

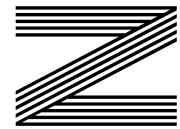
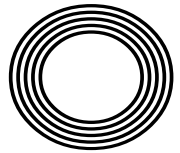
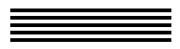
**HOW TO
PERFORM
CPR ON
AN ADULT**

50 YEARS
of Mr Men and Little Miss

Sue Barker
Celebrating the TV presenter's career

SIR RICHARD BRANSON

The billionaire completes out-of-this-world venture



FREE

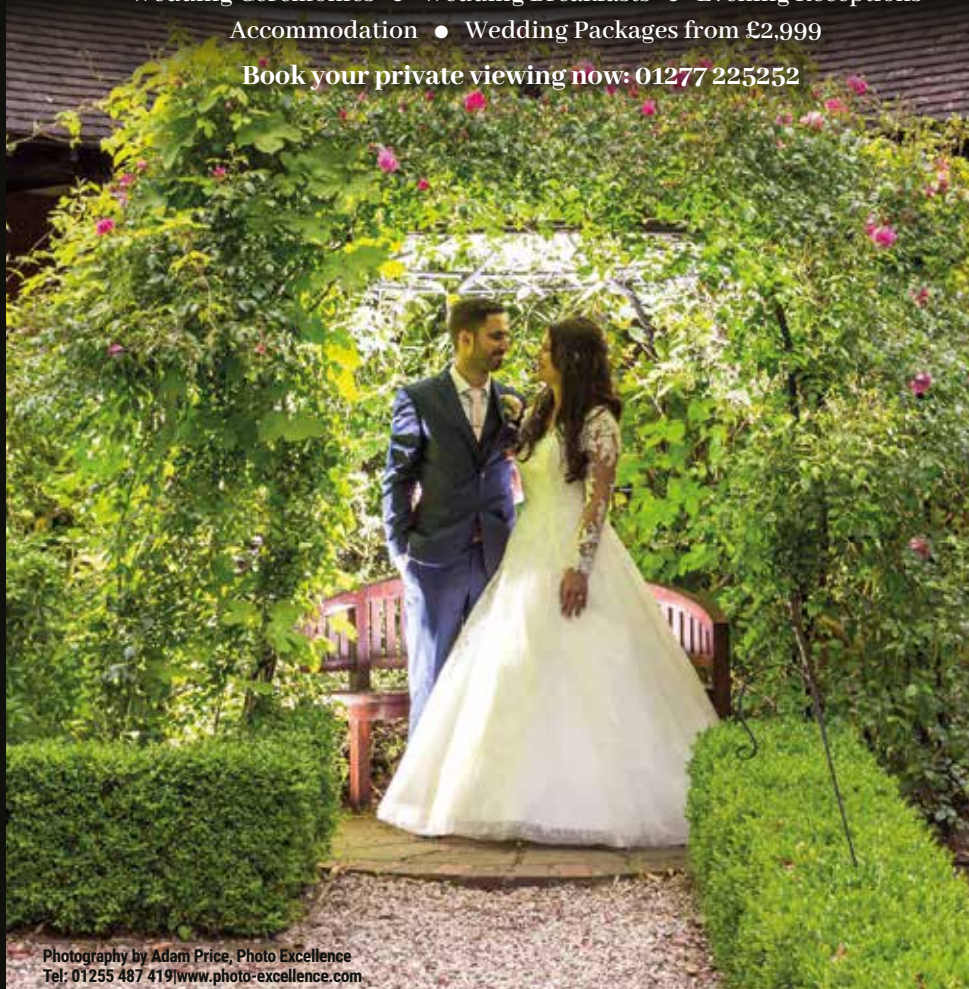
Photo credit: Drew Altizer Photography/
Shutterstock

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

*Tudors Restaurant
at
Marygreen Manor*

Simply Perfect!



MARYGREEN MANOR
HOTEL & RESTAURANT

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



MARYGREEN MANOR
HOTEL & RESTAURANT

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



Editor's notes...

AUGUST 2021



Nik Allen, Editor

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

Even now things have calmed down, it still hurts to say it... Football didn't come home. The Three Lions fought, battled and impressed at almost every turn, but came up painfully short, as has been the case on so many occasions before.

Of course, as the song goes, 'We still believe', and within a day or two of that painful penalty shoot-out defeat by Italy, I couldn't help but accept some simple truths: England didn't lose a single game; we conceded just two goals in more than 11 hours of football; we played great football;

we saw the emergence of yet more brilliant youngsters; and mostly, even in defeat, even

with lingering thoughts of 'what if we'd done that differently?', we will take the positives forward.

Football, and life itself, is about coming back from the challenges that confront us; it's about striving to be better than before - wiser, stronger, more equipped. That resilience is inbuilt - it's a natural human trait, and it's arguably our most inspiring. Our armoury is now hardened ahead of the not insignificant World Cup in Qatar at the end of next year.

So while we failed to make it to the ultimate destination, we are at least on the road, and the journey continues. What better inspiration than that to take into every other aspect of our lives?

Nik Allen

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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

[@visionmagessex](https://twitter.com/visionmagessex) [@visionmagessex](https://www.instagram.com/visionmagessex) [f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Ruby Ward

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

SUPPORT LOCAL BUSINESSES



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

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, STEEL APPROACH, FERRY LANE NORTH, RAINHAM RM13 9PF
TEL 01708 522311 SALES@RAINHAMSTEEL.CO.UK



SPORTING INJUSTICE?

SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'

The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".

A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

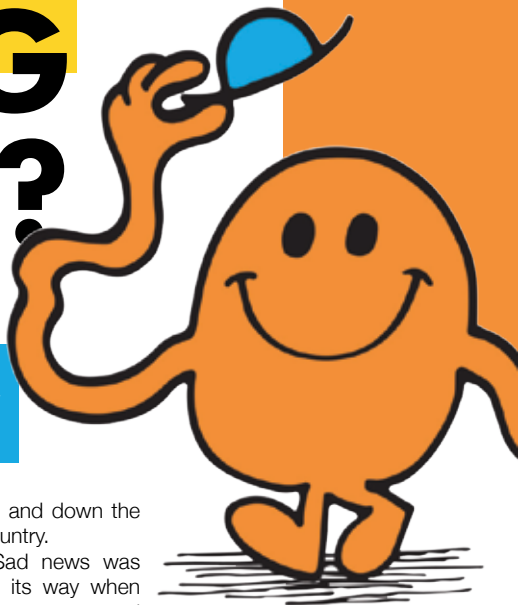
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



Brentwood Jewellers
bespoke diamond jewellery



Brentwood Jewellers are delighted to offer:

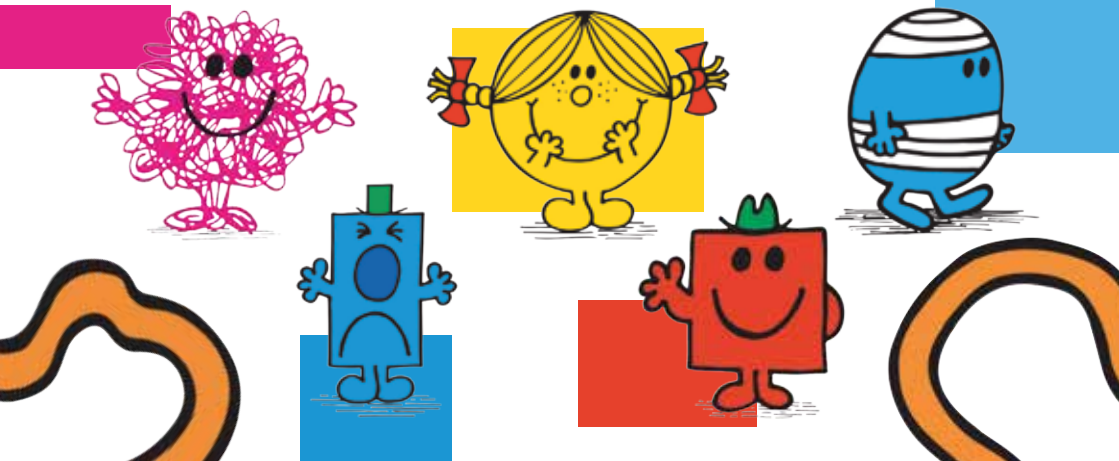
- Fine Diamond Specialists ● Unique Handmade Jewellery
- GIA Certificated Diamond Rings ● Bespoke Wedding Rings
- Bespoke Engagement Rings ● Finest Handmade Diamond Rings
- Valuations ● Jewellery Polishing ● Rhodium Plating
- Exceptional Service & Craftsmanship
- IN-HOUSE WORKSHOP FOR ALL JEWELLERY REPAIRS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

www.brentwoodjewellers.com

Telephone 01277 227401

Email robert@brentwoodjewellers.com

87 High Street Brentwood Essex CM14 4RR





THE LOCAL SPECIALISTS IN BESPOKE DESIGN

- MARBLE ■ GRANITE ■ QUARTZ ■ LIMESTONE
- ONYX ■ CERAMIC SURFACES

40 years experience ■ Family run business

Kitchen ■ Bathrooms ■ Fireplaces

Flooring ■ Cladding ■ Columns



Tel: 07594 886447 ■ Email: sales@cbstone.co.uk

www.facebook.com/cbstonelimited www.instagram.com/cbstonelimited



ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of “the best night’s sleep you’ll ever have” – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it’s a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Photo credit: city.com

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting ‘space-inspired’ fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what’s worse – counting pennies or counting sheep?





HOME & DIY

BANISH BATHROOM BACTERIA

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

BATHROOM TOWELS

You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.

TOP CLEANING TIP: Always hang up your towels to dry fully after each use.

BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.

TOP CLEANING TIP: Clean on a 40-degree wash and hang to dry.

TOILET BRUSHES

Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.

TOP CLEANING TIP: Rinse after every use for maximum longevity.

SHOWER HEADS

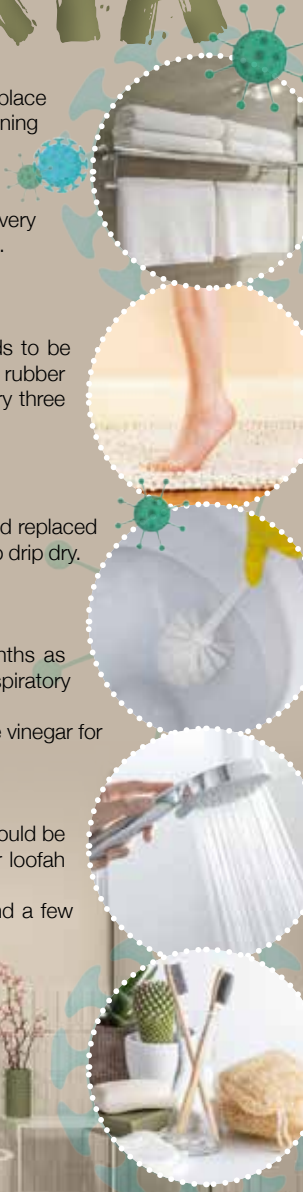
Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.

TOP CLEANING TIP: Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

LOOFAS AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.

TOP CLEANING TIP: Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth



Carpets Direct

Guaranteed Lowest Prices

Established 26 years

- ✓ **FREE FITTING**
- ✓ **FREE home visits**
- ✓ **SPECIALISES in twist pile**

Carpets • Vinyls • Laminates • Wood Flooring

We come to you in the comfort of your own home

WHY PAY MORE?

WE WILL MOVE YOUR FURNITURE & FREE UPLIFT/REMOVAL OF YOUR OLD CARPET

CALL YOUR LOCAL AREA SPECIALIST

01277 554 163



www.carpets-direct.co.uk



Bodywash Bathrooms

NOBODY DOES IT BETTER THAN BODYWASH



Visit our showroom which is open Monday to Friday 9am to 5:30pm and Saturday 9am to 5pm. We close on Sunday's.

01708 736700

www.bodywash.uk

sales@bodywash.uk

A12 Eastern Avenue, Romford, RM5 3AL

Bring along your room dimensions and let us help you plan your new luxurious bathroom.

THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

"Your Friend in the Trade"

Proudly Providing the Complete Service



FAMILY-RUN BUSINESS SERVING THE LOCAL COMMUNITY FOR OVER 25 YEARS

SUPPLY, REPAIR & REPLACEMENT
DOUBLE GLAZING | TRIPLE GLAZING
UPVC | ALUMINIUM WINDOWS
HARD WOOD WINDOWS
FRENCH & PATIO DOORS
PORCHES & CONSERVATORIES
BI-FOLD DOORS



REPAIR SERVICES AVAILABLE 8AM - 8PM

CAT FLAPS | KNOCKERS | LETTER BOXES
SPYHOLES | CYLINDERS | HANDLES
HINGES & LOCKS FOR WINDOWS & DOORS
TRICKLE VENTS | SEALED GLASS UNITS
LEADED & GEORGIAN GLASS
CONSERVATORY ROOF REPAIRS | PANELS



EVERYTHING WE DO IS FULLY GUARANTEED & WE PRIDE OURSELVES IN OUR ABSOLUTE ATTENTION TO CUSTOMER CARE

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

01277 554 075

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



BRICKING IT

THE SMART BRICKS THAT CAN REVOLUTIONISE HOW WE USE ELECTRICITY IN OUR HOMES

HOME & DIY



Most of us know that bricks are brilliant insulators against the cold. In warmer periods, their thermal mass qualities can mean heat is released very gradually over time – something that's perfect for maintaining the temperature of our homes.

However, advances in construction technology are set to take our desire for energy- and cost-efficient warmth to another level.

Scientists have developed a new type of brick that works more like a battery, thanks to fine strands of special conductive polymer fibres, called PEDOTs.

The new bricks, which appear a darkish brown colour instead of the standard red, are coated with an epoxy in order to waterproof them, and are then connected to a power source. The result is that the heat stored within a single brick can power a LED light for 10 minutes.

At present, the technology on offer won't allow the bricks to be used for construction purposes because they contain an acid component in their ingredients, but scientists are looking for alternative constituents that would mean safe and durable building blocks that can be used to power the very homes they act as a border for.

What's more, it's said each brick can be charged 10,000 times without losing any more than 10 per cent of its storage capacity, suggesting longevity when put into a physical, built-in structure.

At present, each brick would cost around £2 to make, though if the necessary adjustments could be made to ensure the product becomes construction-friendly, that cost would be brought down dramatically – as would energy bills.





grillo designs: inspiration FOR EVERY HOME

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.



Over 40 Years Experience

Essex based

Call Peter on 07810 607 768 / 01799 586 249
Email: peter@heritageuk.co.uk or matthew@heritageuk.co.uk

ROOFING
HERITAGE UK LTD

Members of:

New & Heritage Work Undertaken

- New Roofs • Roof Repairs • Lead Work
- Roof Windows • Chimney Repairs
- Roof Overhauls • Tile & Slate Roofs
- Fascia / Soffit / Guttering Replacement

www.heritageuk.co.uk

FREE ESTIMATES

Rob Wright
Your Local OvenGleamer

Friends in the Garden Now? Time to get your BBQ Gleaming Then!

Need your Dirty Oven, AGA Or Range Gleaming Again?

A Professional Deep Cleaning Service Which Will Have Your Cooker Looking 'Like New'

We Don't Just Clean Ovens...We GLEAM Them!

BOOK NOW FOR THE MOST HYGIENIC OVEN CLEANING SYSTEM
Covid-19 Safe Cleaning Processes. Social Distancing Rules Apply At All Times.

BBQ Offer*
£15 Off your BBQ clean
*all cleans completed by 31/03/21 Quote VISAUG

"Rob was fab! informative and I'm very happy with our sparkly clean oven. It looks like new! Highly recommend." *S Cooke*

Call and Book Today On 01277 361760

Check out our 2900+ reviews at www.ovengleamers.com

Ovens | Ranges | AGAs | Hobs | Extractors | Microwaves | BBQs

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



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



KHJ CLEANING SOLUTIONS

DOMESTIC ● COMMERCIAL ● END OF TENANCY / END OF BUILD



PLEASE CONTACT US FOR A QUOTE

07734 956617 ● kayleigh@kjcleaningsolutions.co.uk

TOTES

amazing!

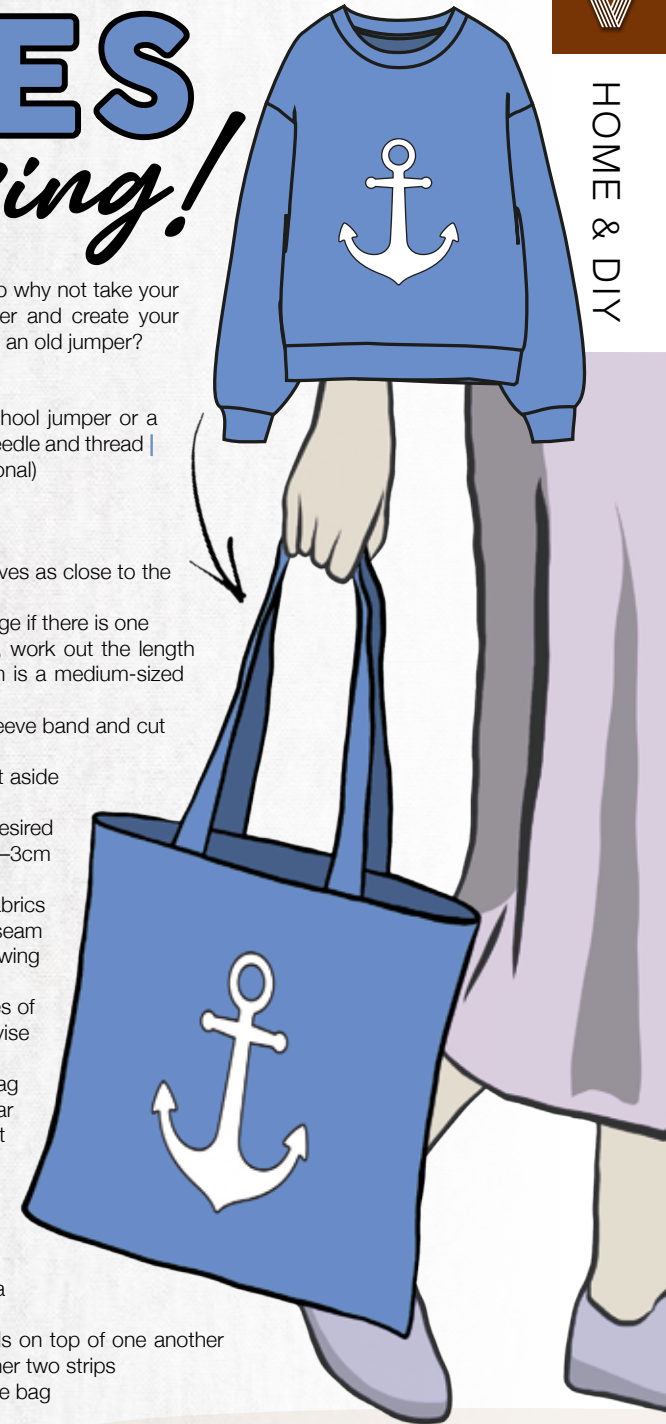
Sustainable fashion is all the rage, so why not take your eco-friendly efforts one step further and create your very own handy tote bag using just an old jumper?

WHAT YOU NEED:

An old jumper – this could be an old school jumper or a much-loved hoodie that no longer fits | Needle and thread | A pair of scissors | Sewing machine (optional)

HOW TO MAKE:

- > Cut off the bottom band of the jumper
- > Cut off the hood (if applicable) and sleeves as close to the seams as possible
- > Determine the centre of the logo or image if there is one
- > Depending on the size of your jumper, work out the length and width of your tote bag – 35x40cm is a medium-sized bag
- > For the handles, cut and remove the sleeve band and cut the sleeve open along the seam
- > Cut eight strips of 2–3cm width and set aside for later
- > Using the remaining fabric, cut out the desired size of your bag, making sure to add 2–3cm extra on both the width and length
- > Pin the front and back of your jumper fabrics together and stitch using a ½-inch seam allowance, either by hand or using a sewing machine
- > Secure and set the seams with the fibres of the fabric using an iron. Always supervise children during this step
- > Fold in 2cm of fabric at the top of the bag and press, and then stitch the fabric near the raw edge using a zigzag or straight stitch for a seamless opening
- > Make the handles by sewing together two of the strips you cut earlier to create one long strip. Create four long strips in total, using eight strips. Overlap the ends and use a zigzag stitch to secure
- > Take two of the four strips, lay the ends on top of one another and stitch together. Repeat with the other two strips
- > Stitch the handles to the top of your tote bag
- > Voila! Your finished jumper tote bag.



HOME & DIY



MAKE A STATEMENT

with vases

THE STATEMENT VASE TREND THAT'S TAKING OVER HOMES (AND THE INTERNET)

Vases have always been a practical necessity as something to display your flowers in. Now, it's the vases themselves that are on display.

classic, doesn't mean it can't make a statement. Traditional style vases, such as busts or a ceramic vase, are gracing Victorian-style homes all over Instagram and Pinterest, bringing an expensive, luxury look without the antique price tag. Choose a smaller vase for a more understated look, or go large if you want to create a bolder, more striking look.

THE BOLD VASE: If you want to liven up your neutral decor, or celebrate your love of colour, then a bold and bright vase is the way to go. There are some incredible pieces to choose from right now, blending vibrant colours with floral patterns to create a fashion-forward look. Keep the rest of your look simple to let the vase do the talking.

Whether you're looking for the perfect centrepiece or a dash of colour, or you want to dress up your space, there's a statement vase out there for you. Flowers or no flowers, your new vase will always have a place in your home.

One of the key home trends of the moment is the statement vase. With the ability to bring new life to an interior, or the perfect finishing touch to your tablescape or shelfie, having some statement vases in your home brings instant style.

From unusual textures and shapes to bold colours, this is one trend that anyone can get on board with.

Discover the statement vase trend and how to make it work in your home.

THE QUIRKY ONES: A cool and quirky vase is a great way to dress up your home. A bold shape draws the eye, making an excellent impression in any space. From your hallway display to your coffee table, a quirky vase will add some style interest to any home.

THE CLASSIC VASE: Just because something is a

Photo credit: ihm.com, Emily Durstler/Heads via ikingetc.com



DREAMING OF THE PERFECT GARDEN ROOM?

We can make it a reality.



ADAPT TO CHANGING LIFESTYLES WITH THE PERFECT GARDEN ROOM

- Multifunctional workspace
- Extra family space
- Use or let
- Prices to fit all budgets
- Custom built by professional, friendly, reliable tradesmen

To find out more contact Capital Electrical Ltd
Call 01277 554 192 or visit www.cap-elec.co.uk
✉ info@cap-elec.co.uk [capitalelectricalservicesltd](https://www.facebook.com/capitalelectricalservicesltd)
 [capitalelectrical](https://www.instagram.com/capitalelectrical)



With Inspired Concepts, Beautiful Spaces

All things Interiors & Renovations



To see our services and portfolio @ [jasminkinginteriors](https://www.instagram.com/jasminkinginteriors)
 [@jasminkinginteriordesign](https://www.facebook.com/jasminkinginteriordesign) www.jasminkinginteriordesign.com
07899 905061 | jasminkinginteriordesign@gmail.com

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

Having advertised in the magazine for over a year I have had several new enquiries that have been very lucrative for my business.

I would recommend **VISION** to any business looking for more customers in their local area.

Thank you for all your help.

Yours sincerely,

Neal Brezina

Coversure Insurance Services

01277 295504



Your Monthly Lifestyle Magazine



To advertise call now on

01277 554045

or email brentwood@visionmag.co.uk

Licensed **Asbestos** Removal



WE ACCEPT ALL MAJOR CREDIT CARDS

WHO WE ARE

A local H.S.E. fully licensed removal company. A friendly family run business, established since 2001. Fully insured and approved by local authorities and housing associations. All our staff carry photo ID and are DBS checked.

WHAT WE CAN DO FOR YOU:

Survey, Sample, Advice & Remove your asbestos. No matter what type or form of asbestos. SAF can remove it safely and legally with its team of highly trained staff and fully equipped vehicles.

We remove **Garages, Sheds, Roofs, Downpipes, Gutters, Fascias, Soffits, Water Tanks, Storage Heaters, Artex and Floor Tiles.** IF IT IS ASBESTOS we can deal with it safely and legally! Licensed or Non Licensed work.

NOT ALL ASBESTOS NEEDS REMOVING, SO LET US MANAGE IT FOR YOU

HOW IT WORKS:

Your asbestos will be removed to a licensed waste transfer station in our specially designed vans and you will be issued with a copy of the waste consignment note to prove your waste has been disposed of safely and legally



Emergency callouts for collapsed ceilings etc. are available. Just call our free phone number and follow the instructions. **24 Hours a day, 7 Days a week**

WHAT WE PROMISE:

Competitive rates. Discounts for OAPS and Blue Light Badge Holders. No payment until 30 days after works complete. Pay day payment terms or interest free payment arrangements. No obligation Free Estimates. Free Advice. COVID-19 Compliant. We will not be beaten on price, we will beat any valid written quotation for non-licensed works.



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

0800 952 0865

www.safasbestos.co.uk

enquiries@safasbestos.co.uk

4 Durham Road, Laindon SS15 6PH



LOCAL NEWS

from your neighbourhood



Boy runs 20 miles in 20 days to raise money for homeless charity

A 10-year-old from Brentwood has raised more than £600 for a local charity that supports homeless people in Essex.

Olly Burrige was inspired to run 20 miles in 20 days throughout July after seeing a lot of homeless people in Chelmsford Park.

He became determined to do something to help and contacted Churches Homeless Emergency Support Scheme (CHESS), which provides practical help for homeless people.

Following his struggles with autism, which caused him to leave his school and be home-schooled instead, Olly has been determined to improve the lives of others.

Olly's mum, Emily, told **VISION**BrentwoodOngar: "We're all so proud of what he's managed to achieve

in a short amount of time. There's a lot of stigma when people have learning difficulties and people tend to write them off, but this shows how strong-willed he is.

"He really loved taking on the challenge and was really determined to get out every day and raise as much money as possible. He's immensely proud of himself."

Olly completed his 20th mile on July 13 and updated everyone on his progress on his fundraising page.

A spokesperson for CHESS said: "Our congratulations and thanks to the fantastic Olly Burrige for his 20 miles in 20 days fundraiser. Olly has raised more than £600 and is very proud of himself, as he should be."

To donate, head to www.justgiving.com/fundraising/emily-burrige1

Advertisement Feature

ADD A TOUCH OF CLASS TO YOUR HOME

Beautiful, durable and weatherproof, cladding is the perfect way to make a statement.

You're on your way home. It's been a long day and you can't wait to sit down and relax. As you walk up the pathway to your front door, you can't help but pause, admire the view and smile. Is it really three years ago that you decided to have cladding installed? It still looks as beautiful today as it did then.

At Greenoak Concept & Design, our cladding solutions are designed to make you fall in love

with your home all over again. Beautiful, durable, weatherproof and low-maintenance, our cladding solutions are built to last and will transform any home.

We have selected only the best cladding products for our range ensuring you get the best results and a home you can be proud of. Boasting the natural beauty and texture of wood, the HardiePlank range from James Hardie is a best-in class product trusted by

hundreds of thousands of homeowners.

Whether you are looking for a full wrap solution or to enhance, reinforce and protect exterior brick, wood or stone, HardiePlank will give you the best return on investment.

Available in 21 stunning and fade-resistant colourways and lightweight for easy installation, Hardieplank offers maximum versatility for any project. You can choose to have your cladding installed vertically, horizontally and even



diagonally to suit your personal taste and the range offers two textures with a pattern that rarely repeats. The HardiePlank system has also been tested rigorously for durability and fire resistance.

Whether you want to keep to a similar style or completely transform your home, we are sure we have the perfect solution for you in our weatherboard cladding range.

Your home is your sanctuary. Doesn't it deserve the best?

Greenoak Concept & Design are an instantly welcoming, family-run team of home improvement experts with over 45 years of industry experience.



Our friendly showroom is based in Westcliff-on-Sea, and our services cover the whole of Essex - from Great Wakering to South Woodham Ferrers. Our services also extend to Kent and London.

From ideas and design, to fitting and after-sales care, our goal is always the same. We combine your vision with our expertise, to help create your perfect home.

Transform Your Home with HardiePlank Cladding

South Essex's only preferred and approved HardiePlank Contractor

Fully Transferable, Insurance Backed 10 YEAR GUARANTEE

Doesn't your home deserve the best?

When considering home improvements that enhance aesthetics, insulation, and add value to your home, home cladding is an excellent choice and one that will give you a solid return on your investment.

- A high-performance alternative to timber or tiles
- Protects against the elements (weather, fire, pest, rot and mould-resistant)
- Fade-resistant ColourPlus technology available in 21 colours
- 10-year James Hardie manufacturers' warranty
- 10-year insurance-backed company guarantee



SALE NOW ON! UP TO 20% Discount on all orders* *T&Cs Apply: Ask in Store for more details

JamesHardie Preferred Contractor



FOR MORE INFORMATION:

01702 238 938

www.greenoakcompany.co.uk

SHOWROOM: 96 BRIDGWATER DRIVE, WESTCLIFF-ON-SEA, ESSEX S50 0DH
WINDOWS • DOORS • CONSERVATORY REFURBISHMENTS • WALL CLADDING



YOUR ONE STOP SHOP FOR GARDEN FURNITURE



Life Nevada Garden Furniture Set



Life Ibiza Garden Furniture Set



Pandora Leaf Gazebo

WE OFFER THE HIGH QUALITY OUR CUSTOMERS EXPECT

Highgate is one of the largest garden furniture and leisure showrooms in Essex and we only work with brands that we trust. We have ample parking for our customers

HIGHGATE
Garden Furniture



CALL 01702 904000

www.highgatefurniture.co.uk | sales@highgatefurniture.co.uk

SHOWROOM: 327 Southchurch Rd, Unit 8 Southchurch Bus. Pk,
Southend-on-Sea, Essex, SS1 2PE



Spire wins top award

A private healthcare provider has won a prestigious award.

Spire Healthcare, which runs Spire Hartswood Hospital in Brentwood, has been named as Best Healthcare Provider Partnership with the NHS at this year's HSJ Partnership Awards.

The award recognises Spire Healthcare's hard work and dedication to healthcare in what has been an unprecedented 15 months.

The long-awaited awards evening on June 29 was the first in-person event for a few lucky attendees from both the NHS and the private sector.

Spire Healthcare was recognised for its support of the NHS in responding to the COVID-19 pandemic. Between March 2020 and March 2021, it put its services, colleagues, facilities and equipment at the

disposal of the NHS, and cared for more than 260,000 NHS patients who would otherwise have seen their treatment or diagnosis delayed or cancelled.

Spire Hartswood Hospital cared for more than 9,000 NHS patients during this period, many of whom had critical conditions.

Jo Dean, hospital director for Spire Hartswood, said: "We are absolutely delighted to have been named as the winners in the Best Healthcare Provider Partnership category. It means a great deal to all our colleagues to be recognised.

"While being singled out as winners from a group of such remarkable nominees is hugely gratifying, most importantly we're proud to be part of a sector bound by a commitment to improve healthcare for all."

Four-piece student band releases debut EP

A student indie band is making headlines with the release of its debut EP, a collection of original summer tunes.

The News – made up of Brentwood School Upper Sixth students Neo Merrell, Eshan Chopra, Will Johnson and Charles Tomlinson – recorded the EP, *Headlines*, at the school.

Formed 18 months ago, The News took to the recording studio during lockdown.

Will said: "The News was primarily a way for us to jam and have fun as a group of mates. We began by performing covers, exploring our interests in an eclectic mix of genres, from jazz to rock. For us, performing live is our passion.

"With venues closed over lockdown, we shifted our focus to the recording studio with great help from the immensely talented Mr Matt Charlesworth, the school's digital production engineer. This has let us



continue to create while exploring a new avenue.

"*Headlines*, our debut EP, is a refined collection of our favourite original material. A special thanks to James Maltby for his help along the way and insane photography. We hope you enjoy listening to it as much as we did making it."

You can stream The News' four-track EP at ditto.fm/headlines-the-news



Only £895 for a fully fitted electric door.
Gotta get a Garolla.



Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER SHUTTER DOORS
GOTTA GET A GAROLLA

CALL US TODAY
01277 801 081
MOBILE
07537 149 128
www.garolla.co.uk

NOW ONLY £895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:
FREE EXPERT MEASURING & FITTING
TWO REMOTE CONTROLS
ACOUSTIC & THERMAL INSULATION
AVAILABLE IN 21 COLOURS
FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.



Ski-loving siblings Henry and Scarlett make history

Two young snowsport enthusiasts have made Brentwood School history as the first pupils to compete in the National Schools Race League Finals. Not only did 11-year-old Henry Pratt and his eight-year-old sister, Scarlett, both pupils at Brentwood Preparatory School, put in determined performances in the junior competition in Swadlincote, South Derbyshire, but they also finished in the top 10.

Headmaster Jason Whiskerd said: "I am thrilled for Henry and Scarlett as they are wonderfully committed to their skiing, and a place in the national top 10 is a tangible reward for their hard work and talent."

"I am also pleased that a so-called 'minority sport' has rightly been given the spotlight on this occasion."

Brentwood School's ski team, under the leadership of head of skiing, Mrs Zeta Hill, first competed in the Independent Schools Ski Championships in December 2019.

Henry and Scarlett, who both took up skiing on a family holiday four years ago, attend Brentwood Senior School's weekly training sessions at the Brentwood Park Ski & Snowboard Centre in Warley.

Proud dad Andrew said: "Brentwood is lucky to have its own dry ski slope and both Henry and Scarlett have developed their race skills via the Essex Ski Racing Club, which provides great opportunities for children of all ages and abilities."

MAKE YOUR HOME STAND OUT
HAVE YOUR ROOF MOSS FREE
'IT MOSS COME OFF'



ESSEX MOSS REMOVAL

10% OFF ALL WORK BOOKED IN THIS YEAR*

MOSS REMOVAL SPECIALISTS * FULLY QUALIFIED * FULLY INSURED
NO JOB TOO BIG OR TOO SMALL * COMPETITIVE PRICES

CALL US FOR FREE QUOTES & ESTIMATES
t: 07305 513298 e: essexmossremoval@gmail.com
www.essexmossremoval.co.uk @ [essexmossremoval](https://www.instagram.com/essexmossremoval)

**Ts&Cs Apply*

Art trail helps bring communities together

Eye-catching displays and unusual exhibits attracted the attention of residents and visitors during the Brentwood Art Trail.

With more exhibits than ever before, art from 64 local artists was displayed in windows across 35 venues in Brentwood, Ingatestone and Shenfield, with the event sponsored by the Brentwood Business Partnership.

Venues acting as pop-up galleries reported a positive response to the displays, including Liquorice in Shenfield, where work from Alison Cook and Neil Milton was on show.

Owner Jo Eastwood said: "I'm delighted to have been selected again as a venue for the Brentwood Art Trail and to be involved in such a brilliant local initiative."

The day before the trail commenced, local artist Sue Mills was commissioned by the Brentwood Art Trail to deliver a live Zoom workshop to local primary schools, including Larchwood, Long Ridings, St Peter's South Weald and Woodlands Preparatory.

More than 600 children took part in the free session, creating their own abstract portrait under Sue's expert tuition.





BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD

As the sun shines, at last, the move to Step 4 of the Government's roadmap out of lockdown means we have the freedom to make up for lost time last year and travel to meet friends and family for social occasions and holidays.

I want everyone to enjoy this time – I certainly intend to enjoy all that the great British beach holiday has to offer with my family – but there is a note of caution. The pandemic is not over, and we still need to act responsibly.

The emphasis of the national response to coronavirus has shifted from rules and regulations towards expecting people to protect themselves and others through informed choice. For example, while the one-metre-plus rule on social distancing has ended, as has the legal obligation to wear a face covering, it is still expected and recommended that face coverings are worn in crowded and enclosed

spaces, such as on public transport, in hospitals and in other health premises.

The virus is still with us and so we must continue to act with caution and take up the offer of vaccination. So far, 96 per cent of over-50s and 83 per cent of 30–50-year-olds have taken up the offer in England. But 35 per cent of 18–30-year-olds – three million people – are completely unvaccinated.

With the prospect of some venues being accessible only to those who can show an NHS COVID-19 Pass which shows proof of vaccination, a recent negative test or natural immunity later this year, it is even more important for everyone, especially the under-30s and those who love nightclubbing, to get both doses of the vaccination as soon as they are able.

Anyone aged 18 or over can book a vaccine now via the 119 telephone line, or by visiting www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination

I hope you stay well and enjoy your summer.



www.kitchenhaus.co.uk
The German Kitchen

SIEMENS

nobilia



AEG

SILESTONE

BOSCH

Miele

smeg

DEKTON

CORIAN

Estate agent wins big award

An estate agent in Brentwood has recently been named as the Best Family-run Estate Agent in The British Property Awards after their team performed outstandingly throughout the extensive judging period, which focussed on customer service levels.

HS Estate Agents has now been shortlisted for a number of national awards, which will be announced later in the year.

A spokesperson for HS Estate Agents said: "We are proud and delighted to announce that we are the winners of the British Property Awards 2021.

"We would like to say a big thank you to our hardworking and dedicated team."

The British Property Awards provide agents throughout the UK with an invaluable opportunity to compare the service they provide against the service provided by their local, regional and national competition.

Robert McLean, from The British Property Awards, said: "Our awards have been specifically designed to



be attainable to all agents, removing common barriers to entry, such as cost, to ensure we have the most inclusive awards.

"Winning agents should be proud that their customer service levels provide a benchmark for their local, regional and national competition."

Why choose Kütchenhaus luxury German kitchens?

- Beautiful kitchen showrooms across the UK
- Direct from the factory prices
- Full installation service or supply only
- Kitchens designed and built to order
- Free in-showroom design consultation
- Finance options available

VISIT OUR WEBSITE OR SHOWROOM
6, The Baytree Shopping Centre,
Brentwood, Essex CM14 4BX

01277 204447
www.kitchenhaus.co.uk

Credit is subject to status and affordability. Terms and Conditions apply. German Kitchens Limited trading as Kütchenhaus, 1007 London Road, Leigh-on-Sea, Essex SS9 3JY (Register no. 811494) is a credit broker and is authorised and regulated by the Financial Conduct Authority. Credit provided by Hitachi Personal Finance, a trading style of Hitachi Capital (UK) PLC, authorised and regulated by the Financial Conduct Authority (Register no. 704348)



LOCAL NEWS

from your neighbourhood



Councillor lays flowers as tribute to frontline workers

A local councillor marked the 73rd anniversary of the ANHS with a special tribute.

Ongar and Rural county councillor and North Weald district councillor, Jaymey McIvor, marked the occasion by paying tribute to NHS staff who have died as a result of COVID-19.

Cllr McIvor laid flowers at the Debt of Honour in North Weald and at Ongar and District War Memorial Medical Centre in Fyfield Road in memory of those who have died of COVID-19 while serving on the NHS frontline.

Cllr McIvor said: "While many key frontline workers have passed away from COVID-19, the 73rd anniversary of the NHS seemed the appropriate time to take a moment to remember those who have died on the frontline during this pandemic.

"We owe a huge debt to the men and women of our NHS who fight for us daily, both during and long before the pandemic."

Cllr McIvor laid pink roses, which are symbolic of thankfulness, and white roses, which are a symbol of eternity.

Summer of exciting events at railway revealed



Photo credit: David Franklin / www.nightrailphotography

Services at Epping Ongar Railway are gradually returning to normal now that lockdown has ended.

Upcoming events at the railway include a visit from PAW Patrol characters on August 8 and 15, and the chance to meet dinosaurs on August 22.

For those interested in classic cars, 70 vehicles will be on display at the Classic Car Rally on August 29, followed by a visit from the Gruffalo the following day.

For full details of all events, visit www.eorailway.co.uk

As restoration work on the railway continues, the team would like to invite new members to join the team. If you are interested, email 45132.d22@gmail.com

HAMMOND & SONS

GAS ♦ PLUMBING ♦ HEATING

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

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

From a tap washer to a full heating system, call
01277 261 888
email: hammondandsons@hotmail.co.uk
www.hammondandsons.co.uk

Would you like an honest, dependable & AFFORDABLE police checked* cleaner to clean your home?

Typically
£12.95 per hour fully inc.

£20 off with this advert

TIME FOR YOU™
DOMESTIC CLEANING

As featured on BBC 2's Working Lunch, Ch4's 'House Swap' & preferred cleaning supplier to CH5's Cowboy Builders

Call: **01277 551 070**
www.timeforyou.cleaning
brentwood@uk.timeforyou.cleaning

HATE CLEANING?

WS Spray Finishings

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

Hello to all our customers past and present, we are now back at work
We hope the support we have been shown in the past will return
We can get through this together, local companies employing local people

Are you tired of the look of your 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 & 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 and de-greased, repaired if necessary and rubbed down prior to painting. We use a highly tough and durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel for fitted bedroom drawers and 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 & old furniture, we strive to be as eco friendly as possible.

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

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



Photo credit: Ruby Ward @heartofongar

Town council awards grants totalling more than £4k

Ongar Town Council (OTC) has given grants to local causes totalling more than £4,000.

A grant of £2,000 has been awarded by OTC to The Ongar Academy's Parent Teacher Association (PTA) towards the £4,000 cost of a planned sensory garden at the school.

The school says the garden will provide "the perfect opportunity" to research and practise art and design technology techniques in a real-life scenario and will be an extra tool to help manage behaviour and encourage extracurricular interests.

The council will encourage the school to apply for additional funding through Essex County Council's Community Initiatives Fund scheme.

Ongar Netball Club was awarded a grant of £1,707 for training facilities, new kit and other items.

The club will also use the funding to send two people on a first aid course and two people on a safeguarding course.

The council awarded another grant of £460 to Ongar Millennium History Society to cover the cost of a coach for an educational trip for society members.

Council continues to oppose High Street flats

Ongar Town Council (OTC) has repeated its objections to plans to build nine two-bedroom apartments on the site of the Ongar Bridge car dealership on the High Street.

The planning and environment committee has underlined its previous comments about the plans, which were rejected by Epping Forest District Council last October.

The applicant states that the latest proposals make several changes to the rejected scheme, including an increase in the number of parking spaces, the addition of balconies, increased provision for bicycles and electrical charging facilities.

However, an OTC meeting at the end of June heard



Photo credit: Google Maps

concerns that the amendments did not answer all the previous concerns.

OTC has expressed concern that insufficient parking spaces are proposed, that the design is too cramped for the site, and that the development would not enhance the conservation area.



TOMKYN'S SEALANT SERVICES

- ❖ Sealant ❖ Waterproofing
- ❖ Cut out & reseal mouldy silicone
- ❖ Wet areas, kitchens & skirting lines
- ❖ External windows
- ❖ Doors & expansion joints
- ❖ 15 years experience
- ❖ Free quotations

Tel: 07596 095 248

Email: jongildea21@msn.com




DOMESTIC CLEANERS WANTED BRENTWOOD AREA = £10PH (MIN)

WE MATCH SELF EMPLOYED CLEANERS TO OUR CLIENTS IN THE BRENTWOOD AREA

LOCAL FAMILY RUN BUSINESS - TRADING OVER 16 YEARS

All cleaners will need:

- a clear DBS
- their own vehicle
- an eye for detail
- good time management
- their own public liability insurance
- to live within 15 minutes drive of CM15 postcode

Cleaners decide which days and hours they would like to work - this will be regular, weekly work: same client, same day & same hours

Contact us to apply: **07879 559283**

www.takebreakdomestic.co.uk
tina@takebreakdomestic.co.uk

TURNING YOUR IDEAS INTO REALITY





PJ GIBBONS BUILDING SERVICES

- Refurbishment
- Extensions
- Loft Conversions
- Carpentry
- Kitchens
- Bathrooms

Call today for a FREE quote and advice:
 T: 01277 201629 M: 07850 166721
 E: pgibbons77@aol.com

www.pjgibbons.co.uk

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
pesolutionsltd@aol.com



APPLIANCE REPAIRS AND SALES

We repair all makes and models

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

New appliances in stock for same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindocoruk.co.uk



HUNTER GROUP SECURITY

■ WE GUARD
■ WE PROTECT
■ WE SECURE
DO YOU WANT PEACE OF MIND?

RESIDENTIAL & COMMERCIAL SECURITY

■ 24 HOURS A DAY ■ 7 DAYS A WEEK ■ 365 DAYS A YEAR



- Mobile patrol ■ Alarm response ■ Panic button ■ K9 Dog unit
- Physical foot patrols ■ Holiday protection ■ Key holding

CONTACT US TO ASK ABOUT OUR PERSONAL BESPOKE SERVICE

ONLY COMPANY TO WELCOME GROUP BOOKINGS FOR YOUR ROAD AT A FURTHER DISCOUNT

T: 0800 448 0406 ■ 07706 865771 W: www.huntergroup-security.co.uk

E: contact@huntergroup-security.co.uk @ www.instagram.com/huntergroupsecurity

HIVEO

alive

TECHNOLOGY

SMART HEATING SYSTEMS AND HOW THEY WILL STYLE OUR FUTURES

Like a scene from a science fiction novel, you can now control appliances and systems in your home using your voice, a sleek home hub, or even remotely via your smartphone. From doorbells and lighting to security cameras and motion sensors, it has never been easier to make your home work for you. We also now have smart heating systems, such as Hive or Google's Nest, that have revolutionised how we heat our homes.

As the names suggest, these systems are developed with your preferences, lifestyle and – most importantly – comfort in mind. Gone are the clunky thermostats of yore that were either painfully complex to programme, or frustratingly simple with nothing more than a temperature dial. Both Nest and Hive boast stylish thermostats with customisable options, and, even better, you can also download a corresponding app that gives you full control over both your heating and hot water even while away from home.

Better still, this level of control helps you save money in the long run. Going to be home an hour late from work? Simply delay your heating until you're on your way back. Concerned about a sudden drop in temperature while you're away for the weekend? Enable the frost setting via your app to protect your pipes. You can even create zones within your house by buying smart radiator valves, to reduce your overall energy output while you're at home.

Going forward, it seems likely that devices such as these will become as ubiquitous as the kitchen sink as we edge closer towards the reality of the hi-tech modern home.



Photo credit: currys.co.uk, grahamedirect.co.uk, Hive YouTube



HISTORY



WHEN THE MONA LISA *went missing*

DETAILING THE 110TH ANNIVERSARY OF THE THEFT OF THE ICONIC PORTRAIT

Stealing the world's most famous pieces of art is usually about status, spite or financial gain, yet for Vincenzo Peruggia, the architect of the theft of the Mona Lisa on August 21, 1911, it was none of these things... or so he said.

Painted in 1503, the painting ended up in France following Napoleon Bonaparte's widespread plundering of art during the Napoleonic Wars. Many of its various mysteries – the creeping smile, the haunting face, even the lack of eyebrows – can only be answered by its long-dead creator, Leonardo da Vinci.

The masterpiece had hung in the Louvre for more than a century before Peruggia, an employee at the museum on the banks of the Seine, snuck it out under his smock after having hidden in the building overnight. The gendarmerie were at a complete loss as to who stole the artwork and the theft created a media sensation, with the mystery featuring on the front pages of newspapers worldwide.

Peruggia kept the painting in his apartment in Paris for two years, then took it back to Italy. Herein lies his claim that it was removed expressly with the intention of returning it to its homeland. The thief's explanation was undermined by the fact that when contacting Florence art dealer Mario Fratelli, he placed a 500,000 lire price tag on the piece.

No sooner was the deal discussed than the prospective buyer contacted the police and Peruggia was arrested.

For his crime, the Italian received only a short prison sentence – he served seven months and was hailed a patriot upon his release. Alas, his attempts were in vain, as the Mona Lisa was returned to the Louvre, where it has been on display ever since, its notoriety merely enhanced by the theft.

Peruggia died in 1925 on his 44th birthday, leaving behind a wife and daughter.




**PHOENIX
FIREPLACES**
Modern design to traditional favourites

Bring warmth
and style to
your home



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.

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

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.

Hawk Hill, Battlesbridge, Essex, SS11 7RJ

Come home to a clean house



Our professionally trained team of maids will make your home sparkle with each visit. We know it's not a one-size fits all service, that's why we work to tailor our cleans to your individual needs, schedule and budget.



Call us today to arrange your no obligation in home quote

Emma Brooks

01277 424985

emma.brooks@mollymaid.co.uk

www.mollymaid.co.uk/brentwood

See what our customers have to say at uk.trustpilot.com



Trustpilot

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.

Kind regards,



Office: 01277 549277 ■ **Mobile:** 07960 741973

Website: www.davidlepinedecorating.co.uk

Email: d-lep@msn.com

PET MYTHS

BUSTED



MYTH: Two male guinea pigs can't live together.

TRUTH: As long as your cage is big enough, there is little chance their occasional spats will lead to any real life-threatening behaviour, but in any case it is wise to neuter them both to prevent the need for dominance.

MYTH: A big garden means you don't need to walk your dog.

TRUTH: Just because you have access to an outdoor space that is large enough for your pooch to run around in, it can't replace a walk, as canines crave new scents and exploration. Experiencing much of the world via their olfactory sensors, those constant stops to sniff are vital to your dog's wellbeing.



MYTH: There is no need to use flea and tick treatment during the winter.

TRUTH: Though we refer to 'flea season' during the summer months, these critters don't just die off in winter, particularly as we generally keep our pets inside our warm homes. So keep your furry friends topped up whatever the weather, because prevention is definitely better than cure.

MYTH: Cats always land on their feet.

TRUTH: While they do possess an 'air-righting reflex' – meaning they can adapt their bodies quickly in order to land safely – this isn't an exact science. Too short a fall and they often land on their side, while too large may cause damage to their ligaments and bones.



MYTH: Wheels are an integral part of your hamster's happy home.

TRUTH: The sight of a hamster spinning on its wheel is a familiar one as it powers relentlessly through its daily exercise. While this is an excellent way for them to burn off all those honey treats, the classic hamster wheel is actually now thought to be detrimental to spinal health, unlike its 'flying saucer'-shaped counterparts.

From the smallest job to the largest high profile project



FREE ESTIMATES WITH NO OBLIGATION

TPSL
Timmins Property Services Ltd

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

PLUMBING

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

ELECTRICAL

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

ROOFING

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

BUILDING

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



Gas Safe Registered
NICEIC Approved Contractor & Domestic Installer



WE CARRY OUT ELECTRICAL CERTIFICATES FOR LANDLORDS



Please contact us for further information on all our services

www.timminspsl.co.uk

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

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

Cloudy2Clear, A Local Service With A Smile.

I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help again".

For a free quotation please call **0800 61 21 118** or visit cloudy2clear.co.uk.

“All C2C employees operate a strict social distancing policy.”



Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our

25 YEAR GUARANTEE

“I really liked the fact that they were a local community run business”

Janet Beard



We are a Which? Trusted Trader

Social distancing in operation

Faulty locks, handles or hinges?



Priority freephone

0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money



SPACE IS THE PLACE



Photo credit: Virgin Galactic/ZUMA Press Wire Services/Shutterstock

HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.



PUZZLES & TRIVIA

PUZZLES

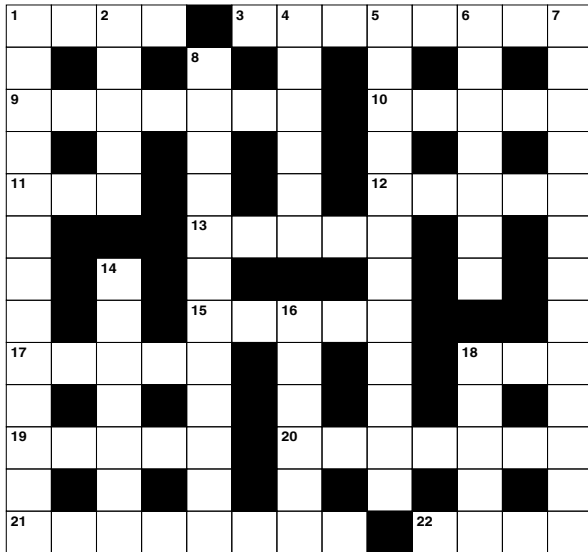
Answers: see end of The VISION Listings

ACROSS

- 1. Bog (4)
- 3. Difficulties (8)
- 9. Settled oneself comfortably (7)
- 10. Flower part (5)
- 11. Cook in hot oil (3)
- 12. Mother-of-pearl (5)
- 13. Name of a book (5)
- 15. Drives out from a place (5)
- 17. Up to the time when (5)
- 18. Cereal plant (3)
- 19. Mental impressions (5)
- 20. Not tidy (7)
- 21. Mobster (8)
- 22. Young kangaroo (4)

DOWN

- 1. Making (13)
- 2. Tarnished (of a metal object) (5)
- 4. Least polite (6)
- 5. Efficient (12)
- 6. Anticipates (7)
- 7. Obviously (4-9)
- 8. Decomposition by a current (12)
- 14. Among (7)



- 16. Safe (6)
- 18. Lover of Juliet (5)

DID YOU KNOW?

- ▶ As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes
- ▶ In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree
- ▶ When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin
- ▶ Cucumbers are made up of around 96 per cent water, making them the food with the highest water content
- ▶ A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'
- ▶ Almonds are actually seeds, although many people classify them as nuts

SUDOKU

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



£90



£150



£265

- Wait & Load Services
- Domestic & Commercial
- Same Day Service
- Long Or Short Term
- Fully Licensed Waste Carrier
- Affordable Prices

Find us on

Telephone: 01277 412 358

Mobile: 07548 192 380

Email: bulldog-mini-skips@hotmail.com

Yard 1, Southend Arterial Road,
West Horndon, Brentwood, Essex, CM13 3TB

DAVID DUPRE

Grandmaster Chimney Sweep



WE PROVIDE A RANGE OF PROFESSIONAL CHIMNEY SWEEP SERVICES INCLUDING:

OIL FIRED BOILER & FLUE CLEANING
DESIGN & CONSTRUCTION OF CHIMNEYS
CHIMNEY LINING • POTS & STACKS FITTED
WOOD BURNING STOVES FITTED

0800 1182610 • 07462 490322

findatra•e Checkatrade.com
Where reputation matters

David-Dupre-Grandmaster-Chimney-Sweep

EMERGENCY PLUMBING, HEATING & DRAINAGE



- ▶ Drains Internal/External
- ▶ High Pressure Jetting
- ▶ Manual Rodding
- ▶ Pipe Laying
- ▶ Non Excavation Relining
- ▶ Insurance Work Undertaken
- ▶ CCTV Surveys
- ▶ No Additional Charges on evenings & weekends
- ▶ Fully Qualified Engineers covering your area!
- ▶ Emergency Plumbing Blocked Toilets & Leaks

SENIOR CITIZEN & NHS DISCOUNTS

BLOCKED DRAINS CLEARED FAST

CALL OUR FRIENDLY TEAM 24/7

01277 551176

Nº1 PHD

PLUMBING HEATING & DRAINAGE

Trustpilot
Rated: Excellent

FREE QUOTES & ADVICE



Headquarters: Suite 11, Branksome Business Park, BH12 1ED

**SPLIT SYSTEM
INSTALLATION
FROM JUST £999**

- ✓ NEW COMPACT DESIGN
- ✓ R32 GAS ENVIRONMENTAL FRIENDLY
- ✓ PM2.5 FILTER TO CREATE CLEAN AND QUALITY AIR
- ✓ HIGH ENERGY SAVINGS
- ✓ SUPER QUIET
- ✓ SMARTPHONE CONTROL (OPTIONAL)



- INSTALLATION
- REPAIR
- SERVICING

📞 freephone 0800 689 0462 @jsairsolutions
🌐 www.jsairsolutions.co.uk

We're HIRING!

Brentwood Auto Spares are a proud family run business, established in 1969, which has recently undergone investment into its infrastructure, facilities, and technology to bring it up to the 21st century. We are looking for career driven individuals to join our growing team, to help lead the market towards increased parts reuse and vehicle recycling.

JOB OPENINGS

(All full time, permanent positions)

- **Parts Sales Assistant** ● **Parts Assistant**
- **Vehicle Recovery Driver**
- **Administration Assistant**

APPLY NOW!

Send your CV to info@brentwoodautos.com or visit our website or Facebook for more details.

SELL YOUR CAR

Contact us on
01245 248 828
for a scrap or salvage price

PARTS & SPARES
Visit our website, eBay shop
or contact us for more info.

WEEKLY ONLINE SALVAGE AUCTION
Visit our website to view vehicles



DIY COLOURED CHALK

A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

YOU WILL NEED

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

HOW TO MAKE

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

OTHER CHALK CREATIONS TO MAKE AT HOME

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.





GARDENING



ONE MAN WENT TO MOW

We cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.

WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

STONE THE GROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.



Our wonderful customers like our service so much, that over 40% of new customers joined us through their recommendation which, if you think about it, is a recommendation in itself.

So, if you've been thinking about enjoying a great lawn this year – green, lush and weed-free, why not contact us today and let us bring your lawn to life.

We provide four seasonal treatments, as well as beneficial treatments to keep your lawn in tip-top condition – prices start from just £15*.

Ask us about our annual plans, which allow you to both spread the cost and save up to 25%.

Simply call: 01277 352 236 or visit: greenthumb.co.uk    

PRICES FROM
£15*
PER TREATMENT

GreenThumb

LAWN TREATMENT SERVICE

*Based on a lawn size up to 40m² **New Customers Only

FREE
NO-OBLIGATION QUOTES



DON'T LET A TIME-CONSUMING GARDEN RUIN YOUR WEEKEND

Garden Maintenance • Lawn Care • Landscaping • Garden Makeover
Hedge Cutting • Plant Schemes • Specialist Pruning

Family Tree Gardens

The Garden Maintenance Specialists

01277 656336 • www.ftgardens.co.uk

team@ftgardens.co.uk  



BUILDING & LANDSCAPE

EXTENSIONS | DRIVEWAYS | PATIOS | FENCING

We carry out all domestic building and landscaping projects.
Anything from small repairs to complete renovations



Contact Paul Martin on
01277 554109
www.pbmartin.co.uk

**FREE NO
OBLIGATION
QUOTATIONS**

PREP YOUR GARDEN FOR

Autumn

Whether you love to garden or not, there are several jobs that need to be taken care of during the last few weeks of summer if you want your garden to remain intact over winter and thrive come spring.

DIG UP ANNUAL FLOWERS

Although annuals are great for a single season, providing vibrant colours and stunning scents, they do need to be dug up and added to your compost heap before winter.

ADD FERTILISER TO YOUR LAWN

You may not usually fertilise your lawn, but your grass needs this in order to maintain healthy growth. Typically, plants absorb nutrients through their roots, but you can give your lawn an extra boost with a good quality lawn fertiliser such as Growmore Garden Fertiliser.

CLEAN AND COVER YOUR POND

If you are lucky enough to have a garden pond, you should remove any leaves and other gunk before the weather turns cold. You should also cover it with a net to protect against falling leaves and other debris.

CUT YOUR PERENNIALS

Perennials will survive all year round, but they can also dominate your garden over winter if you let them. Avoid this by cutting them back to soil level and disposing of the cuttings to prevent further growth.

DE-WEED YOUR GARDEN

One of the least appealing garden tasks, but if you don't get your weeds under control before winter, you face a mammoth job come spring. Always remove weeds by the root and refrain from using weedkiller near other plants.

PROTECT YOUNG TREES

Young trees need protection during the winter months as they are more susceptible to damage from frost, ice and wind. Tree-guarding wraps are ideal for protecting their trunks.

Photo credit: nomadsense.co.uk



GARDENING



GARDENING

Scrap that!



If you are looking for ways to reduce waste and save money on fresh produce, then growing scraps – also known as garbage gardening – is the way to go.

Bulb vegetables

Vegetables such as spring onions, leeks and fennel can be grown in a similar way to leafy greens. Cut off the end with the tiny roots so that you have a scrap about one-inch tall. Place root down in half-an-inch of water in a saucer and keep fresh. A supply of shoots will soon appear, which can be immediately harvested. Alternatively, transplant into soil to enjoy these veg indefinitely.

Leafy vegetables

Leafy vegetables that grow in heads, such as celery, romaine and bok choy, are some of the easiest scraps to grow. Cut off the plant's base (around an inch tall), place it cut side up in a saucer and add half-an-inch of water. Water regularly and place in a sunny spot indoors. Leafy scraps will grow on a sunny indoor windowsill all year round or can be transplanted into soil when they show roots.

Root vegetables

When it comes to root vegetables such as beetroots and turnips, you can grow tasty leaves that are ideal for salads and sautés. Just cut off the top, leaving half-an-inch of the vegetable attached, and place cut side down in water in a shallow container so that only the root is covered. Fresh greens will soon appear.

Avocados

This fruit regrows easily in water. Just clean the pit, stick in three or four toothpicks around one-third of the way down from the pointy end and sit the pit on a glass so that the toothpicks support it on the rim. Add enough water to cover the pit's bottom half and refresh regularly. Once the pit has roots and a sprout, move to a container with soil, keeping the top half of the pit above the soil line.



EASY WASTE MANAGEMENT

CALL FOR A FREE QUOTE

WAIT & LOAD ■ BUILDERS WASTE ■ RUBBISH CLEARANCE ■ GARDEN CLEARANCE
OFFICE CLEARANCE ■ HOUSE CLEARANCE ■ HARDCORE REMOVAL ■ AND MORE...

BEFORE **HOW WE WORK** **AFTER**



GET A QUOTE



BOOK YOUR APPOINTMENT



TEAM ARRIVES REMOVES ALL WASTE



WASTE IS DISPOSED OR RECYCLED

CONTACT US ON
 0203 284 0990 ■ 07487 728836
 WWW.EASYWASTEMANAGEMENT.CO.UK
 ENQUIRIES@EASYWASTEMANAGEMENT.CO.UK



SPECIALIST IN PRE-CAST BUILDINGS

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



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



CONTACT US ON 020 8590 3701
 www.rpageconcretebuildings.com
 rpageconcretebuildings
 951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB

R
PAGE
CONCRETE
BUILDINGS LTD



ALL TREE WORK UNDERTAKEN



- FAMILY RUN BUSINESS
- OVER 35 YEARS EXPERIENCE
- PRUNING ○ THINNING ○ REDUCTIONS
- FELLING AND REMOVAL ○ DEAD WOOD REMOVAL
- SITE CLEARANCE ○ HEDGE MAINTENANCE
- FIREWOOD SALES FULLY INSURED

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ **Checkatrade.com**
Where reputation matters



07500 870 309

www.essex-tree-care-ltd.co.uk



Daniel Landscapes Ltd

All of your Landscaping & Tree Care Needs



- **Tree Surgery & Removal**
- **Pollarding & Pruning**
- **Hedge Trimming**
- **Shrub Pruning**
- **Garden Clearance**
- **Site Left Tidy**

- **Driveways & Patios**
- **Paths & Brickwork**
- **Gravel Gardens**
- **Fencing & Turfing**
- **Drive & Patio Cleaning**
- **Tarmacadam/Tar & Chip**

Tel: 01621 892 659 or Mob: 07495 766 372

info@daniel-landscapesltd.co.uk

www.daniel-landscapesltd.co.uk

WAYSIDE, PLAINS ROAD, LITTLE TOTHAM. NR MALDON. ESSEX. CM9 8JF



FOOD & DRINK

UNUSUAL FRUIT OF THE MONTH:

Kiwano

The kiwano – also known as the horned melon – owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.

WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored





Brentwood Beigels
BB

BEIGELS FRESHLY DELIVERED DAILY FROM LONDON'S RENOWNED BRICK LANE

Serving Hot Salt Beef, Salmon & Cream Cheese... and much more



OPEN FOR BOTH INDOOR & OUTDOOR SEATING & TAKEAWAY



Monday: CLOSED

Tuesday - Sunday: 09:00am - 3:00pm

10 Ropers Yard, Hart Street, CM14 4FU

[brentwoodbeigels](#) [Brentwood-Beigels](#)

Traditional East End Pie, Mash & Liquor

The Brentwood Food Truck



Find us at St Peter's Church, Cloughton Way, Hutton, Brentwood, CM13 1JS

(On the corner of Royleigh Road)

07783 373 463

www.hugospieandmash.com

[@hugos_pieandmash](#)



Thurs - Sat: 12.30pm - 7.30pm

Sun: 12.00pm - 6.00pm

JUST EAT

NEW LOCATION JUST OPENED IN UPMINSTER



Super SIMPLE SCONES

To celebrate Afternoon Tea Week, we are treating you to a delicious and simple scone recipe that anyone can master. Plus, discover the proper way to enjoy a quintessentially British afternoon tea.

YOU WILL NEED (makes 8 scones):

350g self-raising flour | 1 tsp baking powder | 3 tbsp caster sugar | 85g butter, cut into cubes | 175ml milk | 1 tsp vanilla extract | ¼ tsp salt | Squeeze of lemon juice | Beaten egg for glazing | 30g sultanas if desired | Jam and clotted cream to serve

HOW TO MAKE:

STEP 1: Heat the oven to 220°C/200°C fan/gas mark 7.

STEP 2: Pour the flour into a large bowl and add salt and baking powder. Mix well.

STEP 3: Add the butter and rub with fingers until you have a crumb consistency. Stir in the sugar and sultanas if desired.

STEP 4: Heat the milk in the microwave for 30 seconds until warm and then add vanilla extract and lemon juice.

STEP 5: Place a baking tray in the oven.

STEP 6: Make a well in the dry mix and add the liquid. Combine quickly.

STEP 7: Scatter flour on a clean surface and tip out the dough. Dredge the dough with more flour and fold over until smooth.

STEP 8: Pat into a round shape, around 4cm deep, and then take a 5cm-diameter cutter and dip it in flour. Plunge into the dough and repeat until you have all your scones.

STEP 9: Brush the scones with beaten egg and arrange on the hot tray.

STEP 10: Bake for 10 minutes until risen and golden on top. Enjoy with jam and clotted cream.

AFTERNOON TEA ETIQUETTE TIPS:

- Sandwiches must be eaten first – with fingers, not cutlery
- Scones should be second and eaten warm
- Scones should be broken in half by hand and each half eaten separately
- One person, 'mother', is elected to pour the tea. Guests can then add milk and sugar if desired
- Tea should be stirred back and forth, never in a circle
- A touch of fizz is allowed.



FOOD & DRINK



FOOD & DRINK

THE ULTIMATE VEGGIE BBQ

For too long, vegetables have been sidelined at BBQs in favour of carnivore classics such as pork sausages and steak burgers. No more. Vegetarian or not, these top meat-free alternatives are guaranteed to tantalise your tastebuds and impress your guests.

CHARGRILLED VEGGIE KEBABS

Simple yet stunning, vegetable kebabs can be just as exciting as their meaty counterparts. Just chop up your favourite veggies such as peppers, red onion and tomatoes, as well as some big chunks of salty halloumi, place on a skewer and drizzle with oil.

VEGGIE BURGERS

Whether you favour falafel, love the tang of beautiful beetroot, or want the meaty texture that only the humble mushroom can deliver, there are so many veggies you can use to make great burgers. Simply combine your chosen cooked veg or preferred canned pulse or bean in a food processor with some herbs and spices, a binding agent such as eggs, oats or breadcrumbs, and then form into thick patties.

SUPER SALADS

Every BBQ needs a salad or two and there is no reason why you can't create one using a few chargrilled veggies. How about a traditional Italian Caprese salad with grilled peppers? Or chargrilled aubergines topped with salsa verde and some creamy white beans?

FRESH 'N' FRUITY DESSERTS

Forget boring, shop-bought puddings and use your grill to transform seasonal fruits into something spectacular. From warm grilled peaches to juicy slices of charred pineapple, enjoy both served with crème fraîche and plenty of zingy fresh mint.

VEGETARIAN/VEGAN WINES

Although wine is made from grapes, the fining agents used may not be. Fortunately, all the major supermarkets now offer vegetarian and vegan wines. Below is our selection of the best for your BBQ:

- Aldi Toro Loco Reserva 2015
- M&S Tapa Roja Old Vines Monastrell 2019
- Co-op Irresistible Gavi Broglia 2017
- Sainsbury's Taste the Difference Alvarinho 2017
- Lidl Comte de Senneval Brut Champagne



COME & SEE US AT OUR BRAND NEW STORE OPEN NOW IN BRENTWOOD!

CBDelites
YOUR LOCAL CBD EXPERT

GET 10% OFF INSTORE/ONLINE WITH CODE: BRENT10

- CBD OILS
- CBD EDIBLES
- CBD CAPSULES
- CBD SKINCARE
- PLUS MORE!

Trustpilot ★★★★★

23 ONGAR ROAD, BRENTWOOD CM15 9AU | 0800 644 1234 | WWW.CBDELITES.COM

YOU'RE NOT ALONE

OVER 135,600 OTHER PEOPLE IN ESSEX READ VISION MAGAZINE'S MONTHLY

Your Monthly Lifestyle Magazine **VISION**

CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS

See all our magazines at www.visionmagessex.com

Billericay Shenfield Brentwood Ongar Chelmsford Beaulieu Epping Theydon Frinton-on-Sea Hornchurch Leigh Thorpe Bay Loughton Rayleigh Wickford South Woodford



TRAVEL

CAR TRAVEL *etiquette*



THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

THE HEAT IS RISING

It's a confident – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.



The perfect location for your holiday lodge



Relax beside the river at Kingfisher Holiday Park

With 3 luxury lodges and 37 bases to choose from, Kingfisher Holiday Park is the perfect place to find a holiday home that suits your needs and wants. Surrounded by natural landscapes with local amenities nearby, you'll have everything you need right on your doorstep.

- Nearby attractions and amenities include a yacht club, the Rayleigh Golf Club, restaurants and pubs, and shops.
- Soak up the tranquility of scenic countryside and enjoy leisurely strolls along the River Crouch.



To book a park viewing or design appointment, call our expert team on 01702 232017 or visit berkeleyparks.co.uk

GARY
PELLICCI



L'ORÉAL KÉRASTASE GOLD CLASS Beauty Works.
PARIS

01277 229835 / 01277 848687

Brentwood: 2a High Street, Brentwood, Essex, CM14 4AB

01277 364118 / 01277 365987

Ongar: 179 - 181 High Street, Ongar, Essex, CM5 9JG

www.garypellicci.com / garypellicci@icloud.com



20% off for all NHS staff

See our website for our other promotions

WEDGES



FASHION

Whether you're lacking in the height department or simply love the look of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?

What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10-15 minutes after wearing.



vs
Heels





BEAUTY



MAKEOVER

your mane

Unlike women, most men seem to have an "if it ain't broke, don't fix it" approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

THE TEXTURED CROP Best for triangle-shaped faces

If you've got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

THE LONG & LAYERED Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

THE CHERUBIM Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don't mind a slightly feminine look.

THE MESSY BED QUIFF Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

THE SWEEP BACK Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



Photo credit: ier/radin/Shutterstock.com, Tinseltown/Shutterstock.com, Curbankler/Shutterstock.com, Kathy Hutchins/Shutterstock.com, ranjavolobeyev/Shutterstock.com

NOW OPEN



CJ Dental Studio

YOUR DENTIST IN BRENTWOOD

As one of our patients, you will be assigned to your personal treatment coordinator who will be available to you at every stage of your treatment journey – from your initial consultation, to the aftercare stage. We pride ourselves in excellent care, customer service and attention to detail with each service tailored to the specific needs of our customers.



Our exceptional services range from
General Dental Check-ups | White Fillings | Porcelain | Veneers | Hygiene Cleaning
Specialist Dental Care | Cosmetic Dentistry | Orthodontics | Implants | Surgical
Treatments | Root Canal Therapy | Full Smile Makeovers
0% payment plans available

OUR GOAL IS NOT TO MEET YOUR EXPECTATIONS
BUT TO EXCEED THEM

To book: 01277 886 166
info@cjdentalstudio.co.uk
www.cjdentalstudio.co.uk

62 – 66 Ongar Road,
Brentwood, CM15 9AX





HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5-6cm before releasing pressure.

TOP TIP: Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.



CELEBRATING 30 YEARS 1991-2021



Family owned & managed ST MICHAELS HOMES LTD

COME AND BE PART OF OUR SAFE AND SECURE ENVIRONMENT



We'd like to say a huge THANK YOU

to all our staff and keyworkers that have worked throughout the pandemic.




Before this pandemic there was a large amount of elderly within our community that were suffering with loneliness and isolation. This is now getting worse and becoming a problem amongst the elderly community. However, loneliness is not an issue within our care homes. You will find great comfort, support (24/7), companionship and strong bonds of friendship with our excellent caring staff and fellow residents.

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

Telephone 01277 372 095 enquiries@stmichaelshomesltd.com www.stmichaelshomesltd.com

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



THE FOOT FELLA
**Your Friendly
 Neighbourhood
 Foot Health
 Practitioner**

- Available for home visits
- Based in Brentwood, Essex

Samuel Lock
 Member of The British Association of Foot Health
TO BOOK AN APPOINTMENT
 07930 903 743
 TheFootFella
 sam@thefootfella.co.uk

ACL ADULT LEARNING

**UNLOCK YOUR
 POTENTIAL**

Learn new skills with the support from our specialist tutors.

Financial support could be available to pay for your course fees, childcare, equipment, books and travel.

- Qualifications & Skills for Employment
- Creative & Cultural Learning Apprenticeships
- Family Learning English, Maths, Digital & Science
- Mental Health & Wellbeing Supported Learning

Nearest centre location: **ACL Brentwood**
 Bishops Hill, Rayleigh Road, Brentwood, CM13 1BD
 aclessex.com 01277 575467

ACL Essex County Council

MENTAL HEALTH CHECK IN

ANXIOUS OR STRESSED. FEEL DEPRESSED, LONELY OR HAVE DIFFICULTY COPING?

ARE YOUR RELATIONSHIPS SUFFERING?

Talk confidentially to a BACP registered counsellor. Telephone, zoom, and face to face sessions, available to all ages.

NURTURE COUNSELLOR

Contact: 07809 826166
 Angie@nurturecounsellor.co.uk
 www.nurturecounsellor.co.uk

HEALTH & FITNESS

VANQUISH THAT VERRUCA

Most people will get a verruca at some point in their lives, with this unsightly virus being most common in children and young adults. Although you can buy verruca treatments, these can damage the surrounding skin, making it more vulnerable to reinfection. So why not try the following natural remedies instead?

APPLE CIDER VINEGAR
 Wash your foot and soak in water for 20 minutes | Use a pumice stone to gently remove any dead skin | Apply a thin layer of Vaseline around the verruca | Fix an apple cider-soaked cotton ball over the affected area | Check and replace until the verruca has gone.

ONION
 Place several ½-inch slices of onion in a bowl, sprinkle with salt, cover and let it sit for one hour | Wash your foot and soak in soapy water for 20 minutes | Rinse and pat dry | Break an onion slice and rub over your verruca | Take another slice, place it on the verruca and cover with an adhesive bandage | Leave for three days and then check to see if the verruca has shrunk | Replace until the verruca has gone.

DUCT TAPE
 Place a suitable-sized piece of duct tape over the verruca | Leave for six days. If the tape falls off, replace immediately | Immerse the verruca in warm water | Gently rub the verruca with an emery board | The next morning, apply a new piece of duct tape to begin another six-day cycle | Continue for up to two months or until it's gone.

TEA TREE OIL
 Dilute three or four drops of tea tree oil in a small amount of aloe vera gel | Apply a small amount to the verruca with a cotton wool ball | Tape the cotton wool in place with sticking plaster | Leave overnight | Remove in the morning and rinse foot | Repeat until verruca has gone.





ON YOUR BIKE

Learning to ride a bike is a rite of passage for most children, yet only three per cent of adult Brits cycle daily. It has the ability to transform your health and reduce the cost of your commute, so let's take a closer look at the benefits of biking. Plus, our tips to help you get started.

WHAT ARE THE HEALTH BENEFITS OF REGULAR BIKE RIDING?

Riding a bicycle regularly provides one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. A low-impact activity that can be enjoyed by people of all ages, consistent cycling can:

- Increase cardiovascular fitness
- Improve muscle strength and flexibility
- Enhance joint mobility
- Decrease stress levels
- Improve posture and coordination
- Strengthen bones
- Lower body fat levels
- Reduce anxiety and depression

VISIT YOUR LOCAL BIKE SHOP

Rather than shopping online, it can be a much better idea to visit your local bike shop as they will be able to offer advice on choosing the right bike for your needs.

INVEST IN THE RIGHT KIT

Although you don't need to spend a fortune, you should invest in:

- A helmet
- A bike lock
- Bike lights
- Padded cycling shorts

ADJUST YOUR BIKE ACCORDINGLY

For maximum comfort and to avoid injury, you need to find your optimal saddle height. This can be carried out by placing your heel on the pedal at its furthest away point. Your leg should be straight so that when you clip in, there is a slight bend.

BEST BEGINNER-FRIENDLY BIKES

- Apollo Slant Men's Mountain Bike
- Cross Daisy Classic 26 Inch Wheel Size Heritage Women's Bike
- Pinnacle Lithium Two

NOT READY TO GET ON THE ROAD?

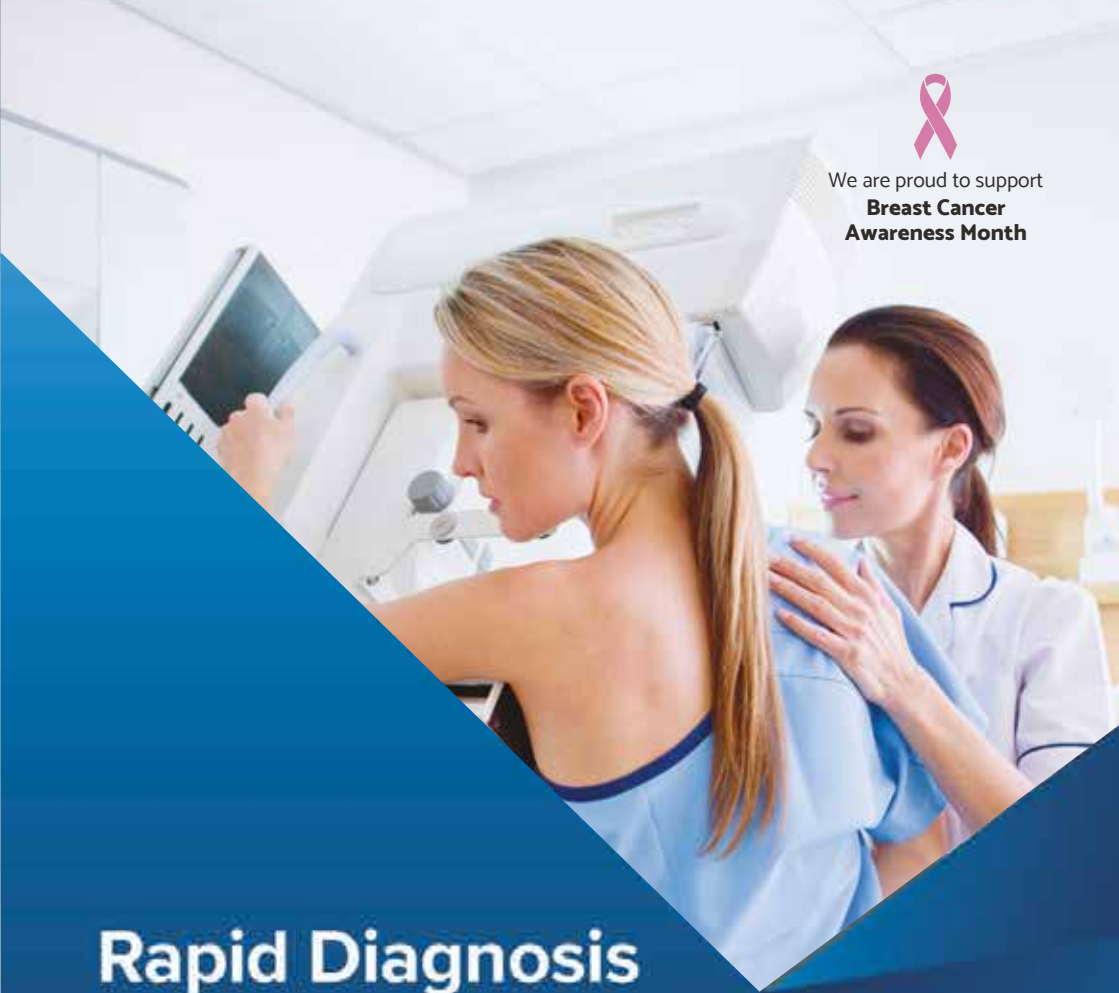
If you invest in an exercise bike instead, you can enjoy all the benefits of cycling without having to step foot outside your front door.

BEST INDOOR SMART BIKES

- Peloton Indoor Training Bike
- Echelon Smart Connect EX3
- Sportstech SX400 Speedbike



We are proud to support **Breast Cancer Awareness Month**



Rapid Diagnosis Breast Clinic

Springfield Hospital's clinic is available to anyone with breast symptoms. If you are paying for yourself, just call the number below to make an appointment. If you are using your private medical insurance, please call your insurance company to get an authorisation number. Then call our appointments line who will make an appointment for you.

01245 234 000

Lawn Lane , Chelmsford, CM1 7GU

www.springfieldhospital.co.uk

/SpringfieldHospital



Springfield Hospital

Part of Ramsay Health Care

Women's health

at Nuffield Health
Brentwood Hospital

Our experienced gynaecology consultants pride themselves on helping women of all ages overcome a range of health problems. Whether you are suffering from an issue now or are concerned about your future health, we are here to re-assure and help you, offering rapid access to treatment.

- ◆ Cervical smear and HPV test
- ◆ Colposcopy
- ◆ Family planning advice and management
- ◆ Gynaecological ultrasound
- ◆ Hysterectomy
- ◆ Infertility investigation and pre-IVF management
- ◆ Laparoscopy
- ◆ Menstrual disorders and management
- ◆ Ovarian cyst
- ◆ Menopause and HRT
- ◆ Surgical and medical management of miscarriage
- ◆ Urinary frequency and incontinence
- ◆ Uterine and vaginal prolapse and reconstructive surgery
- ◆ Uterine fibroid.

For more information call **01277 554181** or visit nuffieldhealth.com/hospitals/brentwood

Nuffield Health Brentwood Hospital
Shenfield Road, Brentwood, Essex CM15 8EH



BRITAIN'S GREATEST SPORTING MOMENTS...

Super Saturday: LONDON 2012 OLYMPICS

Each month, we look at some of the most significant events in British sporting history. Proving that good things really do come in threes, we recall Super Saturday at the London 2012 Olympics.

August 4 always had the potential to be one of the defining days of the London 2012 Olympics.

Of course, Team GB had a memorable campaign anyway, accumulating a total of 65 medals, 29 of them gold. But sometimes events come together to produce a compilation of such exhilarating determination, skill and sporting endeavour, that a nation feels truly united.

And so it was at the Olympic Stadium on the first weekend of August when, within a 45-minute period, three British athletes wrote themselves into sporting folklore.

First up was Greg Rutherford in the long jump. The toiling set of leaps eventually ended with him setting a benchmark of 8.31m – one that nearest rival, Mitchell Watt of Australia, couldn't better.

Jessica Ennis-Hill then stepped up in the 800m. The Brit needed victory in the event to take heptathlon gold and led from the start. Having dropped to third by the time the final straight

emerged, she powered home to the roar of a deafening crowd, and gold was secured at 9.02pm.

Confirmation of Rutherford's gold came at 9.24pm, and with the Brit still soaking up the applause from his winning jump, Mo Farah tore past the bell on the final lap of his 10,000m run. Leading into the bend, he powered away from the pack to land the ultimate middle-distance prize – Olympic gold.

Farah's achievement came at 9.42pm. It was an evening – 42 minutes, in fact – of athletics that will never be forgotten and, perhaps, never bettered.



Looking back on when we first met...



SPORT



HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1–0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2–0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2–1.

Southgate's confidence in his stubborn 5–3–2 formation was upheld in every game. When he switched to a 4–3–3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo credit: Faundo Arizabaga/POOL/EPA-EFE/Shutterstock

WIN TOGETHER. LOSE TOGETHER. WE ALL STAND TOGETHER.



The optimum fuel level in your tank for price and performance

Filling up is the easiest way to spend money – simply holding down a lever and watching the money tick by. But could we be costing ourselves even more by having too much or too little petrol or diesel in our tank?

The quick answer is yes.

Scientists have found that driving around with low levels of fuel can be bad for the preservation of performance. At these levels, the debris and accumulated gunk in the tank has more chance of being ingested into the filter when it drops below the pump intake level.

Conflictingly, while having a full tank may give you a feeling of power and motoring potential, the weight of the fuel can end up costing you more, since that same additional weight requires more power to lug it around.

The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawning of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO₂ emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.



CTS AUTOS

LAND ROVER SPECIALISTS

Offering Diagnostics, Servicing,
Repairs and MOTs

Mike – 01277 554191
mikefrank570@hotmail.com

Find us on

A AND C AUTOS

SMART REPAIRS

BOTH MOBILE & WORKSHOP BASED

- SCUFFED BUMPER
- PAINTLESS DENT REMOVAL
- STONE CHIP
- ALLOY WHEEL REFURBISHMENT
- POWDERCOATING
- MACHINE POLISH
- PRESALE PREP

07971 993821

REAR OF SPEEDWELL GARAGE
MAIN ROAD, MARGARETTING
CM4 0EQ



PURELY
GARAGE DOORS
Simplicity at a touch of a button.

DESIGN, MANUFACTURE & INSTALLATION

- AUTOMATED ROLLER GARAGE DOORS**
- WIDE RANGE OF PRODUCTS**
- SMALL & LARGE GARAGES**
- COMPETITIVE PRICES TO SUIT ALL BUDGETS**
- ALL DOORS MADE IN THE UK**

Contact us: 0203 989 5759
www.purelygaragedoors.co.uk
info@purelygaragedoors.co.uk
 24B Tallon Road, Brentwood, Essex, CM13 1TJ



- INDIVIDUALLY MANUFACTURED**
- MADE TO MEASURE**
- C.E. COMPLIANT**

Lie of THE LAND

If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

RESEARCH THE MARKET

In the same way that you would check out the local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will check for risk of flooding, pollution and subsidence.

SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.



THE HOME OF INSURANCE

Who Are Coversure Brentwood?

We're Coversure Brentwood, one of Essex's leading independent insurance brokers. We opened in 2013 and since then have helped hundreds of residents and businesses in Brentwood and the surrounding areas. Director Neal Brezina has over 25 years of insurance experience, so you know you're in safe hands.

What Can Coversure Brentwood Help With?

With our wide suite of insurance products, it'd be easier to list what we can't help you with! Whether it's insurance protection for your house, your business or even your van, we can help you find the cover you need for less.

Why Should You Use Coversure Brentwood?

We pride ourselves on our exceptional customer service. No risk is the same and we'll take the time to truly understand your needs before recommending a product that's tailored to you. We have access to some of the UK's biggest and best insurers, meaning that you get the strong customer service of a local broker with the insurance policies of a national chain.

How Can Insurance Protect You?

Depending on what kind of cover you're after, insurance can provide a safety net against a variety of risks you face on a daily business. Insurance can be the difference between your business running smoothly or going under. The difference between your delivery vehicle being off the road for months or days.



How Can You Save Money On Your Insurance?

Whether combining multiple risks on to a single policy or simply looking at your cover levels, there's plenty of ways you could save money on your insurance. Why not get in touch with us and see if we can save you money?

Contact Coversure Brentwood

For all your insurance needs, get in touch with Coversure Brentwood. You can call us on 01277 295 504 or email brentwood@coversure.co.uk. We look forward to hearing from you!



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

REASONS TO BE CHEERFUL

As the country emerges from lockdown, an increasing sense of optimism has filled the air as normality returns this summer.

FASTER RECOVERY PREDICTED

There also appears to be a similar air of optimism in relation to economic matters, with data across the first half of this year proving to be stronger than analysts had expected. As a result, there now seems to be a good chance that major economies on both sides of the Atlantic will have recovered the lost ground caused by the COVID-19 pandemic before the end of 2021.

GLOBAL GROWTH FORECASTS UPGRADED

This has led to a string of renowned international forecasting agencies upgrading their global growth projections during the past few months. The UN's mid-2021 World Economic Situation and Prospects Report, for instance, revealed an annual growth forecast of 5.4 per cent for this year, up significantly from January's 4.7 per cent estimate. This brighter outlook largely reflects the rapid vaccine rollout in a few large economies, principally the US and China, as well as an increase in global trade.

DIVERGING FORTUNES

UN economists, however, did warn that inadequate availability of vaccines in many countries was threatening a more broad-based global recovery. The report did strike a note of caution, suggesting that: "The economic outlook for the countries in South Asia, sub-Saharan Africa and Latin America and the Caribbean remains fragile and uncertain."

ADVICE REMAINS PARAMOUNT

While the outlook has certainly improved significantly across the first half of this year, the UN forecast reinforces how the pandemic continues to create a relatively uncertain economic backdrop. This inevitably means the provision of expert advice is a vital component of investor success. We can help you make the most of any investment opportunities that do arise.

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 financial situation, please contact Karyn Vogel 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 • www.hcrifa.co.uk • Fax 01277 658383
Suite 5, First Floor, Foremost House, Radford Way, Billericay CM12 0BT

THE VISION LISTINGS

AIR CONDITIONING

JS AIR SOLUTIONS

Air Conditioning Specialists, Commercial & Domestic Properties. Installation, Repair, Servicing. 0800 689 0462 | www.jsairsolutions.co.uk

ARCHITECT

RJB ARCHITECT

We can help with Planning Applications, Extensions, Conversions, New Builds, Building Regulations. You can call us on 07979 570036 or email richard@rjbarchitect.com

ASBESTOS REMOVAL

SAF CONTRACTS

Survey, Sample, Advice & Remove. Family run company. Emergency Call Outs available. 0800 952 0865 | www.safasbestos.co.uk | enquiries@safasbestos.co.uk

BATHROOMS

BODYWASH BATHROOMS

Expert advice, long lasting quality. Amazing offers in store. Showroom A12 Eastern Avenue, Romford, Essex | 01708 736700 | sales@bodywash.uk | www.bodywash.uk

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

BUILDING SERVICES

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

PJ GIBBONS

Refurbishment, Extensions, Loft Conversions, Carpentry, Kitchens, Bathrooms. Call for a free quote. 01277 201629 | 07850 166721 | pjgibbons77@aol.com | www.pjgibbons.co.uk

CAR SERVICING & REPAIRS

CTS AUTOS

Land Rover specialists. Offering diagnostics, servicing, repairs & MOTs. Call Mike on 01277 554191

A & C AUTOS

Mobile & Workshop Based. Scuffed Bumper, Paintless Dent Removal, Stone Chip, Alloy Wheel Refurbishment, Powder Coating, Machine Polish, Presale Prep. 07971 993821.

CLEANER

BRIGHT & BEAUTIFUL

Domestic/commercial cleaners, DBS checked, fully insured. Regular cleans, one offs, end of tenancy, care homes, offices. Pure, eco-friendly, non-toxic products used. 01277 287503

MOLLY MAID

Our professionally trained team will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget. 01277 424985 | emma.brooks@mollymaid.co.uk

TIME FOR YOU BRENTWOOD

Honest, Dependable, & Affordable Police Checked Cleaner. Typically £12.95 per hour fully inc. 01277 551070 | brentwood@uk.timeforyou.cleaning

DENTIST

CJ DENTAL STUDIO

Dental Check-Ups, White Fillings, Veneers, Hygiene cleaning, Orthodontics & More. 0% Payment Plans. 01277 886166 | info@cjdentalstudio.co.uk | www.cjdentalstudio.co.uk

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

ESTATE AGENT

HS ESTATE AGENTS

Thinking of selling or letting? Call our team now on 01277 220819 to book your free valuation appointment. 139 Kings Road, Brentwood, CM14 4DR. www.hs-estateagents.co.uk

EXTERIOR CLEANING

CASTLE EXTERIOR CLEANING

Low Pressure non-abrasive steam cleaning, restore your driveway, patio, brickwork, roof, render, UPVC or decking. Local pure water window cleaner. Call Adam 07921 514415

FINANCIAL SERVICES

HCR

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

COVERSURE INSURANCE BRENTWOOD

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

BOOK VIA... BRENTWOOD@VISIONMAG.CO.UK

PUT YOUR BUSINESS IN THE **VISION LISTINGS...CALL 01277 554045 TODAY**

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

FLOORING

CARPETS DIRECT

Carpets, vinyls, laminates, wood flooring. Free fitting, free home visits, 80% wool twist pile specialists. Call us on 01277 554163

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

PURELY GARAGE DOORS

Design, Manufacture, Installation. Prices to suit all budgets. Made to measure. Small & Large Garages. 0203 989 5759 www.purelygaragedoors.co.uk | info@purelygaragedoors.co.uk

GARDEN BUILDINGS

R PAGE CONCRETE BUILDINGS LTD

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

GARDEN ROOMS

CAPITAL ELECTRICAL LTD

Adapt to changing lifestyles with a garden room. Extra family space, workspace, use or let, can fit all budgets, custom built. Call 01277 554192 or visit www.cap-elec.co.uk

GARDEN SERVICES

GREEN THUMB

Lawn Treatment service, if you have been thinking about enjoying a great lawn this year - Simply call 01277 352236 or visit greenthumb.co.uk

FAMILY TREE GARDENS

Garden Maintenance, Lawn Care, Landscaping, Hedge Cutting, Plant Schemes, Specialist Pruning, Garden Makeover. 01277 656336 | team@ftgardens.co.uk

HEALTH & WELLBEING

NUFFIELD HEALTH BRENTWOOD HOSPITAL

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

INTERIOR DESIGN

JASMIN KING INTERIOR DESIGN

All things interior & renovations. See our services & portfolio www.jasminkinginteriordesign.co.uk or facebook & Instagram. 07899 905061 | jasminkinginteriordesign@gmail.com

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

KITCHENS

KUTCHENHAUS

Largest retailer of quality German engineered kitchens in the UK. Pre-built luxury kitchens at factory prices. 01277 204447 | www.kutchenhaus.co.uk

LANDSCAPING

DANIEL LANDSCAPES LTD

All of your Landscaping & Tree Care Needs. Call us on 01621 892659 | 07495 766372. info@daniel-landscapesltd.co.uk | www.daniel-landscapesltd.co.uk

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

MOSS REMOVAL

ESSEX MOSS REMOVAL

Moss removal specialists, fully qualified and insured, competitive prices. Call 07305 513298 or email essexmossremoval@gmail.com

OVEN CLEANER

OVENGLEAMERS

Ovens, Ranges, AGAs, Hobs, Extractors, Microwaves, BBQs. Book now for the most hygienic oven cleaning system. Call today 01277 361760

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

PLUMBING & HEATING

HAMMOND & SONS

Family run for 20+ yrs. Boilers serviced/repaired, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01277 261888

ROOFING

JIM BARR ROOFING

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

SEALANT SERVICES

TOMKYNS

Sealant, Waterproofing, Cut Out & Reseal Mouldy silicone. Wet areas, kitchens, skirting lines. External Windows, Doors & Expansion joints. 15 yrs exp. Call 07596 095248

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

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

WEDDING CARS

WEDDING CARS

Allow me to chauffeur you in style and comfort to your wedding in my gorgeous, vintage Rolls-Royce Silver Shadow. james@prestige-wedding-cars.co.uk | 07795 300940

WINDOWS & DOORS

WINDOW MAN

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

WORKTOPS

CB STONE

40 yrs exp. Family run. Marble, Granite, Quartz, Limestone, ONYX, Ceramic Surfaces. Kitchen, Bathroom, Fireplaces, Flooring, Cladding. Tel: 07594 886447 | sales@cbstone.co.uk

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

WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

SIMPLY FILL OUT THE FORM BELOW AND RETURN IT TO BOOK YOUR SPACE:

Company name:

Description (180 characters max including spaces):.....

.....

Telephone:..... Email:.....

Payment option: Card   Direct Debit

Please return to:

Lifestyle Magazine Group Ltd, 55 Crown Street, Brentwood, Essex, CM14 4BD or email brentwood@visionmag.co.uk

*£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

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



**LEXUS HAINAULT &
TOYOTA HAINAULT**
BRINGS YOU A NEW, STATE OF
THE ART SERVICE FACILITY



**£30 OFF
ALL SERVICES**

**PLUS FREE CAR WASH KIT WITH
EVERY SERVICE BOOKED -**

BRING THIS ADVERT WITH YOU!

*Minimum spend £100

**AIR
CONDITIONING
REGAS**

**INCLUDING REMOVAL OF OLD GAS, NEW GAS
ADDED WITH A DYE TO CHECK FOR ANY LEAKS,
AND A FRAGRANCED BACTERIAL TREATMENT TO
KILL BACTERIA INCLUDING COVID-19.**

£60 inc VAT

If the car was registered before 1/1/2017

£100 inc VAT

*If the vehicle was registered
after 1/1/17*



CALL TODAY ON 0208 088 0873

LEXUS HAINAULT & TOYOTA HAINAULT, UNIT 2A, BEAVER ROAD. ESSEX IG6 3UT

WWW.TOYOTAHAINAULT.CO.UK

EMAIL: HAINAULTSERVICE@HILLSMOTORGROUP.CO.UK



LEXUS HAINAULT & TOYOTA HAINAULT

OFFICIAL APPROVED TOYOTA & LEXUS SERVICE OUTLET

WWW.LEXUS.CO.UK/CENTRES/HAINAULT





Thinking of Selling or Letting this Summer?

You may be amazed
how much your
property is worth!

Call our team now on

01277 220819

to book your free valuation appointment.



Advertising on all the
major websites including:

rightmove 

Zoopla

139 Kings Road, Brentwood, Essex CM14 4DR

www.hs-estateagents.co.uk

If you have instructed another agent on a sole agency and/or sole selling right basis, the terms of those instructions must be considered to avoid a possible liability to pay two commissions.