

1926 – 2022

Thank you, Ma'am, for dedicating 70 years to your people

BUILDING **FUTURES** TOGETHER









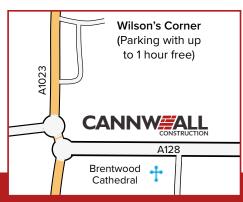


Come & visit us at 3A, 1-5 Ingrave Road, Brentwood, CM15 8AP



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**





OCTO

Ŭ

Ш \Box

 \sim 02

Editor's notes...

Nik Allen, Editor

Hello and welcome to this month's edition of VISIONBrentwoodOngar.

My own platitudes towards the Queen are not unique, and I'm certain no one related to our sadly departed Her Majesty Queen Elizabeth II is going to be hanging on my every word.

Yet none of that matters, because what Her Majesty stirred in us all was our own individual image of her, as an icon, as a symbol of strength and resilience, as someone who, despite living through decades of the most dramatic change, ended her days as significant and relevant as ever.

You will all have your own memories and anecdotes of the Queen. And to reflect in these weeks after her passing feels so therapeutic and so important. For

me personally, as a royalist, the Queen was a reassuring constant in a world of incredible and often terrifying change.

Of course, we will cope, regroup and evolve, just as Queen Elizabeth II did throughout her life. She even preempted this in her festive message three years ago when she said: "It's worth remembering that it is often the small steps, not the giant leaps, that bring the most lasting change."

Thank you, Your Majesty, for everything, and rest in peace. God Save the King.

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

yisionmagessex

@ visionmagessex

Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Darius Morgan

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



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 SALES@RAINHAMSTEEL.CO.UK TEL 01708 522311





HM QUEEN ELIZABETH II

hile the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

September 8: Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

September 10: King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

September 11: Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on top. The coffin was then driven from Balmoral Castle to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

September 12: A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin Lay in State for 24 hours. Her Majesty's children held a vigil at 7.20pm.

September 13: The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

September 14: The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to Lie in State for four days.

September 16: Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

September 17: Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

10.44am: Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

11am: The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

4pm: The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

7.30pm: The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.



BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY

Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, was the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.



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 If we don't have it in stock, let modern watches but vintage, collectable and everything in between. This includes watches All of our watches pass through from the 1960s to the modern day, and professional models are presented with a 12 month from brands including Rolex, Cartier, Omega, Tag Heuer, day returns. Breitling and many more.

us try and source it for you!

our in-house workshop and guarantee, free delivery and 30

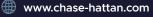


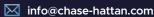
SELLING A WATCH

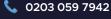
We have been buying watches from the public for almost 10 years and always provide a fair price and a smooth, hasslefree selling process for our customers.

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







07719717980

Rated Excellent on Trustpilot

Chase Hattan





SCAN THE QR CODE

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

TO SEE OUR STOCK!



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



f you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones.

All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales.

Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days.

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/gas 4 for half an hour.

Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

YOU WILL NEED

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- All extra materials you need can be found at craft stores or online.

INSTRUCTIONS

- > Trim off any stalks at the base of the cones
- > Glue the side of a pony bead to the base of each cone to form an eyelet
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together
- > Tie on your string or ribbon to form a hanging loop
- > If you like, add a few decorations.





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

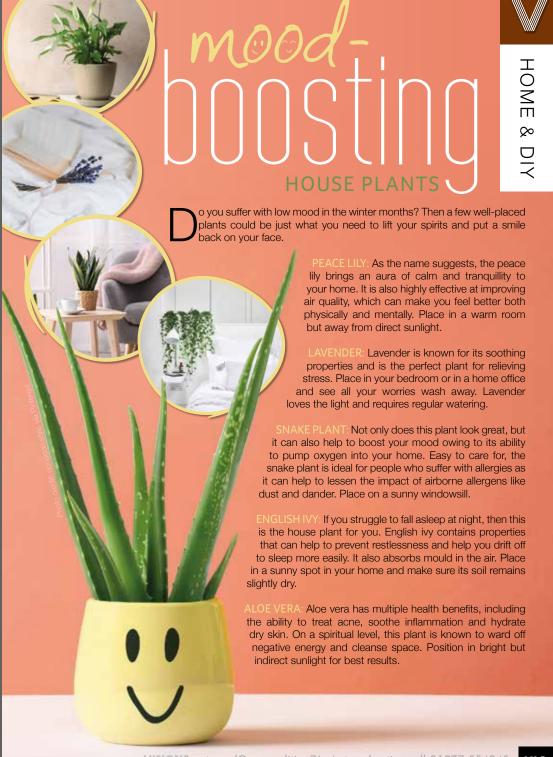




www.trinityliving.co.uk 01277 822600 enquiries@trinityliving.co.uk Trinity living

Celebrating 30 years in business in 2022





GUY OLIVER'S OBJECTS OF DESIRE



WHY MATERIAL POSSESSIONS ARE SO IMPORTANT TO **DESIGNER GUY OLIVER**

n his twenties, designer Guy Oliver spent a large amount of time in Soviet Russia with the British Navy. His perception of the country was enforced as one of suspicion and mistrust, but when the whole state opened up at the end of the Cold War, the now Kensingtonbased designer discovered a style and beauty in the possessions and memorabilia he picked up.

It was that initial investment in objects and items that had real provenance in a specific era, and with personality attached, that has led Oliver into building a landscape that focuses completely on the items we use to make our houses feel like homes.

Across a background tone of whites, beiges and occasional blues, Oliver incorporates cherished possessions, statement antiques and "familiar things" into his living space.

"I believe we can only really be comfortable when we're living and existing around things that give us

place and purpose," he says. "We fill our homes with items that represent places we have loved. people we have admired, time we have spent."

On this point, Oliver zooms in on what truly makes a living space feel perfect and the importance of how the things that fill our homes make us feel. In the designer's case, that's everything from a portrait of an 18th-century Levantine merchant, a Japanese temple model purchased from Haraiuku market in Tokyo, or even a set of sketch caricatures dating back 100 years that sit perfectly within the windowpanes of a door.

He adds: "My parents taught me to appreciate antiques and fine craftsmanship - the importance of the provenance of an object and if it can be authenticated.

"We can't take anything with us when we go, so let's surround ourselves with life memories while we're here. The seemingly commonplace can have enormous value in our own minds."









THE WINDOW MAN

DOORS **WINDOWS INSTALLATION**

"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**



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









Exceptional painting. **Extraordinary** service.





Specialists in Interior / Exterior Painting Wall Papering / Stripping - Walls **Woodwork / General Maintenance** Fully Insurance / DPS Checked

> We offer a full consultation service with colour wheels, charts & mood boards to help bring your vision to life.

07492 931075 / coloureast@outlook.com







Goloureast





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



colour rages on.

Sure enough, at the start of each year many noble names in home renovation declare grey's day is done, while just as many applaud it for its innovative ability to ignite the imagination.

Yet once again this Marmite tone looks likely to win us over. Here's why:

NEUTRALITY: Grey is neither white nor black, and for that reason it holds a split personality when being matched with other shades and tones. It can lift up a darker tone, or darken a lighter one, and this versatility gives it endless potential.

A PASTEL PAL: Most of us love pastel shades, though in abundance they can often come across as childlike or boring. By layering pastels with grey, however, they are given a rebellious edge.

WOOD WORKS: The ubiquity of Scandi style and use of wood textures and tones is something many of us stand by, and greys certainly lift the light browns and blues of wintry warmth to provide rooms with a traditional yet modern aesthetic.

A TOUCH OF CLASS: Grey has long been a colour associated with style and substance. Mixing tones of grey will also provide a space with a set of artificial textures that lead the mind into greater spatial awareness and visual satisfaction.

MAKING A STATEMENT: Grey also acts as a stunning backdrop to a statement piece. It's not as blasé as white, so will shape a piece of furniture, an antique or a painting in a way that guides the eye rather than forcing it to fix on something.







Carpet/Rug Cleaning

Leather Sofa/Chair Cleaning

Upholstered Sofa/ Chair Cleaning

Caravan/Motorhome Carpets & Upholstery

Footstools. Barstools & Cushions



Contact our South Essex team for a free no obligation quote

01375 350150

f @ @envirocleansouthessex

HOME

expertise to point out other developing issues,

as well as being able to safely work at heights, hence it's recommended that the work is outsourced to a

professional.

WS Spray Finishings

ALL ASPECTS OF WET SPRAYING & POWDER COATING FOR DOMESTIC & INDUSTRIAL MARKETS

ITEMS FOR POWDER COATING UP TO 5m x 2m

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





Are you tired of the look of your kitchen?

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

Removal & installation of most work available

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

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

01268 812414 • 07434 704673 • 07434 704681

www.wssprayfinishings.co.uk • wssprayfinishings@gmail.com

△ Yell.com

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

PROFESSIONAL, ON TIME, EVERY TIME

CONTRACTORS

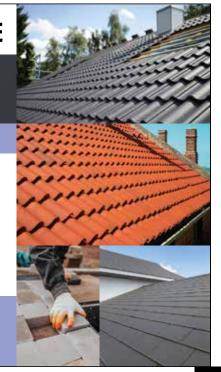
When you need it to be right, come to us

WE OFFER THE FOLLOWING SERVICES:

- All General Roof Repairs Slipped Slates
- Gutter Cleaning Tiling / Ridge Tile Work
- Re-Roofs Lead Work & Brick Work
- UPVC Fascias, Soffits & Guttering
- Chimney Pointing / Repairs
- Driveways / Patios / Paving Fencing

FOR YOUR FREE INSPECTION AND QUOTE:

Call: 01277 554207 ■ 07788 834701 Email: mmcontractsessex@gmail.com



Make a grand entrance to your home



Design your door online www.ez2own.uk







EZ20WN 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 c an 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



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















NEWS

LOCAL NEWS

from your neighbourhood



BRENTWOOD Nursery staff 'proud' following Ofsted inspection

Caff at a Brentwood nursery and preschool say Othey are "proud" after being given an Outstanding rating in a recent Ofsted inspection.

Bright Horizons Phoenix Day Nursery and Preschool, located in Merrymeade, was given the results of the inspection on September 13.

The inspection took place on July 21, with the following report praising the nursery in all four areas of inspection: the quality of education, behaviour and attitudes, personal development, and leadership and management.

Nursery manager Sarah-Jane Copperthwaite (pictured left) said: "We are extremely proud to have achieved an Outstanding grading from Ofsted.

"During our inspection, it was very clear to the inspectors that our staff have passion, commitment and dedication, and we are delighted that this has been recognised.

"The partnerships between our colleagues, children and their families are of the utmost importance to us, and our children and staff's wellbeing is at the heart of our nursery's ethos."

Man pleads guilty to murder of 29-year-old

↑ Brentwood man has admitted murdering Lee Murrell in the town. A Jevgenijs Lapkovskis (pictured right), 36, of Warley Hill, pleaded guilty on the first day of his trial at Basildon Crown Court on September 27. He had previously denied the charge.

Lee, 29, was found wounded at an address in Warley Hill at around 1.10pm on Tuesday, April 5. He later died from his injuries. Lapkovskis was arrested for the murder shortly afterwards.

Senior investigating officer Detective Chief Inspector Antony Alcock said: "My thoughts are with Lee's family. I hope today's result will help them move forward."

Lapkovskis was due to be sentenced at the same court on Friday, October 7, as VISIONBrentwoodOngar went to print.



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.

Since last writing so much has changed in our world, not only as a community but also as a nation. We were saddened by the death of Queen Elizabeth II, whilst also welcoming a new 'Carolean' era under King Charles III.

We now have a new Prime Minister with Liz Truss and new Chancellor Kwasi Kwarteng, who has quickly set about some changes to 'Stamp Duty that will affect our economy and the housing market. There has been a 7th successive interest rate rise by the Bank of England to the highest rate in 14 years at 2.25%. sadly highlighting the UK Economy may now already be in recession.

The major 'Stamp Duty' headlines are an increase in the threshold where there's zero tax for all buyers to pay, from £125k to £250k. As well as nothing to pay for first time buyers up to £425k, an increase in the previous threshold by £125k. These changes are permanent.

Property expert 'Tim Bannister at UK website Rightmove says the recent change in Stamp Duty is likely to again stimulate more demand from home-buyers. He goes on to say this could lead to some unseasonal price rises over the next few months. petergarlandcollins.com

So what does this mean to home-buyers in Brentwood? Below is a table showing the rates at each threshold, but if you would like to discuss what this means for you please feel free to contact me below.

Property or lease premium or transfer value	SDLT Rate
Up to £250k	Zero
The next £675k (from £250k to £925k)	5%
The next £575k (from £925k to £1.5m)	10%
The remaining amount (above £1.5m)	12%

Example

If you now buy a house for £500,000. The SDLT you owe will be calculated as follows:

0% on the first £250,000 = £0 5% on the final £250,000 = £12,500 Total SDLT = £12,500

CONTACT ME 07375 790611



rightmove□

Zoopla





Boomin



NO JOB TOO SMALI

- 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





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 60

DAVID LEPINE

PAINTER - DECORATOR REPAIRS AND MORE

I've been a part of the **Tony Baxter Team** for the last 15 years. As Tony has now retired I will be carrying on with my own smaller team producing high quality work, fully insured, delivering a clean reliable service with better competitive prices.

Kind regards,



Office: 01277 549277 Mobile: 07960 741973 Website: www.davidlepinedecorating.co.uk

Email: d-lep@msn.com





New homes could be built on the site of a Brentwood school which has seen student numbers dwindle in recent years.

Woodlands Preparatory School in Great Warley has seen numbers fall from around 150 pupils a year to 59.

As a result, the school looks likely to amalgamate with Woodlands School Hutton Manor in Brentwood.

A planning application for the Great Warley school has already been submitted to Brentwood Borough Council (BBC), proposing to demolish the school buildings and build 24 homes.

Those new homes will be made up of 19 houses and five affordable apartments within a dedicated building. A statement to BBC's planning department says:

"The uncertainty regarding the long-term prospects of the school is substantial and there have for some years been considerable practical and logistical challenges of operating at two different sites within the borough, and a desire for some time to consolidate operations at one site."

Ken Lewis, chairman of Woodlands Schools Ltd. said: "We do not publish our roll numbers but those suggested are considerably lower than the number of pupils that we are currently educating. The school's roll has continued to grow since the lowest numbers we saw during the pandemic and we have far more pupils in attendance than you have suggested. There is no truth that we are being forced to sell the land."

Tributes paid to Liberal Democrat councillor

Tributes have been paid to a former Brentwood Lib Dem councillor who recently passed away aged 51.

Karen Chilvers (pictured right), who represented the Brentwood West Ward between 2007 and 2021, has been hailed as a "driving force of energy".

She died at the end of August after suffering a stroke the previous month, and her funeral took place at Bentley Crematorium on September 14.

Councillor David Kendall, who was Karen's colleague, said: "Karen was a driving force of energy in the Brentwood Liberal Democrats over many years and encouraged a number of people to stand for the council and helped to get them elected. She was a champion for many vulnerable people in our community."

A spokesperson for Brentwood Liberal Democrats said: "We have lost a friend and tireless campaigner, someone who touched the lives of many. So many people had their lives improved by her work and her desire that everyone's needs should be heard. "Our thoughts and prayers are with Karen's family at this difficult time."





Former councillor given vital role in PM's team



A former Brentwood councillor has been given a key role in the new Prime Minister's cabinet.

Brandon Lewis, MP for Great Yarmouth (pictured above), was appointed as the new Justice Secretary by Prime Minister Liz Truss on September 6.

He was a councillor for Brentwood Borough Council from 1998 to 2009 and served as Leader from 2004 to 2009.

The Harold Wood Conservative takes over his new role from former deputy Prime Minister Dominic Raab.

The role of Justice Secretary includes oversight of all portfolios and Ministry of Justice strategy, and international business and future relations with the EU.

Mr Lewis MP said: "I look forward to working with Liz Truss and colleagues across the government on the many pressing issues we face.

"I will work tirelessly to protect the public from serious offenders, improve the safety of our prisons, reduce reoffending and deliver swift access to justice."

Funding boost will help young people needing support

Voung people in Brentwood who require specialist I help will benefit from new council funding.

Those with special educational needs and those who have a disability or a mental health condition will receive extra support thanks to money allocated by Essex County Council (ECC).

The money has become available as part of the first tranche of ECC's Local Levelling Up Fund.

Chat 1st, a community interest company which provides support for people with mental health needs, will benefit from a £9,360 grant.

The money will be used to pay for a 12-week afterschool club for four to 11 year olds for families on low income, including providing a hot meal, and youth club sessions for 12 to 18 year olds.

It will also be used to fund a coordinator for the charity's community garden project at St Stephen's Church in Knights Way, peer support, and a monthly mindfulness coach for the Chat 1st Chatty Café, which supports those in social isolation and with poor mental health.

The charity also proposes to run self-defence classes for young people to boost their confidence.

The money has been welcomed by resident Lisa

She said: "I think this will benefit so many people, including some of my friends' children.

"It doesn't solve any issues, but it's helped and is very much welcomed."

Popular music festival to return after postponement

One of the biggest events in the Brentwood calendar will return this month.

Animal Aid Music Festival will take place at Henrongate Football Club from 11am to 8pm on Sunday, October 9.

The annual event, which has not taken place since before the pandemic, had to be postponed in the summer because of extremely high temperatures, but organisers are "delighted" it is now set to go ahead.

Animal Aid is a non-profit fundraiser with all monies raised going to animal shelters.

The family event has something for everyone, with dog competitions, live music from local bands, a range of stands and craft stalls, and good food.

Roxy Bell, from the event organising team, said: "We are delighted the event is going to go ahead. So many people look forward to it and it's a real community occasion.

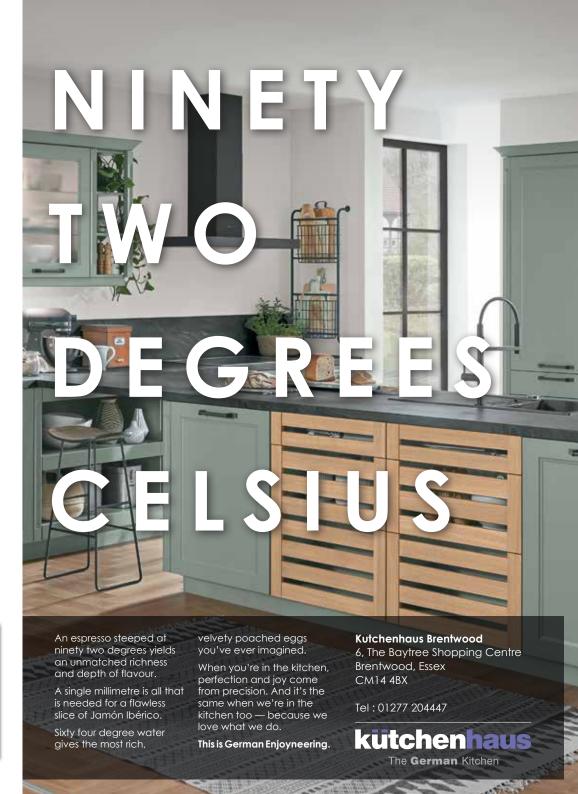
"It takes six months to plan so it was a hard decision to postpone in the summer, but it was the right thing to do with temperatures so high.

"I hope as many people as possible can support the event and it really does have something for everyone. We are incredibly grateful that our talented bands are all playing for nothing as they love animals as well."

For more information on the event, please visit www.animalaidfestival.co.uk

















The Rotary Club of Brentwood has been working with Brentwood Borough Council to support families from Ukraine living in Brentwood. Two events were held in August.

Supported by Brentwood Cathedral, friends from Ukraine organised an event on August 24 to say thanks to all those who have helped them since they arrived. From 4pm to 5.30pm, they served traditional food in the hall beside the cathedral. From 5.30pm, they staged a small concert. At 6.30pm. Vespers was held in the cathedral. It was a truly moving experience. Brentwood Borough Council invited Ukrainian

families to participate in the Family Fun Day in Hutton on August 26. United with Brentwood à Becket, members of the Rotary Club of Brentwood were up early, setting up gazebos, moving tables and putting up bunting. The day was a huge success, and there was lots of traditional Ukrainian food on offer, pictures and information about Ukraine, a painting area for children, and displays of Ukrainian crafts.

The Rotary Club has now turned its attention to planning for Christmas. It looks like Lighting Up Brentwood is due to return as usual on November 26.

Care home work is underway

Work is now underway on the development of a new care home in Brentwood.

Dudbrook House is owned and run by St Michaels Homes Ltd, which was awarded planning permission to construct a new care home in the grounds of its existing care home Dudbrook Hall, on Dudbrook Road.

The work is expected to take 68 weeks and the grand opening of the new care home is planned for July 2023.

Sean Watson, director at St Michaels Homes Ltd, said: "Owing to the extensive three-acre grounds we have around our care homes, these works will not affect the day-to-day running of the existing home. Our commitment of care to our residents is our utmost priority and we are very excited about the plans for this impressive new care home.

"We have a well-established reputation in the local and wider community for providing quality care and are proud to be a family-run business."

St Michaels Homes Ltd was established by managing director Sheila Watson in 1991. Sheila trained as a registered nurse and midwife and worked in midwifery for 25 years, followed by five years as a health advisor to the elderly.







LOCAL NEWS

from your neighbourhood



Architects celebrate winning prestigious award

An architecture company from Ongar has won a prestigious award for the second year running.

MP Chartered Architects, based in Bansons Lane, has won the Local Architecture Practice of the Year 2022 - Essex category at the BUILD Magazine Awards for the second year running.

Now in its eighth year, the awards highlight the best architects across the country.

MP Chartered Architects was awarded the honour by a panel of industry leaders in recognition of its resilience in tough industry times, and its expertise and skill when designing new homes, extensions, office spaces, commercial buildings and more.

Martyn Pattie, partner at MP Chartered Architects (pictured centre), said: "We are incredibly proud to receive this award for the second year running.

"I continue to be exceptionally grateful for the staff that make up our wonderful team. I am thrilled that we have been recognised again.

"We look forward to growing our business further by supporting more of Essex's homeowners and developers."

Residents rejoice at referendum result

People across Ongar have welcomed a planning referendum result that will mean better protection for the town's character.

Epping Forest District Council (EFDC) asked residents to vote last month on whether they were in favour of the Ongar Neighbourhood Plan policies becoming planning law.

A total of 97 per cent of respondents voted in favour of the plan, meaning Ongar is the first town in the

district to have a Neighbourhood Plan with policies that will only apply to the localised area, rather than relying on following EFDC's policies.

Under the plan, new homes must reflect the character of Ongar; flats and smaller properties will only be built in the town centre; and green spaces will be better protected, plus much more.

Resident Susan Evans said: "I'm pleased as it means our town will not be taken over by developments."



BRING WARMTH & STYLE TO YOUR HOME

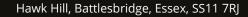


Visit our showroom which is open Monday to Saturday from 10:00 am to 5:00 pm, with ample free parking for all of our customers.

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







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





- ALL TYPES OF WASTE REMOVED



- 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

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



The last month will be part of our history and memories for decades to come. The death of Her Maiesty Queen Elizabeth II on September 8 was unexpected - just two days earlier she had been looking frail, but determined, as she welcomed the new Prime Minister Liz Truss.

The death of the Queen brought the UK together and saw the pomp and ceremony of a State Funeral. Thousands of people joined the queue, waiting to see the coffin of Her late Maiesty as she Lav in State in Westminster Hall. This has been a uniquely eventful time - a new Prime Minister, the death of our muchloved Queen and the succession of King Charles III.

No one can doubt that HM Queen Elizabeth II was one of the finest public servants ever to have lived, respected and loved to the last, an inspiration throughout her entire life. It has been profoundly moving over these past few days to watch the nation come together to remember her and give thanks for her. One can't help but think not just of the elderly servicemen and women who have come to London to pay their respects. but also of the young children who will carry the memory of the occasion well into the next

As I said in my tribute to her in the House of Commons. HM Queen Elizabeth II connected us with a previous generation that had fought in the war - but she also linked us to a much older time. She had known her grandfather George V, who had known his grandmother

Queen Victoria, Victoria had, as an infant, met George III who in turn had spoken to men involved in the Glorious Revolution of 1688.

A great chapter in our history has come to an end. But the story continues. God Save the King.







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

Fundraiser for girl's wheelchair

The family of an inspirational girl from Ongar is fundraising to buy her a specialist

After a difficult birth. Amber Regan's parents were told that she would only live for seven months.

However, Amber has defied the odds and is now 10 years old.

She has cerebral palsy - a condition that affects movement and coordination - and needs a robotic wheelchair to help her get around. She also has epilepsy and limited vision and hearing, meaning that she needs her family's help around

She requires a lot of physiotherapy and it was during a session in Canada that Amber and her family became aware of a new robotic wheelchair called Trexo, which is designed to fit perfectly to someone's body and help them with mobility, muscle development and strength. It also provides users with more independence.

After trying a Trexo in Canada, the benefits to Amber were clear. Since then, her family has been fundraising for £30,000 to buy the life-changing piece of equipment and get it shipped to the UK.

Amber's mum Benna said: "She's got a really lovely nature. She's really compliant; she tolerates everything. She's just a really happy girl.

"She tried the wheelchair a few times in Canada and it was just so incredible. It helps her in every kind of way - each part of her body would be helped, and would also just move her forward."

For more information and to donate, please visit www.justgiving.com/fundraising/ benna-regan3





SPORT TECH:

CHANGING PERCEPTIONS OF SPORT

As a sport-watching nation, we have become much more accepting of the role of technology. The early days of video assistant referees (VAR) were awkward and unsatisfying, and many football fans felt a sense that they were losing the raw wholesomeness of the sport amidst a blur of replays, lines on screens and toenail-

While the calm that's followed has proved that, conducted in the right way, the technology does work, it has altered our investment in key moments.

WE HOLD BACK ON SUCCESSES

When a goal is scored, a wicket is taken or a forearm smash tickles the baseline, sports fans have acquired a unique hesitation. We fear a decision review, and only when action restarts can we fully relax.

IT RIN'T OVER TILL IT'S OVER

Sports tech reviewing has added extra hope and drama into the equation: even bad news comes with the hope of a reprieve.

WE OBSESS OVER TECH

In days gone by, the precision of sport was a fingertip save or a catch in the slips. Nowadays, we over-scrutinise computer graphics and millions of pixels on a screen with all the same elegance of a Usain Bolt dip over the finish line.

SPORTING CONTESTS LAST LONGER

Delays brought about by review decisions have extended the duration of sport. Ultimately, this gives fans more 'live game' time, but also extends the length of televised sport, with greater post-match analysis and therefore more opportunities for advertisers to pepper us with their messages.

OUR KNOWLEDGE INCREASES

One big advantage of VAR, Decision Review System, Hawkeve and all manner of other innovations is that they enhance our understanding of the legalities and rules of sport, which can be no bad thing.



RLS Plumbing & Heating Services

Turning your dream bathroom into a reality.



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

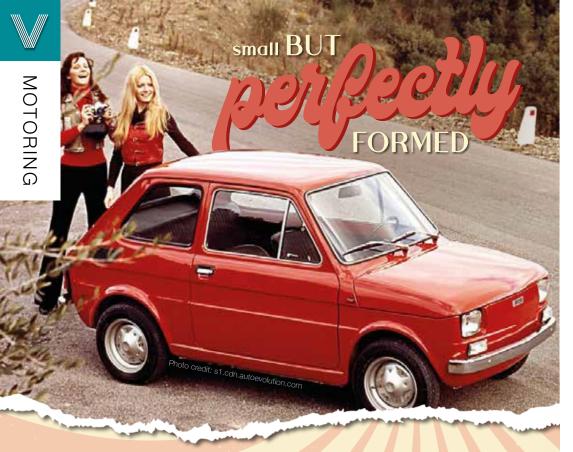
CUSTOMER TESTIMONIALS

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 guote, all the way through to the completion we have been so impressed and are absolutely blown away with our new bathroom. Thanks quys 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



CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

iat has never rushed things. Perhaps it's the Italian confidence and sense of candour that means when the car manufacturer commits to something, it sticks to it.

How else can you explain the fact that the Fiat 126, which is 50 years old this year, was the first new model Italian manufacturer Fiat launched onto the market in almost two decades.

With that in mind, the 126 had quite a reputation to live up to, given that it followed the iconic Fiat 500.

Sure enough, it came with its own personality for a car hitting the market in 1972, it was a rearengine city runaround. It was cute, small - just a smidgeon over three metres long - boxy and bold, and almost exactly the same dimensions as the Mini.

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific - so much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biała factory, and the car was renamed the Polski Fiat.

In fairness, in Italy more than 1.4 million were produced, though no models ever made it beyond a basic 700cc engine. A total of 4.6 million were produced, most in the Eastern Bloc.

While the 126 wasn't perhaps the natural successor to the 500 that Fiat had imagined, what made the car iconic was the belief it gave other manufacturers in the pursuit of the classic urban runaround.

In an era when cars were getting bigger, bulkier and more expensive, Fiat was steadfast in its belief that not everyone desired the cost or cumbersomeness of a large vehicle. While the 126 wouldn't win kudos points in the same way that the 500 might, it did at least unite a new generation with comfort and convenience - motoring morals we all still stand behind today.





www.stormandsons.co.uk

SPECIALIST IN PRE-CAST BUILDINGS

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







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

CONTACT US ON 020 8590 3701

www.rpageconcretebuildings.com rpageconcretebuildings

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



From the smallest job to the largest high profile project



FREE ESTIMATES WITH NO OBLIGATION

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, Cockridden Farm Estate Brentwood Road Herongate Brentwood CM13 3LH





TO THE LAST

REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

his is our country's saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected," began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to 'see him off' two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors' fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it's fair to say the truest echoes that remain from Queen Elizabeth's life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

A job well done, Ma'am



2022/23. As usual, a cross section is being chosen to reflect the country's diversity, although many of the names never actually get used – the Met Office resets in autumn, meaning the chances of a latealphabet letter being used are slim.

In addition, Q, U, X, Y and Z are not assigned in the international storm-naming conventions. However, those that are used are assigned by the Dutch weather forecasting service KNMI, the Irish forecaster Met Éireann and the UK Met Office.

The reason for naming storms is so that the public are aware of the possibility of severe weather conditions. The individual process of naming also prevents confusion over other inclement weather systems in different parts of the country or even on the continent.

cent of people inside a red warning area were aware of the intense Storm Eunice, which hit Europe in February 2022, with 91 per cent of that figure making sure to protect their business, property or themselves.

As for 2023, Met Éireann has picked out the names Cillian, Fleur, Ide and Nelly as its selections: with KNMI choosing Antoni, Hendrika, Johanna and Loes (named after famous scientists in the Netherlands).

Met Office names put forward were Betty, Daisy, Elliott, Glen, Khalid, Mark, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter. Of those, Daisy, Glen, Khalid and Owain were suggestions by the public, submitted via email. Betty won out during a public vote on Twitter.

The 2022/23 storm names alphabetically are Antoni, Betty, Cillian, Daisy, Elliot, Fleur, Glen, Hendrika, Ide, Johanna, Khalid, Loes, Mark, Nelly, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter.



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

07706 289426 ovenclean ovenclean.com

Jan's curtains & blinds







Curtains | Tracks & Poles | Roman Blinds | Roller Blinds Vertical Blinds | Venetian Blinds | Wooden Blinds Pattern books also available

FREE QUOTE - Call today on 01268 976779 | Mobile: 07743 562384

• ian.dipple@yahoo.com | www.ianscurtainsandblinds.co.uk







PART WORN TYRES





NEW 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



Visit us on Facebook



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 vou 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.





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

Janet Beard



Faulty locks, handles or hinges?



Social distancing in operation

Priority freephone

Love Your Home - **Protect** Your Windows - **Save** Money







PUZZLES & TRIVIA

ACROSS

- 1. Stitching (6)
- 7. Restored (8)
- 8. Legume (3)
- 9. Lunatic (6)
- 10. Release; give out (4)
- 11. Purchaser (5)
- 13. Cowbov hat (7)
- 15. Majestic (7)
- 17. Foam (5)
- 21. Ruminant mammal (4)
- 22. Slender (6)
- 23. And not (3)
- 24. Stalemate (5-3)
- 25. Moved back and forth (6)

DOWN

- 1. Maiestic: wonderful (6)
- 2. Devastating blow (6)
- 3. Small particle (5)
- 4. Cloudiness (7)
- 5. E.g. Steven Spielberg (8)
- 6. Sheep known for its wool (6)
- 12. Going inside (8)

DID YOU KNOW?

- 14. Omission of a sound when speaking (7)
- 16 22 23
 - 16. Special rewards (6)
 - 18. Frankly (6)
- 20. Submerged ridges of rock (5)

19. Intense dislike (6)

SUDOKU

improve our moods. Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.

► Bananas contain high levels of tryptophan,

which converts to serotonin, helping to

- ► Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- ►In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

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



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



BEIGELS FRESHLY DELIVERED DAILY FROM LONDON'S RENOWNED BRICK LANE

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

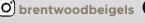


OPEN FOR BOTH INDOOR & OUTDOOR SEATING & TAKEWAY

000006

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

10 Ropers Yard, Hart Street, CM14 4FU







Animal Aid Music Festival



is kindly sponsored by



No Job Too



020 3637 3555

www.carter-group.co.uk



The Dukes Head -No.1 Pub &

Restaurant. Billericay

www.dukesheadlittleburstead.co.uk 01277 651333



Six piece Live Party Band covering Hertfordshire & Essex

www.lemonrock.com/dropthemonkey 07780 442040



Mondays - RUSSC, Romford

www.hillsntoes.co.uk 07961 427527



Real Estate Agency in Brentwood

www.beresfords.co.uk 01277 508960



Local Distinction

www.rainerhughes.com 01277 226644



Road Haulage & Transport Services

www.glengibbard.co.uk 01708 555506



Providing solutions through innovation

www.rmc.ltd 0333 772 2135



Web design, branding & print

www.webstersites.net 07950 626612



SUNDAY, 09 OCTOBER 2022 - 10:00 am ~ 8:00 pm HERONGATE FOOTBALL CLUB

BRENTWOOD, CM13 3PU

















Dog competitions | Craft stalls Kids' rides | Food & drink Licensed bar Raffles

07956 385425

SOUND.

COLLECTIVE



@animalaidfestival

www.animalaidfestival.co.uk animalaidfestival@outlook.com



Acts subject to change



A clish fit for our Queen's coronation

here are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national

folklore, used in sandwiches, salads and jacket

avagant as it was previously more complex, and potatoes.

Coronation chicken recipe

INGREDIENTS: 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

STEP ONE: Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black peoper.

STEP TWO: Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.



WE OFFER EXCEPTIONAL FACILITIES ALL YEAR ROUND TO HOST ANY CELEBRATION, WHETHER IN OUR OAK ROOM OR THE NEWLY BUILT GARDEN ROOM WITH ITS PRIVATE GARDEN. WE WILL BE DELIGHTED TO WELCOME YOUR FAMILY AND FRIENDS FOR THAT SPECIAL OCCASION, HELPING PLAN EVERY STEP OF THE WAY LEAVING YOU TO RELAX AND ENJOY YOUR EVENT.

WITH A HOSPITALITY TEAM COMPROMISING FIRST-CLASS CHEFS AND FRONT-OF-HOUSE STAFF WE CAN CATER TO ALL FUNCTIONS FROM BIRTHDAY PARTIES TO ANNIVERSARIES, ENGAGEMENTS TO CHRISTENINGS AND CONFERENCES TO CHRISTMAS PARTIES.

SPEAK TO OUR EVENTS TEAM TODAY.

01277 811289

WWW.SOUTHESSEXGOLF.CO.UK

(iii) SOUTHESSEXGOLFEVENTS







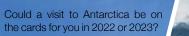


AMAZING EXPERIENCE WE USED THE VENUE FOR OUR ENGAGEMENT PARTY, THE STAFF ARE SO HELPFUL AND FRIENDLY! THE VENUE ITSELF WAS STUNNING, I LOVE THE GARDEN AREA EVERYTHING WAS CLEAN AND DECORATED BEAUTIFUL AND CLASSY.

WOULD HIGHLY RECOMMEND AND DEFINITELY USE
THE VENUE AGAIN

UMESH, PAULA AND ALL THE REST OF THE
TEAM HAVE BEEN FANTASTIC WITH THE
EVENTS I HAVE HELD AT SOUTH ESSEX
GOLD CLUB! WE HAVE USED THEM FOR MY
PARTNER'S 30TH BIRTHDAY AND FOR ALSO
TWO WORK SUMMER PARTIES. ALL THE
GUESTS COMMENT ON HOW BRILLIANT THE
STAFF, SERVICE, FOOD AND VENUE!
WOULD HIGHLY RECOMMEND ANY EVENT
AT SOUTH ESSEX GOLF CLUB!

VISIONBrentwoodOngar edition76 | to advertise call 01277 554045





ooking for your next travel destination? Why not make it Antarctica? Here's what you need to know about visiting the world's southernmost continent.

Antarctica is one of the world's last untouched destinations. With its beautiful wilderness, it's a place unlike any other, a real trip of a lifetime.

Away from the tourist traps, busy cities and constant connectivity, it's the perfect getaway from

The best time to visit Antarctica is from November to March - the Antarctic summer. You'll get to enjoy 24-hour sunshine, giving you the best chance of seeing the continent's incredible wildlife.

Besides the stunning landscapes, Antarctica is

whales and more in their natural habitat - a truly spectacular experience.

Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm.

Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary.

While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.







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

One off drops OR regular monthly drops

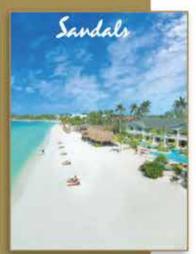
C**heckatrade**.com

www.ecowiserenewables.co.uk

- Targeted Demographics delivered direct to homes
- Cost effective Printing service available
- Direct Pick up service available from your Essex based address

CONTACT US

O1277 554045 • www.flyerdistributionessex.co.uk



Beaches

Let us help arrange your dream getaway

Get in touch today to find out more or to book a Sandals & Beaches Resort holiday.

QUOTE SANDALS23 for Exclusive Offers

0800 808 6660 www.instantbreaks.com

Tropical Shores in an Instant...

At Instant Breaks we're passionate about creating exceptional travel experiences. For the ultimate Caribbean escape, a Sandals or Beaches Resort holiday ticks all the right boxes. All you have to do is relax and let us take care of the rest.

Tropical shores with the whitest sand and bluest sea provide the backdrop for all Sandals & Beaches Resorts, With Sandals designed with couples in mind and Beaches for families, there's something for everyone.

Perfect for Couples - Sandals Resorts

Exclusively for couples and the ideal choice for a romantic escape, Wedding or Honeymoon, Sandals Luxury All-Inclusive Resorts can be found on the blissful Caribbean islands of Antigua, St Lucia, Grenada, Jamaica, Barbados and the Bahamas. Enjoy five-star style and luxury with gourmet dining at up to 16 restaurants per resort, indulgent Spas, scuba diving experiences and unlimited land and water sports plus golf at courses in select resorts, everything included for your enjoyment.

Perfect for Families - Beaches Resorts

Beaches all-inclusive Resorts in Jamaica and Turks and Caicos provide families with a holiday experience they will remember forever. White sand beaches fringed with palm trees and the warmest of sea, provide the backdrop for these amazing Resorts which will delight guests with luxurious rooms and suites, fantastic dining options and best of all for families... exciting and fun activities for kids of all ages including a Pirates Island Waterpark, an X-Box play lounge, Kids Camps, plenty of watersports and more.

Why Book with Instant Breaks?

- Our ethos is that holidays should always be an exceptional experience.
- Unrivalled customer service is therefore key along with finding the best, most affordable prices to suit every budget.
- We will always offer a personal, bespoke service tailoring your holiday package to your individual requirements.
- All holidays booked with us are both ABTA & ATOL protected for your financial security and peace of mind.



Look no further for your Holiday!



















www.instantbreaks.com

0800 808 6660





Instant_breaks

@Instant Breaks

InstantBreaksLTD



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**



Brentwood Ursuline

Convent High School Founded 1900

Sixth Form Open Evening

Thursday 3rd November 2022 6.30 - 8.30pm Headteacher's talk at 6.30pm

Please note there is no onsite parking for this event





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 Oueen's Road Brentwood, Essex, CM14 4EX





id you have a hula hoop as a child? Fun, wasn't it? Offering a whole host of health benefits, the joy of hula hooping doesn't have to end when you reach a certain age.

WHAT ARE THE BENEFITS OF

Burn calories: Hula hooping can burn anywhere between three and seven calories per minute, depending on your body weight and the type of hoop you use. This equates to up to 210 calories per half-hour session, which is on a par with kickboxing.

> Build core strength: Hula hooping requires strong movement of the hips to keep the hoop from falling, which means that you have to work your core muscles hard.

Maintain good posture: If you spend most of the day sitting at a desk, then hula hooping offers a great way to improve your posture. When keeping the hoop moving, your body form is stabilised and engaged throughout, which can help your form with other exercises.

Boost cardiovascular system: It is recommended that you get 150 minutes of moderate exercise a week, and hula hooping can help you to reach this goal. A fun form of cardio, it can also help to boost your heart and lung health and lower your cholesterol.

HOW TO HULA HOOP

- 1. Start by swinging the hoop clockwise for as long as you can.
- 2. To keep the hoop around your waist, move your hips forwards and backwards as opposed to in a circular movement.
- 3. Then change direction to a counter-clockwise movement.
- 4. Repeat a few times and try to increase the duration of each set as you get stronger.
- 5. To further isolate your abs, concentrate on keeping your lower body steady.
- 6. Try a weighted hoop for enhanced fat burning.

OTHER WAYS TO USE A HULA HOOP

- Skipping through the hoop is fun for kids to try
- Circle a hoop around each arm
- Do crunches with the hoop between your legs
- Do squats or lunges with the hoop held over your head.



OCTOBER IS BREAST CANCER AWARENESS MONTH, AND WITH 55,000 WOMEN DIAGNOSED WITH THE DISEASE EACH YEAR. IT'S NEVER BEEN MORE IMPORTANT TO BE BREAST AWARE

What is normal?

Every woman's breasts are different, in terms of size, shape and consistency. It is also not uncommon for one breast to be larger than the other. It is a good idea to get used to how your breasts feel at different times of the month so that you can notice any changes.

How to be breast aware:

The NHS Breast Screening Programme has produced a five-point plan for how to be breast aware:

- 1. Know what's normal
- 2. Look at your breasts and feel them
- 3. Know what changes to look for
- 4. Report any changes to your GP immediately
- 5. Attend routine screening if you are aged between 50 and 71.

How to check your breasts:

Look at your breasts and feel each one and your armpit, including up to your collarbone. Many women

find this easiest to do in the shower or bath. You can also look at your breasts in the mirror, both with your arms by your side and with them raised.

Breast changes to look out for:

- > A change in size, outline or shape
- > A change in the look or feel of the skin, such as puckering, a rash or redness
- > A new lump, swelling, thickening or bumpy area on the breast or armpit
- > A discharge from the nipples
- > Change in the position of the nipples
- > A rash or crusty or scaly skin around the nipple
- > Any discomfort or pain in the breast.

When is the best time to check your breasts?

You should check your breasts once a month on the same day, ideally a few days after your period. This is because many women notice changes to their breasts during their menstrual cycle and they may become swollen, tender and even lumpy.



HEALTH

FITNES

 Ω

CHOLESTEROL

Ithough it gets a bad rap, cholesterol is actually an essential molecule in the body that produces vital hormones such as progesterone, testosterone and

However, around 40 per cent of people in the UK have high or borderline high levels of bad cholesterol, which can have a detrimental effect on health.

WHAT CAUSES HIGH CHOLESTEROL?

There are several factors that increase your risk of having unhealthy cholesterol levels, including: A poor diet which is high in saturated and trans fats A high body mass index | Lack of exercise Being a smoker | Drinking too much alcohol | Being over 40

Certain medical conditions such as chronic kidney disease, diabetes, lupus and hypothyroidism can also lead to high cholesterol. If you are aged 40-74, you can get your cholesterol checked as part of an NHS Health Check.

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of cholesterol on

the walls of your arteries. This is known as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

Foods to eat: Oats | Wholegrains | Beans | Nuts Soy | Oily fish

Foods to avoid: Fatty and processed meats Animal fats such as butter, ghee and margarine Full-fat dairy products

HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

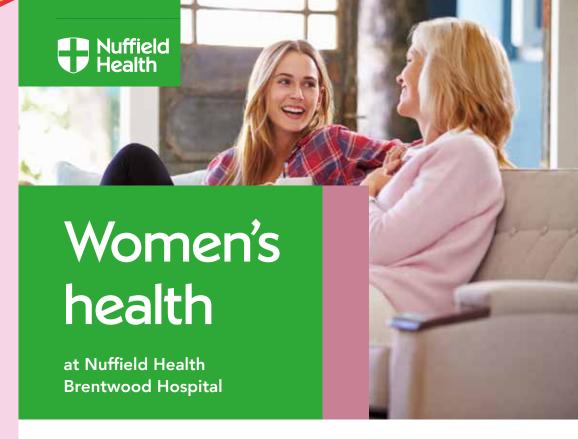
As high cholesterol does not cause symptoms, you can only find out if you have it by requesting a blood test from your GP.

A cholesterol test can measure your total cholesterol levels, both good and bad, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), and your level of triglycerides.

Healthy cholesterol levels for each are as follows:

- Total cholesterol = 5 or below
- Good cholesterol = 1 or above
- Bad cholesterol (LDL) = 3 or below
 - Bad cholesterol (non-HDL) = 4 or below
 - Triglycerides = 2.3 or below





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

- Cervical smear and HPV test
- Colposcopy
- Family planning advice and management
- Gynaecological ultrasound
- Hysterectomy

- Infertility investigation and pre-IVF management
- Laparoscopy
- Menstrual disorders and management
- Ovarian cyst
- Menopause and HRT

- Surgical and medical management of miscarriage
- Urinary frequency and incontinence
- Uterine and vaginal prolapse and reconstructive surgery
- Uterine fibroid.



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



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

EAUTY

OPEN NOW

PRODIGY

DESIGNER MENSWEAR









LUXURY MENSWEAR

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





SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

o you suffer with fine, limp or thin hair? Then these volumeboosting hairstyles are just what you need to add a little oomph

If you are looking for a shorter style that promises to add volume, then the asymmetrical bob is the hairstyle for you. Adding both volume to your hair and definition to your face, this ultra-sleek style suits women of all ages.

For those with shoulder-length fine hair, a messy lob is a great choice. Ask your hairdresser to add choppy layers to your locks and you will instantly see more movement and volume.

Long hair can be prone to looking flat, so why not add some tousled waves to give the appearance of more volume? Simply wash your hair with a volumising shampoo, put in braids and leave overnight. Let your hair down in the morning for gorgeous waves.

For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

A full fringe can make your entire head of hair appear thicker and more voluminous. Adding both density and fullness to your locks, this hairstyle works best with no parting. Opt for either a blunt or textured style but be sure to keep it heavy.

The pompadour is making a huge comeback this year and is another short style that is perfect for adding volume and height. Pair short, edgy sides with a curly texture on top for a modern look that demands to be noticed.

Make sure you use our special VISION discount code

for 10% off your first order - WICKVISION22

Brentwood, do you want broadband without the bull?

There's nothing more frustrating than streaming your favourite party playlist on a Saturday night, only to find you're met with the infinite 'wheel of doom'.

We get it.

But there's good news, people of Brentwood, because you'll soon be the envy of nearby towns.

We're BeFibre - a full fibre broadband provider here to bring you broadband as it should be. We don't break promises. The package you buy from us is exactly what you'll get.

And we're in your area.

Our expert engineers are currently connecting around 19,500 Brentwood homes with 13x faster download and upload broadband speeds*.

We're talking Wi-Fi without the waffle.

With us, our fibre-to-the-premises (FTTP) connectivity means you can download a 1-hour TV programme in 7 seconds or 500 Spotify songs in 25 seconds, upload 100 Instagram photos in 5 seconds and an entire new-release PS5 game in only 14 minutes.

We're providing full fibre broadband in your area as part of our mission to roll out best-in-class FTTP connectivity across 80 UK towns and cities.

And we're doing it all by using OpenReach's Physical Infrastructure. That means our work is less disruptive than other network deployments, and we don't dig up your roads.

Are you ready to upgrade your world?

Find out today if you can get our full fibre broadband. Visit be-fibre.co.uk/brentwood and input your postcode to get started.

*Visit be-fibre.co.uk for full broadband speed details.

Superwide, Gigafast, Ultraquick, blah, blah blah!

We prefer to simply say reliable full fibre broadband. No jargon. No tech talk.

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



BeFibre



ON THE MONEY

Financial advice from our financial adviser Karyn Vogel Contact 01277 654153



DON'T GIVE UP YOUR PROTECTION POLICY

With households facing the biggest squeeze on their incomes in many years, it's understandable that families are looking for ways to cut costs.

When looking to cut back, reviewing our subscriptions and direct debits (for example, for streaming services or gym memberships) is often a good place to start, but there is one cost that you shouldn't be so quick to give up.

PROTECTION IS VITAL

As tempting as it is to cancel protection insurance policies, times of financial difficulty are exactly when we need protection the most. Many policy-holders aren't aware that life insurance cover can be flexible, and there are ways to reduce your cover rather than cancelling it outright.

GET IN TOUCH

If you have any questions about your protection policy, please do get in touch. We can help you organise your finances and keep your vital protection cover in place.

GOOD TO KNOW – JISA TO ADULT ISA TRANSITION PERIOD

A Junior Individual Savings Account (JISA) can be held by a child until the day they turn 18, the annual allowance for which is currently £9,000. On their 18th birthday, the child can open an adult stocks and shares ISA, the annual subscription for which is currently £20,000. All straightforward.

Now for the interesting part – at present a child can open an adult cash ISA when they turn 16, benefiting from the full £20,000 adult allowance. A child can hold an adult cash ISA alongside a JISA whilst they are aged under 18

So, with current allowances, a total of £29,000 can be paid into their ISAs in one tax year. Repeatable in the tax years they turn 17 and 18, contributions totalling £87,000 can be made in under three years.

IT'S A WRAP

For people looking to put money aside for their children or grandchildren, there are interesting tax wrapper opportunities out there for you to consider.

At HCR we take the time to understand our client's unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way.

For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.





HOW BREWDOG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

he BBC recently broadcast an exposé on BrewDog founder James Watt, which attempted to highlight a darker side to the craft beer visionary's persona, including working practices at the brewery's Aberdeenshire HQ.

While it dressed up the drama of wrongdoing, the response from the beer-buying public was decidedly lukewarm. The reason? People love IPA more than they love scandal and salacious gossip.

In fairness, BrewDog has always been built on an image that begins and ends in the can or bottle. 'Equity for punks' is a phrase that the brand has long carried around with it – a linking of a drinks revolution with social cohesion and sustainability, fuelled by the momentum of the hipster movement.

It all began in 2007 when twenty-somethings James Watt and Martin Dickie found themselves in Fraserburgh, the foggy, windy, cold Scottish outpost. While frustrated at the lack of real choice in a drinks market populated by imported lagers, they remained sentimental about the role of traditional alcoholic staples that had fuelled generations of factory workers, miners and engineers.

Sure enough, by feeding new life into old flavours, progressing from their bedrooms and kitchens to their first brewery, they fused creativity with credibility. Punk IPA was born.

"I think a lot of people felt there was a disconnect at the time between a certain demographic and the drinks they were consuming," says Watt. "Lager and fizzy beer had gone the way of the young lads, with football and nightclubs piggybacking and then driving the trend. Ciders and fruit-based drinks had a very summer existence, while spirits, shorts and wines were mostly for women. The market needed something different."

BrewDog's ability to provide that, initially through signature brew Punk IPA, then a raft of variations, expanding into a pub empire that now totals more than 80 locations worldwide, has taken Watt's personal fortune to more than £250million – a selfmade punk now living life in the fast lane.





www.optimum-tree-services.com

info@treesurgeonchelmsford.co.uk

Come home to a clean house

fdavislandscapestreecare@gmail.com

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













round one in four UK households owns at least one cat. If you're one of them, you'll no doubt want to mark National Cat Day on Saturday, October 29.

The day's mostly about celebrating all things feline. But it also helps raise awareness about all those cats that need a new home. But where did cats come from?

The most popular theory is that domestic cats are the distant offspring of Middle Eastern wildcats. Some 12,000 years ago, farmers started working the land in an area known as the Fertile Crescent. This is a boomerang-shaped area that runs from north-east Egypt, along the Mediterranean coast and down to the Persian Gulf.

The soil was good here and the crops grew well. But when it came to storing grain, the farmers were plagued with mice. So it was only natural for farmers to invite in the local wildcats. The animals were thrilled with all the tasty morsels on offer. And

the farmers were delighted with their easy pest control system.

Gradually, as people came to prefer those cats with milder temperaments, the animals adapted to their new environment. And they eventually evolved into the hundred or so cat breeds we're familiar with today.

Cats probably didn't arrive in Britain until the Romans invaded, bringing their mice-gobbling moggies with them. But when the Romans were driven out of the country a few hundred years later. their cats' descendants remained behind.

Somehow, during the Middle Ages in Europe, cats became linked to witchcraft, and hundreds of thousands of cats were killed. Some scholars believe that this led to an explosion in the rat population which helped spread the plague.

Thankfully, by the 17th century, the reputation of cats improved. And they're now the most popular pet in the world.





lowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

by luck - it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured The choice of flowers on the wreath is not done sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

> While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

> There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

> Cards and labels are put into boxes - some will make it into museums: most will remain stored away forever and are unlikely to see daylight again for decades.



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 FIFE







*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





erk up your garden, porch or patio with a unique display of flowers and foliage. Read on to find out how to create a stunning container for late autumn and winter.

WHICH PLANTS WORK WELL?

- > Hardy autumn-flowering cyclamen
- > Pansies and violas
- > Hebes
- > Heathers
- > Evergreen ornamental grasses
- > Trailing ivy
- > Heucheras
- >Ornamental cabbage or kale
- > Hardy ferns (e.g. hart's-tongue, polypodium)
- > Evergreen shrubs (e.g. skimmia, sarcococca)
- > Evergreen euphorbias
- > Perennial herbs (e.g. rosemary, sage)

WHICH COMBINATIONS WORK BEST?

Choose an eye-catching 'hero plant' that's relatively tall. Ornamental cabbages, spiky grasses or hebes all work well. If your pots are round, put your hero plant off-centre, not right in the middle.

Now choose at least one bushy plant and one trailing plant, like ivy. Then fill the gaps with

complementary plants. Try to include a variety of shapes, textures and shades of green.

Remember, plants don't grow much in late autumn and winter, so fill your pots generously – you don't want to see bare earth.

Finally, cast a critical eye over your selection to make sure you're happy.

WHICH COLOURS LOOK GOOD TOGETHER?

We think harmonious colours work best. These are the ones next to each other on the colour wheel, not opposite – so mauve and pink rather than orange and blue. But of course, it's a matter of personal taste.

WHAT ARE THE BEST CONTAINERS?

Choose containers made from plastic, stone or frost-proof terracotta, with a wide top. For something different, why not repurpose an old tin bucket or watering can? But remember to drill drainage holes.

Raise your container off the ground using special pot feet or bricks. This will help drainage and help prevent the pot from freezing.

Always use new, good-quality multipurpose compost – don't be tempted to use soil or reuse last year's compost.

NOT TO SUT?

There are several jobs that need doing in the garden ahead of the colder months, and one of them is trimming back your perennials. However, it is important that you know which ones to cut back and which ones to leave alone.

Cut back

Irises – Irises are vulnerable to infestations of iris borers, which tunnel into the base of the rhizome and lav eggs. To avoid this, trim the fan of their sword-shaped leaves at an angle so that they slope upward into a peak no higher than eight inches.

Chrysanthemums – These autumn-flowering plants should be cut back after they have bloomed or if they have been hit by a hard frost. Trim the plant down to between six and eight inches from the soil.

Lilies - Once their greenery has disappeared and they turn yellow or red, lilies should be cut back for the winter. All it takes is one guick snip of the stalk near the soil line.

Peonies - Peonies are vulnerable to mildew so should be cut back when the first frost hits. Grab the leaves and then cut back the stems to just a few inches above the soil.

Hollyhocks - Growing up to six feet high, hollyhocks can get gangly in autumn. Cut back their sturdy stems to about six inches from the soil to avoid diseases such as leaf rust.

Let be

Hibiscus – As a late-emerging plant, hibiscus does not need trimming back as otherwise it can take too long to show growth in the spring.

Coneflowers – Not only do coneflowers look pretty when covered in frost or snow, but they also offer important sustenance for winter birds.

Russian sage - Russian sage can survive the colder weather and can also add texture and shelter to your winter garden, so leave this ornamental grass alone.



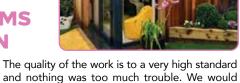


BESPOKE GARDEN ROOMS TO YOUR SPECIFICATION

Denis and the team at M&S Garden Rooms offer a complete service to make sure you have the garden room you've always wanted. They undertake all aspects of the construction from planning to demolition of old structures, as well as

patio laying and garden landscaping. Their work is carried out to the highest standard with exceptional attention to detail, and the team always go above and beyond to ensure each customer is completely satisfied.

One delighted customer had nothing but praise for the team, saying: "Denis was clear on what would be involved and gave recommendations from his experience to help make the right decisions. He arranged for our old asbestos garage and surrounding trees to be removed, then built us a garden room with storage at the back.



and nothing was too much trouble. We would thoroughly recommend Dennis."

Another customer said: "I had an old shed at the back of my garden that I wanted to replace with a

> new garden room with a cedar wood finish. Dennis was engaging, he listened and advised the best way to proceed. He is very reasonable with his pricing and what's more, he stuck

> "He kept to his timetable, always turned up time and cleared up each day. The quality of his work was outstanding, exactly what my wife and I wanted."



For more information or a quote, please search 'MS-Garden-Rooms' on Facebook or call 07380 440215.



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

■ Furniture

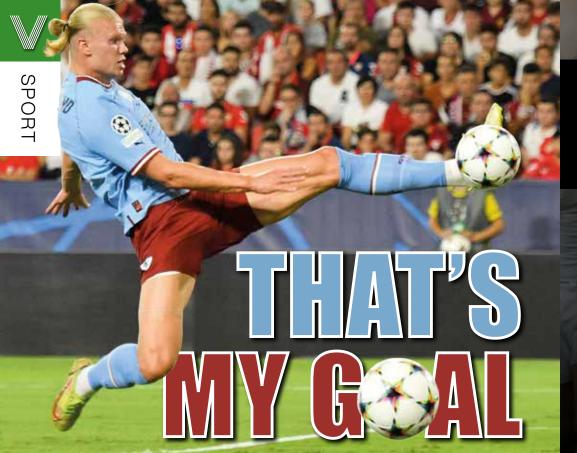


Rooms

CONTACT US TODAY FOR A FREE NO OBLIGATION QUOTE:

07380 440215





THERE'S A NEW GUNSLINGER IN TOWN, AND WHEN HE SHOOTS, HE RARELY MISSES

hen Manchester City became aware of a release clause in the contract of one of the most highly sought-after goalscorers in world football, they just had to act. Their efficiency and persuasiveness in getting a deal over the line for the former Borussia Dortmund man has secured for them a star who has all the armoury to emulate

The future has arrived, and he's a sharp shooter.

Erling Braut Haaland was born on July 21, 2000, in Leeds, England; yet instead of representing the country of his birth, he chose Norway, the nation of his parents, both of whom were world-class athletes in their own right.

Alfie, Erling's father, is a former Premier League player, while his mother is Gry Marita Braut, a

It sounds impossible that Erling could set the bar

documented and, in 2019, he became the first

teenager to score in five consecutive Champions League games, for Austrian club Red Bull Salzburg. It earned him a move to German giants Dortmund. In between, he scored nine goals in a FIFA Under-19 World Cup group match against Honduras, subsequently securing the Golden Boot. Haaland went straight into the full Norway side and is still averaging a goal a game for The Lions.

At the beginning of October, he became the first player in Premier League history to score hat-tricks in three successive home games, and also now holds the record of being the quickest player to have scored three hat-tricks in the Premier League. Hitting the ground running for City in the Premier League and Champions League, he appears on

What City boss Pep Guardiola ultimately recruited owners what they crave - the Champions League

BRITAIN'S GREATEST SPORTING MOMENTS: DROP-KICK ഗ PO Ď ach month, we look at one of the most significant events in British sporting history. This month, it's England's dramatic Rugby World Cup win against Australia in 2003. The fact that England came into the 2003 World Cup as tournament favourites didn't for one second lead to any sensible suggestion that the Three Lions might actually take the Webb Ellis Cup back to Blighty with them. Never had a Northern Hemisphere team won the ultimate prize in rugby, and with the formidable force of co-hosts New Zealand and Australia ready to greet them - the latter as defending champions - only the staunchest England fan imagined Clive Woodward OBE's side could emerge victorious. Yet in captain Martin Johnson CBE, fly-half Jonny Wilkinson CBE, speedster Jason Robinson OBE (fresh from switching codes having grown up playing rugby league) and a batch of other stars coming into their prime, such as Matt Dawson MBE, Mike Tindall MBE, Ben Cohen MBE, Will Greenwood MBE and Steve Thompson MBE, the feeling that we might be witnessing something special heightened as England sauntered through the group stages. They accumulated more than 250 points in their opening four matches, seeing off Georgia, South Africa, Samoa and Uruguay with little fuss. In the quarter-final, Wales scored two tries to England's one, but the kicking of Jonny Wilkinson saw the

team home 28-17.

Australia level.

trophy and changed English rugby forever.

And eight three-pointers in the semi-final against France paved the way for a showdown final with Australia.

In a match screened live in the UK as rugby fans were tucking into a liquid breakfast, Lote Tugiri scored

In extra time, Flatley again restored parity at 17-17 with only three minutes to spare, but just as sudden

death loomed, Wilkinson received Dawson's pull-back and drilled over the winning drop goal that won the

the opening try for the hosts at Stadium Australia in Sydney, before three Wilkinson kicks and a try gave England a 14-5 lead. Gradually pegged back in the second half, Elton Flatley's last-gasp penalty brought

THE WISION LISTINGS

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

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

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

MAY HOME IMPROVEMENT

Handyman, Home Repairs & General Building Services. 01277 562095 | www.mayhomeimprovement.co.uk | info@mayhomeimprovement.co.uk

MM CONTRACTORS

All general roof repairs, gutter cleaning, tiling, chimney pointing, driveways, paving, fencing and more. Call 01277 554207 | 07788 834701 | mmcontractsessex@gmail.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

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

HOME SECURE SOLUTIONS LTD

Specialists in Roller Shutter Garage Doors. 01245 917536 | 07929 403988 | info@homesecuresolutions.co.uk | www.homesecuresolutions.co.uk

GARDEN BUILDINGS

R PAGE CONCRETE BUILDINGS LTD

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

GARDEN 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

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

OVEN CLEANER

OVENCLEAN

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

Join the Listings... for just £180 +VAT per year

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

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

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

THE WISION 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

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

for itset **£15** total per

WANT TO APPEAR IN NEXT MONTH'S LISTINGS?

SIMPLY FILL OUT THE FO	RM BELOW AND R	ETURN IT TO BO	OK YOUR SPACE
Company name:			
Description (180 characte	rs max including sp	aces):	
Telephone:			
Payment option: Card			

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**.

19. THEATS, 18. OPENLY, 19. HATRED, 20. REEFS
DOWN: 1. SUPERB, 2. WHAMMY, 3. GRAIN, 4. OPACITY, 5. DIRECTOR, 6. MERINO, 12. ENTERING, 14. ELISION,

17. FROTH, 21. DEER, 22. SVELTE, 23. NOR, 24. STAND-OFF, 25. SWAYED

ACROSS: 1. SEWING, 7. REPAIRED, 8. PEA, 9. MANIAC, 10. EMIT, 11. BUYER, 13. STETSON, 15. STATELY, 17. FROTH. 21. DEER. 22. SVELTE. 23. NOR. 24. STAND-OFF. 25. SWAYED

WANT TO EARN EXTRA EACH MONTH?

DISTRIBUTORS NEEDED!



CONTACT NIK TODAY TO APPLY



t: 01277 554045 m: 07860 683239

e: brentwood@VISIONmag.co.uk

w: www.visionmagessex.com

Christmas 2022 at Marygreen Manor

Pre-Christmas Lunch

2nd-24th December (Monday-Saturday only) £23.95 Per Person

Pre-Christmas Dinner

2ND-24TH DECEMBER (MONDAY-FRIDAY ONLY) £27.95 PER PERSON

CHRISTMAS DAY LUNCH

25th December £135.00 Per Person Children up to 8 years £65.00

BOXING DAY LUNCH

26th December £70.00 per person Children up to 8 years £35.00

4 Course New Years Eve Dinner

31st December Live Entertainment & Disco £97.50 Per Person

TWIXMAS & TWIXMAS+ BREAKS

December 27th, 28th, 29th & 30th Dinner, Bed & Breakfast Twixmas £135.00 Twixmas+ £168.50

Prices per room, per night based on 2 guests sharing

BOOKING ESSENTIAL

www.marygreenmanor.co.uk or call 01277 225252 T&Cs apply – see our website for details



MARYGREEN MANOR

HOTEL & RESTAURANT

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