

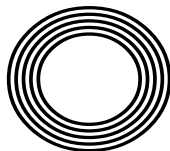
FORD
SIERRA
TURNS
FORTY

Natural
limescale
removal

LIVE LONG & PROSPER
this Star Trek Day

IDRIS ELBA OBE

The actor's rise to the big screen as he turns 50



FREE

Photo credit: Denis Makarenko/
Shutterstock.com

BUILDING FUTURES TOGETHER

PROPERTY EXTENSIONS

LOFT CONVERSIONS

REFURBISHMENTS

NEW BUILDS



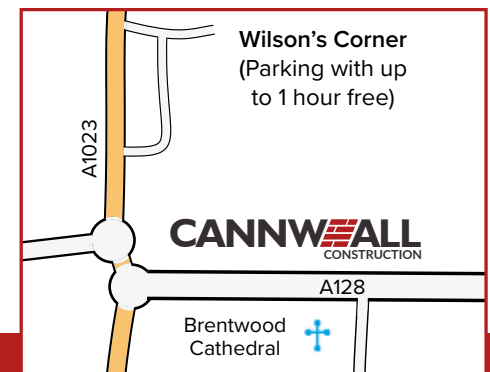
**NOW OPEN
IN BRENTWOOD**

Come & visit us at
3A, 1-5 Ingrave Road,
Brentwood, CM15 8AP

CANNWALL
CONSTRUCTION

Property Extension &
Loft Conversion Specialists

If you are looking to add value or breathe new life into
your home then call us on **01277 885 782**



or visit **www.cannwall.com**





SEPTEMBER 2022

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. As they say, time really does fly. Often in our publishing world, it feels like the months just whizz by, largely owing to the fact that we are always planning months ahead when it comes to content, advertisers' campaigns and editorial.

My son is going into pre-school in September and my daughter is going into the big kid part of the nursery - this blows my mind. My wife and I are always in awe of how quickly the kids develop, how they communicate with one another and, of course, their ever improving tantrums! I remember being told those wise words: "Enjoy the younger years; they won't last forever." And they really don't. It's all about savouring those little moments as they do go quicker than I ever could have imagined.

The moral of the story is to enjoy the present, be present and enjoy the sleepless nights. It's hard sometimes, but just remember that you will miss these days one day!

I heard a quote recently that summed it up perfectly when they are this age: "The days are long, but the years are short." This really hit home for me.

Until next month, take care of yourselves and each other.

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, Dean Shaw, Darius Morgan, Bryn Holmes, Reuben Rosso-Powell

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

DO YOU WANT TO EARN EXTRA £?

VISION NEEDS LOCAL DISTRIBUTORS!

EMAIL [BRENTWOOD@VISIONMAG.CO.UK](mailto:brentwood@visionmag.co.uk) TO FIND OUT MORE

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

STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



STAR TREK



OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

Melanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will sees embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

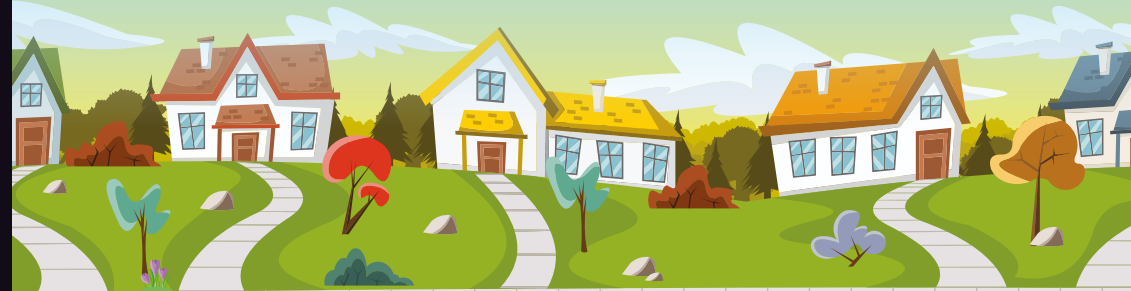
Who I Am: My Story is available to purchase from September 15.



Thinking of Selling or Letting this Autumn?

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.



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

LIMESCALE elimination!

NATURAL REMEDIES FOR LIMESCALE THAT YOU CAN FIND IN YOUR KITCHEN CUPBOARD

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

LEMON JUICE

Lemon juice is one the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.



A Tale UNMASKED

THE HISTORY OF TAPE – AN ESSENTIAL ITEM IN EVERY HOUSEHOLD

Adhesive tape. Where would we be without it? It's hard to imagine not having it as part of our daily lives. From wrapping gifts to decorating and undertaking craft projects, tape is a must-have in every home.

But have you ever given much thought to how tape was invented? Let us give you a short history lesson on the history of tape – more specifically, Scotch Tape.

RICHARD GURLEY DREW: THE BRAINS BEHIND SCOTCH TAPE

Scotch Tape is the invention of American Richard Gurley Drew (1899-1980). Drew was a student at the University of Minnesota who dropped out and went to work for 3M as a lab technician. While we might associate 3M with Post-its and office supplies, back in the 1920s it was a leading sandpaper manufacturer. The history of Scotch Tape, however, actually begins with masking tape.

On realising car manufacturers were having difficulty marking car parts without stripping the paint, Drew invented a tape made of cabinetmaker's glue and treated crêpe paper. It was a hit with carmakers and in 1925 was sold under the name Scotch Masking Tape.

In the 1930s, Drew developed the transparent tape that became known as Scotch cellophane tape. And the rest, as they say, is history, with Drew's invention paving the way for many more products to be developed over the years.

TAPE TODAY: A HOUSEHOLD STAPLE

Tape and masking tape are essential items for most decorating and craft projects. Masking tape is a decorator's staple, creating smooth lines in paintwork as well as helping to create patterns and shapes. Clear tape, meanwhile, is handy for crafting, DIY and repairing broken items.

Where would we be without these household essentials? It's safe to say that Drew thoroughly deserves his place in the National Inventors Hall of Fame.



Richard Gurley Drew

Carpets Direct

Guaranteed Lowest Prices

- ✓ **FREE FITTING** Established 26 years
- ✓ **FREE home visits**
- ✓ **SPECIALISES in twist pile**

Carpets • Vinyls • Laminates • Wood Flooring
We come to you in the comfort of your own home

WHY PAY MORE?

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

CALL YOUR LOCAL AREA SPECIALIST

01277 554 163



www.carpets-direct.co.uk

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

**10%
OFF**

JRS PAINTING SERVICES

QUOTE 'VISION22'

ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

DOMESTIC, BOTH INTERIOR AND EXTERIOR
COMMERCIAL
BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407

JAMIESANDERS273@YAHOO.COM



Trinity Living deliver a competitive and professional service, installing luxury wetrooms, bathrooms, en-suites and kitchens to suit your budget



www.trinityliving.co.uk
01277 822600
enquiries@trinityliving.co.uk

Trinity living

Celebrating 30 years
in business in 2022



Based in Essex with professionally trained fitters working in Brentwood, call our team today and book a free, no-obligation consultation, survey and quotation

pretty pumpkin



HOME & DIY

Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

MAKE A PUMPKIN SPICE CANDLE

YOU WILL NEED:

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

HOW TO MAKE:

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.



There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.
- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.
- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).



GET creative WITH WALLPAPER

ALTERNATIVE WAYS TO DECORATE WITH WALLPAPER

Wallpaper is one of the easiest ways to decorate your home. It adds colour and style, helping to bring your spaces to life.

But why should wallpaper stop at the wall? There are lots of home projects you can do with wallpaper to bring a unique twist to your interiors.

Bring some colour to your next DIY project with these creative wallpaper ideas.

ADD PATTERN TO A CHEST OF DRAWERS

Wallpaper is an easy way to brighten up the plainest chest of drawers. It's an easy hack that is perfect for upcycling a dated piece of furniture. Why not invest in new decorative knobs or handles to complete the transformation?

BRING COLOUR TO YOUR WALL PANNELLING

Wall panelling has been a huge trend in recent years, but if you want to do something different with yours, wallpaper could be just the trick. Cut wallpaper to size and place it inside the panels to create a striking feature wall.

FRESHEN UP KITCHEN CABINETS

Wallpaper can transform your basic kitchen cabinets and give them a new lease of life. Add a simple pattern to create some interest that could make a nice contrast against the items on display.

FRAME IT

Art can be expensive, so why not turn your wallpaper into a work of art instead? Framing pieces of wallpaper can help you create feature walls and add decorative touches to coffee tables, sideboards and more. You can do this affordable DIY using wallpaper samples from stores, making it a quick and affordable way to update your decor.

Getting creative with your wallpaper is a great way to embrace the trend, without committing to covering your walls. Try using different colours and textures to create an impression in your home.



THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

"Your Friend in the Trade"

**Proudly Providing the
Complete Service**

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

SUPPLY, REPAIR & REPLACEMENT

DOUBLE GLAZING | TRIPLE GLAZING

UPVC | ALUMINIUM WINDOWS

HARD WOOD WINDOWS

FRENCH & PATIO DOORS

PORCHES & CONSERVATORIES

BI-FOLD DOORS

REPAIR SERVICES AVAILABLE 8AM - 8PM

CAT FLAPS | KNOCKERS | LETTER BOXES

SPYHOLES | CYLINDERS | HANDLES

HINGES & LOCKS FOR WINDOWS & DOORS

TRICKLE VENTS | SEALED GLASS UNITS

LEADED & GEORGIAN GLASS

CONSERVATORY ROOF REPAIRS | PANELS

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



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

01277 554 075

W www.thewindowmanessex.net **f** [@thewindowmanessex](https://www.facebook.com/thewindowmanessex) **ig**

CRIG LODGE upholstery

MODERN UPHOLSTERY, RE-UPHOLSTERY
& FULL REPAIR SERVICE

- 3-piece suite re-upholstery
- Dining chair refurbishment
- Furniture repairs
- Window seats
- Cushion replacements
- Headboards bespoke & reupholstery
- Huge selection of fabric samples to choose from
- All work guaranteed



01277 374444 ■ 01708 455424

craig@craiglodgeupholstery.co.uk
www.craiglodgeupholstery.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

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.

Before After

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

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

COFFEE TABLE BOOKS:

A stylish love affair

There aren't many decorative pieces that have the bonus of being informative and entertaining, but that's exactly what you get with the coffee table book. So how did coffee table books become so popular?



THE RISE OF THE 'NON-BOOK'

References to books being used as decorative pieces date back centuries, but it was Michel de Montaigne who made one of the earliest references to the practice. In his essay *Upon Some Verses of Virgil*, he wrote: "I am vexed that my essays only serve the ladies for a common movable, a book to lay in the parlor window."

Books became a popular gift in the 18th century. Large volumes like encyclopedias and almanacs were popular to have on display owing to their lavish bindings and engravings.

In the 1920s, attitudes to books started changing. It was common for people to display books they had never read, intended to create an impression of their interests or education to visitors. Books with seemingly unattractive covers were often rebound to look more fitting in the owner's home.



CENTRAL HEATING AND THE 60S

The term 'coffee table book' had been in use for a long time, but it didn't really take off until the 1960s.

With the arrival of central heating, there was less need to sit near a fireplace, creating space for the coffee table and a less formal sitting environment.

Books were published containing images and art, providing the perfect item to adorn the coffee table and perhaps leaf through to learn something new.



AN INSIGHT INTO YOUR STYLE

Today, coffee table books cover all kinds of genres and styles. Some are used for purely decorative purposes, others give a glimpse into someone's interests and tastes. Not only do they make for stylish décor, but they also provide a topic of conversation, making them a popular feature in most homes.



COFFEE TABLE BOOK SUGGESTIONS

For animal lovers – *The Photo Ark: One Man's Quest to Document the World's Animals* | For the interiors-obsessed – *Architectural Digest at 100: A Century of Style* | For the fashionista – *Tom Ford* | For the film buff – *Accidentally Wes Anderson*



HOME & DIY

Photo credit: 138home.com, Unsplash, afabulouslife.com, Lux Deco



SUBSTANCE TO THE style

Through a heritage that includes a maternal family descending from a nomadic Rajasthani clan that migrated across Arabia and Persia over centuries, a passion for global art and the experiences of travel have permeated Bethan Gray's appreciation for a design look that crosses from India to the Middle East, North Africa to South America.

How this translates itself back to the somewhat more structured surrounds of lounges, bedrooms and workspaces in the UK is the challenge that was taken on when Bethan Gray Design was established in 2008. The agency, based in London, is run by Bethan and CEO husband Massimo, and follows a decade she spent as Habitat's design director – a role that connected her with craftspeople all around the world.

Now, using a combination of client stories and experiences, plus the expertise of master craftspeople – with styling partnerships that are based on mutual trust and respect – she has created contemporary design and home accessories. The result has been four ELLE Decoration British Design Awards for her statement pieces. From contemporary deco-like chests of drawers that echo Arabic shimmers and desert landscapes to elegant cabinets, bold coffee tables and velvet sofas, the translation of stories and heritage into stunning furniture is complete.



Photo credit: Bethangray.com

While the price tags in stores such as Harrods and Liberty's may push some away, Bethan focuses on styling that can be replicated by anyone. "My modus operandi is elegant lines, both in the edging of furniture and the detail within it. Set against browns, greens, creams and statement shades, it's possible to create a palette that transports the mind to far-off places and a desire to travel. "For me, it's about the practicality of a room or a piece of furniture, combined with the journey that piece can take you on, and that combination feels very special."



Cleaner, Healthier Home for Longer!

Using special solutions specific to your carpet, we eliminate bacteria and no sticky shampoo residue for new dirt to cling to.

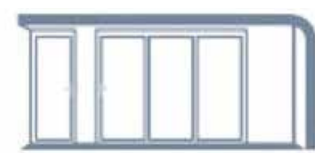


Carpet & Upholstery Cleaning

Contact our South Essex team for a free no obligation quotation.



Local Carpet Cleaning Service
☎ 01375 350150 📱 envirocleansouthessex



M&S GARDEN ROOMS

We pride ourselves on our commitment to provide a professional and speedy service at all times, whilst maintaining the highest quality of work.



- Garden Buildings
- Artificial Grass
- Rooms
- Garden Equipment
- Offices
- Garden Swings
- Kids Rooms
- Bird Tables & Feeders
- Photo Studios
- Play Equipment
- Games Rooms
- Gardens
- Cabins
- Patios
- Bars
- Garden
- Furniture
- Man Caves
- Garden Sheds
- Decking



CONTACT US TODAY FOR A FREE NO OBLIGATION QUOTE:

07380 440215



Make a grand entrance to your home



More
Styles &
Colours
Online



The most comprehensive range of quality composite doors with superb performance delivered and installed with service you can trust.

Design your door online www.ez2own.uk

Electric Roller Garage Doors

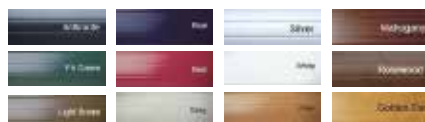
Our roller shutter garage door is one of the neatest electric garage door solutions available with vertical operation and no internal tracking mechanism in your garage at all.



From
£1199
Fully installed
inc. vat

- ✓ Improved security for your garage
- ✓ Trouble-free installation
- ✓ Choice of colours
- ✓ Tough and durable

SEND US PICS
AND SIZES FOR A
SAME-DAY QUOTE



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055



IS YOUR CONSERVATORY
TOO COLD
IN WINTER?



IS YOUR CONSERVATORY
TOO HOT
IN SUMMER?



EZ2OWN OFFER TWO SOLUTIONS



Insulated Roof

Usable rooms all year around

Using "Superquilt" technology our roofs are cool in the summer and warm in the winter!

1 DAY INSTALLATION

Our highly qualified team of professionals can install most of the roofs within 1 DAY!

AFFORDABLE PRICES

With prices starting from as little as £1295, we have a solution to cater everyone's price range.

MAKE IT YOUR OWN

Two types of finish, Cladding or Plasterboard.

SPECIAL DEALS ON LED DOWNLIGHTS



Replacement Roof

Tiled Conservatory Roofs

We also offer a full replacement service, which can completely transform the look of your conservatory.

Using a timber framed roof system including over 150mm of insulation.

There is a stunning selection of tiles, varying between Tapco, Slate or Metrotile.

Our replacement roofs come with 6 downlights, a plastered ceiling, along with full fascias and guttering.

FIXED PRICES FOR ALL SHAPES & SIZES

SEND US PICS AND SIZES
FOR A SAME-DAY QUOTE



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055





LOCAL NEWS

from your neighbourhood



School traffic issue set to improve for school term

Parents have welcomed new traffic restrictions aimed at reducing traffic near several Brentwood schools.

Traffic on Sawyers Hall Lane had been described as a “nightmare” by parents and residents, but an ending is in sight as new measures are being introduced ahead of the new school term.

Essex County Council (ECC) is removing 26 waiting and parking spaces on Sawyers Hall Lane and widening the footpath to encourage pupils and parents to walk to school.

New Park and Stride locations will also be set up at the car parks at William Hunter Way, Chatham Way and the Brentwood Centre – all within one mile of the schools near Sawyers Hall Lane.

These will be operational from this month and the car parks will be free for parents at school drop-off

and pick-up times.

A number of other behavioural change measures, will be encouraged, including a project delivered by national charity Living Streets to encourage more pupils to walk to school and a project supporting walking buses.

One parent, whose daughter attends Becket Keys School, said: “I think this can only be a good thing and it is very much needed.

“It was a nightmare before, so something needed to be done.

“My only concern is that once the winter months come, people won’t want to walk or cycle. Instead, they will just go to another road nearby and cause problems there.”

ECC hosted a virtual workshop on August 17 to update parents on the new measures.

BRENTWOOD PROPERTY NEWS



Peter Garland-Collins

The Brentwood Realtor

Your REAL Estate Agent For Life!

Hello, I am Peter Garland-Collins a local real estate agent and I am delighted to bring you my monthly, property column, focussing mainly on Brentwood and the surrounding areas.

In August, property website Rightmove reported that house prices had fallen slightly for the first time in 2022. Immediate thoughts turn to the cost of living crisis and six consecutive interest rate rises being the cause. Whilst it is likely these will have some impact throughout the rest of the year, the drop is actually due to seasonality and people being on holiday after a prolonged period of all our lives being restricted through the pandemic.

Brentwood and the rest of the U.K. should see a greater number of properties listed for sale in September after the majority of people have taken their holidays.

Want to move by Christmas?

If you want to move by Christmas, Rightmove also reported that its taking about 136 days to currently complete a sale. If you have a property you need to sell in order to make the move, then now is the time to take action!

Feel free to get in touch to discuss how me and my team can help you with anything property related.

Local Property Statistics

Current number of homes for sale in CM14. 197

Current average sold price per Sq.Ft. £473

Average sold price August 2022. £388k

5 Year Average Price Growth

Aug 2017 £371,799

Aug 2018 £373,899

Aug 2019 £347,921

Aug 2020 £370,443

Aug 2021 £433,458

Aug 2022 £388,272

-10%	12%	4%
1-year	3-year	5-year

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



F. Davis

Landscapes,
Tree & Garden
Services

Your local friendly
company offering you
exceptional services
with regard to trees, shrubs & hedges
and all kinds of landscaping

FREE ESTIMATES & ADVICE
14 DAY COOLING OFF PERIOD
NO DEPOSIT REQUIRED
ALL WORK GUARANTEED
FULL PUBLIC LIABILITY INSURANCE

CALL US TODAY ON
07909 702657 or 07366 996007

fdavislandscapetreecare@gmail.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,

D Lepine



Office: 01277 549277 ■ Mobile: 07960 741973

Website: www.davidlepinedecorating.co.uk

Email: d-lep@msn.com



Wildlife trust hosts muddy running challenge

Essex Wildlife Trust (EWT) is hosting a fundraising challenge in Brentwood.

The Running Wild fundraiser – a 90-minute challenge of obstacles, water, climbing, sliding and lots of mud – will take place on Saturday, October 8.

Held at the award-winning Nuclear Races Wild Forest site, participants will spend 90 minutes climbing over, crawling through and jumping across some crazy obstacles, before finishing with a 20-foot 'deathslide' into a lake.

Founded in 1959 by volunteers, the EWT protects more than 8,400 acres of land across 87 sites. It is supported by 39,000 members. It is now the county's leading conservation charity and money raised through

the event will help the EWT on its mission.

All entrants to the Running Wild fundraiser must be over 13 and under-18s must be accompanied by an adult or guardian.

Registration is completely free for those who are able to raise £100 or more for EWT. Seventy per cent of your sponsorship must be with EWT no later than Friday, September 9, to secure your free place. Otherwise, participants will be required to pay in full. Tickets cost £42 for adults and £32.40 for children.

The full address is Wild Forest, Parsonage Farm, Ongar Road, Brentwood, Essex CM15 0LA.

To find out more about the event and sign up, please visit bit.ly/3c75to0

Man faces murder trial following fatal fight

A man from Brentwood accused of murder is due to appear in court this month. Jevegenijs Lapkovskis, 36, of Warley Hill, will appear at Basildon Crown Court for his trial from September 26.

The date was set at a previous hearing at the same court on August 5.

Lapkovskis is accused of killing Lee Murrell, 29 (pictured right), at an address at Warley Hill on April 5 this year.

Police were called to the property with concerns for the welfare of a man, but sadly, Mr Murrell was pronounced dead at the scene.

Essex Police subsequently launched a murder investigation and Lapkovskis was arrested and charged, as reported in the May 2022 edition of **VISION** BrentwoodOngar.

At the hearing on August 5, the court heard how Mr Murrell died after a fight. Despite accepting that he was present, Lapkovskis denied the charge of murder.

In a tribute following his death, Mr Murrell's family said: "Our hearts are broken. Lee is, and always will be, a much-loved son and brother."



Photo credit: Essex Police



LOCAL NEWS BRENTWOOD



Kids taste success at chess championships



Two talented chess whizz kids from Brentwood tasted success at the European Championships where they represented England.

Brentwood School chess sibling supremos Nina (pictured above left) and Max (pictured above right) have just returned from the European Chess Union Championships in Greece.

Nina won a bronze medal in the individual Under 14 blitz championships, a version of speed chess. She was in joint first position but eventually ended up third following a tiebreak.

Meanwhile, in a larger field, Max played above his ranking to come 15th in the Under 12 blitz event and 21st in the rapid tournament.

Both Max and Nina also represented England in the team events; Nina for the Under 18 Girls' team and Max making his international team debut for the Under 12 Open team.

The team competitions took place over seven days, with the U18 Girls finishing ninth overall and the U12 Open team fifth.

Both players were also in action at the FIDE-Rated standard play and rapid play tournament, hosted by Brentwood School, over the August bank holiday.

Council to explore new fundraising scheme for town

Brentwood Borough Council (BBC) says it will explore creating a fundraising scheme which would help the community.

The scheme would allow people to contribute to a community fund which could then be spent on Brentwood communities, initiatives and groups.

Similar schemes already exist across the country, including 21 in London.

As well as improving the lives of Brentwood residents, it is hoped the scheme could increase investment in local communities and support the development of

areas by bringing together residents, philanthropists, corporate donors, public sector organisations and civil society organisations to raise money and address local priorities.

A BBC spokesperson said: "This council recognises the impact of the cost-of-living crisis on many residents and groups in Brentwood.

"While we acknowledge that we already have community funds in place, we believe there could be further opportunities to enhance these."

Councillor Gary White, who represents Hutton Central, who proposed the motion, said: "I am hoping that we can see what valuable lessons there are out there that we could use to the advantage of our residents."

Dishonest doctor erased from medical register

A doctor who carried out two instances of a colonoscopy procedure at a Brentwood hospital despite being banned from doing so has been erased from the medical register.

Hugo Taylor, now retired, was working at the Spire Hartwood when he performed the procedures in February 2018, but he had been barred from carrying them out by Basildon and Thurrock University Hospitals since July 27, 2016.

He did not tell Spire that he had been banned from doing colonoscopies, an action found by the tribunal to have been "dishonest".

Now, a Medical Practitioners Tribunal Service hearing has found his actions as warranting the label of misconduct, and he has been erased from the medical register.

It was also found that Mr Taylor made several mistakes during the procedures.

In its conclusion as to what sanction to place on Taylor, the tribunal said: "Mr Taylor risked the health of these patients, who could potentially have had cancer.

"Furthermore, he did not appear to take care when undertaking the procedures – he undertook them very quickly, knowing of his competency issues, which again put the patients at risk of harm."

Spire has been contacted for comment.



Photo credit: Google Maps

FIFTY FOUR DEGREES CELSIUS

The perfect medium rare New York Strip is cooked at fifty four degrees Celsius.

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.

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

Tel : 01277 204447

kutchenhaus
The German Kitchen



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



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

After



Before



After

CALL FOR A FREE QUOTATION

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

HATE CLEANING?

*police checked cleaner on request

All discounts or promotions are subject to our terms available on www.timeforyou.co.uk

Thames Forest to benefit from funding boost

A forest in Brentwood is set to benefit from mass plantations thanks to a £44million funding boost.

Thames Chase is among 13 community forests to benefit from a slice of £44.2million allocated to improve woodlands in the South East.

It is hoped the investment will help the forest adapt to a warmer world, reduce the risk of flooding, provide sustainable UK-grown timber and provide an environment for biodiversity to thrive.

It will also help create more jobs in the forestry and environment sector.

Covering nearly 40 square miles, Thames Chase is spread across Brentwood, Barking and Dagenham, Havering and Thurrock local authority areas.

The money is part of the government's £750million Nature for Climate Fund, which works to expand woodlands near cities, towns, villages and rivers.

Forestry minister Lord Zac Goldsmith said: "Our economies, livelihoods and wellbeing all rely on nature.

"As well as tackling the impacts of climate change and biodiversity loss, this significant funding will create diverse treescapes across the country and improve the health and wellbeing of local communities."

Paul Nolan, chair of England's Community Forests, said: "We welcome the opportunity to establish woodlands close to people, to deliver the benefits that we know they provide."

Resident takes to the ballroom for hit show

A comedian and broadcaster from Brentwood will be a contestant in this year's series of *Strictly Come Dancing*.

Ellie Taylor (pictured right), who was born in Brentwood and attended St Martin's School, is the ninth celebrity contestant confirmed in the BBC show.

She joins a line-up that includes Will Mellor, Kym Marsh, Richie Anderson, Kaye Adams, Jayde Adams, Ellie Simmonds OBE, Tyler West and Matt Goss.

Ellie began her career as a stand-up comedian after appearing on ITV's *Show Me the Funny* and has gone on to appear on BBC's *Mock The Week*, *The Mash Report*, *Live at the Apollo*, *Ted Lasso* and many more.

Speaking about the announcement, which was made on August 9, Ellie said: "Well, cover me in fake tan and roll me in sequins. I'm absolutely over the moon to be a part of *Strictly* 2022.

"At the moment, I'm focusing on the excitement and glitter and choosing to ignore the fact that I have the dancing ability of a newly born giraffe. Bring it on."



Photo credit: BBC



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



After a summer of record-breaking temperatures and lack of rain, which has led to us all being asked to limit our water use and see our gardens, playing fields and parks shrivel to a mass of scorched prickles, this edition is published as the children head back to school, and MPs head back to Parliament with a new Prime Minister leading the government.

As I write, the leadership vote has not closed, but whether Liz Truss MP or Rishi Sunak MP take up the role, one of their first jobs will be to look at what can be done to tackle the concerns of many about the impact of the rise in the cost of living.

Sadly, as we emerged from the worldwide COVID-19 pandemic, we were hit by a perfect storm of increasing costs of consumer goods and rising domestic fuel costs as global gas demand increased after pandemic restrictions were lifted.

Ministers have been active throughout the summer, discussing the rising energy costs with energy producers and helping households in the UK with rising costs. So far, all households will get £400 off energy bills, households receiving means-tested benefits will get £650 towards their costs, with additional payments of £300 for pensioners and £150 for people receiving disability payments, and there's a £150 council tax rebate for households in council tax bands A-D.

We're still looking at other ways to help, and details of what the government will do will be released in the coming weeks. However, if you're worried about the cost of your energy bills, please talk to your energy provider to arrange a payment plan you can afford. Citizens Advice has excellent advice which you can find at www.citizensadvice.org.uk/consumer/energy/energy-supply

Thames Crossing joins alliance

The Lower Thames Crossing has signed the Brentwood Environmental Business Alliance (BEBA) Pledge to support the group and contribute towards a greener, more sustainable future.

Brentwood Borough Council and local businesses are working together to tackle the challenges faced by climate change and to help businesses in the borough reduce their carbon footprint.

Businesses signing up to the green pledge make a commitment to minimise their environmental impact.

Leader of the council, councillor Chris Hossack (pictured right), said: "Together with other local businesses, we are stronger and can create innovative solutions for reducing carbon emissions in our businesses, our communities and the planet."

Brentwood Borough Council announced it will be carbon neutral by 2040.

Matt Palmer, executive director of Lower Thames Crossing (pictured left), added: "I'm delighted for the Lower Thames Crossing to sign the BEBA pledge and we are excited about working closely with the BEBA Community over the coming years."

For more information, visit brentwood-beba.co.uk



BRING WARMTH & STYLE TO YOUR HOME



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

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.co.uk

Hawk Hill, Battlesbridge, Essex, SS11 7RJ

LOCAL NEWS

from your neighbourhood



Photo credit Epping Ongar Railway

Railway will host special diesel engine gala

Epping Ongar Railway will see a special locomotive back in action at an event this month.

On September 17 and 18, the Class 20 locomotive 20001 will make a return after undergoing maintenance, including an engine overhaul and a repaint.

The train will make its first appearance in more than three years at the railway's Autumn Diesel Gala event.

The event will consist of three train-intensive services across the weekend. All trains will be running synonymously with a fleet of Heritage buses which will be operating between Ongar, North Weald, Epping

Underground and Shenfield National Rail stations.

The trains will offer a series of refreshments at the train bar where they will be serving a selection of draught beers, alongside wines, lagers and soft drinks, with the event hosting its very own Real Ale Train on September 17.

The event will be offering £5 cab rides for those who would like to see the line from the unique vantage point of a loco cab. The gala is also providing brake van rides which like the cab rides, will be done on a first-come first-served basis.

Find out more at www.eorailway.co.uk



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.spindoctoruk.co.uk



Waste Management & Site Services



- ALL TYPES OF WASTE REMOVED
- HOUSE CLEARANCE
- GARDEN CLEARANCE • DEMOLITION



- Call or WhatsApp photos
- Licensed & Insured
- 95% of waste collected is recycled

- **www.geotom.co.uk**
- **07973662050 - 01277402284**
- **clearance@geotom.co.uk**

LICENCE NO: CBDU314512



BUILDING FOR YOUR FUTURE

Masterbuild & Maintenance

SPECIALISTS IN

- ◆ New Builds ◆ Extensions ◆ Loft Conversions
- ◆ Refurbishments & Landscaping
- ◆ Family Owned ◆ Covering all areas of Essex

CONTACT US FOR A QUOTE OR ADVICE

07894 744122



WWW.MASTER-BUILD.CO.UK ◆ **DANIEL@MASTER-BUILD.CO.UK**
[@MASTERBUILDANDMAINTENANCE](https://www.facebook.com/MASTERBUILDANDMAINTENANCE) **[MASTERBUILDANDMAINTENANCE](https://www.instagram.com/MASTERBUILDANDMAINTENANCE)**



Photo credit: Epping Forest District Council

Council wants out of RideLondon cycle route

Ongar Town Council (OTC) is hoping to withdraw the town from being involved in a major London cycling event.

OTC is to write to the organisers of RideLondon Essex to call for the town to be excluded from the route for next year's mass participation cycle event.

Councillors unanimously voted on August 18 that OTC's views should be expressed to the event organiser, London Marathon Events, as well as to Essex County Council (ECC) and Active Essex.

An announcement was recently made that ECC has approved the event, which attracted more than 20,000 cyclists this year and will take place next year on Sunday, May 28. However, no decision has yet

been taken over the route.

ECC said engagement will take place over the route before a decision is taken in the autumn.

OTC chairman councillor Derek Birch told the town council meeting: "It closed the town down. It basically locked everyone in."

Councillor Simon Cole said: "The impact on the town was unacceptable."

OTC is also complaining that a post-event public meeting to gauge public views had not taken place.

Ongar was a focal point for this year's event with two rest stops – at Ongar Leisure Centre and the two High Street car parks – as riders arrived at the Four Wantz roundabout on both the 60-mile and 100-mile routes.

New domestic abuse support group launched

Thrive Survivors Group is offering residents of Ongar peer support and professional facilitators in safe, comfortable surroundings.

Funded via the Epping Forest Public Health Grant and the Community Safety Partnership (CSP), the group is a collaboration between the Epping Team Ministry, Epping Forest Health and Wellbeing Board, Changing Pathways and Epping Forest CSP and is proving to be a vital resource for women who have found the courage to leave abusive relationships.

Changing Pathways, an organisation providing free and confidential support to those subjected to domestic abuse and stalking, runs the meetings.

Changing Pathways facilitator Bexx and mindfulness coach Catherine offer attendees support with coping strategies and next steps.

Phillis, the Thrive group coordinator, is also a domestic abuse survivor, bringing a personal element to the discussions.

Councillor Holly Whitbread, chair of Epping Forest Community Safety Partnership, said: "It brings together a number of organisations that are able to provide emotional and practical support for women escaping domestic abuse."

For more information, please email thrivegroupepping@gmail.com



RLS Plumbing & Heating Services

Turning your dream bathroom into a reality.



- ✓ Full bathroom refurbishment ✓ Wet rooms
- ✓ Disabled bathrooms/shower rooms ✓ Wall cladding
- ✓ Manufacturer backed guarantees up to 25 years
- ✓ Over 15 years experience ✓ Rated 5 stars on all review platforms

CUSTOMER TESTIMONIALS

We used RLS for our bathroom fit recently and couldn't have been happier. Such a friendly, tidy, helpful bunch of guys. From our first meeting where Ryan came to quote, all the way through to the completion we have been so impressed and are absolutely blown away with our new bathroom. Thanks guys

Location: CM15 - Reviewed in: November 2021

So we thought we would use a local company to install a new bathroom for us. I must say I'm so glad we did - all work carried out to a professional standard, we asked for some extra work and nothing was a problem. The standard on completion was excellent and we are over the moon with it. I would totally recommend this local company for all your plumbing/bathroom needs. Keep up the great work boys

Location: SS17 Southend Road - Reviewed in: October 2021

Tel: 01375 675 557 | Mob: 07931 787 563

Visit our Shop: 7 Lampits Hill, Corringham, SS17 9DD
Email: ryan@rlsplumbing.co.uk | www.rlsplumbing.co.uk

**You've popped the cork,
now light the wick!**



Treat yourself to one of our candles, upcycled from champagne and liquor bottles to add a bit of luxury to your happy place



**Scan the QR code & visit our website
or go to www.wickinc.co.uk**

Make sure you use our special
**VISION discount code for
10% off your first order!**
WICKVISION22



Storm & Son's Ltd

PAVING & LANDSCAPES

OUR FIELD OF EXPERTISE EXTENDS TO:
 DRIVEWAYS • PATIOS • FENCING • ASTRO TURF
 BRICKWORK • GARDEN DESIGN • JET WASHING
 PORCELAIN • DROPPED KERBS
 DIGGER AND DRIVER HIRE

At Storm And Sons our aim is to provide customers with the best possible service. We're a team of professionals with over 25 years of experience who tackle everything from complex large projects to smaller scale jobs. Fuelled by our commitment to excellence, we go the extra mile to make sure clients are completely satisfied with our work. All work is fully insured up to £10 Million. **Contact us today to get your free estimate!**

01245 981 670 07799 628 630
stormandsonspaving@gmail.com
www.stormandsons.co.uk

Metal detectorist discovers medieval coins



Photo credit: Epping Forest District Museum

Two early medieval gold coins found by a metal detectorist in Ongar have been purchased by Epping Forest District Museum.

The tremsises, valued at £7,500 by the Treasure Valuation Committee, were unearthed towards the bottom of Basons Lane in autumn 1999, at the time that work was being carried out on the entrance road to the Kings Head car park.

Ongar Town Council approved making a £250 contribution towards the purchase cost.

Ian Channell, collections officer at the museum, told the town council the coins date from the late 6th to 7th century.

Mr Channell said: "There are no comparable objects, chronologically, culturally or stylistically, in the collection.

"The coins are evidence that the Kingdom of Essex, and the wider heptarchy, were not discrete, static entities existing in a vacuum, but were very much linked ethnically, culturally, religiously and economically with each other and the European continent."

Man arrested after racially charged attack

A man from Ongar has been arrested in connection with an investigation into an attempted assault and criminal damage.

Police received a report that a man had made threats to a man in his 40s and then tried to run him over in Wych Elm, Harlow, at around 7.30pm on May 31.

The victim also reported being racially abused and that his car was damaged.

At the beginning of August, a 34-year-old man from Ongar was arrested on suspicion of attempted grievous bodily harm with intent, assault, criminal damage, and racially or religiously aggravated intentional harassment.

He has been released under investigation.

A spokesperson for Essex Police said: "If you have

any information, CCTV, dashcam or any other footage in relation to this incident, please get in contact with us. Please quote crime reference number 42/139201/22.

"You can let us know by submitting a report on our website at www.essex.police.uk

"Alternatively you can call us on 101."

Vacancies open for new councillors

Ongar Town Council (OTC) is on the lookout for new councillors, with vacancies currently available.

Anyone can apply for the positions, with OTC saying the candidates should be able to listen, be a voice for their community and attend meetings.

OTC says any prospective councillor can expect to feel a "sense of achievement and pride", particularly when they see decisions they have helped to make create a difference in the community.

It also offers assurances that there will be support from other councillors and that there is no need for an election for candidates to be appointed.

All that is needed is a CV or a short note explaining why you are interested in becoming a councillor and what you could contribute to the town.

An OTC spokesperson said: "The main role of a town councillor is to represent the views of all residents within the town and to listen to, and understand, the views and needs of different groups in the community.

"Whatever needs changing in your neighbourhood, you could be just the person to change it.

"Being an effective councillor requires both commitment and hard work."

Meetings are held on the third Thursday of each month at 8pm at the council offices in Basons Way, and you will be invited to attend and speak to the councillors.

For further information please contact the clerk on 01277 365348 or send an email to clerk@ongartowncouncil.gov.uk



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

Flyer Distribution Essex covers a majority of the CM, SS & CO postcode areas

- One off drops OR regular monthly drops
- Targeted Demographics - delivered direct to homes
- Cost effective Printing service available
- Direct Pick up service available from your Essex based address

CONTACT US

01277 554045 • www.flyerdistributionessex.co.uk

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.

Established for over 16 years, Cloudy2Clear windows have become the UK's leading company for domestic glass replacement. Customers are no longer needing to risk their windows by using the dreaded double glazing cowboy down the road, instead, now they can join over 320,000 happy customers and have their glass replaced in an affordable and ethical manner. Remember, a failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed double glazing? If you act now you can avoid any future costly problems.

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 once again".

For a free quotation please call **0800 61 21 118** or visit www.cloudy2clear.com.

“
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





IN A HEARTBEAT

WHY DOCTORS ARE ADVISING CAUTION WHERE HEARTBEAT-TRACKING DEVICES ARE CONCERNED

Technology has put us more in touch with our bodies than ever before. It all began with the advent of the internet, whereby we could quickly and effectively research ailments by typing symptoms into Google.

Of course, seeing as we've all wrongly self-diagnosed a worst-case scenario, it might be said that the technology lets us down, and that concept is at the core of why a growing number of doctors are expressing fear at the breadth of heart rate monitors that now follow our every move.

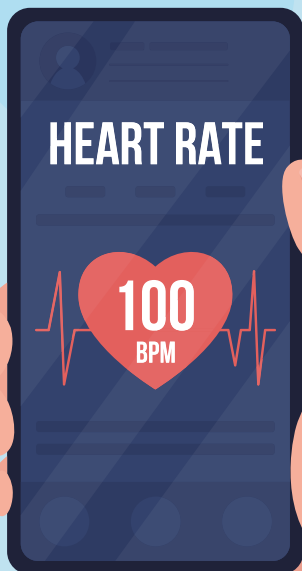
From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

Yet cardiologists say the information these devices produce isn't always useful. After all, notifications from the devices aren't definitive diagnoses, and in our pursuit of health we are now more likely to respond in a manner that leans on the healthcare system, when what we are receiving is often a false alarm.

"The technology has outpaced us," says Rod Passman, a cardiologist at Northwestern University who's assisting with a study examining the Apple Watch's ability to screen for heart rhythm conditions. "Industry came out with these things because they could. Now we're playing catch-up and trying to figure out what to do with this information."

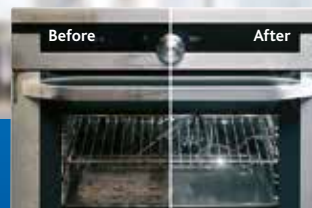
So while some products will call for help if the wearer has been in a car crash or had a bad fall, others are fully making patients the protagonists in maintaining their health, and that's dangerous.

Rod adds: "The fact is that these devices are lifestyle, not healthcare, devices, and the hundreds of millions of users need to enjoy their exercise without the anxiety of the unknown."



Get Your Oven's Sparkle Back

AS SEEN
ON TV



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

"I'm simply delighted at how sparkly clean my oven and hob look now! It really does look like the cooker is brand new again!"

★ Trustpilot
★★★★★

Call Marc or go online for your FREE quote

07706 289426
ovenclean.com

ovenclean
— LESS GRIME. MORE TIME —

WORK SPACES TO LET

SUITABLE OFFICE/ WORKROOM

ONGAR AREA

FROM £65 PER WEEK

INCLUSIVE OF BUSINESS RATES

AND GIGACLEAR WIFI

OWN ELECTRIC METER

FULLY FURNISHED

PARKING FOR ONE CAR

NO CAR DEALERS

07984 656775

jackyjoanhiggins@aol.com

CE APPROVED

From £895*
for a fully fitted electric garage door.

Gotta get a Garolla.

Trustpilot
★★★★★
11.8 out of 13 - Over 5,000 reviews

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

Give us a call today and we'll come and measure up FREE of charge.

GAROLLA
ROLLER SHUTTER DOORS
www.garolla.co.uk

CALL US TODAY ON:
01277 801 081
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.

IDRIS ELBA

OFF SCRIPT?

WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA

“I’m probably a perfectionist,” admits Idris Elba, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

And one of our finest...



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



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**

ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS



Photo credit: Granger/Shutterstock

Your
Monthly
Lifestyle
Magazine



t: 01277 554045 w: www.VISIONimagessex.com
e: brentwood@VISIONmag.co.uk

Super savings on SPENDING ABROAD



TRAVEL

Make the most of your holiday spending money with the best accounts for overseas spending.

Enjoy free cash withdrawals, no hidden fees, contactless spending and so much more.



STARLING BANK: A mobile-only bank that offers both personal and business banking, Starling is perfect for people who want uncapped ATM withdrawals when abroad. As well as being able to spend with no fees, you can also earn interest on the funds in your account.



MONZO: If you want low ATM fees and capped overdraft charges, then Monzo is the bank account for you. With the ability to convert your money into your chosen currency and back with no foreign-sterling transaction fee, you are also able to drop into your overdraft.



WISE: Formerly known as TransferWise, Wise offers £200 worth of free cash withdrawals per month before you are charged. It also allows you to convert your cash into 40 different currencies and offers free international transfers, and you can use the app to find out real-time currency exchange information.



MONESE: If you travel or work between the UK and Europe, Monese is a great choice. Specialising in multi-currency accounts, this digital bank does not carry out any credit checks and you don't even need proof of address. With the Simple Monese plan, you are allowed to withdraw £200 free, with a two per cent charge for any withdrawals beyond this.



REVOLUT: Revolut is a prepaid card and app that allows you to hold and exchange 30 different currencies up to £1,000 per month. You can withdraw up to £200 free of charge and there are no fees for card payments, including contactless ones. Choose from a standard account (free), plus account (£2.99), premium account (£6.99) or metal account (£12.99 per month).



CHASE: Chase is one of the largest banks in the United States and has recently come over to the UK, offering both current and savings accounts. Not only can you withdraw up to £500 per day from cash machines when abroad with no fees, but you can also earn one per cent cashback when you book your flights and on your everyday spending abroad.



Get Packing with Instant Breaks!

When it comes to booking a holiday there's no need to look any further, travel is what we do best! Instant Breaks offers unmissable holiday experiences, along with custom-made packages to suit your requirements.

We are an Independent Travel Company based in Essex with a dedicated team of travel experts who will advise you honestly and expertly fulfilling all your travel requirements every step of the way. We will take care of even the smallest of details that can make the world of difference and combined with our passion for travel, we can craft you a truly personal and tailor-made holiday.

We will do all the hard work for you, by narrowing down the massive choice of holidays around the World to find that something special. Our extensive Instant Breaks portfolio includes a wide range of holiday experiences from budget to bespoke tailormade luxury.

Whether you are looking for a trip of a lifetime, a family getaway in the school holidays or a weekend city break, we can source some fantastic

options with our trusted industry partners. You can then simply relax and let us take care of the rest.

So, if you need holiday inspiration or, just want some friendly advice when deciding on your next adventure, give us a try. Our travel experts can start tailoring your escape today.

Discover a world of exciting travel opportunities. All holidays booked with us are both ABTA & ATOL protected.


instantbreaks
www.instantbreaks.com

We also help grant wishes...

We have partnered with local charity The MCA Trust, a volunteer-run organisation, which grants children with brain-related cancers a "Special Wish" or donates equipment to make their lives that much easier. Instant Breaks help with The MCA Trust's travel requirements by booking their 'Special Wish' holidays – such as magical Disney getaways but we also run a friends and family initiative. If any friends or family book a holiday with Instant Breaks and mention the MCA Code, we give a contribution back to The MCA Trust to help more children and to grant those very special wishes.


instantbreaks
Look no further for your Holiday!



www.instantbreaks.com
sales@instantbreaks.com
0800 808 6660



InstantBreaksLTD
Instant_breaks



SLOE & STEADY *wins the race*

There's something magical about turning a humble hedgerow berry into something to tease the tastebuds, like sloe gin. And better still, it's really simple to make.

Sloes grow on blackthorn bushes, which are found all over the UK. The bushes blossom in early spring with clouds of pretty white flowers, and the deep purple berries start forming in August.

For sloe gin, people often recommend that you don't pick them until after the first frost. Apparently, this makes the berries sweeter and softer. The only problem is that birds love sloes, too, and they might get there before you do.

So the Woodland Trust recommends that you pick sloes from late September. After washing and drying them, just pop them in the freezer. This creates an artificial frost – and the berries will keep in the freezer for several months.

When you're out picking sloes, it's a good idea to wear gloves and a long-sleeved top as their branches are prickly and covered with thorns. And remember, sloes don't taste good raw. And while eating them in this state won't harm adults, never give them to children.

How to make sloe gin

Ingredients:

500g sloes (rinsed and dried) | 250g caster sugar | 1 litre gin

Method:

- Prick the sloes with a cocktail stick and tip into a 2-litre glass jar.
- Add the sugar and gin, seal the jar and shake well.
- Once a day for a week, give the jar a good shake.
- Store the jar in a cool, dark place and leave for 2-3 months.
- Line a plastic sieve with a square of muslin, strain the liquid into a bowl and decant it into clean, dry bottles.
- Your sloe gin is now ready to drink.
- Drink it neat or top it up with prosecco for a sparkling aperitif.



SOUTH ESSEX GOLF EVENTS






**BOOK YOUR
CHRISTMAS
Party**

A WELCOME DRINK OF PROSECCO
THREE-COURSE MEAL
MINCE PIES
CHRISTMAS CRACKERS
DJ

FOR MORE DETAILS PLEASE CALL
01277 811289
WWW.SOUTHESEXGOLF.CO.UK
 SOUTHESEXGOLFEVENTS




Brentwood Beigels
BB




**BEIGELS FRESHLY DELIVERED DAILY FROM
LONDON'S RENOWNED BRICK LANE**

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



**OPEN FOR BOTH INDOOR &
OUTDOOR SEATING & TAKEAWAY**

Monday-Saturday 9:00am - 2:30pm
Sunday: CLOSED

10 Ropers Yard, Hart Street, CM14 4FU

 [brentwoodbeigels](https://www.instagram.com/brentwoodbeigels)  [Brentwood-Beigels](https://www.facebook.com/Brentwood-Beigels)

FOOD HYGIENE RATING

 **5**

Caprinos®



20% OFF

on first order

15% OFF

*on all web orders -
excluding Tuesday



7" & 12" PIZZAS

with your choice of crust

VEGAN PIZZA

- DIPS • SIDES • SALADS
- KIDS MEALS • DESSERTS
- ICE CREAM • DRINKS



3 ONGAR RD, BRENTWOOD CM15 9AU
01277 213913 • WWW.CAPRINOSPIZZA.CO.UK
MON - SUN: 11AM TO 11PM

LUNCH TIME SPECIAL

7" Pizza with any 2 Toppings
Medium Portion of Potato Wedges
One Can of Drink

£5.49

CAPRINOS MEGA DEAL

Any 2 x 12" Pizzas • Any 2 Side Orders
Any 2 Desserts • 1 Bottle of Drink
2 Dips

£28.99

KIDS MEALS

7" Margherita Pizza, Curly Fries,
1 Brownie, Capri-Sun

£5.40

COLLECTION OFFER

Any 7" Pizza + 1 Dip **£4.99**
Any 9" Pizza + 1 Dip **£6.99**
Any 12" Pizza + 1 Dip **£9.99**
Any 15" Pizza + 2 Dips **£12.99**

BUY 1 PIZZA GET 1 FREE

*Tuesday Only *Excluding Offers
*Cheapest Pizza Free



DEAL 1

Any 9" Pizza
Any Single Side Order,
1 Dip
1 Can of Drink

£13.99

DEAL 3

Any 15" Pizza
Any Single Side Order,
2 Dips
1 Bottle of Drink

£18.99

MEAL FOR 2

Any 2x 9" Pizzas,
5pcs of BBQ Wings
7" Cheesy Garlic Bread,
2 Dips

£19.99

SIDE PLATTER

3 BBQ Wings,
Hot Wings
Chicken Strips
A Small Portion of Wedges

£7.99



DOWNLOAD THE
CAPRINOS APP®



DEAL 2

Any 12" Pizza
Any Single Side Order,
1 Dip
1 Bottle of Drink

£16.99

PERSONAL DEAL

Any 7" Pizza
Any Single Side Order,
1 Dip
1 Can of Drink

£10.49

2s SPECIAL

Any 2 x 7" Pizza + 2 Dip **£12.99**
Any 2 x 9" Pizza + 2 Dip **£16.99**
Any 2 x 12" Pizza + 2 Dip **£22.99**
Any 2 x 15" Pizza + 4 Dips **£26.99**

VEGAN DEAL

Any 12" Vegan Pizza
Any Vegan Single Side Order,
1 Dip
1 Bottle of Soft Drink

£16.99

STUFFED CRUST DEAL

Any 12" Pizza with any Stuffed Crust
Any 9" Pizza with any Stuffed Crust
One Bottle of Drink
2 Dips

£19.99

FULL MENU AVAILABLE ONLINE

Terms and Conditions: (1) The minimum order for free delivery is £15.00 (after offers/discounts). (2) Our drivers carry £10 in change. (3) Please leave a light on for the driver. (4) Please mention offers when placing your order. (5) Multiple offers cannot be used at the same time. (6) We reserve the right to change offers and prices without prior notice. (7) Products and offers are subject to availability. (8) Pizza add-ons have extra charges on offer and deals. (9) Our food may contain allergens, ask before order if you have any concern. (10) Delivery charge may apply in some areas. (11) Size/weight of side orders may vary. (12) Our products contain NO pork and is substituted with alternatives, for more information please visit FAQs on our website.

DISCOUNT VOUCHER SEPT15%

WHEN YOU PRESENT THIS VOUCHER ON INSTORE COLLECTION OF ORDERS

GET 15% DISCOUNT

WHEN YOU PRESENT THIS VOUCHER ON INSTORE COLLECTION OF ORDERS

THE HARVARD INN ARE LOOKING FOR EXPERIENCED FRONT OF HOUSE STAFF



The Harvard Inn is a busy hotel, restaurant and wine bar situated in the centre of Stock, specialising in freshly prepared and cooked food with excellent accommodation and well stocked wine bar.

If you are experienced in front of house duties and would like to further your position to a supervisory and management role, confident in being able to manage people, have good organisational skills, happy to meet and greet guests, be involved in all aspects of the hotel, restaurant and wine bar, then this could be the opportunity for you.

If you would like to join our friendly team then send your CV to:
reception@theharvardinn.co.uk

THE HARVARD INN

The Harvard Inn, High Street, Stock, Essex CM4 9BJ | T: 01277 840008

The Blackberry Day

They look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.

Blackberry fruit crumble squares

INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder | 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!



FOOD & DRINK



Family owned & managed
ST MICHAELS HOMES LTD

Caring for the elderly and those with dementia since 1991

**HIRING
NOW**

**WE CARE
COULD YOU?**

**RECRUITING FOR CARERS FULL & PART TIME
IN BRENTWOOD - CALL 01277 372095**

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**

**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@stmichaelshomesltd.com

Senior Citizen Lunch Club



Bringing people
together to
enjoy a hot meal
and socialise.



COVID-19 SECURE

Testing for attendees & all staff.

ONLY £5 per person
Book a place today!
Call: 01277 376 502

- Main course and dessert
- Live entertainment
- Tea & coffee served throughout
- Door to door transportation,
50p per mile. Subject to availability.



Or send an email to: lauren.bullock@stmichaelshomesltd.com

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



HISTORY

If you know your lickswishy from your snozzberry, chances are you're a fan of author Roald Dahl. September 13 – the author's birthday – marks Roald Dahl Day, and schools around the world will be celebrating the occasion with a host of fun activities.

Dahl was born in Wales in 1916 to Norwegian parents. He was just four years old when his father died. His mother decided against moving the family back to Norway, as she knew her husband wanted their children to have a British education, which he regarded as the best in the world.

Dahl's schooldays inspired many of his children's books. For instance, at his boarding school, children were asked to taste test Cadbury's chocolate bars, which inspired *Charlie and the Chocolate Factory*. But there were more sinister influences too, such as scary adults. In his books at least, the children always got their revenge.

After leaving school, Dahl worked in East Africa and was a spy and an ace fighter pilot during the Second World War.

In 1953, Dahl married American actress Patricia Neal and together they had five children. The couple divorced after 30 years and Dahl later married film producer Felicity Crosland.

From 1953 until his death in 1990, Dahl lived in Great Missenden, Buckinghamshire, in a house with a specially built writing hut in the garden. This was where he wrote all 20 of his famous children's books, from *James and the Giant Peach* in 1961 to *The Minpins*, published after his death.

In 2012, the interior of the hut was carefully removed and installed in its new home, the Roald Dahl Museum and Story Centre, also in Great Missenden.

He is buried at St Peter's Church, Great Missenden, along with his snooker cues, some good burgundy, chocolates, HB pencils and a power saw.

For more information, visit roalddahl.com/create-and-learn/join-in/roald-dahl-day



Wave goodbye to

Are you struggling to find snacks for your kids that aren't loaded with sugar? Check out these sugar-free snacks that are easy to prepare, cost-effective to make and help to support healthy teeth and gums.

Roasted chickpeas

Although chickpeas are most commonly associated with houmous, they can also be roasted to create a healthy sugar-free snack. Simply place on a baking tray, drizzle with olive oil and then add whatever spices your children like.

Vegetable pikelets

Perfect for little ones who are averse to eating vegetables when they can see them, vegetable pikelets are a great savoury after-school snack. Make a batter by mixing 2 cups wholemeal flour, 3 tsp baking powder, 2 eggs and 1.5 cups of milk. Add 2 cups of your chosen vegetables and 1 cup cheese. Mix and then fry like little pancakes.

Peanut butter dip

Although some peanut butters contain sugar, you can get natural ones that are sugar-free at most supermarkets. To make a delicious kid-friendly dip, whip together equal parts cream cheese and peanut butter until light and creamy. Serve with apples or celery.

Boiled eggs

Super-simple, filling and nutritious, boiled eggs are a great snack for kids who come home from school starving. You can hard boil eggs in advance, peel and store in the fridge. Serve just as they are, sprinkle with spices or make some devilled eggs.

Guacamole

Avocado is full of healthy fats and makes a great snack for babies, toddlers and older children alike. To make a delicious guacamole, smash up or blend a ripe avocado and then squeeze in some lime juice. Stir in a little Greek yogurt until you get the desired consistency. Serve with veggie sticks or pitta.



ESPAÑOL

START
LEARNING
SPANISH
TODAY!

DO YOU WANT TO LEARN THE 4TH MOST SPOKEN LANGUAGE ON THE PLANET?

CLASSES ARE HELD ON SATURDAYS – ONLINE SESSIONS ARE ALSO AVAILABLE

10.00am - 10.20am	SPANISH KIDS CLUB TODDLERS	12.30pm - 1.20pm	GCSE COURSE
10.30am - 11.20am	SPANISH KIDS CLUB RECEPTION Y1	1.30pm - 2.00pm	CONVERSATION
11.30am - 12.20pm	SPANISH KIDS CLUB Y2-Y3		



BOOK NOW TO RESERVE YOUR PLACE ON OUR CLASSES STARTING SEPTEMBER 2022

07936 399948 • www.brentwoodspanishschool.co.uk
brentwoodspanishschool@gmail.com
 30 Crown Street, Brentwood, CM14 4BA



Brentwood Ursuline

Convent High School *Founded 1900*

YEAR 7 OPEN EVENING

Thursday 29th September 2022

6.30 - 9.00pm

Headteacher's talks at 6.30pm and 7.30pm

OPEN MORNINGS

Thursday 6th and Friday 7th October 2022

9.30am - 11.00am

By appointment only

Please note there is no onsite parking for these events



**Ranked 6th Non-Selective
School in the
East Anglia Region**

The Times Best Secondary Schools 2022

01277 227156 admin@buchs.co.uk ♦ www.brentwoodursuline.co.uk

Queen's Road Brentwood, Essex, CM14 4EX



YOUR LOCAL, RELIABLE TREE SURGEONS

Our company offers a range of services to complete your project to the highest standard

- TREE SURGERY
- TREE FELLING
- STUMP REMOVAL
- HEDGE TRIMMING
- Fully Qualified & Insured Staff
- Quality Firewood available



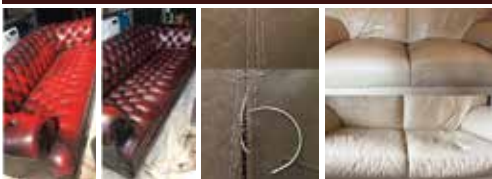
01277 821655
07979 935505

info@treesurgeonhelmsford.co.uk
www.optimum-tree-services.com

CALL NOW
FOR A
FREE
QUOTE

MOBILE UPHOLSTERY

REPAIRS AND LEATHER CLEANING



FABRIC AND LEATHER FURNITURE
REPAIRS CARRIED OUT IN YOUR HOME

Leather Repairs and Colour Restoration
Leather Cleaning and Conditioning
Cushion Padding Refurbished or Replaced
Open Seams Re-Sewn | Pet Damage | Repairs
Springs | Frames | Recliners



Tel: 07889 368706



www.mobileupholstery.co.uk
enquiries@mobileupholstery.co.uk

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



5 PET PARENTING mistakes

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.



PETS



Happy hibernating

Most animals go into hibernation in autumn as it is the most efficient way to survive the cold winter months. Find out how to recognise hibernating wildlife in your garden and how to help them survive until spring.

Signs of hibernating wildlife

Leaf pile

A pile of leaves in a corner of the garden, in the compost bin or behind the shed can mean you have a hibernating hedgehog or two. Hedgehogs can also hibernate in bonfire piles, so be sure to check before you light.

Movement in a pond

If you have a pond in your garden and you notice movement or shadows at the bottom, this could mean that frogs are hibernating there. These are typically male frogs as they favour hibernating in water rather than in mud or under leaves.

Mounds of soil

Small mounds of soil can indicate that mining bees are nesting in your lawn or in your borders. If this is the case, it is likely that their offspring will be hibernating there until spring.

Long grass

Although long grass is not a sign of hibernation, it is highly likely that wildlife will be seeking shelter there. In particular, caterpillars and moths hibernate in long grass, as well as beetles and other grubs.

Leaves on a wall

If you notice leaves on a wall in your garden, these may not actually be leaves but clusters of butterflies who often hibernate in groups.

How to protect hibernating wildlife

- ★ Create leaf and log piles
- ★ Have plants that offer winter nectar, such as mahonia and hellebores
- ★ Move any bug houses to a sheltered spot
- ★ Put up a nest box for birds
- ★ Avoid late tidying of any potential hibernation spots
- ★ Leave out a supply of nuts to support squirrels as they collect food.



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

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

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

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

Simply call: 01277 352 236 or visit: [greenthumb.co.uk](https://www.greenthumb.co.uk)   



PRICES FROM
£15*
PER TREATMENT

GreenThumb

LAWN TREATMENT SERVICE

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



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**



GARDENING

Does your garden boast beautiful blooms during spring and summer but look a little bleak and bare the rest of the year? If yes, then check out these flowering evergreen plants that promise to provide colour all year round.

Heather: Heathers are compact, evergreen shrubs that boast tiny bell-shaped flowers in an array of stunning shades including white, pink, red and mauve. You can find varieties that flower in summer and autumn, and even ones that bloom during the coldest months of the year.

Creeping myrtle: Creeping myrtle, aka Vinca minor, is a blue-flowering vine that boasts shiny evergreen leaves on long, arching stems. With the ability to provide ground cover for shade, creeping myrtle can grow up to six inches tall, with a spread of 18 inches. Ideal for those who want an attractive and hardy evergreen plant in their garden.

Azaleas: If you have a shady spot in your garden that needs brightening up, then azaleas are the ideal choice. A small evergreen shrub that showcases bright flowers in spring and vibrant greenery all year round, plant azaleas in the ground or opt for dwarf varieties in pots if you are short on space.

Camellias: Camellia sinensis is a welcome sight in late winter and early spring, offering an abundance of colour when most other plants are not in bloom. With glossy evergreen leaves that promise to look good throughout the year, camellias thrive in shady spots and acidic soil.

Choisya: Choisya, also known as Mexican orange blossom, is a low-maintenance evergreen shrub that proudly displays white star-shaped flowers and glossy green leaves. Plant in a sunny and sheltered spot and enjoy the delicious smell of orange blossom in late spring/early summer.



TREE SURGERY

**Priding ourselves to carry out all aspects
of professional Tree Surgery.**

With a highly qualified team, no job is too small!

With full public liability insurance.

Free no obligation estimates.

We offer 24hr emergency call out.

07815 026042 • 01277 211841
turnerstreesurgery@hotmail.com
www.turnerstreesurgery.com



Beautiful BULBS

September is the perfect month for planting spring bulbs, and these can be placed directly into borders or in pots for patios and smaller gardens. Discover our top picks for a blooming beautiful spring garden below.

Snowdrops: Snowdrops are the first bulbs to flower, usually in February, and are often hailed as the first sign of spring. With the ability to flower whatever the weather, even in snow, these delicate flowers thrive in moist, well-drained soil and in partial shade. Grow in borders or pots.

Irises: Iris reticulata is ideal for small pots, window boxes and raised beds. Bringing some much-needed colour to your garden as early as February, irises like the sun and free-draining spots.

Crocuses: Crocuses provide a carpet of colour in the garden from late winter onwards and are very

easy to grow. They are well suited to both borders and pots; place them in a sunny spot for best results.

Tulips: Tulips come in almost every colour, from pastels to rich shades. They are perfect for adding vibrancy to spring borders in April and May but can also be grown in pots. Tulips favour full or afternoon sun and the soil must be well drained.

Hyacinths: Highly fragrant and available in a wide range of colours, hyacinths look amazing in borders in the front garden or in pots for a splash of colour. Hyacinths thrive in most soils as long as they are not too wet. Plant in full sun or partial shade.

Daffodils: Daffodils are synonymous with spring and there are many different varieties for you to choose from. Ranging in height from 10cm to 45cm, daffodils can be yellow, white, cream or lemon-coloured. They grow very well in pots but also make a great addition to borders.



Roothway Builders Ltd



HOCKLEY BASED FAMILY BUSINESS
SPECIALIST BUILDERS



IS YOUR CONSERVATORY...



too warm
In summer
+ too cold
in winter?



WE HAVE THE SOLUTION!

Did you know you also do:

- Extensions • Conservatories including
- Warm Roofs • Garden Rooms/Offices
- Pergolas/Gazebo/Verandahs
- Bi-Folding Doors • Patio Doors – Triple Track
- Kitchen Design & Install
- Complete Property Make Overs



01702 200062
07770 793389 | 07900 398201

Find us on

www.roothwaybuilders.co.uk www.conservatorywarmroof.co.uk
✉ info@roothwaybuilders.co.uk ✉ info@conservatorywarmroof.co.uk

YOUR RETIREMENT TODAY

The class of 2022 retirement report¹ provides a riveting insight into the plans and thoughts of those either planning to retire this year or recent retirees, really highlighting the changing face of retirement in the UK.

The last couple of years have impacted people's plans, with many people reassessing what retirement looks like to them. Fewer people are giving up work entirely, choosing to adopt a more staggered approach to retirement. Two-thirds (66 per cent) plan to continue working in some capacity during retirement; of this number, some plan to move to part-time hours, others intend to continue working for their own business, start their own new business or volunteer. Therefore, a third of retirees' plan to give up work altogether, down from 44 per cent of 2021 retirees.

FINANCIAL READINESS

Confidence in financial readiness to retire has fallen, with only 25 per cent feeling financially ready to retire, versus 30 per cent in 2021. A key factor in this fall is the rising cost of living, with 28 per cent of respondents unsure how to mitigate the impact of rising inflation on their retirement income – a prime concern for those with large cash holdings.

PASS IT ON

With more than half (56 per cent) of retirees planning to pass on wealth to their loved ones, just 23 per cent feel confident about how they will pass on any leftover assets to loved ones. Only nine per cent have started gifting wealth to reduce their Inheritance Tax liability. Interestingly, just 30 per cent have had conversations with their partner about passing on their estate, while just 26 per cent have spoken to their children about it.

NO TWO RETIREMENTS ARE THE SAME

Retirement is a thriving new beginning to plan for. Whether you're thinking about a gradual retirement or full retirement, how do you visualise your retirement years? Have you thought about your income requirements or tax implications? Have you started a conversation with family about how you want to use your wealth to help them? Advice can help you seek clarity and provide focus and direction.

At HCR, we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.

¹ abrdn, 2022

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

HOW TO HACK-PROOF YOUR PASSWORD



There is a hacker attack every 39 seconds, with 300,000 new malware created every day.

One of the easiest ways to protect your data is by using strong passwords.

1. USE EIGHT CHARACTERS MINIMUM

Each character you add to your password makes it harder to crack.

Your passwords should contain a minimum of eight characters and up to 20 if you can remember them.

2. AVOID WORDS IN THE DICTIONARY

Using words that are correctly spelled from the dictionary is not a good idea as these are much easier to hack. This is particularly true if you use a word that is related to either your personal life or your business.

3. DO NOT USE FAMILY NAMES

This may seem obvious, but you will be surprised at how many people use the names of their children, spouse or pets in their passwords. This information

is easy to guess and can be readily found on your social media profiles.

4. INCLUDE SPECIAL CHARACTERS

A good trick is to replace certain letters in your passwords with special characters. For example, rather than using the password 'Edward1', you could use '3dw4rd!'. By replacing letters with characters that look similar, you are also less likely to forget your password.

5. USE PASSPHRASES, NOT PASSWORDS

A phrase such as the title of a book or a line in a film is much more difficult to crack than just a word. Plus, once you start replacing some of the letters with special characters, you are even closer to creating an unhackable password.

6. TRY A PASSWORD GENERATOR

There are many free apps that you can download which will generate passwords for you. These passwords are designed to be completely random, which does make them harder to remember, but means they are nearly impossible to hack.





Take a look inside the world's most EXCLUSIVE ADDRESS

Where do you think the world's most exclusive address is? Beverley Hills? Mayfair? It turns out the answer isn't on dry land.

That's right, the world's most exclusive property is actually on the water – the superyacht Somnio. Due to launch in 2024, Somnio has 39 on-board apartments, which are fully tailored to the owner's wishes.

What makes these apartments so special? Let's take a closer look.

THE LARGEST YACHT IN THE WORLD

Somnio is set to become the largest superyacht in the world, measuring 33,500 gross register tonnage and almost 222 metres long. Replacing cabins with luxury apartments, it will bring a whole new meaning to the phrase 'travel in style'.

A collaboration between three design firms, Tillberg Design of Sweden, Winch Design and Lüttenberger Design, the superyacht is being built by Norwegian shipbuilders VARD.

REINVENTING THE LUXURY LINER

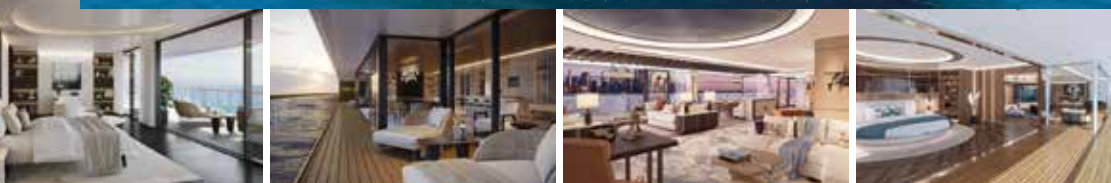
Each apartment will feature a bespoke design, with owners able to choose everything from the number of bedrooms to additional features such as gyms and private kitchens. Each apartment will also have its own outdoor area, the perfect space for seeing some of the most incredible sights the world has to offer.

On board, guests will be able to enjoy a spacious deck area, spas, two restaurants, a cinema, 10,000-bottle wine cellar and much more.

Co-founder and captain Erik Bredhe, who oversaw the €500million project, says: "Beauty may be found as much on the inside of Somnio as on the outside. As the only residential superyacht in the world, we are delighted to work with designers that complement our exacting standards. Our owners will experience only the best, as befits a yacht of this nature."

With prices starting at €15million, Somnio's actual route is a closely guarded secret, making the superyacht not only exclusive, but elusive too.

Photo credit: VARD, WINCH DESIGN, LUTTENBERGER DESIGNS, TILLBERG DESIGN OF SWEDEN



CHASE HATTAN
WATCHES

MENS WATCHES WOMENS WATCHES VINTAGE



★ Five Star Service ★ Unbeatable Prices ★ Same Day Payment ★
★ Free Postage ★ Hassle-Free Process ★

BUYING A WATCH

We stock not just the popular modern watches but vintage, collectable and everything in between. This includes watches from the 1960s to the modern day, and professional models from brands including Rolex, Cartier, Omega, Tag Heuer, Breitling and many more.

If we don't have it in stock, let us try and source it for you!

All of our watches pass through our in-house workshop and are presented with a 12 month guarantee, free delivery and 30 day returns.



SELLING A WATCH

We have been buying watches from the public for almost 10 years and always provide a fair price and a smooth, hassle-free selling process for our customers.

Send us over the details of the watch you're looking to sell either via email, WhatsApp or

scan the below QR code for a link to our website and we will come back with a price.

We offer same-day bank transfer payment (ID required) and regular pick-ups in person across London and Essex or send to our Canary Wharf offices.

www.chase-hattan.com

info@chase-hattan.com

0203 059 7942

07719717980

Rated Excellent on **Trustpilot**
Chase Hattan

ChaseHattanLondon

ChaseHattanWatches



SCAN THE QR CODE
TO SEE OUR STOCK!

40 Bank Street, 18th Floor, Canary Wharf, E14 5NR

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

Beauty
Works



20% off for all NHS staff

See our website for our other promotions

YOU'RE NOT
ALONE



OVER 207,500 OTHER PEOPLE IN ESSEX
READ **VISION** MAGAZINE'S MONTHLY

Your
Monthly
Lifestyle
Magazine



CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS

See all our magazines at www.visionmagessex.com

Billericay Shenfield Bishop's Cleeve Brentwood Ongar Chelmsford Beaulieu Epping Theydon Frinton-on-Sea
Halstead Braintree Hertford Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham Manningtree Mistley
Rayleigh Wickford South Woodford Woodbridge

HOW TO MAKE YOUR OWN

eyeliner

BEAUTY

EYELINER IS A MUST-HAVE MAKE-UP ITEM FOR MOST, BUT SHOP-BOUGHT VARIETIES CAN CAUSE A WHOLE HOST OF ISSUES, INCLUDING IRRITATED SKIN

HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

- > Break a few capsules of activated charcoal into a small dish.
- > Dip your eyeliner brush directly into the charcoal and apply.
- > You do not need to add any other ingredients as the charcoal will naturally mix with the oil on your skin and stay in place once applied.

HOW TO MAKE EYELINER USING ALMONDS

- > Use a pair of tweezers to hold an almond while you burn it with a lighter. Make sure you wear heatproof gloves to protect your hands.
- > Continue to burn the almond until half of it has turned to soot.
- > Scrape the soot into a dish using a butter knife.
- > Try to avoid scraping any large chunks of unburned almond into the dish.
- > Dip your eyeliner brush into the soot and apply it in your preferred style.
- > If you prefer a more gel-like consistency, you can add a few drops of jojoba, almond or coconut oil.

HOW TO MAKE DIFFERENT COLOURED EYELINER

1. Cocoa to make brown eyeliner: Mix unsweetened cocoa powder with a few drops of water or jojoba oil and apply.

2. Spirulina to make green eyeliner: Pour spirulina powder into a dish and apply directly or mix with water or oil for a gel effect.

3. Beetroot to make red eyeliner:

Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.

4. Mica powder to make a rainbow of colours:

Mica powder can be bought online and comes in every colour of the rainbow. Use this powder the same way you'd use activated charcoal.

EYELINER HACKS YOU SHOULD KNOW

- > Draw small dots on the top of your lash line with a pencil and then join with liquid liner
- > Use a magnifying mirror
- > Always start with the eye you find the most difficult.





FASHION

FRINGE FASHION

is back in town!

Fringe is back with a vengeance this autumn and has already been spotted on stars such as Charlize Theron and Olivia Palermo. From tasseled denim jackets to fringed mini-dresses, there are so many stylish ways you can embrace this trend in 2022.

WHAT IS FRINGE FASHION?

Fringe first came into fashion in the 1920s as part of the flapper look, with dresses that were typically cut from luxurious materials and ornamented with fringed trim. Over the decades, fringe has gone in and out of fashion, but is now back bigger and bolder than ever before. It can be found in many different styles on garments made out of a variety of fabrics, from leather and suede to denim and silk.

HOW TO ROCK FRINGE THIS AUTUMN

1. Fringed midi leather skirt

Why rock only one autumn 2022 fashion trend when you could embrace two? Leather is a great material for fringing and, when showcased on a midi skirt, guarantees you will look super stylish.

2. Fringed denim jacket

The denim jacket is the perfect wardrobe staple to take you from summer to autumn, and adding a little (or a lot) of fringe detailing can inject a touch of fun to any outfit. Look for an oversized and boxy shoulder with plenty of fringe for maximum effect.

3. Fringed wrap dress

Ideal for taking you from shopping to a hot date, a fringed wrap dress promises to make you look sophisticated and stylish. Pair with some strappy shoes and minimal accessories for an effortlessly glam vibe.

4. Fringed accessories

If fringed clothing is a little bit too far outside your fashion comfort zone, then why not try adding a few fringed accessories? For your first foray, fringed earrings are a great choice, or why not pick up a tasseled handbag?



PRODIGY
DESIGNER MENSWEAR

Prodigy is a new designer menswear shop located just outside the Baytree Centre on Brentwood High Street. Having been disappointed in the lack of menswear in Brentwood for so long, we decided to open our own independent shop and bring luxury brands to the heart of Brentwood.

When you step inside Prodigy, you'll find a friendly smile and a bright clean space filled with six luxury brands which will increase going forward based on our customers' desires.

Our goal is to provide the best possible menswear service to the people of Brentwood and beyond.

WE CAN'T WAIT TO SEE YOU AT PRODIGY MENSWEAR, WHERE YOU CAN FIND, FEEL AND TRY ON QUALITY CLOTHING, SO COME VISIT US.



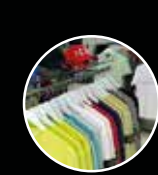
BRANDS INSTORE:

- HUGO BOSS
- C.P. COMPANY
- MOSCHINO
- EMPORIO ARMANI
- DSQUARED2
- STONE ISLAND

PRODIGY

DESIGNER MENSWEAR

OPEN NOW



LUXURY MENSWEAR

The Baytree Centre, Brentwood, Essex
Tues – Sat 9.30am – 5pm Sun 10am – 4pm



Photo credit: debanham.com, ASOS.com



Take a second to put your health first

Book your mammogram appointment today

At Nuffield Health Brentwood Hospital you don't have to worry or delay if you want the peace of mind of breast screening.

If you're over 40-years-old, registered with a GP, and haven't experienced any symptoms or not had screening within the last 12 months, you can refer yourself for a self-pay mammogram today.



To make an appointment please call the Nuffield Health Breast Screening Centre on **0345 230 2040**



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



It's all
about
Balance

Balance Awareness Week takes place from September 18-24 and aims to broaden the understanding of inner ear disorders and how they can affect someone's daily life.

Most people take balance for granted, yet without it, you can suffer a whole host of health problems.

Why is balance important?

Balance is needed to perform everyday activities, including walking, going up and down the stairs, and even just standing upright. It is particularly important in older adults, as good balance can help to prevent falls. Some of the main benefits of improving your balance include:

- > Preventing injuries
- > Improving posture
- > Strengthening muscles
- > Improving coordination
- > Improving cognitive function

How to improve your balance

There are several exercises you can do at home to improve your balance, and you don't need a single piece of equipment to do them.

Single leg lift

Stand upright with your feet close together. Keep your head straight, take a deep breath and slowly lift your right leg off the floor. As you gain confidence, bring your leg higher so that your knee is as close to your chest as you can comfortably manage. Repeat with your left leg.



Single leg lift side version

Stand upright with your feet close together. Keep your head straight and your eyes forward, then slowly lift your right leg to the side. Make sure you keep your body upright as you do this. Do not lean to the side. Repeat with your left leg.



Balance walk

Find a straight line or place a piece of tape on the floor. Extend both arms to your side, keep your feet straight and place your right heel at the tip of your left toes. Next, place your left heel at the tip of your right toes. Continue placing one foot in front of the other without straying from the line.





Know your NAILS

DISCOVER THE SIX MOST COMMON NAIL PROBLEMS AND HOW TO RECOGNISE THEM

Chances are you don't pay that much attention to the condition of your nails. However, did you know that a change in their appearance can indicate an underlying health condition?

BEAU'S LINES: Beau's lines are deep grooved lines that run from side to side on the fingernail or toenail. They often look like ridges or indentations on the nail plate. Beau's lines can indicate uncontrolled diabetes, a zinc deficiency or peripheral vascular disease.

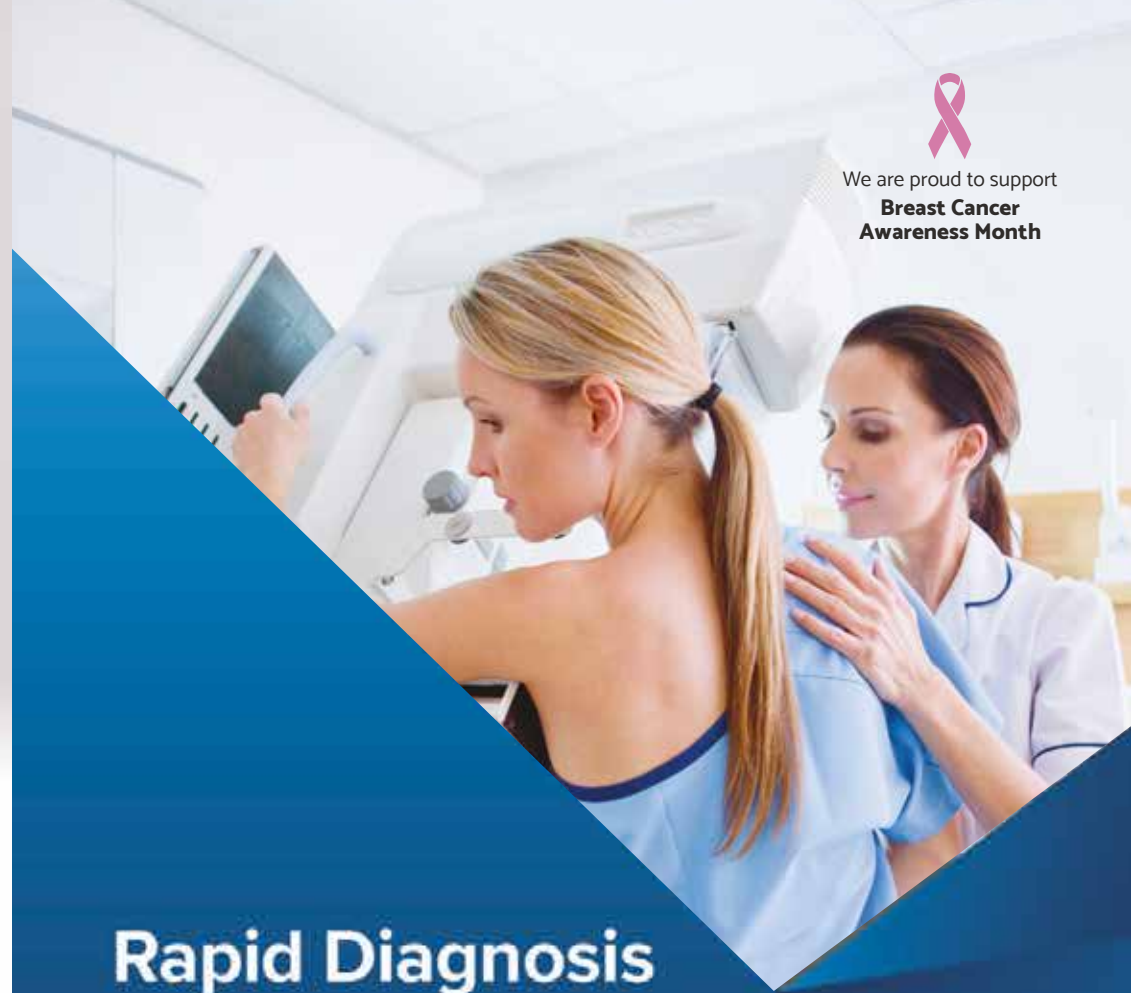
YELLOW NAIL SYNDROME: If you have yellow nail syndrome, your nails will thicken and nail growth slows down. This results in a yellowish discolouration of the nails. Yellow nail syndrome is often a sign of respiratory disease or lymphedema.

TERRY'S NAILS: Terry's nails is a condition that makes the nails appear white apart from a narrow pink band at the tip. This nail condition can occur because of ageing, but it can also be a sign of a more serious health concern such as liver disease, kidney failure or diabetes.

SPOON NAILS: As the name suggests, spoon nails are soft nails that look as if they have been scooped out. Spoon nails are often a sign of an iron deficiency or a liver condition known as hemochromatosis. They are also associated with heart disease and hypothyroidism.

NAIL CLUBBING: Nail clubbing occurs when the tips of the fingernails become enlarged and the nail curves around the fingertips. Nail clubbing can be a sign of inflammatory bowel disease, cardiovascular disease or liver disease. It is also sometimes the result of low oxygen in the blood.

NAIL PITTING: Ice-pick-like depressions in the nail are known as nail pitting. This nail condition is common in people with psoriasis. Nail pitting can also be related to connective disorders such as Reiter's syndrome and alopecia areata.



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

[f /SpringfieldHospital](https://www.facebook.com/SpringfieldHospital)



**Springfield
Hospital**

Part of Ramsay Health Care

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



**R
PAGE
CONCRETE
BUILDINGS LTD**

CONTACT US ON 020 8590 3701

www.rpageconcretebuildings.com

f [rpageconcretebuildings](https://www.facebook.com/rpageconcretebuildings)

951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB

GUARANTEED PART WORN & NEW TYRES



PART WORN TYRES



NEW TYRES



TRACKING



CAR TYRES



CROSSOVER TYRES



4x4 TYRES



VAN TYRES



PUNCTURE AND DAMAGE TYRES REPAIR SPECIALIST

**For details of our LIFETIME
GUARANTEE on part-worn tyres visit:**

www.tyresaversukltd.co.uk

Unit 4 Navigation Road, Chelmsford CM2 6HE
Call: 01245 252 626

143 London Rd, Stanford Rivers, Ongar CM5 9PP
Call: 01277 365 420

f Visit us on Facebook



MOTORING



TOUR DE FORCE



Photo credit: Magic Car Pics/Shutterstock

A streamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

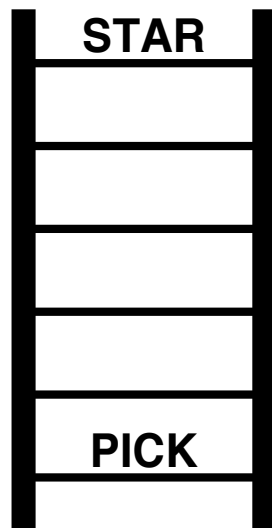
- ▶ ARABIAN
- ▶ ATACAMA
- ▶ CHIHUAHUA
- ▶ GIBSON
- ▶ GOBI
- ▶ GREAT BASIN
- ▶ GREAT SANDY
- ▶ GREAT VICTORIA
- ▶ KALAHARI
- ▶ KAVIR
- ▶ KYZYLKUM
- ▶ MOJAVE
- ▶ NAMIB
- ▶ ORDOS
- ▶ PATAGONIAN
- ▶ SAHARA
- ▶ SIMPSON
- ▶ SONORAN
- ▶ SYRIAN
- ▶ TAKLAMAKAN

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

DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

WORD LADDER



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.



ESSEX PRESTIGE DOORS

**ESSEX'S PREMIER
ROLLER GARAGE
DOOR COMPANY**



AS HEARD ON



**ROLLER GARAGE DOORS
SECURITY WINDOW GRILLS
REPAIRS & SERVICING**

DOORS AVAILABLE IN 19
MODERN COLOURS

**24 HRS
CALL OUT
SERVICE**



CALL TODAY! ☎ 01245 767989 ☎ 07533 284748

✉ info@essexprestigedoorsltd.co.uk 🌐 www.essexprestigedoorsltd.co.uk

📱 essexprestigedoors.co.uk 📺 [essexprestigedoors](https://www.facebook.com/essexprestigedoors)

THE VISION LISTINGS

ACCOUNTANTS

IN FRONT ACCOUNTING

Friendly, local accountancy practice focussed on helping clients with their business. Free consultations | 01277 549101 | contact@in-front.co.uk

ARCHITECT

RJB ARCHITECT

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

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

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

CARPET & UPHOLSTERY CLEANER

CP CARPET CLEANING

Carpet & Upholstery Cleaning specialist. 20+yrs exp, competitive prices. Includes sanitising and deodorising treatment. Call Carl on 07951 235195

ENVIROCLEAN

Carpet & Upholstery Cleaning. Contact our southeast team for a no obligation quote. Call 01375 350150

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

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

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

FINANCIAL SERVICES

HCR

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

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

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

ESSEX PRESTIGE DOORS

Roller Garage Doors, Security Window Grills, Repairs and servicing. Doors available in 19 modern colours. Call today 01245 767989 | 07533 284748

THE VISION LISTINGS

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 Guarantee. 0208 590 3701

JOIN THE LISTINGS...

for just **£180** +VAT per year

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

LANDSCAPING

HAYDEN LANDSCAPES

Driveways, Patios, Brickwork, Decking, Fencing and Gates, Artificial Grass. 01277 412522 | 07877 496903

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

LEAFLET DISTRIBUTION

FLYER DISTRIBUTION ESSEX

Leaflet, printing & distribution service. Cover a majority of CM, SS, CO postcodes. One off drops or regular monthly drops. Call us on 01277 554045 | www.flyerdistributionessex.co.uk

MOSS REMOVAL

ESSEX NATIONAL MOSS REMOVAL LTD

Moss removal specialists, Fully Qualified, Fully Insured, No Job Too Big or Too Small, Competitive Prices. 07445 855501 | 07588 669131

OVEN CLEANER

OVENCLEAN

Ovens, Fitters, Hobs, Grills, BBQs, Ranges, Extractors, Microwaves, AGAs. Call Marc or go online for your FREE quote. 07706 289 426 | OVENCLEAN.COM

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

JRS PAINTING SERVICES

All aspects of painting work covered: Domestic, interior & exterior. Commercial. Please contact Jamie on 07712 524407 | jamiesanders273@yahoo.com | 10% off quote VISION22

PLASTERING

JUDD PLASTERING

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

KH PLASTERING

Professional quality workmanship. No job too small. Over 25 years experience. Plastering - Coving & Cornice - Restoration - Dry Lining. 01277 627277 | 07939 229215

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

PLUMBING & HEATING

HAMMOND & SONS

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

RLS PLUMBING & HEATING

Full Bathroom refurbishment, Wet Rooms, Disabled bathrooms/shower rooms, Wall Cladding, Over 15yrs exp. T: 01375 675557 | M: 07931 787563

THE VISION LISTINGS

ROOFING

JIM BARR ROOFING

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

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

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

TREE SURGEON

TURNER'S TREE SURGERY

Highly qualified team, no job is too small, Full public liability insurance. 24hr emergency call out available. 01277 211841 | 07815 026042

WASTE MANAGEMENT

GEOTOM

All types of waste removed, house clearance, garden clearance, demolition. 95% of waste collected is recycled. Call 01277 402284 | 07973 662050

UPHOLSTERY

CRAIG LODGE UPHOLSTERY

Modern Upholstery, Re-Upholstery and Full Repair Service. 01277 374444 | 01708 455424 | craig@craiglodgeupholstery.co.uk | www.craiglodgeupholstery.co.uk

JOIN THE LISTINGS...

for just **£15** +VAT per month

WINDOWS & DOORS

WINDOW MAN

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

EZ 2 OWN

Your local experts for entrance doors, replacement windows, garage doors, patio doors and conservatories. Please call for a free quote or information pack 01277 801088

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: STAR, SOAR, SOAK, SOCK, SICK, PICK

Bufferlow soldier

Our reliable full fibre broadband means you can stream whatever music you're into, buffer-free, no matter how many devices are being used.



Upgrade your world at
be-fibre.co.uk/bufferlow

BeFibre

Broadband as it should Be



THE LARDER

REFILL - REFUEL - REPEAT

Brentwood's only Refill Store.

Refill on lots of larder staples from pasta, rice, nuts, grains, seeds, dried fruit & olive oil. As well as all your cleaning and laundry products, from hand soap to glass cleaner. Treat yourself to stunning products from our deli range of local chutneys, jams, cheeses & crackers.

Refuel at our coffee bar, serving up only the best coffee & cakes.

Repeat, keep making the choice to reduce your plastic waste, support local, small & British brands all in one easy friendly place!

Mama's Morning Meet
@ THE LARDER
 on Crown Street
 10.30am every Tuesday
Join us!



Open Tuesday-Friday 9.00am-4.00pm
Saturday 9.00am-4.00pm Sunday 10.00am-2.00pm

24 Crown Street, Brentwood
@thelarderbrentwood

