277 375 316
 Or feel free to drop into... Brentwood Care Centre, Larchwood Gardens, Pilgrims Hatch, Brentwood, CM15 9NG | www.rchcarehomes.co.uk
*Terms & Conditions Apply

NEROLI

HAIRDRESSING





The team at Neroli will make sure you look your very best

“Great place, lovely girls, wonderful cut and blow dry by Courtney.”

01277 211233

f nerolihairdressing @

DW Fitness, Chindits Lane, Brentwood CM14 5LF

MATRIX
IMAGINE ALL YOU CAN BE



SPECIAL OFFER HALF PRICE CUT & BLOW-DRY FOR ALL NEW CLIENTS ON TUESDAY AND WEDNESDAY ONLY

Experts in Laser Hair Removal & Skin Rejuvenation

GET A FREE CONSULTATION & PATCH TEST TODAY!

- ✿ Hair Removal ✿ Treating Active Acne
- ✿ Skin Pigmentation ✿ Thread Veins ✿ Rosacea

COURSE OF ANY SIX TREATMENTS 40% OFF*



**Price list shows 20% off – this is a further 20% off the price list reduced price.*

EXCLUSIVE TO VISION READERS ONLY

**Mon-Fri 10am-10pm
Sat 10am-7pm
Sun 10am-5pm**



LaLaser

Situated at **PROTANNING**
126 Kings Road,
Brentwood, Essex, CM14 4EA



Special Offer

AVAILABLE AT SALON 63 BRENTWOOD

**FULL HEAD HIGHLIGHTS £60
HALF HEAD HIGHLIGHTS £45**

- VALID WITH SHAWNIA ONLY



salon63

T: 01277 201053 WWW.SALON63ESSEX.CO.UK

Balayage Offer

AVAILABLE AT SALON 63 BRENTWOOD

**FULL HEAD OF BALAYAGE,
TONER PLUS A CUT AND BLOW
DRY FOR ONLY £99**

MON - THURS ONLY



salon63

T: 01277 201053 WWW.SALON63ESSEX.CO.UK

Friday Offer

AVAILABLE AT SALON 63 BRENTWOOD

**GET A COMPLIMENTARY
BLOW DRY WITH ANY
SERVICE**

FRIDAYS ONLY



salon63

T: 01277 201053 WWW.SALON63ESSEX.CO.UK

Look Beautiful. Feel Beautiful. Be Beautiful.

salon 63

01277 201053 ✿ www.salon63essex.co.uk

63 Ongar Road, Brentwood, CM15 9AZ

f [salon63brentwood](https://www.facebook.com/salon63brentwood) @ [@salon63brentwood](https://www.instagram.com/salon63brentwood)

MENTION VISION10 TO RECEIVE A 10% DISCOUNT



BEAUTY



PASTEL POWER

Want a vibrant and standout hair colour? Then consider pastel, the unexpected trend of the season.

Purple rinses and pink pixie cuts may have once been considered the hair choice of the very old, the very young or the reckless, but according to the fashion set, pastel is very much in. From dusky and elegant pinks at Marc Jacobs, to more violent blue and peach shades at Matty Bovan, beautifully coloured hair in unusual shades has gone from being rebellious to extremely chic.

Achieving pastel perfection isn't easy, however. Firstly, unless you have hair that errs on the side of blonde, you will need to bust out the bleach. Lighter tints, particularly those with blue tones (violet, sea green), require a clean and flawless base, making a salon visit worthwhile; whereas bolder colours or those with yellow tones (peach) are ever so slightly more forgiving, though still worthy of a trip to the professionals.

Next, you need to decide what shade is right for you. Pale complexions complement with more delicate shades like pearly pinks and dreamy lilacs, whereas darker skins look fab with bold yellows and rich peach hues. Any kind of green or blue shade generally feels more outrageous, but these colours too can be feminine, particularly when you choose a lighter tint... like the Marc Jacobs SS19 model who teamed billowing green silk with mint candy-coloured hair and matching net.

As with all dyes, this is a trend that requires maintenance. Naturally roots will need to be tended to every six weeks, but in the interim there is much you can do to help your colour last. Subtle shades can be maintained by adding a little dye to your conditioner once a week, whereas toning shampoos will ensure your purple and white echoes remain cool and pristine.

However, the biggest factor as to whether you can pull off this gorgeous, albeit slightly avant-garde trend, is your attitude. So be it candy floss pink or electric yellow, wear it with pride.



SEASONAL Beauty Trends REVEALED

Get gorgeous for autumn/winter with these beautifying trends, including even some for the man in your life.

Luscious hair
Show off your shiny, luxurious hair this autumn as blow-dries make a comeback. Think big, think voluminous, think like you just stepped out of a salon.

Boardroom beauty
Sophisticated, clean beauty is back in as matte skin, muted lips and perfectly groomed brows combine to create the perfect power look. Fellas, don't be afraid to run a comb through those unruly brows for your own take on boardroom beauty.

Statement lip
For the last few years lips have been decidedly understated, either delicately glossed or hushed in fleshy tones. But the statement lip is back, so grab your lip liner and scarlet lipstick and prepare to pout til spring.

Longest lashes
It's easy to look sallow and tired in winter, which is

why it's a great idea to open up those peepers with a little lash accentuation. Now we're not talking about stick-on lashes that weigh down your eyelids, but more a combination of perfectly-applied mascara and individual fake lashes applied just at the corners in order to create that gorgeous Sixties-inspired look.

Pore-free skin
Flaky winter flesh with dark shadows under eyes isn't a good look for guys or gals, which is why you need to prime. This requires decent exfoliation, plenty of moisturiser and, naturally, a decent primer. Add concealer for where it matters and flourish in pore-free perfection.

Grunge goddess
This autumn/winter isn't all about high-gloss glamour, as grungy makeup makes a triumphant return. So sharpen that kohl eyeliner and revel in the rebel look which requires minimal skill whilst offering maximum impact. Team with a muted lip, flawless skin and dishevelled hair, don your surliest of scowls and hit the town.

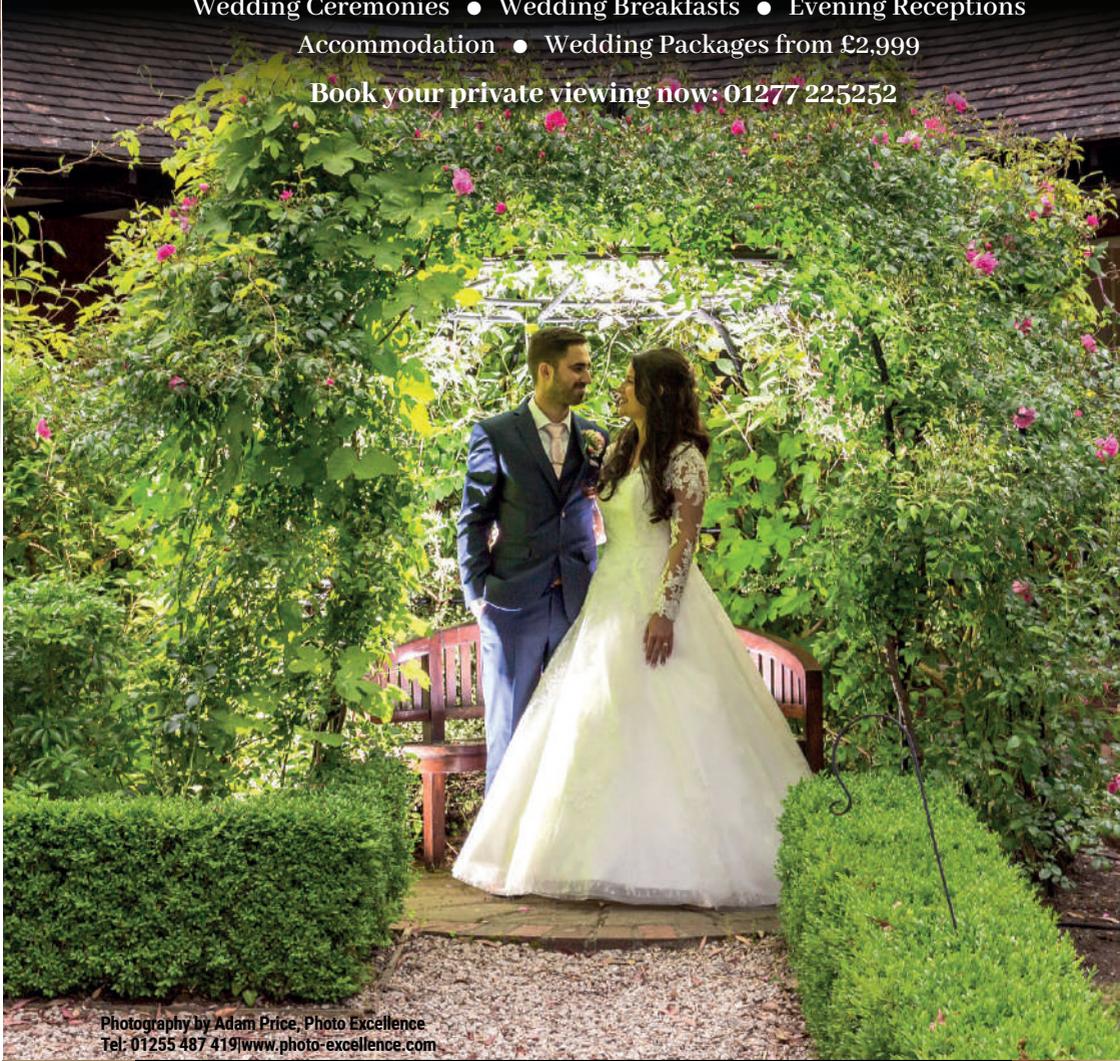
Marygreen Manor

The Magical Backdrop for your Special Day

Wedding Ceremonies • Wedding Breakfasts • Evening Receptions

Accommodation • Wedding Packages from £2,999

Book your private viewing now: 01277 225252



Photography by Adam Price, Photo Excellence
Tel: 01255 487 419 | www.photo-excellence.com



MARYGREEN MANOR
HOTEL & RESTAURANT

Website: www.marygreenmanor.co.uk Telephone: 01277 225252
London Road, Brentwood, Essex, CM14 4NR

HIS & HER WELLBEING

Massage and Therapy



We specialise in therapeutic massage for couples, ladies and gentlemen

- ✿ Thai Traditional Full Body Massage ✿ Thai Back, Neck and Shoulder Massage ✿ Thai Foot Massage
- ✿ Deep Tissue Massage ✿ Swedish Massage

www.hisandher-wellbeing.co.uk

01277 500280

Enquiries@hisandher-wellbeing.co.uk
10.30 am to 9.00 pm daily (Sunday: bookings only)
147 Kings Road, Brentwood, CM14 4EG

THE CHEEKY GREEK

GREEK STREET FOOD

FIND US IN

Brentwood High Street
on Saturdays



QUOTE VISION FOR A FREE BOTTLE OF WATER WITH EVERY FOOD ORDER

TheCheekyGreek

thecheekygreek1



FASHION

JACKET

TRENDS FOR MEN THIS WINTER

The jacket is one of the most versatile, reliable and classic items that you can have in your wardrobe. A good jacket will take a nondescript pair of jeans and white T-shirt combo and make it a statement look.

David Beckham, Marlon Brando and David Gandy to name but a few of the male celebrities who know how to work a jacket to their advantage.

BIKER JACKET

Synonymous with motorcyclists, this edgy style is often cropped, black and studded. Ideal for those wanting to appear youthful, sexy and a little bit mean.

Best worn with slim fitted or skinny jeans and a statement T-shirt.

BOMBER JACKET

A flashback to the 90s, the bomber jacket has seen a massive surge in popularity in recent years. We recommend looking for one made from soft leather to add a touch of elegance to this manly look favoured on screen by Wolverine.

AVIATOR JACKET

Originated in the air force, this *Top Gun*-inspired style of jacket has barely changed since it was first produced. A bulky jacket with a sheepskin collar, it is mostly found in shades of brown with a contrasting coloured lining. Definitely one for the winter months, keep cool underneath with a lightweight jumper or long-sleeved T-shirt.

WESTERN JACKET

A fairly new development in the world of men's leather jackets, the western is slowly becoming a popular piece due to its stylish and modern appearance. Perfect for those wanting to relive the nostalgic feel of the 70s. Also, readily available in suede and denim.

VARSITY JACKET

Similar in shape to the bomber jacket, the varsity was inspired by school and university sportsmen in the 50s. Most appropriate for a casual day date or Sunday afternoon at the local.

HARMONY

BRENTWOOD

THE PLACE TO BE FOR EVERYTHING BEAUTY IN ESSEX

Eye Lashes ■ Nails ■ Massage Therapy ■ Professional Makeup ■ Facial Treatments ■ Body Treatments



To book an appointment or for more information about our treatments call us on

01277 375751

www.harmonybrentwood.co.uk



DECLÉOR



3 Hatch Road, Pilgrims Hatch, Brentwood, Essex CM15 9PU



FOOD & DRINK

RAW *deal*

Make your own healthy sweet treats to combat those sugar cravings... it's easier than you think.

Sugar awareness week 12th - 18th November

Pecan Pie Energy Balls

The ideal post-gym snack, this easy recipe makes 12 yummy balls. Place 1 cup of pitted dates, 1 cup of pecans, 1/2tsp of sea salt and 1/2tsp of pure vanilla extract into a food processor, and blitz until it forms a dough. Roll into 12 balls and pop them into the fridge until gym o'clock.

No-bake Brownies

Think unbaked brownies can't be tasty? Think again. Place 2½ cups of pitted dates, 1½ cups of walnuts, 6tsp of cacao, 1tsp of vanilla extract and 2tsp of water in a food processor and blitz until smooth. Press mixture firmly into a baking pan. Now in a bowl, mix ¼ of a cup of cacao, ½tsp of vanilla extract, 2tsp of coconut oil and a ¼ of maple syrup, before layering on top of brownies. Refrigerate for at least two hours before cutting into squares.

Banana Ice Cream

Got a bunch of too-ripe bananas? No problem. Just peel them and pop in a freezer bag, then, when you want some sweet, creamy soft-serve style ice cream, take them out and pop them in the blender.

Tahini Flavour Fudge

Sweet, fudgy with a nutty kick, and preservative free, all you need is a mixing bowl and a freezer. Place 1 cup of tahini, 4tsp each of cacao, coconut oil and raw honey, 1tsp of vanilla extract and a little coarse sea salt in your bowl. Mix, press into a baking pan and freeze.

Chia Pudding

High in protein and omega-3, chia seeds are a super-duper food. Place 6tsp of chia seeds, 2 cups of coconut, almond or cashew milk, ½ tsp of vanilla extract and 1tsp of maple syrup in Mason jar. Shake to combine and place in the fridge for at least two hours before eating topped with berries.



ALMA ARMS FREEHOUSE

Real Ales and Good Food at affordable prices
Cooked daily on the premises since 1970



FAMOUS FOR PIES

FRESH FISH DAILY

Delivered fresh daily

2 COURSE MENU

ALWAYS AVAILABLE – £10.95

Lunches 12-2.30pm • Dinner 6-8.30pm (12-7pm Sunday)

Keep your table as long as you like

Large car park 🐾 Large parties welcome

Phone 01277 372629

www.almaarms.com

Horsemanside, Navestock CM14 5ST



Peking Chef

Peking, Cantonese
& Oriental Cuisine

Hot Meals to Take Away

Telephone Orders Welcome

Call 01277 234488

www.pekingchefbrentwood.co.uk

114 High Street, Brentwood CM14 4AP

OPENING HOURS: Sun - Thurs 5.00pm to 11.30pm

Fri - Sat: 5.00pm to 12.30pm. Open Bank Holidays

FREE DELIVERY

on orders over £10 within 2 miles

Extra charge on deliveries between 2-5 miles

CASH ONLY ON DELIVERY

OPEN 7 DAYS

Eigh TEA⁹

Breakfast • Lunch • Brunch



Call us on 01277 210029

89 High Street, Brentwood, Essex, CM14 4RR

(Next to HSBC Bank)

For Your Special Occasion

Bespoke • Individual • Unique

We invite you to hold your special occasion at The Harvard Inn.

You are welcome to meet with our Chefs who will help design a bespoke menu for you to meet your requirements.

We have capacity for seating up to 50 guests in our restaurant or 150 guests when reserving the restaurant and wine bar for individual buffet food.

We also have 11 tastefully furnished bedrooms which can be reserved for yourselves and your guests to relax in after your unique occasion.

DESIGN YOUR SPECIAL OCCASION WITH US

To speak to one of our function coordinators Tel: 01277 840008
Or for further information visit www.theharvardinn.co.uk

DON'T JUST TAKE OUR WORD FOR IT...

Dear Nik,
I would like to take this opportunity to thank you and your team at **VISION** for the expert way you have promoted my business in your magazines.

Working with you and your team at **VISION** has made the process of advertising incredibly easy.

From our first meeting you explained the benefits to me of advertising with **VISION**, making sure my advert sent across the right message to potential customers and keeping it really simple with the design yet effective.

I now only use **VISION** for all my marketing needs and have since increased my advertising with **VISION** in more of their magazines around Essex.

It has really taken my business to the next level. I would have no hesitation in recommending **VISION** to any person or company looking to get more business in the local area.

Your sincerely,

Mike Lincoln
Flooring Emporium
01277 211822



Your
Monthly
Lifestyle
Magazine

VISION

To advertise call now on

01277 554045

or email brentwood@visionmag.co.uk



Photo credit: Tesco

Festive FOOD TRENDS

Top food trends for Christmas 2018



Photo credit: Waitrose

Would you like to really wow your family and friends this Christmas?

Traditional seasonal fare will no longer cut the mustard (excuse the food pun). Supermarkets are embracing a whole host of funky food trends that will tantalise your taste buds.

MAKE WAY FOR PIGS IN DUVETS

Pigs in blankets have always been a firm favourite on the Christmas dinner table but this year they have been taken to a new level with the arrival of Tesco's pigs in duvets. These savoury delights are essentially the same recipe of sausages wrapped in crispy bacon but with the added pleasure of being encompassed in golden puff pastry.

Alternatively, why not try Asda's Extra Special Ultimate Pig in a Blanket which is a foot long and flavoured with ginger, nut and pimienta.

GO VEGAN WITH A VEGGIE-BASED WELLINGTON

With this lifestyle choice becoming increasingly popular in 2018, all the big supermarkets are creating a selection of mouth-watering vegan options that the whole family can enjoy.

Try Waitrose's Beet Wellington which contains marinated beetroot encased in vegan puff pastry or Tesco's Cauliflower variety that is spiced with turmeric.



Photo credit: Waitrose

COAL FOR DESSERT

The charcoal trend has dominated the beauty market this year and is now set to take on the food industry as well.

Heston from Waitrose has created Profiter Coals; these glowing black profiteroles filled with a flame-coloured mandarin orange crème patisserie and adorned with popping candy will be a showstopper at any dining table.

ONE FOR THE KIDS

If you have children, grandchildren, nieces or nephews you may have noticed that unicorns are somewhat in demand with the youth of today.

Make their Christmas Day complete with Tesco's chocolate Unicorn Cake.



Winter Respite Breaks

Do you care for a loved one living with dementia, but need a break to catch up with the demands of everyday life?

Our respite breaks give you the opportunity to do just that. Whether you are looking for a well-deserved break, or a little extra support following a period of illness, your loved one can enjoy all of the benefits of our state of the art Windsor Suite.

With a number of beautifully appointed rooms, all with en-suite facilities, Windsor suite has been carefully designed to encourage independence and well-being whilst providing stimulation, all with the very best care and support from our skilled and passionate care team.

Take a break with the assurance that your loved one will be in the safest of hands, so you can relax and enjoy a break too.

Call us today to find out more about our great winter 4 for 3 respite offer!

'The staff are always very friendly and anything we ask for is never too much trouble. I would recommend this care home to anybody who requires this type of care. Many thanks'

~Husband of resident~

Why not pop in and try our Tovertafel Table which encourages interaction and stimulation



Brentwood Care Centre
Larchwood Gardens, Pilgrims Hatch
Brentwood CM15 9NG
Telephone: 01277 375 316



DEMENTIA RESPITE CARE
4 Weeks for the price of 3 Weeks

Email: michael.krasser@ranccare.co.uk | www.rchcarehomes.co.uk

Opens in Ongar
December
2018
T: 01277 365626
M: 07912 760504



Dance Wear & Costumes
Specialists
for Children & Adults
Costume Hire - Fancy Dress
Dance Wear



Arabesque Costumes and Dance Wear
Zinc Arts, Great Stony, High St, Chipping Ongar CM5 0AD
www.arabesquecostumes.com

Supplying Fancy Dress & Fun since 1981

SPECIAL PRICES
ON ALL REMAINING
WINTER WEDDINGS
UNTIL APRIL 2019



Gavin Woollard Photography

With the experience of nearly 2000 weddings and thousands of Portrait clients including a 17 year commission at Buckingham Palace when you choose Gavin Woollard for your wedding photography you are choosing one of the very best.

Call 01245 421224

gavinwoollard@gmail.com • www.reportagephotography.com

The Granary, No 1 Rumsey Row, The Green, Writtle, Chelmsford, Essex CM1 3YA



GO BONKERS FOR

B₃ O₁ A₁ R₁ D₂ G₂ A₁ M₁ E₁ S₁

Board games are having a massive revival with gaming aficionados and families alike wanting to re-live their childhoods with classic, simple games that bring hours of joy with no internet connection needed.

OPERATION

A testament to it's brilliance, this game has barely changed since it was first created in 1965. A game of physical skill that tests the players' fine motor skills and hand-to-eye coordination, we hope this game remains a firm favourite with families for many years to come.

CLUEDO

What's not to love? Mystery, murder and logic all in one suspenseful game. Originally named Agatha Christie – The Game, then changed to Murder before finally settling on Cluedo as a pun on Ludo. This game has been revamped over the years, but we still love the original cast of Colonel Mustard and Professor Plum.

BATTLESHIPS

Originally a pencil and paper game which dates to the First World War, it was made into a plastic board game by Milton Bradley in 1967. So popular was this game that it has been re-invented to electronic versions, video games and even a film. We still love the original HIT! MISS! version though.

SNAKES & LADDERS

This iconic game is a much-loved classic from most people's childhoods. A great introduction to the competitiveness of real life; a game where emotions run high... and low.

SCRABBLE

No board game wish list would be complete without the legendary Scrabble; one of the biggest selling board games of all time and loved by all ages. Created over 70 years ago, this simple word game is as educational as it is fun.

Did you know every hour at least 30,000 Scrabble games are started across the world?



Photo credit: dmcwcreations /Shutterstock.com, Ekaterina_Minaeva /Shutterstock.com, SamuJonah/Shutterstock.com



TRAVEL

WINTER Weekenders

GET IN THE CHRISTMAS SPIRIT WITH A SHORT BREAK IN ONE OF THESE FESTIVE CITIES.

Bath, Somerset, UK

Majestic and grand, the historical city of Bath makes a glorious pre-Christmas destination. Whether you want to shop, sightsee or simply relax, Bath has it covered, boasting a wealth of high-end boutiques and branded stores, incredible historical sights – in particular the perfectly preserved Roman Baths – and the considerably more modern Thermae Bath Spa – Britain’s only natural thermal spa. Plus, from November 22 for three weeks, the city hosts its nationally renowned Christmas market, helping you maximise your festive fun.

Prague, Czech Republic

They call it ‘the city of a hundred spires’, and with its beautiful Baroque buildings and assortment of Gothic churches, Prague has a certain magic which becomes all the more potent when winter blows in (snow in December is not uncommon). Famed too for its Christmas markets, the oldest and most

well-known of which are in the Old Town Square and the appropriately named Wenceslas Square (December 1), visitors can amble among the many stalls drinking potent mulled wine and perusing an abundance of hand-crafted trinkets and gifts. So if you’re after the quintessential Christmas experience, this is it.

Geneva, Switzerland

For those looking for a proper winter wonderland, look no further than Montreux, a resort town on Lake Geneva. Surrounded by the majesty of the snow-capped Alps, the shores of the lake come to life with scores of rustic chalets bedecked with twinkling lights as part of Genève Marché International de Noël, the annual Christmas market (from November 24). The Swiss take Christmas very seriously and remain true to their roots with wreath making, biscuit decoration and the singing of traditional festive hymns.



We could fill Wembley Stadium with our monthly readership

Contact us to find out how to get your
business seen by all of our readers

Photo courtesy of PA Images

CONTACT US TO FIND OUT MORE

Your
Monthly
Lifestyle
Magazine



t: 01277 554045
m: 07860 683239
e: brentwood@VISIONmag.co.uk

t: 01708 578049
m: 07967 079101
e: hornchurch@VISIONmag.co.uk

t: 01277 554045
m: 07860 683239
e: bllicicay@VISIONmag.co.uk

t: 0208 088 0386
m: 07967 079101
e: loughton@VISIONmag.co.uk

Howard Lodge & Dudbrook Hall

Family owned and managed care homes for the elderly

Celebrating
27 years
1991-2018



Residential & Dementia care in small 'hamlets', creating a better quality of life for our residents

- Day & respite care facility available
- Short & long stay placements
- Monthly luncheon club available from £5.00



ST MICHAELS HOMES LTD

To arrange viewings for any of the homes please call **01277 372095 – option 4**

E: enquiries@stmichaelshomesltd.com W: www.stmichaelshomesltd.com
Dudbrook Hall, Brentwood CM14 5TQ ● Howard Lodge, Brentwood CM14 5FQ

Caring for the frail and elderly and those with dementia since 1991

YOUR LOCAL MOBILE LOCKSMITHS



**FREE
CALL OUT
OAP
DISCOUNT**



- UPVC & COMPOSITE DOOR LOCK MECHANISMS
- 3 STAR INSURANCE APPROVED BREAK SECURE CYLINDERS
- MULT-LOCK KEYS
- SAFES
- SECURITY GRILLS & GATES
- INSURANCE APPROVED FRONT DOORS
- ALL LOCKS CHANGED
- ALL LOCKS OPENED & REPLACED



CALL US ON
01277 554 043
01708 453 168
07968 940 678



Around The Clock Locks Ltd, 45 Elms Farm Road, Hornchurch Essex RM12 5RH

PUZZLES & TRIVIA



PUZZLES

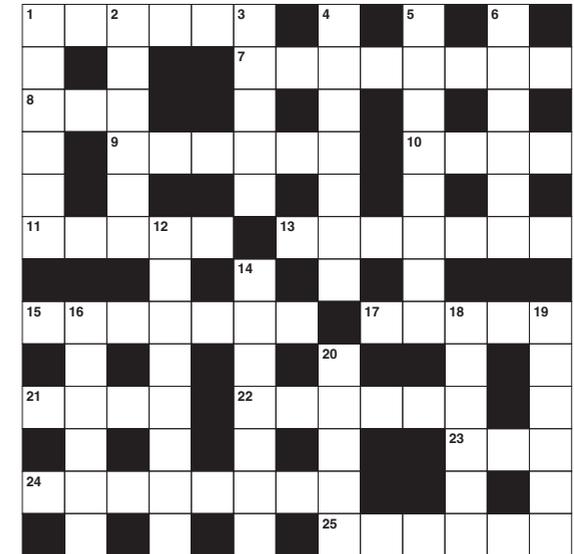
Answers can be found on the Contents Page 4

ACROSS

1. Feeling of fondness (6)
7. Containing less oxygen than usual (of air) (8)
8. Title of a married woman (3)
9. Sightseeing trip in Africa (6)
10. Deceiver (4)
11. Test or examine a metal or ore (5)
13. Coatings (7)
15. Get too big for something (7)
17. Long-legged wading bird (5)
21. Bowed stringed instrument (4)
22. Chess piece (6)
23. Increase the running speed of an engine (3)
24. Large snake (8)
25. Deep gorge (6)

DOWN

1. Thin layer of sedimentary rock (6)
2. Locks lips with (6)
3. The ___ Gatsby: F. Scott Fitzgerald novel (5)
4. Followed behind (7)
5. Wealthy (8)
6. Fix (6)
12. Aromatic plant used in cooking (8)
14. Up-and-down movement on water (7)
16. Workers' groups (6)
18. Fish hawk (6)
19. SI unit of thermodynamic temperature (6)
20. ___ Hayes: US soul and funk singer (5)



DID YOU KNOW

- ▶ A bolt of lightning lasts on average for about one 10,000th of a second but could light a 100-Watt light bulb for three months
- ▶ The monsoon climate results in high annual rainfall totals exceeding 1.5 metres (5ft) in many places
- ▶ Rainbows are caused when rays of light from the sun hit water which reflect some of the light back
- ▶ Lightning travels through the air at around 270,000mph
- ▶ Clouds will either be composed of ice or water droplets depending on the height of the cloud and the temperature of the atmosphere
- ▶ Lightning reaches temperatures of around 30,000C

SUDOKU

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



WHAT'S ON

in your area

WHAT'S ON

Lunchtime Trumpet/Organ Recital
Brentwood Cathedral, Ingrave Road,
Brentwood, Essex CM15 8AT
November 7, 1pm – 1.40pm

There will be a lunchtime trumpet/organ recital on Wednesday, November 7 from 1pm to 1.40pm.

Ellie Lovegrove and Richard Moore, including *Pipe Dreams* by Roderick Elms.

The performance will be held at Brentwood Cathedral.

BMS Thai Curry Night
Brentwood Baptist Church, 91 Kings Road,
Brentwood, CM14 4DR
November 16

Come and join us for an evening with Ashleigh Gibb sharing her work with the Baptist Missionary Society (BMS) in Thailand. Come hear her story, support her work and enjoy some Thai curry.

The price is £5 per ticket, with additional donations welcome. Doors open at 7pm.

Lighting Up Brentwood
Brentwood High Street, Brentwood, CM14 4
November 24

The event usually attracts around 10,000 people over the course of the day and consists of seasonal stalls, food and drink, Santa's Grotto, street performers, rides, and stages with talented local performers entertaining the crowds all day.

The event runs from 12.30pm with the arrival of Santa and his sleigh and culminates with the switching on of the Christmas lights by the Mayor of Brentwood and guests at 5pm, with the event ending at 6pm.

Ongar Women's Institute
Zinc Arts Centre, Great Stony, High Street,
Chipping Ongar, CM5 0AD
November 28, 7.30pm – 9.30pm

This meeting will be on skin care. Come and meet with the Ongar WI for friendship, outings, speakers and activities within the local community.

Meetings are held every fourth Wednesday every month at Zinc. It is £37.50 for an annual subscription. The WI provides women with educational opportunities and the chance to build new skills, take part in activities and to campaign on issues that matter to them and their communities.



The Hatch Ladies Social Club
Larchwood Gardens School, Larchwood
Gardens, Brentwood, CM15 9NG
November 8, 7.45pm

The Hatch Ladies Social Club are celebrating their 10-year anniversary.

They would be happy to see regular and new attendees.

Wine Tasting at The Robin
The Robin, Ongar Road, Brentwood,
CM15 9EB
November 8, 7.30pm – 9.30pm



The Robin are holding a wine tasting evening this November. Try 10 different wines for £15 per head with nibbles.

Book your place now by calling 01277 211664.

Stay Well this Winter
Jubilee Park Pavillion, Love Lane, Ongar,
CM5 9BL
November 15, 10am – 2.30pm

Come and speak to local pharmacists, community nurses and specialist healthcare advisors and learn more about how to keep yourself healthy throughout the winter months.

Booking is essential, so please call 01992 564225 to confirm your place.

This Christmas at Zinc Arts Theatre Ongar
7th - 30th December



BOOK NOW
0333 666 3366

Tickets start from £13.50

www.zincarts.org.uk

Zinc Arts, Great Stony, High St, Chipping Ongar CM5 0AD



BLACK FRIDAY SALE

FAIL TO PREPARE, PREPARE TO FAIL

Black Friday is set to be the biggest shopping day of 2018 with Cyber Monday leading the way for online shoppers. Big brands will have been gearing up to this weekend for months but that doesn't mean that small businesses cannot benefit too. All that is needed is a little bit of careful planning and preparation.

FAIL TO PREPARE, AND PREPARE TO FAIL

Make sure you have sufficient stock to deal with the increase in demand. Not being able to provide what you have promised will result in frustrated and unhappy customers who will not do business with you again.

BE TECH READY

Your IT systems may be able to cope with the day to day demands of your business but are they up to the task of a massive traffic surge? Be sure to test your systems prior to the big day; no one wants their website to crash on Cyber Monday.

MAXIMISE SOCIAL MEDIA

Keep your customers informed of your Black Friday plans ahead of the day itself on your social media platforms. Run a competition or a giveaway to encourage users to share your posts and increase views.

REWARD YOUR LOYAL CUSTOMERS

Email marketing is key to raising awareness of an event or big sale. Since the arrival of GDPR earlier this year, sending out mass emails to everybody and anybody is a big no-no, instead focus on targeting your loyal customers with personalised emails that contain exclusive discounts, offers or rewards.

INVOLVE YOUR EMPLOYEES

Ensure that all your employees are informed about your plans for both events. Any specific offers, special delivery promises or extended opening hours. The last thing you need is overwhelmed and unknowledgeable staff.



THE HOME OF HOME INSURANCE

Your home is so much more than just bricks and mortar. Whether you have a flat, a house or a mansion, home is where the heart is and you'll want to give it the protection it deserves. With home insurance, through Coversure you can do just that and you could also save money on your home insurance quote.

No one likes to think of anything untoward happening to their property, but it's a sad fact of life that fires, floods and other accidents happen and when they do you'll want to know that you have the property protection you need to put your house in order.

Buildings Insurance

Buildings cover pretty much does what it says on the policy tin; it protects your building's physical structure – the walls, the roof, the foundations as well as the fitted fixtures such as the kitchen, bathrooms and fitted wardrobes. A typical policy will help you should your home be affected by fire, flood, subsidence, water leaks, storms and other unfortunate events such as damage from a falling tree.

Depending on your location and your circumstances, you may wish to add some additional protection options

to your cover. Popular ones include accidental damage, legal expenses cover in case you become involved in a legal dispute over your property – say with builders working on your property – and unoccupied property insurance. Unoccupied property cover is an essential extra if you are planning to leave your home vacant for an extended period of time; typically, around 30 days or more.

Contents Insurance

Home contents insurance – also known simply as contents insurance – protects the things in your home. From your curtains to your TV, should they be lost or damaged due to eventualities such as fire, flood, theft or even an explosion or a lightning strike then your contents policy will pay for replacements.

When taking out a contents policy – be it as a standalone policy or as part of a combined contents and buildings home insurance package – you'll have a few options for your cover; New for Old, Indemnity Cover, Accidental Damage Cover & Personal Possessions Cover.

Contact Coversure Brentwood today to find out more on 01277 295504.



IF IT MATTERS TO YOU, IT MATTERS TO US.

What are you looking to insure?



Fleet



Liability



Landlord



Shop

Contact Coversure Brentwood today

01277 295504

www.coversure.co.uk/brentwood | brentwood@coversure.co.uk



Photo credit: Jason Batterham/Shutterstock.com



Who do you think becomes the guardian for your children?

It's never too early to make provisions for your children

YES it is difficult but it is essential to face the possibility that young children could be left without parents to care for them. Who would you want to look after your children if you were to die? If you do not decide, the local authorities and courts will decide for you. Their idea of the 'best' care for your children may be very different from yours. Be aware too that an unmarried father does not automatically become guardian to his children.



For General Enquiries & Appointments: **01277 625050**
www.KandCoEstatePlanning.com
info@kandcoestateplanning.com [KandCoEstatePlanning](https://www.facebook.com/KandCoEstatePlanning)

REACHED YOUR HALF-CENTURY? HOW TO PLAN FOR RETIREMENT

Once you reach 50, it's time to get serious about planning your retirement. True, it could still seem ages away, and you may not be thinking of giving up work anytime soon. However, putting a retirement plan together will help you understand what your finances will look like when you decide to take life easy.

... a good time to get them traced. If you've several pension plans, we will be able to help you work out if it would make sense to consolidate them.

And don't just think about pensions; having money in ISAs will help in planning your retirement income tax-efficiently.

Retirement planning isn't just about getting your money organised, although that's vitally important. Depending on your circumstances, you may want to think about completely changing your lifestyle, moving home, travelling the world, or simply putting your feet up. And like all big projects in life, the more time you can invest in thinking it through, the better.

Do your sums – Don't leave it until the last minute to work out how much money you'll need to live on in retirement. Some costs will go down, like travel to work, but others like utility bills are likely to increase as you spend more time at home. Factor in the cost of the travel, holidays and hobbies you're likely to want to pursue when you have more time.

Start by taking stock – Getting financial advice will help you get a true perspective on how your pension planning is shaping up. We will help you work out the value of your current plans, including your state pension entitlement. If you've lost track of pensions held with past employers, now is

As part of the service at HCR, we take the time to understand our clients unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current pension plans and financial situation, please contact Andy Costin, Independent Financial Adviser on 01277 654153.

When it comes to Financial Planning

We're here to help you



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

Tel 01277 654153 • Fax 01277 658383

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

*A bespoke legal
service tailored
to your needs*

Pinney Talfourd is one of the UK's leading law firms providing specialist services for individuals and businesses



Upminster T 01708 229444
Brentwood T 01277 211755
Hornchurch T 01708 511000
Leigh-on-Sea T 01702 418433
Canary Wharf T 020 3059 7795

www.pinneytalfourd.co.uk

E.mail@pinneytalfourd.co.uk

Arlette Anfield Counselling

*Counselling and Therapy
in Brentwood*

“Seeking counselling is a sign of strength, not weakness. It shows that you have courage and are willing to embark on a journey of change to make the most of you.”

Helping you with Stress, Anxiety and Bereavement



Arlette Anfield: BA (Hons)
Degree in Integrative
Counselling & Psychotherapy.
Diploma in Cognitive
Hypnotherapy and NLP

Call: 07766 592434

Visit: www.arletteanfieldcounselling.co.uk



Local Mortgage Adviser Nominated for National Equity Release Award.

Locally based in Billericay, Samantha Wicks, owner of Best Mortgage Solutions is a highly revered and respected member of the Equity Release Council.

Samantha's approachable manner, intellect and caring disposition has brought her to their attention and was recently notified that she had been nominated for the National Equity Release Award for the Adviser of the Year. In addition, she was recently invited to the Houses of Parliament to discuss plans on social care funding and long-term care.

Her motivation is based upon a desire to help the local community and clients nationally who are worried about debt, financial concerns and for some, frustrations with unfulfilled dreams. Clients who want to help their children and grandchildren either to get onto the property ladder or help fund education and university costs.

She therefore, made it her mission to educate the local community on the benefits of Equity Release within a safe framework of legislation and transparency.

Because of Samantha's desire to help the local community understand more about equity release, she has organised a seminar to take place on 28th November, WI Hall St Edith's Lane, Billericay CM12 9BU at 7.30 - 9pm

To reserve a seat for this special event or for more information contact the office on 01277 633123.

“I invest time with my clients to discover their wants & needs and then set about working with the provider(s) to make this happen”.
Samantha Wicks



Samantha offers a free initial consultation. Please contact the office on 01277 633123 to arrange an appointment.

Equity Release will reduce the value of your estate and can affect your eligibility for means tested benefits.

Best Mortgage Solutions Ltd is an appointed representative of intrinsic who in turn is authorised and regulated by the FCA

Would you like to release capital from your home?

Equity Release Specialist - Offering a whole of market service to homeowners over the age of 55+



Equity release can be used for a variety of purposes, including:

- Adapting/improving your home to enable you to remain living in it independently for longer
- Paying off debts, such as outstanding mortgages or credit cards
- Enjoying life and watching your loved ones benefit from your financial support

Telephone: 01277 633123
www.besthomegroup.co.uk



Equity Release will reduce the value of your estate and can affect your eligibility for means tested benefits

Best Mortgage Solutions Ltd is an Appointed Representative of Intrinsic Mortgage Planning Ltd which is authorised and regulated by the Financial Conduct Authority



THE
ESSEX
CAR • GROUP

PRESTIGE CARS

SALES | LEASING & FINANCE OPTIONS | 4x4 SPECIALISTS

Browse our selection of luxury cars for sale – Sport's, 4x4 or 7-Seater.
Speak to our team of experts today to find out the options available to you



Tel: 01277 374679 | 07562 464 585 Email: info@theessexcargroup.com
 f TheEssexCarGroup | www.theessexcargroup.co.uk | @theessexcargroup



WHEN STANDARD JUST WON'T DO

BERZERKER

The Ford Ranger is the UK's best selling car – Berzerker takes it to a new level of design and performance to create one fast exceptional truck that will not just handle the toughest jobs, but turn heads too!

- Full colour coded bonnet scoop ■ Wider arch kit ■ 20" alloys
- Colour inlays ■ Custom seat and headrest

Tel: 01277 374679 | 07562 464 585 | www.berzerker.co.uk | Email: info@berzerker.co.uk
 @berzerkerltd | Ashwells Court, Ashwells Rd, Pilgrims Hatch, Brentwood, Essex CM15 9SR



V
MOTORING

YOUR GAS

or your cash?

THE NOOSE TIGHTENS AROUND POLLUTING VEHICLES IN BRITAIN'S CITIES.

Those of us who own gas guzzlers breathed another audible sigh of disappointment recently when the government introduced new legislation relating to car emissions on vehicles made before 2015.

The new rules apply to both petrol and diesel engines, with emissions surcharges, extra parking fees and tax increases meaning that, overnight, your pride and joy sat on the driveway suddenly felt less proud and not quite as joyful.

While the initial 50 per cent surcharge on parking applies at first only to diesel cars in central London, those driving petrol cars will feel the pinch too, albeit at a lesser level, and it's inevitable other local authorities will follow Westminster City Council's lead. Indeed, Camden and Islington councils look set to go one step beyond by applying extra charges for all vehicles of any age.

From next year, clean air zones in central London and Birmingham will impose a daily toll of £12.50 on most of Britain's 13 million diesel cars, with an estimated £50/week being added to running costs for the average driver. Other cities – Nottingham, Leeds, Derby and Southampton – are expected to follow suit.

The government's anti-diesel drive is all part of the April 2019 launch of the world's first Ultra-Low Emission Zone (ULEZ) in central London. To move through the area without charge, petrol cars and vans must meet the Euro 4 emissions standard, while for diesel cars it's Euro 6. And if you think those fines are harsh, be grateful you're not driving an HGV – it will cost you a cool £100 a day to transport it around London, and that's before you've even filled up at the pump.

Even electric vans don't escape scrutiny – the government has realised that these vehicles tend to be heavier than their diesel counterparts and that produces its own challenges. The solution – more taxes.

Anybody got a spare pushbike?



JT's Latest Goal

JOHN TERRY'S IMPACT ON THE GAME IS ABOUT TO TAKE ON A WHOLE NEW FORM

After 759 appearances, 78 England caps, 68 career goals and 15 trophies, John Terry brought to end at least one chapter in his career when hanging up his boots at the end of the 2017/18 season. And yet, few considered his short-lived stint at Aston Villa – after two decades at the top of football's hierarchy with Chelsea – would end with the Barking-born hard man slinking off into the sunset. Sure enough, the 37-year-old is back... back in claret and blue in fact, having agreed to become assistant coach to Dean Smith at Villa Park.

After two decades on the pitch, Terry feels the time is right to see things from the other side.

He said: "I guess, firstly, it has been quite strange to walk back into the club in a different role, but being a player here and knowing the magnitude of the place, I'm delighted to be part of the team."

"Right now the immediate aim is to learn as much as I can as quickly as I can. I think every player keeps one eye on the coaching route - Lamps (Frank Lampard) and Steve (Gerrard) have gone off and done it and it feels like a new dawn for all of us. I hope I can follow in their footsteps and be successful."

Having been both Chelsea and England captain for the majority of his time in those respective sides, Terry is used to driving forward the people around him.

He said: "At the start of my career I was inspired by a number of leaders – real men, top footballers and brilliant coaches."

"It's my dream to be able to do the same for others and this is a huge learning curve for me, but one I'm ready to embrace."



Photo credit: Dennis Goodwin/ProSports/REX/Shutterstock



FAST AND FURY-OUS



As festive fight night – December 1 – edges ever-closer, Tyson Fury prepares to let his fists do the talking.

It's the most talked about fight of the year - British bad-boy Tyson Fury going toe-to-toe with Alabama-born Deontay Wilder for heavyweight bragging rights and to move into pole position for an almighty goliath showdown against Anthony Joshua in April of next year.

Although Joshua admits he has to fight Wilder to be considered the ultimate heavyweight champion of the world, boxing fans on this side of the Atlantic are drooling over the prospect of a match-up against Fury, and with it the pairing of two boxers who couldn't be further apart in terms of their appeal.

Joshua is the gentleman of the ring, tough but with a temperament everyone admires. Fury is the fiery gypsy king who polarises opinion – and yet arguably has the most to prove as he recovers from a career-threatening drugs ban and numerous personal problems.

Fury's next step to reaffirming the mental and physical strength he believes will lead him to knocking out AJ is to see off the challenge of American challenger Wilder, and some challenge it is.

First, he has to battle a partisan LA crowd at the Staples Center, then rally against his opponent's perfect boxing record: 40 fights, 40 wins, 39 by knock-out.

Fury, 30, who stands at a colossal at 6ft 8", has been typically bullish in the lead-up to the fight.

He said: "For me, Deontay is just another obstacle to be knocked over on my journey."

With that customary devilish grin, he adds: "I'm a time traveller – I've seen the future and I know what happens."

"That's why I don't fear anyone; because I already know how this turns out."

"But listen, I'm going in the ring with one of the best punchers the sport has ever seen. Do I respect him, yes; but do I know how to beat him? Of course."

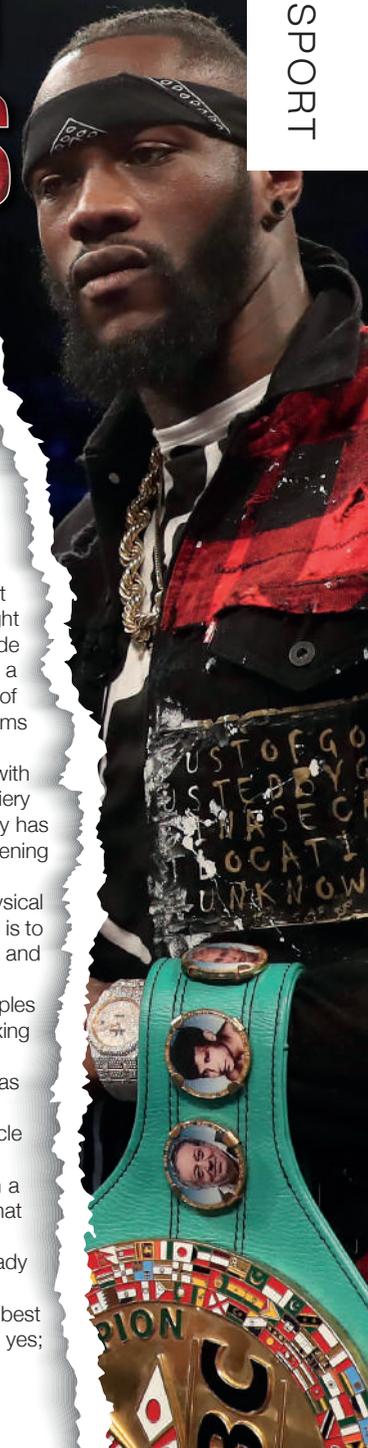


Photo credit: William Cherry/INPHO/REX/Shutterstock

AUTO BODY REPAIRS

SQUIRRELS HEATH AUTOS

Est. Over 30 years taking care of major & minor bumper scuffs, dents, scratches etc. Call for details 01708 437721 | 07745 629957

BATHROOMS & KITCHENS

BROADWAY KITCHENS

Manufacturer of luxury bespoke kitchens. Visit our Brentwood, Essex showroom to see and feel the quality or Call to discuss your project on 01277 212221

RADIATOR AND BATHROOM GALLERY

Established for 11 years. Offering FREE planning and design consultation. For enquiries call 01277 233378 or email sales@theradiatorgallery.com

TEDDYS

Kitchens, Bathrooms, Bedrooms, Tiles, Carpets, extensions for a FREE no obligation design and quotation call 01277 350999 | 01277 350800

BEAUTY

HARMONY BEAUTY

The place for everything beauty in Essex from eye lashes, nails, facial and body treatments. Call 01277 375751 3 Hatch Road, Brentwood, CM15 9PU

BEDROOM & WARDROBE DESIGN

SLIDE ROBES

Fitted wardrobes, Sliding Wardrobes, Wardrobe interiors, free at home design, most popular styles, 0% finance available. Call us on 01268 531144 or visit our Basildon showroom

BOUNCY CASTLE HIRE

BUSTABOUNCE

Inflatable hire for Birthdays, Events and much more. PIPA tested & certified. Call us to book today on 01277 554079 | bustabounceessexltd.co.uk

BUILDING SERVICES

HIGH-TECH MEMBRANE ROOFING

Brochure and FREE sample available on request. For a FREE quotation call 01277 886757 | www.flatroofs.net

RJ EVANS ROOFING

Local Brentwood based Flat Roofing Specialists. Call today on 01277 260204 | 07739 207726 | rjevansroofing@sky.com

TIMMINS PROPERTY SERVICES

From the smallest job to the largest high profile project, FREE estimates with no obligation. Emergency 24hr service. Call us on 01277 810005 or email t-p-s-l@btconnect.com

CARPET & FLOORING SPECIALISTS

FLOORING EMPORIUM

Quality flooring at affordable prices from Carpet, Solid Wood, Vinyl, Design Flooring & Laminate. Call on 01277 211822 or visit our showroom 140 Hutton Road, Shenfield, CM15 8NL

WEST ONE WOOD FLOORING

Manufacturing, Installation, Restoration. Competitively priced call us on 01277 630837 or visit us at 5 The Walk, Billericay, CM12 9YB

CLEANER

BRIGHT & BEAUTIFUL

Professional Housekeeping & Ironing Services...affordable regular or one-off. Call today for a quote 01277 287503.

OVENCLEAN

Oven cleaning specialists. Completely Safe, eco-friendly cleaning system. Removes grease, fat and burnt on carbon deposits. Call Paul Gooding on 07591 730663 to book today.

DOG & CAT GROOMING

WAGNIFICENT

54 Hutton Road, Shenfield, CM15 8LB - Puppy packages, Luxury bath & blowdry, nail clipping & Full Grooms - book online wagnificent.co.uk or call 07935 544063

DOMESTIC & KITCHEN APPLIANCE REPAIRS

SPIN DOCTOR

We repair all makes and models, Washing Machines, Tumble Dryers, Dishwashers and other household goods. Call us on 01277 785013

ELECTRICIAN

PARKERS ELECTRICAL SOLUTIONS

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

FINANCIAL SERVICES

HCR

Independent Financial Advisers. Can help with advice on: Savings and Investments | Inheritance Tax Planning | Pensions | Protection. Call us on 01277 654153

K&CO ESTATE PLANNING

Wills, Lasting Power of Attorney, Property Protection Trusts, Family Protection Trusts, Pre Paid Funeral Plans, Equity Release. Call for more information 01277 625050

COVERSURE INSURANCE BRENTWOOD

Property insurance for Landlords & Commercial Insurance specialists contact us today on 01277 295504 or email brentwood@coversure.co.uk

FIREPLACE & CHIMNEY SERVICES

PHOENIX FIREPLACES

Modern or traditional designed fireplaces that bring warmth and style to your home. Visit our showroom Battlesbridge, Essex, SS11 7RJ -phoenix-fireplaces.co.uk

GARAGE DOORS

GAROLLA ROLLER SHUTTER DOORS

Thermally insulated electric garage doors, Great for space saving, Kerb appeal & easy to use, No deposit, Pay on completion, 18 Colours available. Call today 01277 800142.

GARDEN SERVICES

ANDREW SMITH CSJK WEED CONTROL SERVICES

Advanced CRB checked. Local gardening/clearance, hedging, landscaping. alljapaneseknotweed eradication.co.uk | 07868 243111 | 01277 264651

CLIVE'S GARDEN CARE

Creating the garden you desire. If your garden isn't working for you, help is at hand from maintenance to makeover. 07725 051653

SEALING TECHNIQUE

No more Weeds. Sealing Technique will seal your driveway, patio or other surfaces. Over 15 years experience in the sealing industry. Call Lionel 07834 897654 for a FREE quote.

TREES PLUS

For both commercial and domestic customers - Tree Surgeons, Hedge Cutting, Site Clearance. FREE estimates and advice. Call 01277 352033

HEALTH & WELLBEING

ARLETTE ANFIELD

Counselling & Therapy in Brentwood - Helping you with stress, anxiety, and bereavement. Call me today on 07766 592434 or visit arletteanfieldcounselling.co.uk

JEWELLERY REPAIRS

BRENTWOOD JEWELLERS

In-house workshop for all Jewellery repairs and remodelling, exceptional service and craftsmanship. Call Robert on 01277 227401 | 87 High Street, Brentwood, CM14 4RR

LOCKSMITH & SECURITY

ATCL LOCKSMITHS

Your local Mobile Locksmiths. All locks changed and all locks opened and replaced. Free Call out and OAP discount contact us on 01277 554043 or 07968 940678

PAINTING & DECORATING

DAVID LEPINE PAINTING & DECORATING

Painter, Decorator, Repairs & More. Over 15 years experience, high quality work, fully insured, a clean reliable service with competitive prices & NO VAT. Call 07960 741973

PLASTERING

BLACK LION PLASTERING

Quality workmanship, Plastering, Coving, Skimming. Local Brentwood based. Free Site Visit with a free quote. Call Jason 07713 726 398

PLUMBING & HEATING

EAST PLUMBING & HEATING

Boiler installation, Boiler Servicing, Boiler Repair, Drainage, Plumbing, Heating. 01277 600132 | 07599 864808

SHUTTERS & BLINDS

STYLEHOUSE SHUTTERS

Bespoke Window Shutters both stylish and practical that are Hand Crafted. Free no obligation quote 07962 356184 or email hello@stylehouses shutters.co.uk

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

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

TV AERIAL & SATELLITE SERVICES

ANDYS AERIALS

Family Run Business, Trading standards approved. Aerial & satellite repairs, extra tv points, Tv wall mounting, Call Andy on 07916 305977 or email andys@andysaerials.com

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

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

PARKER

ELECTRICAL SOLUTIONS

NO JOB TOO SMALL

- ✦ Fuse Board upgrades
- ✦ Fault finding and Repairs
- ✦ Kitchen/Bathroom electrics
- ✦ Inspections and testing
- ✦ Appliance installation/showers/cookers
- ✦ Full Re wires
- ✦ Extra sockets and lighting

JOE: 07737 447 302
 pesolutions@hotmail.com



SEALING TECHNIQUE

CLEANING & SEALING OF
 DOMESTIC DRIVEWAYS & PATIOS
NO MORE WEEDS
 WORK GUARANTEED
Matt finish



"Avoid Cowboy Trades & Services"

Always **Checkatrade**
 Before you use them

Simply Business
 Public liability: £1m
 View our policy details

RESIBLOCK
 REGISTERED INSTALLER

WWW.SEALINGTECHNIQUE.COM
for only £9 per sq metre
 Call Lionel or Luke
 01268 449771 / 07834 897654 / 07817 726966
 19 St. Davids Way, Wickford, Essex SS11 8EX
10% OFF with this advert

Keep me, you never know when you might need me?

Black Lion Plastering

**FREE SITE VISIT
 WITH A FREE QUOTE**

QUALITY WORKMANSHIP

**WE GUARANTEE
 NO HIDDEN COSTS**

Contact Jason
07713 726398

jasonharmse@googlemail.com
 @black_lion_plastering



R J B
 Architect

**Extensions - Conversions - New Builds
 Planning Applications - Building Regulations**

RJB Architect is a small, friendly architectural practice based in Essex where you receive a personal service.

My clients are mainly private individuals looking to convert, alter or extend their existing homes.

Please take time to have a look through the website and feel free to contact me if you have any queries

www.RJBarchitect.com M - 07979 570036
 richard@rjbarchitect.com

DIRECT MARKETING SPECIALISTS

- ▶ PARTNERS WITH A WIDE RANGE OF ORGANISATIONS - DELIVERING AN EVEN WIDER RANGE OF ITEMS
- ▶ IN-DEPTH LEAFLET DELIVERY KNOWLEDGE
- ▶ NO CAMPAIGN TOO BIG OR SMALL

Call for a free quote
07723 384643
 www.storkdistribution.co.uk
 info@storkdistribution.co.uk



THE FLAT ROOFING SPECIALIST



- 3 LAYER FELT ■ MASTIC ASPHALT
- FIBREGLASS ROOFING (GRP)
- LIQUID COATINGS
- SINGLE PLY/RUBBER ROOFING

Tel: 01277 260204 M: 07739 207726
 email: rjevansroofing@sky.com
 www: rjevansroofing.co.uk



GET YOUR OVEN READY FOR CHRISTMAS

BEFORE AFTER

AS SEEN ON TV

- Ovens
- Grills
- Extractors
- Filters
- BBQs
- Microwaves
- Hobs
- Ranges
- AGAs

“ All I can say is WOW! My cooker now looks brand new - Christmas dinner is going to taste good this year! ”

★ Trustpilot
 ★★★★★

Call Paul Gooding today for your free quote!

OVENCLEAN
 The original oven cleaning specialists
 07591 730663
 ovenclean.com

HARVEY'S

**Painters & Decorators
 Repairs & Home Maintenance**



Call now for a Free Quote

- Former employees of Tony Baxter for over 13 years
- * Interior Decorating
 - * Exterior Decorating
 - * Wallpaper Hanging
 - * Plastering/Over Artex
 - * Carpentry Work
 - * Plumbing
 - * Electrical & Much More...

NO JOB TOO BIG OR TO SMALL

For high quality work & reliable business call
07908 170777 / 07702 430866
 harveysdecor@gmail.com
 www.harveyspaintersanddecorators.co.uk



**ANY PIZZA
ANY SIZE**

PLUS GARLIC BREAD
WITH CHEESE

£14.99

**BUY ONE
GET ONE
FREE**



PIZZA ● QUORN ● PASTA
SIDES & STARTERS ● DIPS
DRINKS ● DESSERTS



**FRESH DOUGH
MADE DAILY**

**ALL FRESH
INGREDIENTS**



Call: 01277 204 333



www.pizzagogo.co.uk/stores/brentwood



76 Ongar Road, Brentwood, CM15 9AX

JUST EAT

**7 DAYS A WEEK
11AM TO 11PM**