

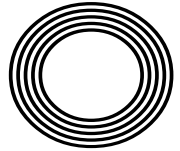
**LEARN
HOW
TO DO
PET CPR**

Dry January
The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
DETTORI

The jockey's racing success in the saddle



FREE

Photo credit: Terry Harris/Shutterstock

Valentines 4 Course Dinner

WITH LIVE ENTERTAINMENT ~ MONDAY 14TH FEBRUARY 2022



STARTERS

Roasted Red Pepper Soup (V)

Crème Fraîche

Pork Belly

Roasted Hazelnuts, Carrot Purée,

Heritage Baby Carrots

Pigeon

Beetroot Purée, Cherry Tomatoes,

Celeriac, Beetroot Crisps

Pan-fried Salmon

Cucumber Salad, Caviar, Mooli,

Lambs Lettuce

Scallops

Creamed Cabbage Purée,

Red Cabbage Relish, Cauliflower,

Flaked Almonds

Pink Champagne Sorbet

MAINS

Fillet of Angus Beef

Hollandaise Sauce, Shallots,

Girolle Mushrooms,

Baby Carrots, Tomato

Rump of Lamb

Pea Purée, Broad Beans,

Shiitake Mushroom Duxelles,

Peas, Lamb Jus

Duck Breast

Beetroot Purée, Saffron Pear,

Silver Skin Baby Onions

Lobster

Quail Egg, Cèpe Mushrooms,

Shallots, Lobster Bisque & Foam

Mozzarella & Tomato Salad (V)

Crisp Mixed Leaves,

Pesto & Olive Salsa

DESSERTS

Champagne & Raspberry Posset

Fresh Raspberries,

Shortbread Biscuit

Vanilla Milk Mousse

Rhubarb, Strawberries,

Red Fruit Coulis

Floating Island

Gazpacho, Pineapple Meringue,

Passion Fruit

Chocolate Panna Cotta

Caramel Ice Cream, Hazelnuts,

Chocolate Soil, Meringue Crumble

English & Continental Cheeses

Grapes, Celery, Biscuits

£75.00

PER PERSON, INCLUDING VAT

A discretionary 12% Service Charge will be added to your final bill.

A non-refundable deposit of £25.00 per person is required at the time of booking.



AA ★ ★ ★ ★ AA

MARYGREEN MANOR
HOTEL & RESTAURANT

Website: www.marygreenmanor.co.uk Telephone: 01277 225252

London Road, Brentwood, Essex, CM14 4NR



AA ★ ★ ★ ★ AA

MARYGREEN MANOR
HOTEL & RESTAURANT

Website: www.marygreenmanor.co.uk Telephone: 01277 225252

London Road, Brentwood, Essex, CM14 4NR



The Perfect Treat for your Special Mum!

Mothers Day 3 Course Lunch

SUNDAY 27TH MARCH 2022

£45.00

(CHILDREN UP TO 8 YEARS OLD £22.50)

Book Now 01277 225252



Editor's notes...

JANUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. Happy New Year 2022. That still sounds strange to me. Sometimes I forget what year we are in as the past two seem to have rolled into one long year.

Most of you, I hope, are reading this after having a well-deserved rest over Christmas (which I certainly needed). Every year, I make New Year's goals - I don't call them resolutions as it sounds wishy-washy to me. But goals/targets sound more assertive as they are made to be achieved.

My goals personally are all about making more time to relax and have some me time. With two young kids - a three year old and an 18 month old - there isn't too much time to relax after work. Since my three year old has never been a believer in a good night's sleep, 4am wake-up calls have been the norm in our house for years now, and it's catching up with me.

Business-wise, we are on a recruitment drive this year and I am looking at adding a couple more people to our team. So if you are keen to take on a new challenge, we are looking for a client relationship manager as well as more distributors to help deliver our magazines every month in your local area. Please feel free to send me an email or call for a chat if you are interested. I wish you all the very best for 2022.

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, Christina Pantelly

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



British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:

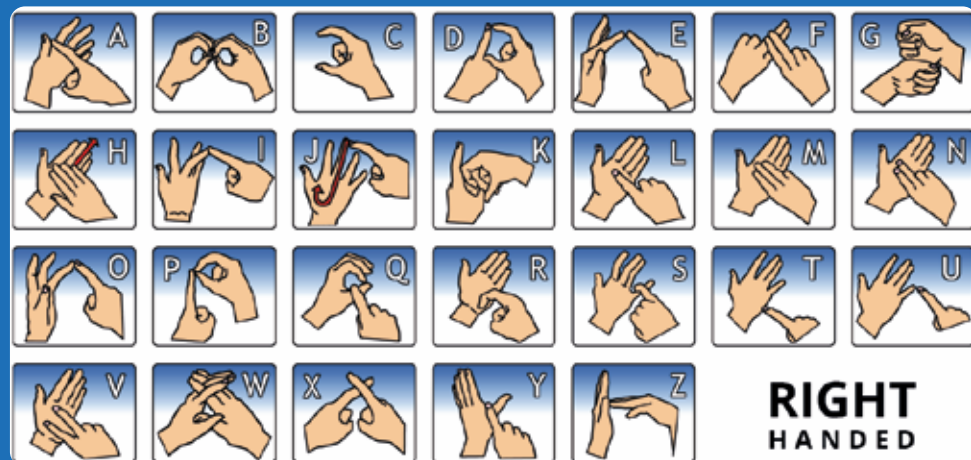


Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

PLEASE/
THANK YOU



'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

SORRY



'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



Thinking of Selling or Letting this Winter?

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.

BIG BATHROOM SALE NOW ON



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.

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

01708 736700

www.bodywash.uk

sales@bodywash.uk

A12 Eastern Avenue, Romford, RM5 3AL

Stylishly SUSTAINABLE



HOME & DIY

Are you a conscious consumer? Check out the top sustainable homeware brands for 2022 below and spruce up your home while simultaneously limiting your impact on the environment. Who knew spending your money could feel so good?

AERENDE

The brainchild of Emily Mathieson, former travel writer for *The Guardian* and Condé Nast, Aerende was founded in 2016 with the aim of offering ethical and locally produced homeware items. From gorgeous candles to stunning wooden kitchenware, all Aerende products are produced in low-volume batches and are designed to improve as they age for enhanced longevity.

AESTHETE LABEL

Launched during lockdown, this vegan lifestyle and homeware brand offers minimalistic interior design products that won't break the bank. Browse its online store and discover a selection of handmade ceramics, candles and nature-themed photographic prints.

NOVE LIGHTING

NOVE is a British lighting company that is committed to using natural materials and traditional crafting techniques. Cork features highly in its designs, with founder Kirsty Saxon having fallen in love with this sustainable material during her many visits to Portugal. In fact, 'nove' means nine in Portuguese, as this how often you can harvest cork trees.

MÄEMARA

If you want to help protect the ocean from landfill-bound plastic and hazardous waste, then this is the ethical homeware brand for you. Founded in 2019, Mäemara offers a wide range of stylish homeware items, such as cushions and beanbags, as well as green botanical print tote and cosmetic bags.

RISE & FALL

A hater of fast fashion, Rise & Fall was created with the goal of making luxury shopping accessible for all. Offering its members up to 80 per cent off high-end homeware products, including bed linen, duvets and throws, £3 from every bed sheet sale goes directly to the youth homeless charity, Centrepoin.



Photo credit: aerende.co.uk, aesthetelabel.com, novelighting.com, maemara.com, riseandfall.co



Swooning over Kimberly

One of the most important things to know about Kimberly Duran, the face behind Swoon Worthy, is that she is 'obsessed with interiors'. And it certainly shows.

Swoon Worthy is a delightful interiors blog that features pretty pastels, quirky details, and tonnes of style. It's a mix she calls "eclectic boho glam" – a style we're completely on board with.

Meet Kimberly Duran

Kimberly describes herself as "a design-obsessed DIYer, an award-winning UK interiors blogger, a freelance writer, a professional candle-maker, and a crazy cat lady".

Kimberly's home is filled with pink, florals, and stylish gold detailing – the modern boho girl's dream. She may describe it as "artfully arranged clutter", but if that's what clutter looks like, sign us up.

Making your home Swoon Worthy

Kimberly's style is very accessible and versatile. You could make it work in your bathroom, kitchen, living room – anywhere that needs a touch of glam. She works to a budget, with a lot of DIY ideas you can easily recreate in your own home. To recreate her look, take a look at the following tips:

Keep rooms light and airy

There's a recurring theme throughout Kimberly's home, and that's plenty of light. All of the rooms are painted white or in light neutrals, which creates the illusion of space. The colour comes in the accent details, which include plenty of pinks, greenery and the occasional pop of colour.

Display all the way

A lot of decor experts will tell you to put clutter away, but when your clutter is as pretty as Kimberly's, you're going to want to display it. Choose items that fit with your colour scheme to create a stylish kitchen that looks far from messy. From your crockery to cookbooks, it all looks good laid out for everyone to see.

A touch of gold

Something that Kimberly does very well is to use gold in her decor to add a touch of luxe and glamour – which is exactly what modern boho is all about. Gold decor is very popular and affordable at the moment; however, you can always upcycle existing pieces with gold spray paint for a budget-friendly upgrade.



Photo credit: swoonworthy.co.uk

Carpets Direct

Guaranteed Lowest Prices

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

Established 26 years

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

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
£14.50
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



*Police checked cleaner on request. All discounts or promotions are subject to our terms available on www.timeforyou.co.uk

FOR A FREE CALL QUOTATION



JUDD PLASTERING

TRANSFORM YOUR HOME

FRIENDLY & RELIABLE PLASTERING SERVICES

- Plastering
- Rendering
- Monocouche
- Coving
- Screeding
- Renovations

Checkatrade.com
Where reputation matters

Call us on **01277 203057**
Mobile **07974 713313**
juddplastering@gmail.com



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

findatrade • Checkatrade.com
Where reputation matters

David-Dupre-Grandmaster-Chimney-Sweep



The season of **COSYING UP**

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter. While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months. Check out some budget-friendly ways of giving your bedroom a winter makeover.

CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



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



Update your BATHROOM on a budget

The beginning of a new year is one of the most popular times for home renovations. But don't worry if you are feeling the pinch from Christmas, as our below interior design tips promise to transform your bathroom for less.

Paint the ceiling: Instead of just repainting your bathroom walls in the same uninspiring shade, customise the space by adding a pop of colour to the ceiling. All you need is paint in your chosen colour, a stepladder, a roller and a brush.

Make sure you put down an old sheet first to protect your flooring, and opt for bathroom paint as this is designed to prevent mould and has a washable finish.

Add new storage: If your bathroom is more cluttered than calming, then why not look into some new storage solutions? Open shelving is cheap and can make your bathroom feel more spacious. Alternatively, you could repurpose an old ladder to use as a rustic towel rail.

Replace the shower curtain: You will be surprised at just how effective a new shower curtain can be at uplifting the overall feel of your bathroom. Incredibly cheap and with many designs to choose from, we recommend that you go bold with a bright colour or statement style.

Renew wooden flooring: Wooden flooring has become increasingly popular in bathrooms as homeowners embrace a more natural look. If your wooden floor is looking a little tired, a quick coat of paint or wood stain will instantly update the space. For a cosy feel, opt for a darker colour, and to open up the room, go light.

Invest in indoor plants: One or two well-placed houseplants will instantly transform your bathroom into an indoor oasis. From shower plants to trailing plants, a bit of greenery can turn a cold and clinical space into one that feels alive. Choose plants that don't mind a humid atmosphere, such as asparagus fern, spider plants and Chinese evergreen.



Photo credit: Future Plc/Colin Poole, Future Plc/Matthew Williams, Future Plc/Jamie Mason, Future Plc/Claudia Dilak via www.dealhome.co.uk

WE NOW OFFER FINANCE OPTIONS

NEED A LOCAL ELECTRICIAN?

Contact Capital Electrical



Capital Electrical
Design • Install • Maintain

Domestic & Commercial | Repairs & Installation
Vehicle Charging Points | Portable Appliance Testing
Fire Alarm Systems | Emergency Lighting Systems
Installation Condition Reports

CONTACT US 01277 554 192
www.cap-elec.co.uk




GNS
FLOORING SPECIALIST

- Over 14 years' experience
- Laminate | Carpet | Vinyl Flooring
- Cap & Cove (Wet rooms)
- Hardwood Flooring
- Wood Floor Restoration

CONTACT US ON 07900 787871
G-N-S-FLOORING-SPECIALIST
GILESSTABIELLI@OUTLOOK.COM

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

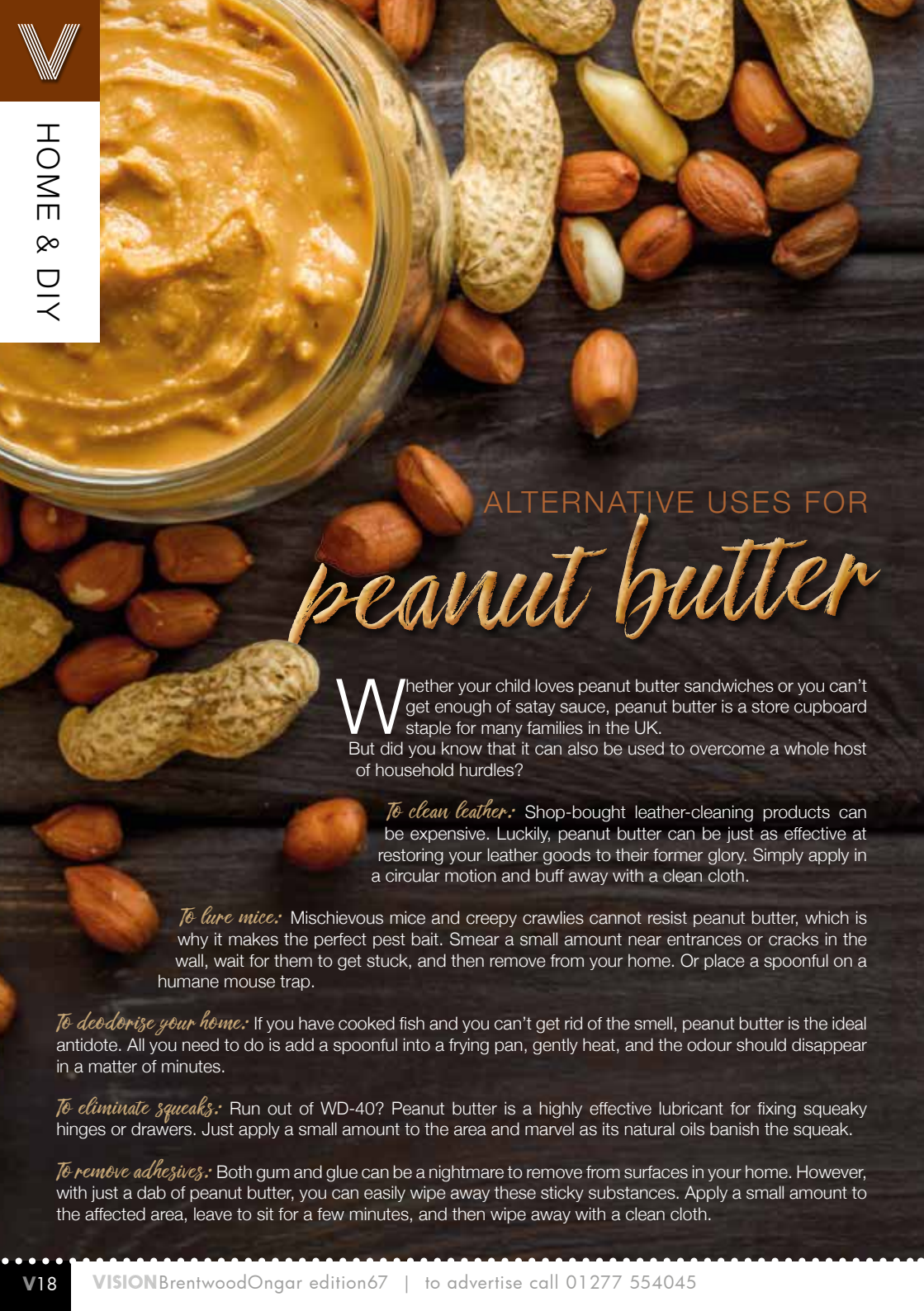


Are you tired of the look of your kitchen?
Don't despair instead of paying a fortune for new units and doors why not have your existing doors, drawer fronts cornice, light pelmets, cooker hoods, shelf displays and plinths re-sprayed in any colour & sheen of your choice?
Removal & installation of most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

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





ALTERNATIVE USES FOR peanut butter

Whether your child loves peanut butter sandwiches or you can't get enough of satay sauce, peanut butter is a store cupboard staple for many families in the UK. But did you know that it can also be used to overcome a whole host of household hurdles?

To clean leather: Shop-bought leather-cleaning products can be expensive. Luckily, peanut butter can be just as effective at restoring your leather goods to their former glory. Simply apply in a circular motion and buff away with a clean cloth.

To lure mice: Mischievous mice and creepy crawlies cannot resist peanut butter, which is why it makes the perfect pest bait. Smear a small amount near entrances or cracks in the wall, wait for them to get stuck, and then remove from your home. Or place a spoonful on a humane mouse trap.

To deodorize your home: If you have cooked fish and you can't get rid of the smell, peanut butter is the ideal antidote. All you need to do is add a spoonful into a frying pan, gently heat, and the odour should disappear in a matter of minutes.

To eliminate squeaks: Run out of WD-40? Peanut butter is a highly effective lubricant for fixing squeaky hinges or drawers. Just apply a small amount to the area and marvel as its natural oils banish the squeak.

To remove adhesives: Both gum and glue can be a nightmare to remove from surfaces in your home. However, with just a dab of peanut butter, you can easily wipe away these sticky substances. Apply a small amount to the affected area, leave to sit for a few minutes, and then wipe away with a clean cloth.



BLACK OPAL THE FITTED FURNITURE COMPANY LTD.

Specialist in High End Bespoke Fitted Furniture

- Bedrooms • Bars • Luxury kitchens • Home office/study
- TV/media unit • Quality hand spray finish

07800 659881

www.blackopaltheffittedfurnitureco.co.uk



SCAN ME

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](https://www.uk.trustpilot.com)  

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



VERY PERI

Colour of the year 2022



Photo credit: etonasterka/Shutterstock.com, www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.

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

01277 554 075

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



PREMIUM NEW AND CONVERTED HOMES IN DESIRABLE BRENTWOOD

If you live or work in Brentwood, you could be eligible to save 20% on a new home at 1023 West*

1 & 2 bedroom apartments just 5 minutes from the High Street and 10 minutes from Brentwood station

Just move in - everything is included - full range of appliances, flooring and state-of-the-art bathrooms

100% OWNERSHIP, 80% OF THE PRICE*

DISCOUNT MARKET SALE HOMES FROM £265,000*

01277 583 141

weston-homes.com



*Exclusively available to people who live or work in Brentwood subject to eligibility criteria. The stated price reflects the 20% saving offered by the DMS scheme. CGIs indicative only.



LOCAL NEWS

from your neighbourhood



Photo credit: Google Maps

Student to represent UK in German Olympiad finals

A student at Brentwood School will represent the UK at the world finals of the world's biggest German language contest in Hamburg.

Year 10 student, Martha Machray, won her category of the Goethe-Institut's International German Olympiad and is one of only two students chosen to represent the UK in the event in the summer.

The German Olympiad gives contestants the opportunity to showcase their German language and culture skills in a competition with students from 75 countries. In addition to competing to be the world's best German learners, participants will meet other students from all over the world and get to know other cultures.

Martha won a national contest to qualify for the international final and now has the chance to compete

against the world's best German learners.

Martha explained: "I am so thrilled to have been selected to represent the UK. When I started learning German in Year 7, it quickly became one of my favourite subjects."

Students whose mother tongue is German, or who have at least one parent/guardian who is German-speaking, are excluded from the competition, as well as students who have lived in German-speaking countries for more than six months.

Brentwood School headmaster, Michael Bond, said: "The modern language department at Brentwood is thriving, and bucks the national trend of decreasing numbers of young people who learn languages. Martha's achievement is certainly one to celebrate and we wish her all the best for the world finals."

BRENTWOOD PROPERTY NEWS



The Brentwood Realtor

Your REAL Estate Agent For Life!

A very happy New Year to you!

I am Peter Garland-Collins and I am delighted to bring to you this monthly, local property column, focussing mainly on CM14 and the surrounding areas.

My aim is to provide useful content each month, covering all aspects of property in the local area.

December saw the Bank of England raise interest rates from 0.1% to 0.25% in a bid to curb the current rate of inflation, which currently stands at 5.1%.

The stock turnover level of available properties in CM14 last month compared to completions was 11%. This currently provides a balanced market in Brentwood, with the demand for property in the area remaining neutral and prices likely to stay stable for the first quarter of the year.

Undoubtedly we will see an influx of property coming to market in the first three months of the year so if you would like to discuss anything property related, please feel free to get in touch.

Best Wishes

Peter Garland-Collins

Local Property Statistics

Current number of homes for sale in CM14.	186
Current avg. price per Sq.Ft.	£487
Highest sale price 2021 The Chase, Brentwood.	£1.45m
Avg. price Dec 2021 (HM Land Reg).	£439k
Avg. number of homes sold per month in 2021.	20
Number of homes sold in CM14 2021.	246
Planning applications last month.	28
Planning application success last month.	82%
Crime rate-160 cases per 1000 residents.	Average

CONTACT ME

07375 790611

Petergarlandcollins.com



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.spindoctork.co.uk



Hall turns green for suicide prevention awareness

Brentwood Town Hall joined communities across Essex in raising awareness of World Suicide Prevention Week.

The building was one of several to be lit up green from December 6 to 12, as part of the Creating Hope Through Light campaign.

A life is lost through suicide every two hours in the UK, but suicidal thoughts and feelings affect thousands of people every single day. The aims of the campaign are to raise awareness of suicide prevention and to encourage people to complete free online suicide prevention training, which can be accessed at www.letstalkaboutsuiicideessex.co.uk and only takes 20 minutes.

It is hoped the training will give people the knowledge and confidence to talk to someone who might be at risk of or thinking about suicide.

Chair of Brentwood Borough Council's Community and Health Committee, councillor Cliff Poppy, said: "In 2019, 111 people lost their lives to suicide across Essex. Every life lost to suicide is heart-breaking.

"We want people from across Brentwood to encourage their friends, family, work colleagues and employers to do the free online suicide prevention training. It only takes 20 minutes and I hope you never have to put the training into action, but if you do, you could save a life."

HARTS

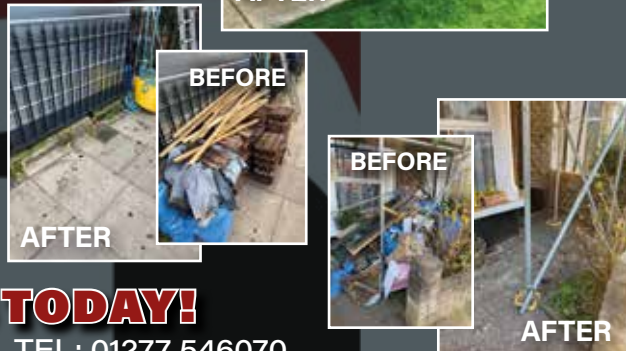
WASTE & ASBESTOS
REMOVAL LTD



AFTER

BEFORE

**YOUR FRIENDLY
LOCAL WASTE
& ASBESTOS
REMOVAL
SERVICE**



AFTER

BEFORE

BEFORE

AFTER

CONTACT US TODAY!

MOBILE: 07477 212210 TEL: 01277 546070

EMAIL: INFO@HARTSWASTE.CO.UK

181-183 STATION ROAD, HORNCHURCH RM12 6LL

Police call for witnesses following disturbance

Essex Police are appealing for witnesses following reports of a disturbance in Brentwood.

Officers were called to Brentwood High Street shortly before 2.30am on Saturday, December 11.

Two men in their 20s were found to be injured and were taken to hospital for treatment. Their injuries are not thought to be life-changing or life-threatening.

Brentwood High Street closed to traffic while officers carried out their investigation and later reopened to the public.

Investigating officer, Detective Inspector Tony Atkin, from Brentwood and Loughton CID, said: "I would like to appeal to anyone who was in the High Street at around 2.30am and who witnessed this disturbance to get in touch with my team."

Witnesses should call 101 and cite incident 181 of December 11 or report online at www.essex.police.uk



Stock-Image



LOCAL NEWS BRENTWOOD



School's equestrian team closes the year in style

Brentwood School's equestrian team had a triumphant finish at the last competition of the year at Brook Farm Equestrian Centre.

Charlotte Cooke, Ben Hogarth, Elizabeth Lewis and Emma Philpot jumped with determination and speed to win the 90-95 Eventer Challenge, with an individual win for Emma, fourth place for Ben and sixth place for Charlotte.

The same team then went on to jump with similar skill and success for a second placing in the 100-105 class, with individual finishes of second for Ben and

fourth for Charlotte.

These results secured Brentwood School's qualifications in both classes for the National Eventer Challenge Championships at Hickstead in May.

Team manager and trainer, Mrs Annette Philpot, said: "We won both of these titles two years ago pre-COVID and look forward to the challenge of regaining them next year. I was thrilled to see the team all ride to their best abilities. My thanks, as always, to the team, including the parents, for their massive dedication and commitment, resulting in these amazing results."

Man arrested on suspicion of drink driving

A man has been charged with drink driving after being stopped by officers in Brentwood.

Essex Police stopped a silver Mercedes in Headley Chase at around 12.20am on December 4.

Christopher Bell, 53, of Running Waters, Brentwood, was arrested and charged with drink driving.

He is due to appear at Chelmsford Magistrates' Court on January 11.

Herts Police have been contacted for comment.



Photo Credit: Essex Police

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

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



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar

The new year promises to start either very well or with some gloom, as we wait for the impact of the Omicron variant to become clear. Whichever way it goes, please get your booster vaccine now.

Scientists are learning more every day about this variant. However, I must emphasise that there is one thing we already know for sure: right now, our single best defence against Omicron is vaccination. Early research from Pfizer suggests that a third dose of its vaccine neutralises the Omicron variant to levels similar to the impact of two doses against the original strain of coronavirus.

But although COVID-19 has dominated our lives, businesses and incomes for the best part of two years, we must try to look ahead to 2022 with more than a sense of foreboding.

The vaccine programme is working to protect

millions of people, we have adopted and adapted our working styles to make the most of working from home or the office, and we must try to live our lives as normally as possible.

In the last year, I have become the Minister for Skills in the Department of Education and have scaled the sharpest learning curve I can remember in the last three months.

My first job as minister has been to steer the Skills and Post-16 Education Bill through its first stages in Parliament. This bill aims to ensure we are providing the education and training to give people the skills they need to do the jobs they want to do, and to boost the economy. It's a big bill to bring to Parliament, and I look forward to all it will do for education and training in 2022.

To find out more, visit www.alexburghart.org.uk



BRIGHT&BEAUTIFUL

Cleaning | Tidying | Laundry | Ironing

Our team at Bright & Beautiful knows how difficult it can be to keep the outdoors from getting in whatever the time of year. Rain or shine, mud, grime and dust can take their toll.

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

CALL TODAY FOR A FREE CONSULTATION

01277 287 503

www.brightandbeautiful.com/brentwood

PLEASE QUOTE CODE: VISION

ONE OFF DEEP CLEAN SLOTS AVAILABLE



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

Council to consider solar bins

A trial of new solar litter bins is being considered by Brentwood Borough councillors following a recent meeting of the Environment, Enforcement and Housing Committee.

The bins, which can compact waste in public bins and notify the collection service when full, were considered on Monday, December 13.

Chair of the committee, councillor Maria Pearson, said: "There is no doubt that sadly some people will find a bin full and simply leave their rubbish anyway instead of taking it home responsibly. We have all seen this happen and we know that waste attracts more waste, which doesn't solve the problem of littering overall.

"These new solar bins capitalise on technology to not only compress the litter placed in them, but also send a message when they are full.

"This means our operatives can tackle the problem as it arises, and also frees time and resources to collect from areas further afield in an efficient manner."

Under the proposed plan, the council would relocate bins that are underutilised and replace the smaller, redundant dog waste bins with larger general bins, as dog waste has been declassified and no longer needs to be disposed of separately from general litter.



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

YOUR ONE STOP SHOP FOR



Woodpecker 4 4.3 kW
Wood Burner **£1430** FITTED



Newbourne 40FS 3-6KW
Multifuel Stove **£1750** FITTED



Classic Eco 8
Multifuel **£1600** FITTED



Bignut 5 Multifuel
Stove 5KW **£1600** FITTED



ACR Ashdate 7KW
Multifuel Stove **£2050** FITTED

PRICES INCLUDE: Pre-installation chimney sweep, wood burning or multifuel stove, matt flue pipe, register plate, stainless steel flexible liner, all connectors, bird guard cowl and plates, Carbon mono-oxide alarm

SecureFireplace

The Log Burners and Gas Stoves Specialists



Installation by a HETAS/OFTEC/GAS SAFE registered engineer, commissioned, tested and certificated. All fittings are HETAS Approved. All prices include VAT.



CALL 01702 910130
www.securefireplace.co.uk

SecureFireplace & Highgate Garden Furniture Showrooms:

FIREPLACES AND 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

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



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

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

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

Hawk Hill, Battlesbridge, Essex, SS11 7RJ

LOCAL NEWS

from your neighbourhood



LOCAL NEWS ONGAR



Photo credit: Google Maps

Pub plants tree for every hot drink purchased

Customers at an Ongar pub are helping to tackle climate change by simply purchasing hot beverages.

The King's Head (pictured bottom left), on High Street, Chipping Ongar, is planting a tree for every hot drink sold after The Oakman Company, which owns the pub, joined with Tree-Nation, a non-profit organisation, to help people offset their CO₂ emissions.

The Oakman company owns The Anchor in Hullbridge, which has also joined the project.

Managing director Alex Ford said: "The carbon reduction with each tree planted is 24 kilograms, which, coincidentally, is the amount of daily carbon emission caused by a person in the UK. It will nicely offset someone's day if they come and have some coffee with us."

The pub recognises that offsetting carbon used is not the long-term answer, but believes it's a good way

to start, giving people the chance to take their own steps to help reduce their emissions.

Alex continued: "One of our values is sustainability, so we wanted to help tackle climate change and searched for a partner to do that with. That's when we came across Tree-Nation, a non-profit organisation that has about 103 different reforestation projects around the globe. We thought we could do something cool with them."

Alex's goal is to plant a million trees a year and he wants to inspire others within the industry to do the same.

He said: "It's the only idea and promotion of ours that we want our competitors to steal because, even though sustainability offers a competitive advantage, we all need to contribute to stop climate change."

To find out more about Tree-Nation and its projects, visit tree-nation.com



Photo credit: Kevin Campion, Goodwin Boxing

Professional boxer seizes victory in ninth fight

An Ongar resident won his ninth professional fight at the Goodwin Boxing show at The York Hall, Bethnal Green.

William Webber won the fight in December, which took his record to eight wins and one loss.

The 23 year old has been a professional boxer since he was 18 and was an amateur from the age of 11.

William said: "It is always an amazing feeling when your hand is raised at the end of a fight as you know all the hard work you put in has paid off.

"After the fight, I always go up on the balcony at York Hall to see my friends and family. They are always supportive of me and also amazed at how calm I

manage to stay despite being faced by my opponent in the ring."

William's training camp usually lasts for about seven to eight weeks and, during this, he trains two or three times a day, consisting of road running, technical work and various strength and conditioning work.

The boxer's next fight is on March 5, and he will be fighting for the vacant Southern Area title at super middleweight (168lbs/76kg). This will also be at The York Hall, Bethnal Green. After that, he hopes to fight for the English title and eventually the British title.

William said: "I am excited for this next step in my career and intend to work hard to achieve my dream."

Man charged over burglary at home of cyclist

A man has been charged with robbery in connection with a burglary in the Ongar area.

Romario Henry, 30, was arrested on Saturday, December 18 and appeared in court on December 20.

Henry, of Bell Green, Lewisham, appeared at Colchester Magistrates' Court charged with two counts of robbery.

Two 27 year old men – one from Gillingham and one from Camberwell – were also arrested.

They have been released on bail until January 12.

The robbery took place at the home of Olympic cyclist, Mark Cavendish, at around 2.35am on Saturday, November 27. Four armed men entered the property, assaulted Mark and threatened his wife. Thankfully, they were not seriously injured.

The group stole a Louis Vuitton suitcase and two



Photo credit: Essex Police

high-value watches.

If you have any information which could assist police, contact Loughton CID, quoting reference 42/275184/21, or submit a report online at www.essex.police.uk



CHASE HATTAN WATCHES

Chase Hattan was established in 2014. We have built our business on reputation and word of mouth. Customer satisfaction and repeat business are of utmost importance to us. Whether you are buying or selling we are committed to guiding you through all of your watch requirements.

We stock vintage, modern, new, pre-owned watches from brands including:

Rolex, Tag Heuer, Breitling, Omega and many more.

All of our watches come with next day delivery, 12 month guarantee and 14 day return policy.



Rated 'Excellent' on Trustpilot

Call Us on 0207 510 1756 or email info@chase-hattan.com

Make an appointment to visit us at: 5 Indecon Square | Lightermans Road | London E14

- [ChaseHattanLondon](#)
- [ChaseHattanWatches](#)
- www.chase-hattan.com

SCAN THE QR CODE TO SEE OUR STOCK!



FRANKIE DETTORI

riding HIGH

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”



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





Hayden Landscapes



DRIVEWAY & PATIO SPECIALISTS

Driveways ❖ Patios ❖ Brickwork
Decking ❖ Fencing & Gates
Artificial Grass

Let us know how we can help you
CONTACT 01277 412 522 07877 496 903
haydenlandscapes@hotmail.co.uk
www.haydenlandscapes.co.uk
@haydenlandscapes



P.E

ELECTRICAL & INTERIORS
COMPLETE BUILDING SERVICES

35+ YEARS EXPERIENCE
FULL PROPERTY REFURBISHMENT

Full Electrical Re-Wires
Testing and Inspection
Exterior Lighting
Design & Install

CALL TODAY FOR A FREE COMPETITIVE QUOTE
NO JOB TOO BIG OR TOO SMALL!



M: 07831 804385/07455 251029
E: Pelliottsparkes@hotmail.com
@P-Elliott-Electrical-Interiors

Funky Voices

The Choir Experience

Musicals Voices

CHOREOGRAPHY & CHOIR
monthly



COMMUNITY CHOIR
weekly



Classical Voices

TRADITIONAL CHOIR
monthly



WWW.FUNKYVOICES.CO.UK

@funkyvoices 07834 765473



The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON
First patient to receive insulin in Toronto.



As humans whose interest in and ingenuity towards science has saved hundreds of millions of lives – whether by trial, error or good fortune – our ability to look around us in using plant and animal matter as a product for life-saving or life-changing medicine is truly a marvel.

A hundred years ago, one such milestone was reached when a 14-year-old boy named Leonard Thompson, who was dying of type 1 diabetes, received the first ever insulin injection.

The shot was administered by scientists Frederick Banting and Charles Best. The duo had practised under the tutelage of John Macleod at Toronto University, and were aided by another chemist, James Collip.

Over the course of the previous year, they had refined a treatment that involved extracting and purifying the hormone insulin from bovine pancreases.

Up until the point of the first insulin injection, people suffering from diabetes had no choice but to adapt to a strict low-calorie, no-carbohydrate diet, where in some cases food intake could not exceed 500 calories per day. Not only was such a diet incredibly difficult to stick to, but those who did abide by it endured low energy and strength, and in many cases a slow starvation.

The connection between pancreatic secretions and diabetes had been known for a while, but Banting, Best and co. were the first to advance the theory, and by the autumn of 1921 had succeeded in keeping alive a diabetic dog using injections of an extract made from duct-ligated pancreas prepared in saline.

Collip subsequently purified the extract for use in humans. The injection was given to Leonard Thompson, and his blood sugar immediately lowered. Subsequently, his urine cleared of sugars and other signs of the disease.

Banting and Macleod received the 1923 Nobel Prize in Physiology or Medicine for the discovery of insulin, and split their awards with Best and Collip respectively.



Photo credit: worldhistoryproject.org



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ BARN
- ▶ BURROW
- ▶ CATTERY
- ▶ CAVE
- ▶ COOP
- ▶ EARTH
- ▶ FORMICARY
- ▶ FORTRESS
- ▶ HIVE
- ▶ HOLE
- ▶ HOLT
- ▶ KENNEL
- ▶ LAIR
- ▶ LODGE
- ▶ NEST
- ▶ PADDOCK
- ▶ ROOST
- ▶ SETT
- ▶ STABLE
- ▶ VESPIARY

C	H	R	I	A	L	N	P	L	O	P	Q	B	A	M
A	P	S	E	A	O	K	C	O	D	D	A	P	Z	T
T	Z	S	V	V	O	R	C	C	T	T	O	S	L	O
T	N	E	S	T	I	W	O	R	R	U	B	O	E	T
E	A	A	N	E	O	H	O	G	D	E	H	V	G	Y
R	R	E	L	S	R	Y	X	S	P	R	A	S	N	R
Y	I	A	H	E	T	T	R	T	O	C	S	Y	V	A
P	S	R	O	E	N	A	R	A	S	T	R	A	Y	I
A	S	T	L	B	Q	N	B	O	C	O	L	R	I	P
N	P	H	E	T	Y	A	E	L	F	I	O	W	Z	S
T	A	T	T	S	F	H	G	K	E	S	M	R	K	E
Y	Q	G	P	K	R	J	N	S	U	E	U	R	C	V
T	Q	L	S	H	S	V	R	G	W	T	T	O	O	L
G	O	B	R	S	G	G	A	A	P	T	O	U	R	F
W	L	O	D	G	E	X	B	R	A	P	R	B	T	U

DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

WORD LADDER

BEAR
HUGS

THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

MAKE YOUR CHILD'S DEVELOPMENT MORE FUN! TRY RUGBYTOTS



Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment.

For more details, just call or email:

0345 313 0422
adrian@rugbytots.co.uk

AS SEEN ON



rugbytots.co.uk
The world's favourite rugby play programme



Aesthetic Therapy at Ease
~ Skin ~ Body ~ Relax



Now Offering

**Facial HIFU
EMS Body
Sculpt**

Chemical Peel
Microdermabrasion
Microneedling • Mesotherapy

07771 970411
48 Orchard Piece, Blackmore,
Ingatestone, Essex, CM4 0RZ
www.glowingaesthetics.co.uk



¡BIENVENIDOS!



SPANISH CLASSES FOR ALL AGES
HIGH QUALITY TEACHING AT A GREAT PRICE



INTERESTED IN OUR SERVICES? LET US KNOW WHAT YOU WANT AND WE'LL DO OUR BEST TO HELP

☎ 07936 399948 www.brentwoodspanishschool.co.uk
✉ brentwoodspanishschool@gmail.com
📘 www.facebook.com/BrentwoodSpanishSchool

Is a bad hip stopping you from doing everyday things?

Nuffield Health Brentwood Hospital reveals the signs you might need a new one.

What is a hip replacement? This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night - talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

3. The one leg test

If you can't stand on your problem leg for longer than a minute - even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

How to book a consultation at Nuffield Health Brentwood Hospital

If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:

Telephone: **01277 695 631**

Online: www.nuffieldhealth.com/hospitals/brentwood

Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



Don't put your life on hold

Nuffield Health Brentwood Hospital

At Nuffield Health Brentwood Hospital our experienced general surgeons specialise in a range of diagnostic and repair procedures. They are experts in their field and can provide rapid access to treatment.

Why choose Nuffield Health Brentwood Hospital for your general surgery?

Whether you are seeking results from a diagnostic procedure or looking at treatment options to remove a painful hernia, our team of experienced general surgeons at Nuffield Health Brentwood Hospital are experts in their field, providing you with rapid access to a personalised treatment plan.

Some of the general surgery treatments available in Brentwood Hospital include:

- ◆ Appendix removal
- ◆ Colonoscopy
- ◆ Flexible sigmoidoscopy
- ◆ Gall bladder removal
- ◆ Gastroscopy
- ◆ Haemorrhoid removal
- ◆ Hernia repair
- ◆ Thyroid surgery
- ◆ Varicose vein surgery
- ◆ Weight loss surgery.

For more information or to book,



Email brentwood.enquiries@nuffieldhealth.com

Call **01277 554 181**

Visit nuffieldhealth.com/brentwood



Follow us at [@nuffieldhealthbrentwoodhospital](https://www.facebook.com/nuffieldhealthbrentwoodhospital)

Nuffield Health Brentwood Hospital

Shenfield Road, Brentwood, Essex CM15 8EH



Do you need a
**PERSONAL
TRAINER?**

Are your jeans feeling a tad tight after the festive season? Do you want to realise a healthier and happier you in 2022 and beyond? If yes, a personal trainer might be just what you need.

The motivation to succeed

January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

You can learn about health and fitness

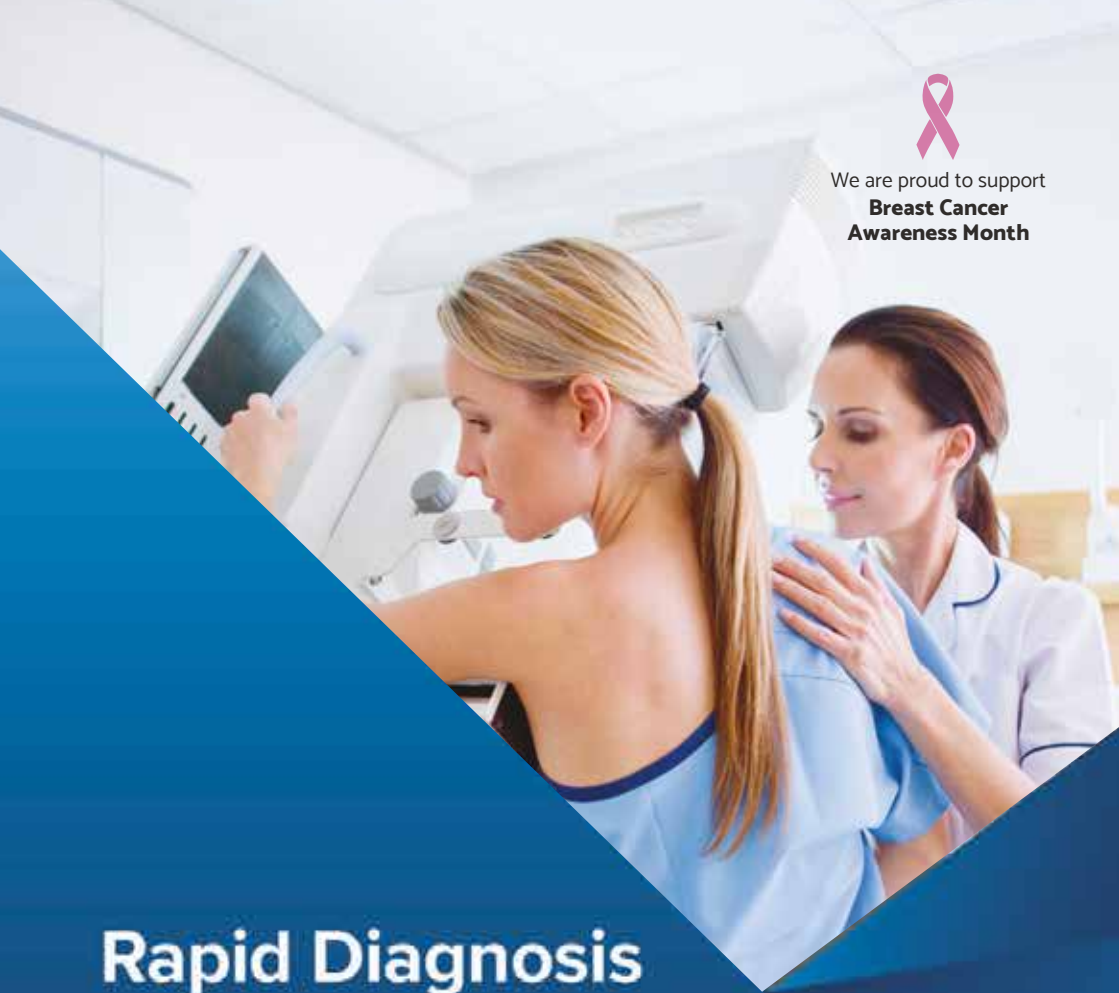
Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

A personalised plan

As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

Nutritional advice

Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.



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



OAKDIN CLINIC



Expert Private Healthcare on your Doorstep

- **Dermatology** – skin conditions, moles and all removals
- **Urology** – bladder and prostate issues, vasectomies
- **Ultrasound** – well-being scans and joint injections
- **Gynaecology** – full range of female health issues



Private GPs 6 days a week,
same-day appointments,
blood tests, home visits.

“To the nurse who held my hand – a big thank you”

58 Laindon Road, Billericay • 01277 623 055

www.oakdinclinic.com • For self-pay and insured patients

GARY PELLICCI



01277 229835 / 01277 848687

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

www.garypellicci.com

01277 364118 / 01277 365987

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

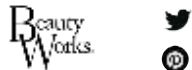
garypellicci@icloud.com



L'ORÉAL

KÉRASTASE
PARIS

GOLD
CLASS



20% off for all NHS staff

See our website for our other promotions



BEAUTY

HOW TO CLEAN hair-styling TOOLS

DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?

HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

Step 1: Unplug your tool and allow to completely cool down.

Step 2: Wet a micro cloth with lukewarm water and squeeze out any excess liquid.

Step 3: Rub the damp cloth gently over the surface of the plates.

Step 4: For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.

Step 5: Allow your styling device to completely dry before using again.

NB: Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

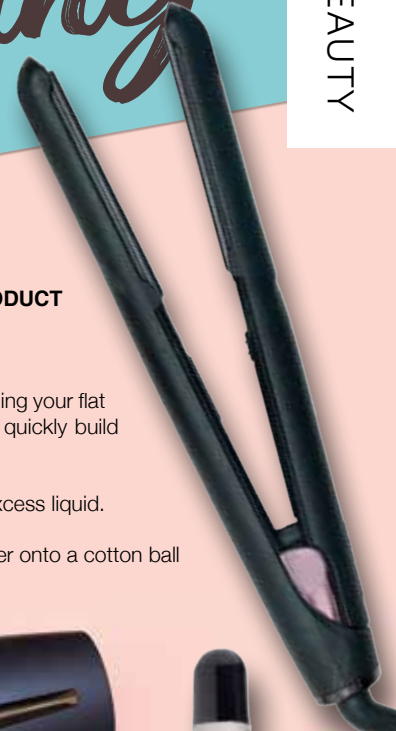
Step 1: Remove or open the back vent.

Step 2: Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.

Step 3: Clean the nozzle and body with a damp cloth to remove any build-up of hair products.

Step 4: Allow the dryer to fully dry before using again.

Step 5: Repeat once a week for optimum results.



Positivi-tea

DO YOU LOVE HERBAL TEA BUT CAN'T FIND THE RIGHT BLEND FOR YOUR TASTES AND HEALTH NEEDS? IF YES, THE BELOW DIY TEAS ARE EXACTLY WHAT YOU NEED

Calming Chamomile

If you are looking for a tea blend that can help you unwind in the evening, then this is the perfect choice for you. All the herbs used in this tea contain both calming and soothing properties.

INGREDIENTS: 2 tsp of dried chamomile | ½ tsp of dried liquorice root |

1 tsp dried ginger root.

For a more potent insomnia remedy, switch the ginger for valerian root. Serve hot.

Happy Hibiscus

If you favour a more zingy and uplifting tea blend, then hibiscus is a great herb to use. Enjoy either hot or cold in the morning or as an afternoon pick-me-up.

INGREDIENTS: 2 tsp dried hibiscus | 1 tsp mint leaves | 1 tsp lemongrass.

Rich Chai

Chai tea is incredibly popular owing to its health benefits, rich taste and filling nature. To make the below tea blend, crush the spices in a mortar and blend with black tea. Add milk to finish. Perfect with breakfast.

INGREDIENTS: 1 tsp dried ginger | ½ tsp peppercorns | 2 inches of cinnamon stick | 1 tsp cardamon | 1 tsp cloves | 3-5 tsp Assam black tea.

Chocolate Delight

For those who crave something sweet, this herbal chocolate blend will not disappoint. Use boiling water to brew the tea and melt the chocolate. Enjoy at any time of the day.

INGREDIENTS: 1 tsp chocolate drops | 2 tsp pure rooibos tea | 1 inch vanilla pod | ½ tsp cocoa shells.

Add a pinch of dried mint leaves for an After Eight-tasting tea.

Simple Two-Ingredient Tea Blends

- Rose petals and black tea** – rich in antioxidants; may alleviate menstrual cramps.
- Lemongrass and green tea** – has anti-inflammatory properties; may relieve anxiety.
- Lavender and white tea** – can help combat insomnia and improve mood disorders.
- Cinnamon and rooibos tea** – use to balance sugar levels and prevent premature ageing.
- Mint and green tea** – has antibacterial properties; can improve digestion.





TRADITIONAL PIE MASH HAS COME TO BRENTWOOD

TRADITIONAL Pie & Mash SAINSY'S TRADITIONAL Pie & Mash

TRADITIONAL PIE MASH & LIQUOR EST. 2010

HOT EELS & JELLIED EELS
VEGAN PIES | KIDS MEALS
TRADITIONAL DESSERTS
EAT IN OR TAKE AWAY
DELIVERY AVAILABLE

WE CATER FOR LARGE GROUPS,
PARTIES & EVENTS

111 Brentwood High Street, CM14 4RX
01277 295 943
brentwood@dsainsyspieandmash.co.uk

Follow us on Instagram and on Facebook @sainsyspiemash




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



LAUNDRY & LATTE

LET'S GET REAL TO TUMBLE

The sexiest launderette in the world

Serviced wash, dry & fold
Self-service
Artisan coffee, tea & treats

Visit: 27 Warley Hill, Brentwood CM14 5HR
Call: 01277 584 655 @laundryandlatte

Strollercise
Stroll Your Way To Fitness

Hello ladies and welcome to Strollercise Brentwood

www.strollercisebrentwood.co.uk
or call 07533 088626

Please see below for venues and times

Monday @ 6.30 pm
St George's Church Hall
Ongar Road, (nr Robin Hood Pub), Brentwood CM15 9HR

Tuesday @ 1pm
Bentley Village Hall
Ongar Road, Brentwood CM15 9RZ

Tuesday & Thursday @ 7pm
Hutton Community Centre
Harrison Close, Hutton CM13 1LP

Friday @ 11.45am
Hutton Community Centre
Harrison Close, Hutton CM13 1LP

Friday @ 1.30pm
Bentley Village Hall
Ongar Road, Brentwood CM15 9RZ

£5.00 an hour, a drink and comfy shoes are all you need, oh, and a friend or two if possible!

"Quick and easy booking.
Rob was polite, courteous and very professional.
I didn't realise all the parts of the oven that you cannot get to easily and it was filthy.
Rob's deep clean of my double oven was amazing!!
Every nook is now thoroughly clean and sparkling and looks as good as new.
Would definitely recommend for a friendly and efficient service." **Laura P**



£5 OFF* Your First Clean
*incl Xmas Bookings

Does Your Oven, AGA, Range or BBQ Need Gleaming Again?

Covid-19 Safe Cleaning Processes: Social Distancing Rules Apply At All Times

Call & Book Today On 01277 361760

Over 2900+ reviews at www.ovengleaners.com
Ovens | Ranges | AGAs | Hobs | Extractors | Microwaves | BBQs

All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

You will need: A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

How to cook the bacon: Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

How to make: Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via foodhub@wearebrazenpr.com



BRUCE KING

on getting and staying motivated



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



THE HOME OF INSURANCE

Q Who Are Coverisure Brentwood?

A We're Coverisure 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.

Q What Can Coverisure Brentwood Help With?

A 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.

Q Why Should You Use Coverisure Brentwood?

A 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.

Q How Can Insurance Protect You?

A 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.



Q How Can You Save Money On Your Insurance?

A 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 Coverisure Brentwood

For all your insurance needs, get in touch with Coverisure 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 Coverisure Brentwood today

01277 295504

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

Take the stress out of accounting



We specialise in accountancy services for small or start up businesses looking to grow their business

Accountancy Services / Cloud Accounting / Personal Tax / Making Tax Digital

More Than 25 Years' Experience / VAT Returns / Payroll & Pensions Bookkeeping
Finance & Funding / Specialists in leading Accountancy Software packages

Get in touch today to see how we can help

Free telephone advice and consultations available

01277 424988 / contact@cjaccountancyservices.co.uk
www.cjaccountancyservices.co.uk @CJAccountancyservices

Member of



Association of Chartered Certified Accountants



IMPERIALS
ESSEX

Celebrating over 35 years in prestige car retail

www.imperials.co.uk

WE WANT TO BUY YOUR CARS

WE ARE CURRENTLY LOOKING FOR STOCK TO BUY OR S.O.R.

ROLLS ROYCE | BENTLEY | MCLAREN, AMG | M, ETC...

IF YOU ARE LOOKING TO RELEASE SOME EQUITY PLEASE CONTACT US

For more information contact

email: mason@imperials.co.uk | Tel/WhatsApp: 0208 548 7830



CONSERVATORY VS Orangery

If you are thinking about adding to your home, you may be wondering about the difference between an orangery and a conservatory. While they can both provide you with a versatile and attractive space, there are several key differences between the two structures.

WHAT IS A CONSERVATORY?

A conservatory is characterised by:

> Having half of each side wall made from glass

- > At least three-quarters of its roof made from any type of translucent building material or clear glass
- > Being built against the wall of a house with a closing door or window
- > A standalone heating source that is separate from the main house.

WHAT IS AN ORANGERY?

An orangery can be defined by:

- > Large, tall windows on one side – usually south-facing
- > A brick or stone structure
- > A flat roof with a central glass lantern that can span part or all of the roof
- > An independent heating source, such as a stove.

WHAT IS THE DIFFERENCE?

One of the key differences between a conservatory and an orangery is the roof. As mentioned above, a conservatory must have at least 75 per cent glazing on its roof. An orangery, on the other hand, tends to have a standard roof. A conservatory is seen more as a mid-point between your home and your garden, whereas orangeries are more visually comparable to an extension as they can be stand-alone or built against the side of your property.

BENEFITS OF A CONSERVATORY

More natural light | Better view of your garden
| More affordable | More relaxed vibe | Long lasting | Can be used all year round.

BENEFITS OF AN ORANGERY

More elegant look | Better insulation | More consistent temperature | Reduced glare and sunlight | Long lasting | Can be used all year round | Adds more value to your property.



CONSERVATORY



Orangery



TONE UP YOUR FINANCES IN 2022

Whilst a financial overhaul may seem a less exciting prospect than taking on a new challenge or hobby, taking the time to do this now could really have a positive impact on your future wealth.

RECONNECT WITH YOUR GOALS

Whatever life stage you've reached, you'll no doubt have some short- and long-term financial goals you want to achieve. Reviewing these goals and determining the amount of money required to fulfil them is a good discipline and helps you connect to your aspirations, standing you in better stead of ultimately achieving them.

PRIORITISING YOUR PENSION

The earlier you start saving into your pension, the more you can contribute and the longer your money has time to grow. With tax relief available on contributions (within limits), pension saving is one of the best ways to ensure you stay on track for a comfortable retirement.

TAX-EFFICIENT SAVING OPPORTUNITIES

As the tax year end approaches, you still have time to

use your annual ISA allowance, giving you even more opportunity to build up your savings tax-efficiently.

REVISIT YOUR MORTGAGE

Usually a family's biggest monthly outgoing, it's important to review your mortgage as there may be a more suitable deal for you, especially if you're paying interest at your lender's standard variable rate.

REVIEW PROTECTION POLICIES

Life insurance and other types of protection, such as income protection or critical illness cover, should form a vital part of your financial plan. It's worth reviewing these policies as your circumstances change, to ensure you have the right type and level of cover in place.

KEEP TALKING

At HCR, we take the time to understand our client's 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.



Family owned & managed
ST MICHAELS HOMES LTD

Delivering quality elderly & dementia care

CELEBRATING
30 YEARS
1991-2021



Make a difference - become a key worker with an employer who really cares about staff members



Thank you for helping us reach 30 successful happy years in delivering quality elderly care in Brentwood and surrounding boroughs

The directors would like to thank all its dedicated staff who, over the past 20 months, have been through the most testing of times since we first opened our doors nearly 30 years ago. We have always been extremely proud of our staffing teams, but during this time they have only excelled our pride & gratitude to each team member.

We would also like to thank all the residents and their families who have given us so many great memories and for their support over the years, we are a true family run care home operator and we love caring for the elderly.

On behalf of our staff and family we would like to thank everyone who has entrusted us with the care of their loved ones, and we would like to wish you and your families the best for 2022 from all at St Michaels Homes Ltd.

Apprenticeships for all ages within the care profession

Free Full Training

£500 on completion of course

Make a difference - become a key worker with an employer who really cares about staff members



To get started contact us today on:

Telephone: 01277 372095

opt 4 for new enquiries.

Email: sean@stmichaelshomesitd.com

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

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

Dudbrook Hall Care Centre,
Dudbrook Road, Kelvedon Common,
Brentwood, Essex CM14 5TQ

T **01277 372 095** enquiries@stmichaelshomesltd.com stmichaelshomesltd.com

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



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

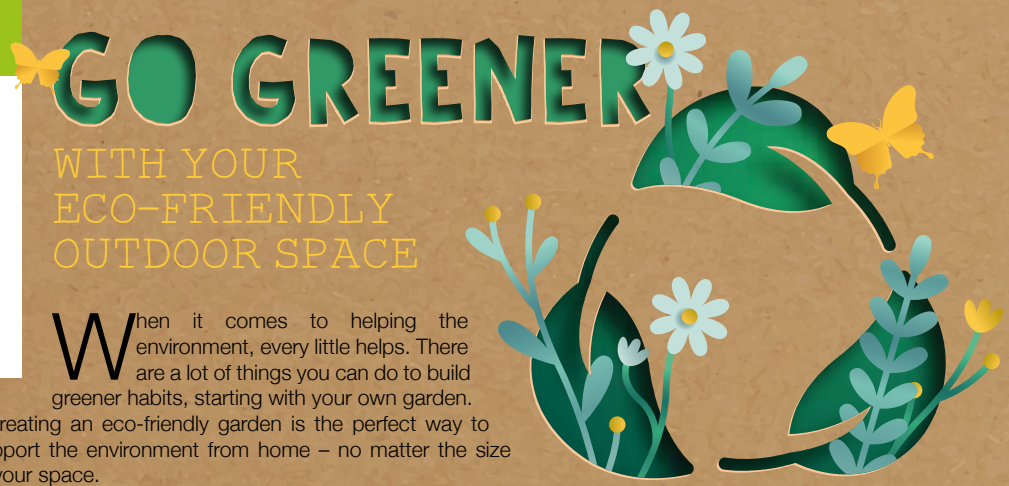
One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.



GO GREENER

WITH YOUR ECO-FRIENDLY OUTDOOR SPACE

When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space.

Make your garden more sustainable with the following tips.

USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden palettes, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.

GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.



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



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

CALL TODAY FOR YOUR NO OBLIGATION QUOTE WITH NO HIDDEN EXTRAS

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ [Checkatrade.com](https://www.checkatrade.com)
Where reputation matters



01277 551170 / 0208 787 5755
www.essex-tree-care-ltd.co.uk





HIGH PRESSURE PATIO & DRIVEWAY CLEANING

Block Paving • Tarmac • Natural Slabs
Crazy Paving • Resin Bound
Concrete Slabs

GUTTER VACUUMING & CLEANING

Full House Gutter Clean
Blockage, Debris & Moss Removal
Camera Survey

DRIVEWAY & PATIO RESTORATION

Call now for a free quote

01277 411647

drivewayresto

driveway.restoration@mail.com

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



PETS

HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way.

While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

1. Check their airway:

Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.

2. Check their breathing

Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.

3. Check their circulation

Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

placed on their backs

- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right pace



LEXUS RELAX

12 MONTH MANUFACTURER
WARRANTY WITH EVERY SERVICE

FOR VEHICLES UNDER 10 YEARS AND 100,000 MILES*



LEXUS HAINAULT
2a Beaver Road, Hainault, IG6 3UT
020 3727 7620
www.lexus.co.uk/hainault/

*Every new Lexus, is eligible to be covered by up to 10 years' manufacturer warranty through Lexus Relax. This is provided through an initial 3 years manufacturer warranty that can be extended with regular servicing at a Lexus Centre. A 12 months' warranty is included with every Lexus Service, up to 100,000 miles or 10 years, whichever comes first, giving you a chance to relax in the knowledge that you and your vehicle are in safe hands. Terms and conditions apply. For full details, please ask your official Lexus Centre, visit lexus.co.uk/lexus-relax/terms or search Lexus Relax.



hybrid

Electric avenue

WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?

We are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).



SNOW WAY!



FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?



To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:



SNOW SCOOTING – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.



WOK RACING – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.



SHOVEL RACING – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

ICE KARTING – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

ICE YACHTING – This sport is a cross between windsurfing and traditional sailing, with yachts simply adapted with the addition of runners on the bottom, which glide across the ice. It's very popular in the Netherlands and Finland.

ACCOUNTANT

CJ ACCOUNTANCY

Accountancy services, cloud accounting, personal tax, making tax digital. Free telephone advice and consultations available – 01277 424988

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

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

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

CONSERVATORIES

ROOTHWAY BUILDERS LTD

Is your conservatory too hot in summer and too cold in winter? If Yes, we have a solution. Contact a Local Family Business 01702 200062 | 07770 793389 | 07900 398201.

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

CAPITAL ELECTRICAL LTD

Domestic & Commercial, Repairs & Installations, we now offer Finance options. Call 01277 554192 or visit www.cap-elec.co.uk

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

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 - www.phoenix-fireplaces.co.uk

FITTED FURNITURE

BLACK OPAL

Specialist in high end bespoke fitted furniture. Bedrooms, Bars, Luxury Kitchens, Home Office/Study, TV Media Unit, Quality hand spray finish. 07800 659881

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

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 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

HANDYMAN

B DIRECT HANDYMAN SERVICES

For all your projects, repairs and improvements. Call our friendly helpful team or visit our website for a full list of services. Tel 01277 583939 | www.bdirect.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

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

REGAL KITCHENS

We design, We Install, You Love. Why not visit our showroom at 2 Navigation Road, Chelmsford, CM2 6HX. Call on 01245 351151 – 24/7 | www.regalkitchens.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

LANGUAGE

BRENTWOOD SPANISH SCHOOL

One to One tuition, small groups and online tuition available. Call us on 07936 399948 | W: www.brentwoodspanishschool.co.uk | E: amaya@brentwoodspanishschool.co.uk

JOIN THE LISTINGS

For just **£15** +VAT per month

BEAUTY

GLOWING AESTHETICS

Aesthetic Therapy at ease – skin – body – relax. Chemical Peel, Microdermabrasion, Microneedling, Meso-therapy. Call 07771 970411 | www.glowingaesthetics.co.uk

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

JOIN THE LISTINGS...

for just **£180** +VAT per year

CONTACT US TO JOIN THE LISTINGS...

BRENTWOOD@VISIONMAG.CO.UK

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

THE VISION LISTINGS

PERFORMING ARTS

RAZZAMATAZ BRENTWOOD

Theatre School based in Brentwood. Call Jessica on 07710 595070. Address: The Old Stock Yard, 1-4, Razzamataz Theatre School Studios, Cricketers Lane, CM13 3PZ

PLASTERING

JUDD PLASTERING

Plastering, rendering, monocouche, coving, screeding, renovations. Call us on 01277 203057 | 07974 713313

PLUMBING & HEATING

HAMMOND & SONS

Family run for 20+ yrs. Boilers serviced/repared, 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

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

#AskAlpha

- Construction
- Installations
- Maintenance



Kitchen & Bathroom Installations

Be the envy of the neighbourhood with a new kitchen or bathroom.



Extensions & Renovations

Dedicated teams look after your project, from start to finish.



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.

To advertise call Nik on 01277 554045

WORDLADDER: BEAR, BEER, BEGS, BEES, BUGS, HUGS

Trust in our expertise

01206 648888
enquiries@alphagr.co.uk
www.alphagr.co.uk

Other services we offer:

- Plumbing & Heating
- Electrical
- Painting & Decorating
- Windows & Doors
- Roofing
- Flooring





NINETY TWO DEGREES CELSIUS

An espresso steeped at ninety two degrees yields an unmatched richness and depth of flavour.

A single millimetre is all that is needed for a flawless slice of Jamón Ibérico.

Sixty four degree water gives the most rich,

velvety poached eggs you've ever imagined.

When you're in the kitchen, perfection and joy come from precision. And it's the same when we're in the kitchen too — because we love what we do.

This is German Enjoyneering.

Küchenhaus Brentwood

6, The Baytree Shopping Centre
Brentwood, Essex
CM14 4BX

Tel : 01277 204447

küchenhaus
The **German** Kitchen