

FREE

Photo credit: Matt Baron/BE/Shutterstock

HOW TO
ENJOY
RHUBARB
SEASON

THE BEST SECOND CITIES
to visit across Europe

SWEET AS...
discover the health benefits of honey

LEWIS CAPALDI

On overcoming life's challenges on the road to fame

Every home tells a story



Let us help you,
tell yours.

Scan QR code to begin your glass
and glazing journey today.

(Open camera application on iphone to find out more)



ROM VALLEY
GLASS & GLAZING

Installation
Experts
since 1989

This Nelmes Way property is a genuine showcase of luxury and style. We installed premium Smart Alitherm 300 windows with a sleek steel look and a classic Georgian cross design. In addition, we opted for Smart Visifold 1000 corner bi-folding doors to create an open and spacious living area — perfect for relaxation and entertainment.

All products were expertly manufactured and fabricated in-house and made in an elegant ral 9005 matte black, contrasting well with the property's face brick walls.

This was a larger project for Rom Valley, nevertheless, the entire process from design to installation took place within 8 weeks.



"A great experience with Rom Valley Glass, from the original site survey to the fantastic finished article of the installation. Our space has been completely transformed."

Exceeding expectations since 1989, we're a family-run company leading the way in glass installation, from planning and designing to completion. We're proud to partner with The Residence Collection to bring unparalleled windows and doors to the homes of Essex and beyond.

01277 676 660

Call us today to speak to a glass
and glazing expert today.





Editor's notes...

MAY 2023



Nik Allen, Editor

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

This weekend, we will be witnessing a unique event in most of our lives: the royal ceremony in which a monarch is crowned.

The coronation of King Charles III, taking place on Saturday, May 6, will be a momentous occasion that should be celebrated with great pride and enthusiasm by all of us. It marks the first coronation since that of the late Queen in 1953, which was the first time the royal occasion had been televised. Millions of people tuned in to watch the ceremony, and I'm sure the same will be true this year. It is a time to come together as a nation and rejoice in the rich culture and history that make our country unique.

I had a significant event in my life take place at the end of April. I was lucky enough to be invited to 10 Downing Street to a Local Media Champions Reception with the Secretary of State for Culture, Media and Sport, RT Hon Lucy Frazer KC MP.

I felt honoured to attend and connect with other local media peers throughout the UK. With regional editors across the country invited to the event, it was good to see how far our publications have come to be in such esteemed company.

Nik Allen

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

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

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

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

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, 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

ESSEX SUPERSTORE
01268 724959
CHELMSFORD SHOWROOM
01245 209624
SUFFOLK SUPERSTORE
01473 944087

The largest collection of
Garden Furniture
stylish bespoke
Outdoor living

LONDON'S No 1 STEEL SUPPLIER



REINFORCING DIVISION

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

STEEL SECTIONS DIVISION

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

RAINHAM STEEL

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

FROM LILY SAVAGE

The death of Paul O'Grady MBE at the end of March brought a premature end to the life of one of our most respected modern-day entertainers – someone whose own reinvention helped the gradual process of changing attitudes in British society.

Growing up on the sometimes rough, often competitive back streets of Liverpool in the Swinging Sixties required more than a little spark and swagger, so it's probably little surprise that one of its finest exports, Paul O'Grady, created a career built on the foundation of his larger-than-life personality.

"As the saying goes, if you can't beat them, join them – and if you can't join them, become a drag act," laughed Paul O'Grady in one of this final interviews.

He departed from us at 67, seemingly with another decade or two of wit, charm and pzazz still ready to be unleashed, and the tributes have been extensive and heartfelt.

O'Grady had a number of jobs growing up, including working as a clerk, a waiter and a barman. It was only when he moved to London that he managed to create a career out of his passion for entertainment and performance.

The star's main outlet was the dynamic and daring Lily Savage, a drag queen act who became hugely popular on the underground scene, and eventually gained mainstream appeal when Channel 4 took up the option to give him a stint on *The Big Breakfast* after Paula Yates' resignation. The likes of *The Lily Savage Show*, *Blankety Blank* (which the character fronted for five years) and *Lily Live!* followed, showcasing the full mainstream evolution of a character. It was a long way from O'Grady's first TV appearance on *The Bill* back in 1988 as a transvestite prostitute informant named Roxanne (credited to Paul Savage).

While Lily Savage was eventually retired, the legacy of such a dynamic figure lived on. The character had opened doors for a brand of leftfield entertainment, and helped carve a path for LGBTQ+ rights and promotion across mainstream entertainment.

"I had been in that world since the seventies when I began performing in pubs and clubs around London, so it was all very natural for me, and had been for decades," he said.

"That I lived in a country that embraced me and loved me for who I was, I found wonderful, and it compelled me to go on to do other things."

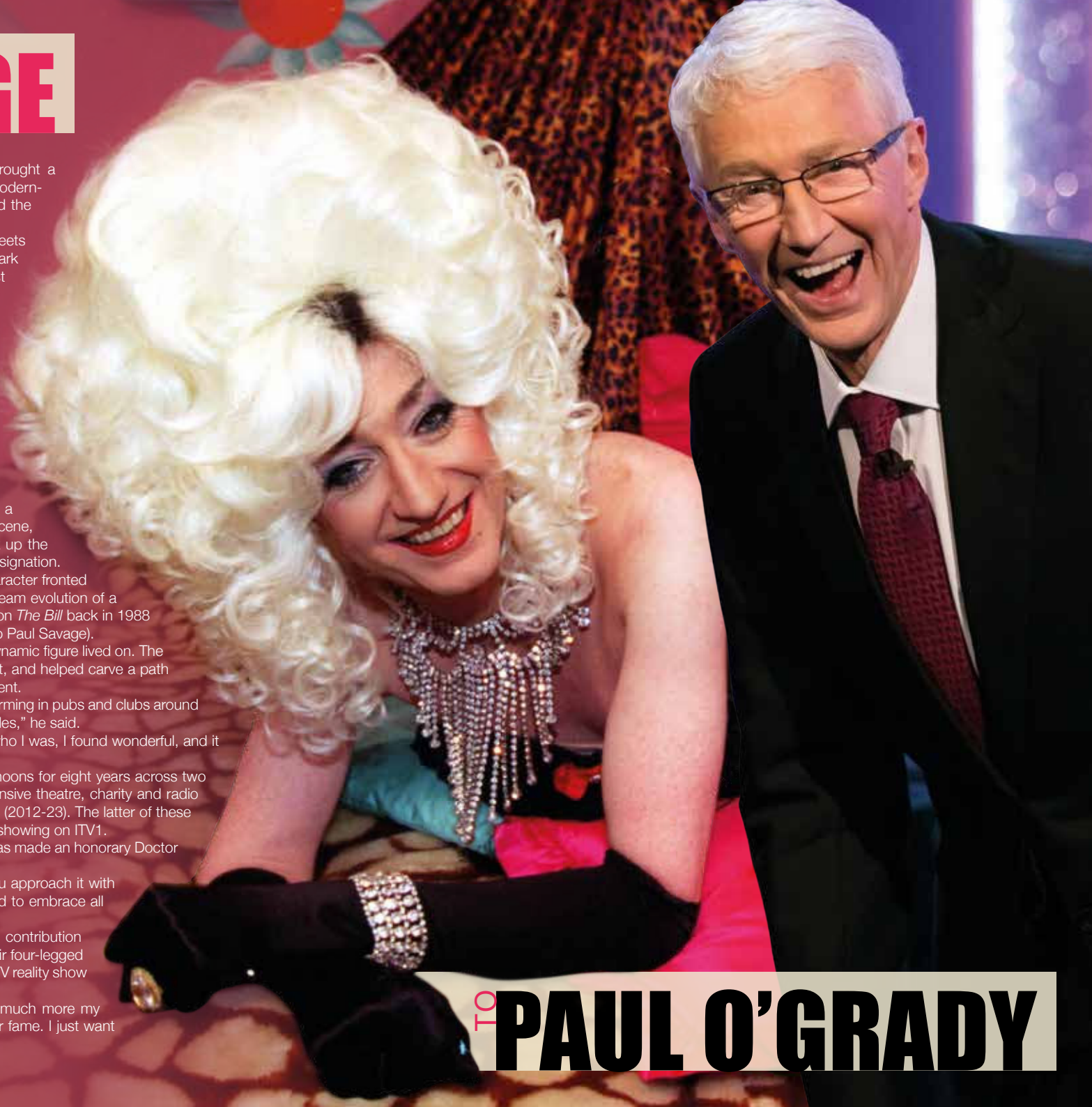
The successful *The Paul O'Grady Show* ran on weekday afternoons for eight years across two spells, and the entertainer also saw huge popularity across extensive theatre, charity and radio work, as well as the likes of *Blind Date* and *For the Love of Dogs* (2012-23). The latter of these popular TV programmes was filmed in late 2022 and is currently showing on ITV1.

In recognition of his contributions to TV, radio and theatre, he was made an honorary Doctor of Arts at De Montfort University Leicester in 2010.

"I always found you can talk about absolutely any subject if you approach it with interest, respect, humility and humour. That's the way I have tried to embrace all the challenges that have come my way," he said.

His funeral, which was held on April 20, featured a significant contribution from Battersea Dogs & Cats Home, who lined the streets with their four-legged residents in honour of the decade O'Grady spent presenting the ITV reality show at Battersea.

"I've always got on better with animals," he joked. "They are much more my type. As I've said before, I am not bothered about sex, money or fame. I just want a mongoose."



TO PAUL O'GRADY

A GUIDE TO THE MOON



Have you ever wondered why the moon appears to change shape each night? These are known as the moon's phases, and it isn't actually the shape of the moon that changes but our view of it.

Find out more about the different phases and names of the moon below.

WHAT ARE THE PHASES OF THE MOON?

- 1. New moon:** You cannot see the moon when it is a new moon.
- 2. Waxing crescent moon:** In the Northern Hemisphere, you see the waxing crescent moon as a thin crescent of light on the right.
- 3. First quarter moon:** The first quarter moon
- 4. Waxing gibbous moon:** This phase is between a half moon and full moon. Waxing means it is getting bigger.
- 5. Full moon:** You can see the moon completely illuminated during full moons.
- 6. Waning gibbous moon:** This phase is between a half moon and full moon. Waning means it is getting smaller.
- 7. Last quarter moon:** This appears as a half moon but with the opposite half illuminated to the first quarter moon.
- 8. Waning crescent moon:** In the Northern Hemisphere, you see the waning crescent moon as a thin crescent of light on the left.



FULL MOON NAMES

Each monthly full moon has a special name, many of which originated from Native American culture:

January: Wolf Moon
February: Snow Moon
March: Worm Moon
April: Pink Moon
May: Flower Moon
June: Strawberry Moon
July: Buck Moon
August: Sturgeon Moon
September: Full Corn Moon
October: Hunter's Moon
November: Beaver Moon
December: Cold Moon

WHAT IS A BLUE MOON?

A blue moon is an additional full moon that appears every once in a while. Typically, a year contains 12 full moons – three in each season – but sometimes a 13th full moon appears, known as a blue moon. Blue moons usually occur once every two to three years but can occur twice in one year. This is next due to happen in 2037.

WHAT IS A HARVEST MOON?

The harvest moon is the full, bright moon that occurs closest to the start of autumn. The term comes from the days before electricity when farmers relied on the moonlight to harvest their crops at night.

SWIM

YOUR WAY TO HEALTH

SWIM SPAS & EXERCISE POOLS



Riptide Swim Spas are the perfect choice when selecting a swimming pool. Whether you want to train or relax, they can form an important part of the day-to-day fitness regime of anyone who wants to stay in good shape. Swim Spas are a brilliant pastime for families and friends to build long lasting memories together. Not sure where to start? Our friendly and knowledgeable sales team are here to help.



WHY NOT BOOK A TEST DIP TO TRY ONE OF OUR MANY RANGES OF SWIM SPAS?

GET IN TOUCH WITH US TODAY OR STOP IN & SPEAK TO ONE OF OUR FRIENDLY TEAM!

Chelmsford Showroom 41 Robjohns Road,
 Chelmsford, Essex CM1 3AG

☎ 01245 265 036 ✉ chelmsford@hottubbarn.co.uk 🌐 www.hottubbarn.co.uk



Delivering quality respite and short term Elderly care and dementia



Dudbrook Hall



Placing a parent, spouse or friend into care is never easy, and we fully understand that some people wish to stay in their own homes for as long as possible to do so. This often means a close family member or friend takes on the role of the main carer. We know how incredibly hard it is to care for someone 24 hours a day, seven days a week, and how exhausting it can be if you don't have support of others.

At St Michaels Homes we can offer that support with a day placement service, short stay (i.e. for a weekend or week) or respite care, this will give the carer the peace of mind that your loved one is safe and sound and within a friendly environment where they can enjoy all the same advantages as our

residents do however giving you, the main carer, time to relax and enjoy time away from your care duties without worry.

Also if you have any planned or unplanned hospital operations/



surgery and require help and assistance during your recovery please don't hesitate to contact us and we will do our utmost to help you back on your feet.

We can provide care in the following areas:

- Old Age
- Dementia
- Physical Disability
- Sensory Impairment
- Residential
- Respite
- Day Placement

The list above is not exhaustive of all care categories so please call us on 01277 372095 Option 4 for further information.

For help when choosing a residential home please follow this link which will cover all of the information you need <http://www.payingforcare.org>. This is a not for profit organisation

Senior Citizen Lunch Club

Time: 11.30am - 2.30pm

Bringing people together to
enjoy a hot meal and socialise.



UPCOMING LUNCH DATES 2023 15th JUNE

ONLY £5 PER PERSON

Book a place today!

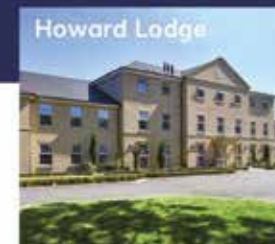
01277 376 502

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

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

“ It has become my main objective
to combat loneliness and isolation
within our elderly communities. ”

Sean Watson - Director



Howard Lodge

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

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

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

ADD A

fiddle-leaf fig

PLANT TO YOUR HOME

If you are looking for a new indoor plant for your home, then a fiddle-leaf fig is a great choice. With large, glossy leaves and an impressive trunk, this statuesque tree can act as the focal point in any room.

WHAT ARE THE DIFFERENT TYPES OF FIDDLE-LEAF FIGS?

The most common type of fiddle-leaf fig plant is the *ficus lyrata*, which grows to around 10 feet tall when kept inside. Other varieties include:

- > ***Ficus lyrata bambino*** – a dwarf variety that grows to only a few feet tall
- > ***Ficus lyrata compacta*** – features smaller leaves and grows to around five feet tall
- > ***Ficus lyrata variegata*** – an uncommon variety with a mix of green and cream leaves

HOW TO CARE FOR A FIDDLE-LEAF FIG

A fiddle-leaf fig needs bright, filtered light to grow, as direct sunlight can burn its leaves. Any quality indoor plant potting mix is fine as long as the soil drains well.

This plant needs a moderate amount of moisture to thrive; too much can cause root rot and too little can cause the leaves to wilt. During the growing season (spring to autumn), water when the top inch of the soil feels dry, and then slightly less over winter. Also add a fertiliser specially made for this plant during growing season and remember to regularly clean its leaves.

HOW TO PRUNE A FIDDLE-LEAF FIG

To keep your fiddle-leaf fig in optimal condition, cut back any damaged leaves, overgrowth or crossing branches. Make the cuts about an inch away from the trunk to avoid damage.

WHERE TO BUY A FIDDLE-LEAF FIG

You can buy fiddle-leaf fig trees either online or at some garden centres.



SHUTTERTEC

LET'S MAKE YOUR HOUSE A HOME YOU WILL LOVE



TOGETHER, LET'S MAKE IT BEAUTIFUL

- Cafe Style Shutters • Blackout Shutters
- Bay Window Shutters • Full Height Shutters
- Tier on Tier Shutters • Tracked Shutters
- Solid Panel Shutters • Coloured & Stained Shutters
- Bespoke Fitted Blinds
- Great range of shutters for any requirements
- Transparent pricing
- Unrivalled customer service
- Undeniable quality
- Widest range of shutters on offer in Essex



Contact us to request
a brochure or book an
appointment

0800 023 5754
www.shuttersinessex.co.uk
advice@shuttersinessex.co.uk

We're at the other
end of the phone
six days a week



FREE
QUOTES

JRS PAINTING SERVICES



ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

DOMESTIC, BOTH INTERIOR AND EXTERIOR
COMMERCIAL
BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407
JAMIESANDERS273@YAHOO.COM



THE WINDOW MAN

WINDOWS | DOORS | INSTALLATION | REPAIRS

"Your Friend in the Trade"

**Proudly Providing the
Complete Service**

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

SUPPLY, REPAIR & REPLACEMENT

DOUBLE GLAZING | TRIPLE GLAZING

UPVC | ALUMINIUM WINDOWS

HARD WOOD WINDOWS

FRENCH & PATIO DOORS

PORCHES & CONSERVATORIES

BI-FOLD DOORS



REPAIR SERVICES AVAILABLE 8AM - 8PM

CAT FLAPS | KNOCKERS | LETTER BOXES

SPYHOLES | CYLINDERS | HANDLES

HINGES & LOCKS FOR WINDOWS & DOORS

TRICKLE VENTS | SEALED GLASS UNITS

LEADED & GEORGIAN GLASS

CONSERVATORY ROOF REPAIRS | PANELS

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

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

01277 554 075

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

Your guide to SPONGES

A GUIDE TO CHOOSING THE RIGHT SPONGES AND HOW TO KEEP THEM CLEAN

While you may not have given much thought to sponges, if you hate doing the dishes or cleaning kitchen worktops, the right sponge can help to make tiresome tasks a breeze.

WHAT ARE THE MOST COMMON TYPES OF SPONGE?

NON-SCRATCH SPONGES

Sponges that are labelled as non-scratch are safe to use on non-stick pots and pans, as well as real wood surfaces. They also will not scratch the surfaces of ceramic bakeware. Non-scratch sponges are a good choice for cleaning glassware as they effectively remove dirt without causing any damage.

HEAVY-DUTY SPONGES

As the name suggests, heavy-duty sponges are highly abrasive so should be used to remove tough, stuck-on dirt and debris from kitchen items such as stainless steel pans.

Heavy-duty sponges are not suitable for non-stick cookware, as they are likely to scratch their Teflon coating, nor for ceramic cookware or copper pans.

CELLULOSE SPONGES

Cellulose sponges are made from recycled plant fibres, making them a good option for those who want to reduce their carbon footprint and become more sustainable. The main benefits of cellulose sponges are that they are low-cost and very absorbent. However, they are also prone to collecting bits of food over time, so you need to make sure that you

sanitise your sponge weekly and throw it away when it shows signs of wear. Ideal for cleaning kitchens, windows, countertops and bathrooms.

HOW DO I CLEAN REUSABLE SPONGES?

The best way to kill bacteria harbouring in reusable sponges is to clean them in your microwave or dishwasher. If you choose the former, wet the sponge thoroughly and heat on high for one minute. Alternatively, place on the top rack of your dishwasher with the drying cycle on. Do this once a week for best results.





GREAT BRITISH INTERIOR DESIGNER:

HELEN GREEN

DESIGN STUDIO

Who doesn't appreciate a taste of luxury, especially when it comes to home design? One of the most famous names in British luxury interiors is Helen Green Design. Originally founded by the late Helen Green in 2002, the design house describes



itself as "a comprehensive luxury interior design studio synonymous with the creation of beautifully crafted, multi-layered, elegant interiors". And we agree.

Learn more about what makes Helen Green Design one of the best in the business and how you can recreate the look at home.

From stand-out homes in Belgravia to yachts that travel the world, Helen Green Design is behind a wide variety of exquisite home interiors.

Blending both modern and traditional elements, you can expect neutral shades paired with luxury textures to create wonderful designs that are always sure to impress.



How to get the look at home

While Helen Green Design is a design house that oozes sophistication and luxury, it is possible to get the Helen Green look at home. Here are some easy tips to help you make high-end more affordable:

1 Work with the details of your home. From panelling to intricate ceiling patterns, you can keep some of the original features of your home to contrast the modern touches you bring into it.

2 Keep spaces clean and clutter-free to let your statement furniture do the talking. Less is more to create an elegant look.

3 Use textures to add detail. From textured wall art to textured flooring and walls, you can easily add some features to make your interior look and feel more expensive.

Helen Green Design provides the perfect inspiration for any home looking for a high-class upgrade. However, you don't need a luxury budget in order to achieve this look in your own home.



Photo credit: helengreendesign.com



Chigwell
WINDOW CENTRE
PART OF THE CHIGWELL GROUP

Visit our brand new Brentwood & totally refurbished Collier Row showrooms - now open!



4b Mascalls Lane, Brentwood CM14 5LR
9-11 Chase Cross Rd, Collier Row RM5 3PJ

20% OFF

ALL PRODUCTS WHEN YOU SHOW THIS ADVERT INSTORE. (VALID DURING MAY ONLY)*

sales@chigwellwindowcentre.co.uk
020 8500 4900 | chigwellwindowcentre.co.uk

HAMMOND — & SONS —

GAS ♦ PLUMBING ♦ HEATING

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



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

From a tap washer to a full heating system, call

01277 261 888

email: hammondandsons@hotmail.co.uk
www.hammondandsons.co.uk



RJB
Architect

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

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

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

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

www.RJBarchitect.com M - 07979 570036

richard@rjbarchitect.com

PROFESSIONAL, ON TIME, EVERY TIME



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

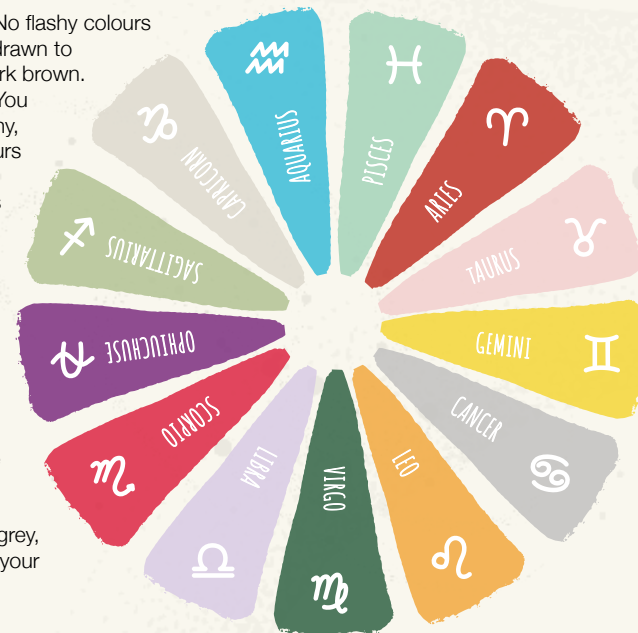
Email: mmcontractsessex@gmail.com



DISCOVER YOUR ZODIAC COLOUR PALETTE

Did you know that each zodiac sign has its own bespoke colour palette? Based around the concept of colour psychology, here are the best colours for you and your home, plus why you are drawn to them in the first place.

- > **AQUARIUS:** Elevated primary colours... Not one to stick to the rules, you're drawn to colours that stand out. Choose primary colours with a twist, such as turquoise or deep red.
- > **PISCES:** Soft and dreamy colours... A true romantic, opt for soft hues such as seafoam green and lavender that promise to make you feel open and carefree.
- > **ARIES:** Big and bold colours... Energetic and passionate, you are linked to powerful colours that draw the eye, such as red and deep oranges.
- > **TAURUS:** Playful and bright colours... Light shades of pink and pastel green are perfect for your playful nature.
- > **GEMINI:** Contrasting colours... Geminis are associated with the colour yellow owing to their sunny disposition. Add in some neutral shades for enhanced balance.
- > **CANCER:** Gentle and cool colours... You gravitate towards cooler and lighter tones such as light blue and silver.
- > **LEO:** Striking and statement colours... You command attention, so bold and warm colours such as orange, yellow and gold are ideal for you.
- > **VIRGO:** Grounded and earthy colours... No flashy colours or concepts for Virgos. Instead, you are drawn to earthy tones such as forest green and dark brown.
- > **LIBRA:** Warm and welcoming colours... You have energy that likes to promote harmony, so lavender and pink are both great colours for you.
- > **SCORPIO:** Dark and moody colours... As a sensual and mysterious being, you are inspired by maroon and crimson tones.
- > **OPHIUCHUS:** Deep and mysterious colours... Located between Scorpio and Sagittarius, you are both passionate and unpredictable. Purple should be your go-to colour.
- > **SAGITTARIUS:** Inspiring and intelligent colours... You want a space that makes you feel free, so greens and blues are the colours that draw you in.
- > **CAPRICORN:** Simple and minimalistic colours... Neutral colours such as white, grey, black and ivory are the perfect match for your calm demeanour.



HOME & DIY



IS YOUR CONSERVATORY...



too warm
In summer
+ too cold
in winter?



**WE HAVE THE
SOLUTION!**

Did you know you also do:

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



Find us on 

www.roothwaybuilders.co.uk www.conservatorywarmroof.co.uk

info@roothwaybuilders.co.uk info@conservatorywarmroof.co.uk

Call us on 01702 200062

07770 793389 | 07900 398201



FROM YOUR AREA

Resident raises more than £5,000 for hospice



An Ongar resident completed the London Marathon on Sunday, April 23, in a bid to raise money for St Clare Hospice.

Claire Bodiam, 50 (pictured above), ran in memory of her father, Robert Bowers, who was cared for by the hospice in 2017, as well as to mark her 50th birthday.

She was one of 13 people running in aid of the hospice and has smashed her £2,000 fundraising target, raising more than £5,000.

St Clare Hospice's relationship fundraising manager, Ellie Gale, said: "We went out and cheered on our runners from the sidelines, and not only did they have to tackle 26.2 miles, they did it all running through the elements and pouring rain. We couldn't be more proud and grateful for the effort that each and every one of them has put in. £26,000 is an incredible amount to have raised, and will make such a difference to local families facing one of life's hardest journeys, who need our support. Thank you, Team St Clare."

To donate to Claire's fundraiser, visit www.justgiving.com/fundraising/Claire-Bodiam2

Man arrested after teenager sexually harassed

A man was arrested at Brentwood train station after reports of a minor being sexually harassed.

On the morning of April 19, the British Transport Police (BTP) Stratford team were on the lookout for a

male who had allegedly sexually harassed a 14-year-old girl.

On the team's Twitter account, they later tweeted: "I'm pleased to report that the suspect is now in custody. If you experience harassment whilst on the railway, remember you can text us discretely on 61016."

Officers had been alerted to reports that the girl had been harassed while travelling on the Elizabeth Line on two separate occasions on February 20 and 28.

A BTP spokesperson said: "Following proactive patrols by officers, a 54-year-old man was identified by officers at Brentwood and arrested on suspicion of two counts of harassment."

The suspect has been bailed with conditions while enquiries continue.

Garden centre could become business hub

Ongar Garden Centre could be demolished and replaced with a new set of commercial buildings.

A planning application submitted by Mr Tracey Lunnon to Brentwood Borough Council outlines plans to reimagine the centre, stating that the location offers a perfect opportunity for a "clean state".

The application proposes for the garden centre to become a "new and improved, future-proofed business hub".

The main building would comprise office space, a manufacturing area and a loading area, and would contain a number of features for individuals on the site, with a gym, saunas and changing rooms included in the floorplan.

To view the proposal, visit bit.ly/41jxyN1



Photo credit: KHA Design Ltd

BRENTWOOD

PROPERTY NEWS 'CORONATION' SPECIAL



In celebration of King Charles III Coronation, we've looked back at changes in the housing market since the last Coronation of Queen Elizabeth II in 1953.

The average price of a home back in 1953 was just £1,891. Adjusting for inflation that would be £57,997 today. At £267,620, the current average price of a home is over four times that figure.

Back in the 1950s, over two-thirds of households were renters; today close to two-thirds of households are owner-occupiers. Like today, there was a housing shortage. But the 1950s was an era of rapid housebuilding, as part of the post-war reconstruction.

For those seeking to buy, the average price of property in 1953 equated to 4x average annual earnings, compared to over 8x today.

LOCAL MARKET ROUND UP



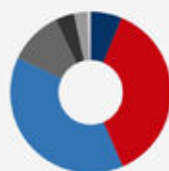
Over the last 12 months the average sales price in Brentwood was **£455,355**.
The total value of sales was **£381,037,023**.

Disclaimer: This report is produced for general information only. Whilst every effort has been made to ensure the accuracy of this publication, DataSift Ltd accepts no liability for any loss or damage of any nature arising from its use. All rights reserved. The content remains the property of DataSift Ltd under copyright and reproduction of all or part of it in any form is prohibited without written permission from DataSift Ltd. Published on 2022-10-12.

Transactions by price band over the last 12 months

NATIONAL

BRENTWOOD



- less than £100k
- £100k-£250k
- £250k-£500k
- £500k-£750k
- £750k-£1m
- £1m-£2m
- £2m-£5m
- £5m+

House price growth over 1 year and 5 years

1
+3%

5
+8%

Top transaction in last 3 months

£2,100,000

MILL HILL
CM15



Peter Garland-Collins
REAL ESTATE TEAM

We bring you the latest trends in the UK's housing market with a detailed focus on our local market.

House prices

Price moderation of 6.8% is expected for the housing market over the course of 2023/24 according to the latest official forecasts by the Office of Budget Responsibility. Price growth of over 19% was recorded for 2021-22.

Economy

The UK economy remained static in February, the effects of strike action countering a rise in construction activity. In the three months to February the ONS report the economy grew by 0.1%.

Transactions

The number of sales agreed in March 2023 was just 1% lower than in March 2019 according to Rightmove. This represents the first time the volume of sales agreed has been back to its pre-pandemic level since September 2022.



Peter Garland-Collins
The Brentwood Realtor



Proud Supporters of Brentwood Town FC

Brentwood & Surrounding Areas
07375 790611 | 01277 564022
peter.garlandcollins@kwuk.com
petergarlandcollins.com



EXTEND YOUR HOME'S POTENTIAL



HOME EXTENSIONS LOFT CONVERSIONS
BATHROOM FITTERS KITCHEN FITTERS

ESSEX BUILDERS Trading for over 25 years

Contact Colin today for a free no obligation quote: **01277 554 214 | 07956 608662**

BURGHART for BRENTWOOD

Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS



The sun is out, the days are longer and the feeling of spring is in the air. It's a great time to be getting out and about in the fresh air of Brentwood and Ongar – unless you are a member of the select band of students currently revising hard for GCSEs, A Levels, EBaccs, IBaccs and other public exams.

The young people taking exams this year are still suffering the after-effects of two years of disrupted learning during the COVID-19 pandemic. For those who had good access to online learning, the experience strengthened their independent learning skills. For those who struggled to access online learning, either for technical or for other reasons – some students with neurodivergent conditions like autism, ADHD and dyslexia found the discipline and sameness of online learning very hard – it's been a battle to catch up and focus on exam revision.

I recently visited the Brentwood Ursuline Convent High School Sixth Form politics students, many of whom are preparing for the A Levels that will take them on in their education, with places already offered at universities across the country, including Cambridge. The students asked some challenging and knowledgeable questions, and had a clear enthusiasm

for the subject. I wish all those in the depths of revision well with your exams, and hope you get all the results you need to take you further with your future academic or employment plans.

I've been talking to nursery managers recently, who are at the very starting point of children's learning. There's some concern that recruitment is being made harder by the need for staff to have GCSE maths and English, or equivalent, before they can be considered to be fully qualified. This can be a struggle for some, not least those who last took exams when they were still O Levels but cannot find the certificates to prove they passed. I've raised these concerns with the Minister for Children and will continue to discuss the concerns of nursery staff with my Parliamentary colleagues.

That said, as a country we need to improve our numeracy – although we've made considerable gains in the past 10 years, we still have a long way to go. The Prime Minister understands this and is keen to ensure that young people keep learning maths until they leave school at 18. He is quite right that a change in our national approach – a change to the idea that 'it's okay to be bad at maths' – is necessary to create a skilled and competitive workforce for the future.

WWW.ALEXBURGHART.ORG.UK

YOUR LOCAL EVENTS

LAUGHING CHILI COMEDY NIGHT

Budworth Hall, 205 High Street,
Chipping Ongar, CM5 9JG
Friday, May 12, doors and bar open
at 7.30pm



Laughing Chili is making its return. Enjoy a hilarious night of comedy with a top line-up of comedians from the UK comedy circuit.

Buy tickets from thelittleboxoffice.com/laughingchili/event/view/173092

TAKE NOTE

Zinc Arts, Great Stony, High Street,
Chipping Ongar, CM5 0AD
Saturday, May 20, 7.30pm

Concert band Take Note are hosting an evening of American classics, with all proceeds going to Sense, a charity for people with complex disabilities.

Purchase tickets at bit.ly/3mCWS1k

RETURN TO THE FORBIDDEN PLANET

Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
Tuesday, May 23, to Saturday, May 27, various
start times

Return to the Forbidden Planet is a jukebox musical based on Shakespeare's play *The Tempest* and the 1956 science fiction film *Forbidden Planet*, and is often referred to as "Shakespeare's forgotten rock and roll masterpiece".

The show features a score of 1950s and 1960s rock and roll classics including *Good Vibrations*, *Great Balls of Fire*, *Born to be Wild* and *The Young Ones*, and dialogue largely adapted from well-known passages by Shakespeare.

Purchase tickets from brentwood-theatre.co.uk/event/return-to-the-forbidden-planet

BLAKE HALL OPEN DAY

Blake Hall, Bobbingworth, Ongar, CM5 0DG
Wednesday, May 24, 3pm to 8pm

Walk around the historic setting of Blake Hall, the ideal location for weddings and events, and its stunning private gardens, the beautifully restored 17th-century barns and surrounding areas.

EXTREME ROBOTS

The Brentwood Centre, Pilgrims Hatch,
Brentwood, CM15 9NN
Saturday May 27, 12pm to 2pm

Witness the new age of mechanised combat as your favourite robots from *Robot Wars*, *BattleBots* and the newest creations from *Extreme Robots* battle inside the bulletproof double-walled arena in an attempt to take home the Heavyweight Championship title.

Purchase tickets from bit.ly/3MOEw8l

ESSEX WILDLIFE TRUST – PLANT SALE

Langdon Wildlife Discovery Centre,
Lower Dunton Road, Basildon, SS16 6EB
Saturday, May 27, to Monday, May 29

The Brentwood and Billericay Local Group of the Essex Wildlife Trust will be resuming its annual plant sale this year.

There will be a wide choice of perennials, shrubs and bedding plants, as well as other miscellaneous plants. Plus a selection of ornamental pots and other gardening items, all at very reasonable prices.

If you have any plants or garden items that you wish to donate, please contact John Allen on 01277 231305 or email him at chainbridge1009@gmail.com. Any donations will be much appreciated.

All proceeds go to support Essex Wildlife Trust projects to protect local wildlife and habitats.



Photo credit: hogroup.uk

FROM SET UP TO CLEAN UP



- Landscaping
- Groundworks
- Civil Engineering
- Grab Hire & Muck Away

ACURA

CONSTRUCTION

We specialise in construction including
groundworks, driveways, block paving
– and even grab hire & muck away –
in Brentwood and Essex areas

**IF YOU WISH TO MAKE AN ENQUIRY OR OBTAIN A FREE QUOTATION
DO NOT HESITATE TO GET IN TOUCH WITH US TODAY**



01277 424 886 | 07539 300539

Info@acuraconstruction.co.uk

www.acuraconstruction.co.uk

 Acura Construction

 Acura Construction

Czarina Construction Ltd

Developments Groundwork Labour Supply

Extensions ■ Foundations

Drainage ■ Sheds

Summer Houses ■ Patios

Landscaping ■ Driveways

For a free quotation please call

07904 059730

or email us on

Czarinaconstructionltd@gmail.com



Enjoy the delights of the traditional British seaside

For those who crave a bit of nostalgia, and maybe worry that our ability to connect with iconic seaside locations of old is a thing of the past, a trip to Frinton-on-Sea is the perfect remedy.

There is little to rival the natural vibrancy of a sumptuous, sunny, sandy beach, as radiant sun beats down on the coolest, finest Essex sand.

And yet, where Frinton-on-Sea is concerned, serenity and nostalgia come as much from its vibrant rows of beach huts as they do from the wondrous natural environment.

Its architecturally precise promenade sees beach huts painted in a kaleidoscope of bright colours, and these have been an integral part of the town's heritage for more than 100 years. Simple in their form, they retail for upwards of £50,000 – yet if a 12ft square space is adequate for you to relax, change or store beach essentials in, then perhaps the investment is worthwhile? These picturesque huts have become a symbol of traditional British seaside culture and continue to draw visitors from far and wide, yet Frinton is about so much more.

Its unspoiled sandy beaches are award-winning and stretch for miles along the coast, and the gentle slope of the shoreline creates a shallow, safe swimming area that is perfect for families and children. Meanwhile, the absence of amusement arcades, commercial outlets and 'kiss me quick' hats ensures that this part of the Tendring coastline retains a sense of simplicity and class that few other resorts around the UK can rival.

Even the aforementioned promenade, adorned with Victorian-style streetlamps and ornate railings, holds a sense of class about it; while further back, extensive parkland shows the town's custodians are just as adept with grass as they are with sand.

Frinton-on-Sea has a population of fewer than 5,000. Although several times that number swarm into the area on hot summer days, it rarely feels anything other than idyllic. The next time you're looking for an idyllic British seaside escape, Frinton should be top of the list.



LOCAL FEATURES



Ian'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



**SPRING
OFFER**
SAVE UP TO
15%*

*T&Cs apply

Maximise your natural light with a beautiful skylight

- ✓ Free survey for flat roof and room design
- ✓ Wide range of lanterns and skylights available
- ✓ All our skylights are compliant with Building Regulation
- ✓ A complete extension or conservatory thermally efficient transformation
- ✓ All waterproofing products will have our **LIFETIME** guarantee as standard



Roof lanterns look great inside and out

Brochure and free sample available on request



**For FREE advice and pricing please call
01268 859602 or visit www.flatroofs.net**

*T&C's apply. Please see our website for details. Head Office: Linden House, 30 Linden Road, Benfleet, Essex SS7 4BA

Advertisement Feature

Do you struggle to make the most of your conservatory all year round?

Too warm in summer and too cold in the winter. Does this sound familiar?

As the British weather becomes increasingly hotter a popular and cost-effective solution is to upgrade to a High-Tech thermally efficient Advance Conservatory Roof System. This creates a more contemporary, orangery style appearance whilst adding value at the same time.



High-Tech offer:

- ✓ **FREE** site survey and quotation
- ✓ **FREE** Room design and roof design
- ✓ **Ideal for extensions, garages, kitchens or conservatories**
- ✓ **Extensive choice of lantern styles**
- ✓ **Aluminium, timber or UPVC frame options and colours**
- ✓ **Clear or lightly coloured Pilkington glass as standard**
- ✓ **Dual action self-cleaning tempered glass**

At High-Tech, we assure you of a professional service using premier quality products with all materials meeting current Building Regulations. We will remove your existing roof and undertake any required structural works including reinforcing all joists to support the glass lanterns or flat roof.

A new UPVC roof line, thermal insulation and guttering are then fitted and made watertight with our lifetime guaranteed flat roof system. Once the glass lantern is installed we turn our attention to the interior finish including new electrics and lighting, finishing with plastered walls ready to be painted.

High-Tech have installed nearly 11,000 roofing projects. Every roof installed comes with a **LIFETIME** guarantee. Let us, a company built on trust transform your extension or conservatory.



The Problem



The Solution

**Contact our friendly team today or pop into our showroom at
850 London Road, Leigh-on-Sea,
Essex, SS9 3NQ**

Scan the QR code to book your **FREE site survey**



See the quality of our products first-hand and buy with confidence.

BRING WARMTH & STYLE TO YOUR HOME



Visit our showroom which is open Monday to Saturday 10am – 5pm,
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.com | sales@phoenix-fireplaces.co.uk



Hawk Hill, Battlesbridge, Essex, SS11 7RJ



HISTORY

The PEOPLE'S PALACE

Imagine living amid the smog, chaos and stench of Victorian London. Now imagine the bliss of fresh air and some live entertainment to take your mind off things. Alexandra Palace, which opened 150 years ago this month, was built to give Londoners that chance to escape the daily grind.

The palace opened on Queen Victoria's 54th birthday with a grand celebration. Tragically, fire destroyed the building just a fortnight after it opened. But two years later, it opened again – and this time it was bigger and better. There was a concert hall, theatre, circus, racetrack, boating lake, the Victorian equivalent of a food court, and even a Japanese-style garden.

Sadly, the privately owned palace and surrounding parkland struggled to make money. In 1900, the site was bought by the nation, and an Act of Parliament

decreed that it should remain “a place of public resort and recreation”.

During the First World War, the palace was home to refugees and later became an internment camp for ‘enemy aliens’. It became a refugee shelter again during the Second World War, and also a staging post for troops on their way back from Dunkirk.

But perhaps the palace is best known for its link to BBC television. The corporation launched the world's first television service from studios built in the palace's former dining rooms in 1936.

To this day, the palace continues to host leading events, including theatre performances, retail shows, gigs, fairs and festivals to honour its commitment to serve the public.

To find out what's on this summer, check out alexandrapalace.com/whats-on

Alexandra Palace was built as a north London version of Crystal Palace, which hosted The Great Exhibition in 1851. It was named after the Danish-born Princess Alexandra, who had just married Queen Victoria's eldest son – later to become Edward VII. It was called The People's Palace and soon became widely known as Ally Pally.

KIWILICIOUS!

Although small, kiwis pack a punch when it comes to both health benefits and flavour. They're sweet, easy to eat and highly nutritious, so explore this extremely underrated and underused fruit in more detail below.

WHAT IS A KIWI?

If you are unfamiliar with this fruit, then let us tell you a little more about it. Oval in shape and about the size of a large egg, kiwis boast brown skin, green flesh and tiny black seeds.

WHAT ARE THE HEALTH BENEFITS OF EATING KIWIS?

Excellent source of protective antioxidants | Support heart health | Contain both soluble and insoluble fibre for digestive health | Good source of vitamin C | Alleviate some of the symptoms of asthma | Support immune function | Low in calories | Count as one of your five-a-day

HOW TO ENJOY KIWIS:

KIWI FRUIT SMOOTHIE

You will need: 3 peeled kiwis | 1 peeled, stoned and chopped mango | 500ml pineapple juice | 1 sliced banana

Place all the ingredients into a blender and blitz until smooth. Serve over ice.

KIWI AND AVOCADO SALSA

You will need: 3 ripe chopped kiwis | ½ peeled and chopped avocado | ¼ cup of pomegranate seeds | 1 tbsp thinly sliced onion | 1 tsp chopped chilli peppers | 1 tsp extra virgin olive oil | 1 tbsp chopped fresh coriander | Salt and pepper to taste

Place the kiwi, pomegranate seeds, avocado, onion and olive oil in a bowl. Add the chilli peppers and coriander and gently fold in, then season to taste.

KIWI AND STRAWBERRY LIME FRUIT SALAD

You will need: Handful of strawberries | 1 kiwi | 1 tbsp honey | 1 tbsp lime juice | ¼ cup of mint leaves

Chop the strawberries into small cubes and add to a mixing bowl. Peel the kiwis, chop into small cubes and add to the bowl. Add the honey, chopped mint and lime juice and gently mix together. Be careful not to bruise or mash the fruit.



The Heron Country Club is set in nearly 300 acres of undulating countryside and offers a challenging and picturesque 27 hole golf complex, Toptracer Range, and Padel Club comprising two floodlit and covered courts. We are open to the public and also provide a range of membership packages for golfers and padel players, with great member benefits. The clubhouse and Terrace Bar are open to everyone to enjoy our fantastic food and beverage offerings.



Scan the QR code to find out more about The Heron Country Club



info@heroncountryclub.uk

01277 811289 | www.heroncountryclub.uk

The Heron Country Club, Herongate, Brentwood, Essex, CM13 3LW

From the
smallest job
to the largest
high profile project



**FREE
ESTIMATES
WITH NO
OBLIGATION**

TPSL
Timmins Property Services Ltd

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

PLUMBING

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

ELECTRICAL

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

ROOFING

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

BUILDING

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



Gas Safe Registered
NICEIC Approved Contractor & Domestic Installer



**WE CARRY OUT
ELECTRICAL
CERTIFICATES
FOR LANDLORDS**

Please contact us for further information on all our services

www.timminspsl.co.uk

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

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

RAVISHING Rhubarb



FOOD & DRINK

An unusual vegetable owing to its very sour yet slightly sweet taste, rhubarb is instantly recognisable by its deep pink hue. Super simple to grow, rhubarb is popular for both sweet and savoury dishes.

Serve as it is or strain the liquid through a muslin-lined sieve first.

2 RHUBARB CHUTNEY

YOU WILL NEED: 250ml cider vinegar

| 100g golden caster sugar | 300g chopped rhubarb | 4 chopped medjool dates | 1 tsp grated ginger | 1 cardamon pod

HOW TO MAKE: In a pan, heat the cider vinegar and caster sugar until dissolved | Add the chopped rhubarb, ginger, dates and cardamon pod and cook for 15-20 minutes | Once you have a thick chutney consistency, season with salt to taste | Store in sterilised jars for up to two years (unopened).

What are the health benefits of rhubarb?

- Contains high levels of fibre, which is linked to lower cholesterol levels
- A good source of vitamin K, which is beneficial for your bone and heart health
- Full of antioxidants that protect the body from free radicals
- May help with digestion and to treat digestive disorders

Rhubarb recipes

1 RHUBARB GIN

YOU WILL NEED: 1kg pink rhubarb stalks | 400g white caster sugar | 800ml gin

HOW TO MAKE: Wash the rhubarb, trim the stalks and discard the base and leaves | Cut the stalks into 3cm lengths and place in a sterilised jar with the sugar. (To sterilise jars, wash in soapy water, rinse and then dry in the oven for 20 minutes at a temperature of 140°C/120°C fan/gas mark 1) | Shake and leave overnight | After 24 hours, add the gin, seal and shake again | Leave for four weeks before drinking |



LEWIS CAPALDI



Someone We Love...

THE ENDEAVOURS, INSPIRATIONS AND INSECURITIES OF LEWIS CAPALDI

We live in a world where our leading male singer-songwriters no longer have to subscribe to the airbrushed, heavily manufactured, perfectly coiffured boyband façades of the stars of decades gone by.

This has helped to create careers and vast wealth for the likes of Ed Sheeran, James Arthur, Rag'n'Bone Man and, now, Lewis Capaldi.

For the vast majority of us, this is a relief. Not only does it lend hope that any of us can aspire to and reach the most ambitious of heights; more importantly, it dispels the faux perfection that emanates from TV screens, devices and digital radios.

"I grew up in that era where everyone looked like they had just stepped off a catwalk," begins Capaldi, the 26-year-old Scottish singer-songwriter who has captivated the hearts of many with his soulful voice and emotive lyrics.

"We don't have to play those games anymore and I think there is much more allowance for us to be ourselves. It's real progress."

The star, who rose to fame with his chart-topping single *Someone You Loved* in 2019 – a track currently ascending past a colossal three billion streams on Spotify – is reaping the rewards of two decades of soul-searching and hard work... a process that came to light via a recent Netflix documentary, *How I'm Feeling Now*.

The production shone a light on the perseverance that has patterned his rise to the top, as well as giving the artist the opportunity to open up about living with Tourette's syndrome.

The neurological disorder is characterised by involuntary movements and vocalisations, known as tics. "It's something that has always been with me and perhaps always will, but it's so important I use my platform to reassure other people that

Tourette's doesn't need to hold you back from what it is you want to do," he says.

"For years, I felt imprisoned by it, before realising I could use it as a stimulus, because sometimes you need something to rally against in your life, and Tourette's is that thing for me."

Perhaps we shouldn't be surprised at Capaldi's ability to counter life's challenges. A deep thinker, the Scot's emotional attentiveness frequently comes across in his music. From the breakthrough *Someone You Loved*, a poignant ballad, characterised by its raw lyrics and melancholic piano melody, that spent seven weeks at the top of the UK singles chart and reached number one in the US too, to the soulful vocals and introspective lyrics of *Bruises*.

In 2022, both *Forget Me* and *Pointless* made it to the top of the hit parade as well. The former track was Capaldi's first meaningful release in three years, and despite huge previous success, his candid uncertainty was on show in the promotion of the track, when he revealed, "It could be the beginning of a beautiful chapter in my life, or the very public downward spiral that, let's face it, I'm probably due."

Of course, the artist needn't have worried, and he is now embarking on a UK tour to accompany the release of his album, *Broken by Desire to Be Heavenly Sent*, on May 19.

Capaldi is a singer-songwriter of impeccable talent but, almost as important, devastating humility... and he's here to stay.

Photo credit: ChrisJamesRyanPhotography/Shutterstock.com



GOT SOME FRONT

Our front gardens are typically a bit more restrictive than the spaces behind our homes, but that doesn't mean we can't still make them look stunning.

They are the outdoor spaces that typically lack privacy, are exposed to dirtier air, and may even find themselves hosting a car or work vehicle. Therefore, for the added aggro our front gardens have to put up with, it's sensible to keep things simple, saving your energy for the private space at the back.

Beginning with plants and varieties of flowers, it's sensible to limit a front garden to perhaps just five or six variations. If you include too many different styles, it can create a hotchpotch of ideas that will only make your home look untidy.

Also try to prioritise privacy over prettiness. The front of our property is exposed to all and sundry, so carefully positioned hedges, shrubs and trees can keep unwanted eyes away. Just be sure not to

position larger living matter in front of windows to prevent blocking out the light.

When selecting plants, consider varieties that will last all year round, saving you a constant summer/winter change-up. Think summer roses that progress into gorgeous winter blossoms, and evergreens that will grace the changing seasons with constant class.

As far as a lawn goes, while artificial grass has never been better or looked more authentic, a small area of real grass, or perhaps one either side of a path, is low maintenance and can be taken care of with a simple mower. While it's tempting to bring a wild meadow into the equation, that look is always better achieved in a larger garden, where a rugged area is established in a well-tended garden.

Finally, if you're looking to pave or lay down slate or stone in a front garden, remember weeds will still work their way through, so keep an eye on things, particularly in the summer months.

keeping your front garden low maintenance



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

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

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

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

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



PRICES FROM
£15*
PER TREATMENT

GreenThumb

LAWN TREATMENT SERVICE

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




GEOTOM
Waste Management & Site Services

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



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

www.geotom.co.uk
 07973662050 - 01277402284
clearance@geotom.co.uk
 LICENCE NO: CBDU314512

PARKER

ELECTRICAL SOLUTIONS

NO JOB TOO SMALL

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

JOE: 07737 447 302
pesolutionsltd@aol.com



Cloudy2Clear, A Local Service, Saving You Money.

As a leading domestic glass replacement company for more than 16 years, Cloudy2Clear windows are the leading name in the industry. There is no need for you to risk your windows by using the dreaded double glazing cowboy down the street. You can join over 336,000 happy customers and replace your glass ethically and affordably. If you have a failed glass unit, it may not provide you with the protection you need or be as energy-efficient as it once was. Take a minute to check your home to see if any double glazing has failed? Taking action now can prevent future financial problems.

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".

“
Ask me about our
fantastic Energy
Saving Glass.
”



When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these

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



Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our

25 YEAR

GUARANTEE

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

Janet Beard



We are a Checkatrade Member



Get a FREE Quote

Social distancing in operation

Faulty locks, handles or hinges?



REPLACING YOUR FAILED DOUBLE GLAZING

Priority freephone

0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money

Let the experts get your lawn spring ready

Get in touch to speak to one of our dedicated experts for a FREE lawn consultation

☎ **01277 513987** ✉ brentwood@greensleeves-uk.com

Excellent ★★★★★ ★ Trustpilot



TREE SURGERY

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

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

With full public liability insurance.

Free no obligation estimates.

We offer 24hr emergency call out.



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



TO DIG OR **NOT** TO DIG?



GARDENING

Although it may seem strange, no-dig gardening is becoming increasingly popular owing to its ability to save time, banish weeds and ensure plants grow more healthily.

WHAT IS NO-DIG GARDENING?

No-dig gardening is a method of cultivation that aims for minimal disturbance of the soil. Made popular by Charles Dowding, an author and avid gardener, no-dig gardening requires less fertiliser and pesticide, is suitable for any size garden, and can be used to grow flowers, shrubs or vegetables.

WHAT ARE THE BENEFITS?

No-dig gardening is beneficial to your soil, garden and the environment, and can significantly reduce the need to weed. Soil stores a lot of carbon, which means that the more you dig, the more is released into the atmosphere. There is also evidence to suggest that digging upsets the structure of the soil.

A GUIDE TO NO-DIG GARDENING

STEP 1: PREPARE THE AREA

Remove any large weeds and then cover the ground in a layer of light blocking material such as torn-up newspaper. If creating a no-dig area on grass, add a layer of manure and lime first.

STEP 2: ADD LAYERS

Add a layer of kitchen scraps, such as vegetable peelings or fruit waste, and a layer of compost made from leaves and grass cuttings. Then, add a layer of straw, another layer of compost, and finally another layer of straw.

STEP 3: MAKE WELLS FOR PLANTING

Create wells about 10cm deep in the top layer of straw and fill them with compost. Then, plant your seeds or seedlings into the wells. Water well and wait for your no-dig garden to grow.

Photo credit: charlesdowding.co.uk

DOES YOUR DOG HAVE HAY FEVER?

Did you know that dogs can suffer with hay fever? In fact, an estimated 10 per cent of pooches in the UK suffer with this seasonal affliction.

DOES MY DOG HAVE HAY FEVER?

Unlike in humans, who typically experience itchy eyes, sneezing and a runny nose, hay fever in dogs typically manifests itself on their skin. Look out for your dog itching, nibbling or rubbing any of the following spots:

Paws | Eyes, ears and mouth | Armpits | Abdomen | Legs | Around their bottom | Groin

In some cases, their skin may also look red, flaky and sore, or they may experience fur loss as a result of constant scratching.

WHEN IS HAY FEVER SEASON?

When your dog suffers with hay fever will be dependent on where you live in the UK and what strain of pollen your dog is sensitive to. However, that being said:

- > Tree pollen occurs from late March to mid-May
- > Grass pollen occurs from mid-May to July
- > Weed pollen occurs from the end of June to September

HOW TO TREAT HAY FEVER IN DOGS

Although hay fever cannot be treated, there are things that you can do to help manage their symptoms and make your dog feel more comfortable. Some of the available hay fever

treatments for dogs are:

- > Topical treatments, such as medicated shampoos and creams
- > Antihistamines (prescribed by your vet)
- > Essential fatty acid supplements
- > Medication to reduce your dog's immune reaction, such as steroids
- > Immunotherapy – although this is expensive and not always effective

HOW TO MANAGE HAY FEVER IN DOGS

- > Walk your dog early in the morning or later in the evening to avoid high pollen counts
- > Keep your dog's ears clean to prevent irritation
- > Wipe your dog's fur, skin and paws with a damp cloth after a walk
- > Wash their bedding regularly
- > Vacuum your home regularly
- > Use an air filter system in your home
- > Stay up to date with your dog's flea and worming treatments

CAN CATS GET HAY FEVER?

Yes, cats can also get hay fever and tend to experience many of the same symptoms as dogs, such as excessive itching, most commonly on the ears, bottom and paws. Cats may also snore as a result of an inflamed throat. You can get topical creams and anti-itch wipes to alleviate their symptoms.





**JUDD
PLASTERING**

**TRANSFORM
YOUR HOME**

FRIENDLY & RELIABLE
PLASTERING SERVICES

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

Checkatrade.com
Where reputation matters

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

FOR A FREE
CALL QUOTATION

After



Before

After



Before



**Optimum
Tree services**

**YOUR LOCAL, RELIABLE
TREE SURGEONS**

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

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






01277 821655
07979 935505
info@treesurgeonhelmsford.co.uk
www.optimum-tree-services.com

**CALL NOW
FOR A
FREE
QUOTE**



**BASILDON
ROOFING COMPANY**

WE GO THAT EXTRA MILE

We offer a wide range of services including:

- New Roofs • Flat Roofs • Roof Repairs (Tile & Slate) • Fiberglass Roofs
- Windows & Doors • Rendering • Chimney Work • Damp Work
- Upvc Fascias, Soffits & Gutters • Weather Pointing • Lead Work
- All Types Of Building Work Undertaken • Int/Ext Painting & Decorating
- Textured Wall Coating • Damp Proofing & Mould Repair Specialists

Our highly skilled & customer-focused professional team liaise with customers at every step to ensure they are 100% satisfied with our workmanship








• **Freephone:** 01268 855636 • **Landline:** 01702 668696 • **Mobile:** 07916945904
Web: www.basildonroofingcompany.co.uk • **Email:** info@basildonroofingcompany.co.uk

Storm & Son's Ltd

PAVING & LANDSCAPES

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

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

01245 961 670 07799 628 630
 stormandsonspaving@gmail.com
 www.stormandsons.co.uk

BRIGHT & BEAUTIFUL

Cleaning | Tidying | Laundry | Ironing

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

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

CALL TODAY FOR A FREE CONSULTATION

01277 287 503

www.brightandbeautiful.com/brentwood

PLEASE QUOTE CODE: VISION

ONE OFF DEEP CLEAN SLOTS AVAILABLE

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

GOVERNMENT GUIDELINES COMPLIANT

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

UNUSUAL SPORT:

Underwater Rugby

HEARING THE RALLYING CRY OF 'SWIM LOW, SWEET CHARIOT', IT CAN ONLY BE AN INVITATION TO PLAY UNDERWATER RUGBY

In 1961 in Cologne, Germany, a new variation on a hybrid sport containing elements of rugby and water polo was invented.

Named underwater rugby, for perhaps rather obvious reasons, the first championships took place some 17 years later, even though the sport's overseers were still unclear as to what the rules should be.

Ultimately, it was decided that there should be six players per side in the pool at any one time, with further substitutes from a total squad of 15 able to be made during the two 15-minute halves.

Most team formations comprise of two forwards, two backs and two goalkeepers or left-wingers, with the aim being to keep possession and score after outwitting the opposition through speed, skill and holding your breath.

The underwater rugby ball is plastic and filled with salt

water and the players have to score in steel goals which are located at the bottom of opposing ends of the pool. The pool dimensions have to be between 12m and 22m in length, 8m and 12m wide, and with a depth of 3.5-5m.

No kicking, hitting or strangling is allowed, but it's a contact sport so, within reason, anything else goes. Officials are present to judge possible offences, resulting in punishments such as warnings, free throws or two-minute penalties.

There were 18 countries involved at the last World Championships in 2019, where Colombia became the first non-Nordic nation to win a gold medal, beating two-time and defending champions Norway in the final in Graz, Austria.

Underwater rugby is said to be the only true 3D sport in the world in the way both the ball and the players can travel in three dimensions and in all directions – imagine, for instance, having a teammate 5m below you in a pool. For this reason, its popularity is exploding.

Photo credit: Ardan Flessman/Shutterstock.com



SPORT

A guide to make-up

EXPIRATION DATES

Be honest, how often do you check the expiration date on your make-up? If the answer is hardly ever, then you're not alone. Unfortunately, out-of-date make-up can cause a whole host of problems, including skin irritations and eye infections.

FOUNDATION: Shelf life of six months to one year

You can keep your foundation germ-free for longer by keeping your fingers away from the neck of the bottle and gently dripping the formula onto the back of your hand before applying. If your foundation starts to separate, it definitely needs to be binned.

CONCEALER: Shelf life of six months to one year

Similar to foundation, concealer can last up to one year as long as you keep it out of direct sunlight and avoid touching the applicator with your fingers. Again, if it separates, throw it away.

LIPSTICK: Shelf life of one year

Typically, a lipstick should last for around 12 months. However, if you notice a change in texture, whether it has started to dry out or become gloopy, or if it starts to smell funny, it is no longer usable. Remember to store your lipstick in a cool, dry place.

EYE PENCIL: Shelf life of one year

Pencils tend to last longer than other eye products as they are sharpened regularly. Keep away from steam for enhanced longevity.

MASCARA: Shelf life of three months

If you don't want to get a nasty eye infection, you should be replacing your mascara once every three months or sooner if you notice that the formula has started to become clumpy or smell strange. Never share mascara.

EYESHADOW: Shelf life of three to six months

Although powder eyeshadow can potentially last for up to two years, because it is used around the eyes, you should replace it more often.



DAVID LEPINE PAINTER – DECORATOR REPAIRS & MORE



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

Kind regards,

D Lepine

Office 01277 549277

Mobile 07960 741973

Web davidlepinedecorating.co.uk

Email d-lep@msn.com

MOBILE UPHOLSTERY

REPAIRS AND LEATHER CLEANING



**FABRIC AND LEATHER FURNITURE
REPAIRS CARRIED OUT IN YOUR HOME**

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



Tel: 07889 368706

www.mobileupholstery.co.uk

enquiries@mobileupholstery.co.uk



ESSEX PRESTIGE DOORS

ESSEX'S PREMIER ROLLER GARAGE DOOR COMPANY

**24 HRS
CALL OUT
SERVICE**



AS HEARD ON

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

DOORS AVAILABLE IN 19 MODERN COLOURS

CALL TODAY! ☎ 01245 767989 ☎ 07533 284748

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

📍 essexprestigedoors.co.uk 📷 [essexprestigedoors](https://www.instagram.com/essexprestigedoors)

Come home to a clean house



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



Call us today to arrange your no obligation in home quote

Emma Brooks

01277 424985

emma.brooks@mollymaid.co.uk

www.mollymaid.co.uk/brentwood

See what our customers
have to say at [uk.trustpilot.com](https://www.trustpilot.com)



Resolve
BUILDING
CLAIMS



Which?
Trusted Trader
★★★★★

ONE CALL RESOLVES IT ALL

**IF YOU HAVE, OR ARE ABOUT TO MAKE
AN INSURANCE CLAIM, PLEASE CALL US**

LEAKS FIRE STORM DAMAGE FLOOD DAMAGE IMPACT DAMAGE CRIMINAL DAMAGE

★ We survey your property and issue a fully detailed scope

★ We will liaise on your behalf with your Insurance Company and their Loss Adjusters

★ We carry out the repairs

★ The service is completely FREE as we invoice your insurers for the works carried out. You will have to pay your policy excess.

CONTACT US TO TAKE AWAY THE STRESS & STRAIN FROM AN INSURANCE CLAIM

01277 230637 | 07951 751479 | admin@resolvebc.co.uk | www.resolvebc.co.uk

Simon Leigh Associates Limited trading as Resolve Building Claims is an appointed representative of Citrus Funding. Citrus Funding is a trading name of Andrew Smith which is authorised and regulated by the Financial Conduct Authority

10 things **YOUR GP** wishes you knew

Do you often find yourself Googling questions or symptoms you wish you could discuss with your doctor? Read on to discover 10 things your GP wishes you knew, and save yourself time and worry.

♥ **You do not need to clean your ears**

Earwax is needed to protect your ears and should not be removed with a cotton bud or any other small item. This may cause a perforated ear drum.

♥ **You do not have to have a period on the pill**

You don't need to have a break from the pill so that you have a period. Taking 21-day contraceptive pills back to back without having the seven-day break will not cause any ill effects.

♥ **You don't need to bring down a child's fever**

A fever shows that your body is fighting an infection so, if your child seems well in themselves, you do not need to bring down a high temperature. However, seek medical attention if it is 39.4°C or higher.

♥ **Verrucas do not need to be treated**

In most cases, a verruca will go away on its own in a few weeks or a month without the need for treatment. However, there are over-the-counter

remedies that you can use to treat them.

♥ **You do not need to drink eight glasses of water per day**

As long as you stay hydrated, aiming to drink eight glasses of water a day isn't a necessity.

♥ **Watching TV in the dark isn't bad for your eyes**

As long as you take regular breaks from watching TV or any other screen, watching TV with the light off is no worse than watching it with the light on.

♥ **You can drink alcohol on some antibiotics**

Most antibiotics do not interact with alcohol, so you can safely enjoy a drink if you feel well enough. However, you should always check the attached leaflet to be on the safe side.

♥ **Being cold will not give you a cold**

A cold is a virus and is not caused by cold temperatures or being outside.

♥ **Cracking joints doesn't cause arthritis**

Cracking of the joints is caused by bubbles of gas and is nothing to be worried about.

♥ **The five-second rule isn't real**

If your child eats food that has been dropped on the floor, this is highly unlikely to cause any problems.



HEALTH & FITNESS



Honey

NOT JUST FOR SPREADING ON TOAST

On May 20, it's World Bee Day – a time to celebrate those buzzing bugs that make honey.

How do bees make honey?

Using their hollow tongues, bees suck up the nectar from flowers and store it in part of their stomach. Back in the hive, they regurgitate the mixture and spread it through the honeycomb cells. They then fan it with their wings to evaporate the moisture and turn it into honey. There are more than 300 different kinds of honey, depending on the flowers the nectar comes from.

Of course, honey is delicious spread on toast. But did you know it's also a great natural health and beauty aid because it contains micronutrients, including vitamins, minerals and antioxidants? It also has moisturising, antibacterial and anti-inflammatory properties. For maximum benefits, choose raw, organic honey.

Healthy scalp and hair

To treat your scalp, use a tablespoon or two of honey straight from the jar. Leave for a couple of hours before rinsing and shampooing. For a hair mask, mix a tablespoon of honey with the same quantity of olive oil. Leave on for 15 minutes before rinsing and shampooing.

Minor cuts, grazes and insect bites

If you're unlucky enough to suffer a cut or bite, simply dab on some honey to help with the healing process.

Sore throats

To relieve a sore throat, mix a tablespoon of honey with ¼ teaspoon turmeric in a mug of warm water or tea, and sip when you need it. You can also use the mixture as a gargle.

Healthy sleep

A tablespoon or two of honey before bed, eaten or in a drink, can help regulate your blood sugar and make you feel relaxed.

Remember...

Never give honey to children under one year as certain bacteria in honey can produce toxins in a baby's intestines. Also remember that honey is high in sugar and calories. The information here is for guidance only – it is not medical advice.



Recruitment Open Day

Weds 31st May 2023 — 3pm-7pm

Same day interviews offered

Come and join us and meet our talented team

Eagle Way, Warley, Brentwood CM13 3BL



the marillac
neurological
care centre

Vacancies for Nurses & Health Care Assistants
Showcasing Therapy areas (OT, PT & SLT)

For more information and an application form
visit our website: www.marillac.co.uk
or contact us: 01277 220276
recruitment@marillac.co.uk

Respect | Trust | Hope | Excellence | Dignity

MNCC is a charitable limited company, registered in England and Wales - Company Reg No. 12085591
MNCC is registered with the Charity Commission (Registration No: 1184495)

NINETY TWO DEGREES CELSIUS

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

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

Sixty four degree water gives the most rich, velvety poached eggs you've ever imagined.

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

This is German Enjoyneering.



Kutchenhaus Brentwood
6, The Baytree Shopping Centre
Brentwood, Essex CM14 4BX
Tel : 01277 204447
showroom@brentwood.kutchenhaus.co.uk

Kutchenhaus Kitchens Brentwood
@kutchenhaus.brentwood

kutchenhaus

The German Kitchen



She may only recently have become a recognised TV star, but Esme Young has had a career most budding fashionistas can only dream of.

On first impressions, fashion designers Esme Young and Patrick Grant make unlikely candidates for a sparkling television duo, but that is precisely what they have become as judges on *The Great British Sewing Bee*.

Both have decades of experience in the fashion industry, yet it is Young's effervescent wit and charm that has made her a media darling in her twilight years. She is a natural in front of the camera, but given the Bedfordshire native's illustrious life and career — as revealed in her memoir *Behind the Seams: My Life in Creativity, Friendship and Adventure* — this is hardly surprising.

After graduating from Central Saint Martins in the early 1970s, Young and three of her female friends launched the Camden-based fashion collective Swanky Modes, whose designs appeared in *Vogue*

and were snapped by the likes of David Bailey and Helmut Newton. During these carefree years, Young lived in a squat in Maida Vale, partied with the likes of David Bowie and the Sex Pistols, and saw Swanky Mode dresses worn by superstars of the era such as Grace Jones and Cher.

In the 1990s, Young moved into cinema. Her creations included Leonardo DiCaprio's shirt in *The Beach* and Renée Zellweger's iconic bunny outfit in *Bridget Jones's Diary*.

Alongside her judging role, Young teaches at Central Saint Martins, where she passes down her sartorial wisdom. Musing on how she was taught darning, mending and crocheting by nuns at the all-girl convent school she attended, the talented designer confesses that while seeking perfection in the seams and sleeves she judges, she also wants to be excited and surprised by contestants' creativity.

It seems that, even at 74, Esme Young's best days remain ahead of her.

Photo credit: BEC-Love Productions-James Stack



FASHION

Make a splash

Stuck for something to do with the kids on a typically rainy day in the UK? No need to fret; there will be smiles all round if you pay a visit to one of these top indoor waterparks.

Waterworld, Stoke-on-Trent

Frequently listed as one of the top indoor waterparks in the UK, Waterworld is a fantastic day out for all the family. Featuring 30 rides and activities for all ages, some of its most popular attractions include slides for toddlers, white-knuckle rapids and a wave pool.

Splashdown, Dorset

Splashdown offers 13 thrilling indoor and outdoor rides, as well as three splash zones for children under five. Our favourite ride by far is the Mississippi Drifter, where the whole family can ride on one inflatable tyre. The Infinity flume is also great fun, and you can even pick your own music!

Sandcastle Waterpark, Blackpool

The largest indoor waterpark in the UK, Sandcastle features an impressive 18 rides and attractions for you to enjoy. As well as the slides, wave pools and flumes, this waterpark has arcades, snack bars and cafés, so you can easily spend the whole day there.

Alton Towers Waterpark, Staffordshire

If you want to combine theme park rides with water slides, the Alton Towers Waterpark is the ideal choice for you and your family. With high-speed slides, waterfalls, tranquil lagoons and relaxing hot tubs, there's something for everyone at this popular waterpark.

MAKE YOUR CHILD'S DEVELOPMENT MORE FUN! TRY RUGBYTOTS

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

For more details, just call or email:

0345 313 0422
adrian@rugbytots.co.uk

AS SEEN ON



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

WE'LL TEACH YOU HOW TO...

BUILD CONFIDENCE & HIGH SELF ESTEEM & NEVER BE A VICTIM OF BULLYING



BOOK YOUR FREE 2 WEEK TRIAL NOW!

CONTACT SIFU ANDY AT:
07557533143 or email
meridianbrentwood@gmail.com

BRAND NEW CLASSES IN BRENTWOOD ON MONDAYS & SHENFIELD ON THURSDAYS

Class structures are
Little Snakes & Cranes (5-7yrs)
Juniors (8-11yrs) ● Teens (12-17yrs) ● Adults (17yrs +)



CHICKEN AND FROG BOOKSHOP



Brentwood's very own independent bookshop & tuition centre

We can source any in-print book

Rhythm & Rhyme Thursdays

Creative Writing Club Saturdays



Contact us for information on our events – 01277 230068
www.chickenandfrog.com
info@chickenandfrog.co.uk
30 Crown Street, Brentwood, CM14 4BA





The Travel Boutique

Always at the heart of your travel plans...

The Travel Boutique, Travel Lounge in Shenfield has reopened much to everyone's delight. We may have been working remotely for the past 10 months but throughout we have continued to provide our loyal customers with our personal service and impartial advice and the widest variety of holidays, with many of you enjoying treasured getaways in 2022 and already booked with us for 2023.

Our Luxury Concierge Service can assist with a personalised itinerary for a truly unforgettable experience. Janette Healey owner of the Travel Boutique is delighted to be back on the High Street: "What a wonderful welcome back. It's so nice to see my customers in person after months of speaking by telephone and over skype. Planning holidays is what I love to do best and with more than thirty years in travel there is nothing better than sitting face to face with my clients. I have personally been to some wonderful places all over the World and I love to share my knowledge and insight. During my



time in Travel I have built some wonderful relationships with Hotel and Tour Operator partners across the Globe. Travel is our passion and customer care, our forte."

Where can The Travel Boutique take you next?

BEACH ESCAPES

We can help send you on your way to some of the most popular luxury resorts with dreamy beachfront locations across the Mediterranean, to boutique hotels on blissful paradise islands in the Caribbean and other distant shores.

ADVENTURE HOLIDAYS

From wildlife encounters in the cloud forests of Costa Rica, glacial escapades in Iceland, to sailing around the glorious Greek islands on a skippered yacht, when it comes to an adventure, we have plenty of travel inspiration for you.

CRUISE

Prepare to discover the most amazing destinations and charming ports on a cruise holiday whether across the Mediterranean, Caribbean islands and beyond. Let us find the right itinerary and cruise line for you.

CITY BREAKS

Vibrant cities of Europe and further afield where you can have a mini-adventure and enjoy a treasure trove of things to see and do. Whether you want to book a romantic escape, family getaway or solo travel experience the choices are endless.

and much much more...



Find us at The Travel Boutique
140 Hutton Road, Shenfield, Essex, CM15 8NL
Telephone : 01277 563193 or Whatsapp Message us direct 01277 563193
Email: janette.healey@thetravelboutique.co.uk

YOUR INDEPENDENT

The Travel Boutique

TRAVEL AGENT

Always at the heart of your travel plans...



Find us at 140 Hutton Road, Shenfield, Essex, CM15 8NL

☎ Call or WhatsApp Message 01277 563 193
✉ janette.healey@thetravelboutique.co.uk
f Janette Healey at The Travel Boutique



IT'S TIME FOR A CHANGE OF SCENE

Retire to a dream location
the easy way



Move in ready homes available from £219,500



Do you dream of living on the coast? Relaxed days of fresh air, seaside walks and beach picnics? It's all there for you when you move to a brand-new, fully furnished home at Sandpiper Gardens, Clacton-on-Sea. You could also free up cash, save on bills and have less home maintenance to worry about. Whether you're retiring or semi-retiring, it's time to get more out of life.

- ✓ High-quality, low-maintenance, single-storey homes
- ✓ Safe, secure community of like-minded residents
- ✓ Private garden and parking
- ✓ No stamp duty
- ✓ Part exchange and assisted move options available

Get in touch to find out more or arrange a park visit:

www.tingdene-parks.net | 01933 422471 | info@tingdene.net

Europe's best SECOND CITIES

FIVE EUROPEAN COUNTRIES WHERE THE LESSER-KNOWN SECOND CITIES OFFER, ARGUABLY, MORE THAN THE CAPITAL

1. BERGEN, NORWAY

Many people visiting Scandinavia will instantly migrate towards Oslo for its green spaces, architecture and nightlife, yet for those looking to sample a more stylish, artistic side of Norwegian culture, Bergen is the choice. A seductive port decorated with colourful houses and romantic cobbled streets, it is the gateway to the fjords.

2. KRAKÓW, POLAND

Poland's elevation into a popular location to visit over the past 20 years has been impressive, and this is no better exemplified than in the way Kraków, its second city, welcomes visitors.

A former European Capital of Culture, it is a creative tourist's dream, with arts, crafts, collections and museums, plus a host of theatres for the performing arts.

3. PORTO, PORTUGAL

Located on the Iberian Peninsula, many parts of Porto were built with the aim of luring in foreign investment, so it makes sense that Lisbon's smaller sibling has an abundance of interest and charm.

From bridges to cathedrals, elegant gardens to wine tasting – the city is the birthplace of port wine – it's a smorgasbord of tastes and flavours.

4. CORK, IRELAND

The last port of call for the Titanic before it headed off across the Atlantic, Cork has a lot going for it, with a bustling market, friendly people, and a renowned food and drink scene.

Much more personal than Dublin, it introduces tourists to the rural delights of southern Ireland.

5. KOŠICE, SLOVAKIA

A modern city with an eco edge, Košice combines incredible architecture dating back centuries with a defined approach towards sustainability and the repurposing of old spaces for creative industry.

With a warm welcome and thriving arts scene, this is an inspirational place which transports visitors into a world that reflects the past while embracing the future.



Laporté
GARAGE DOORS



- Over 25 years experience
- All types of doors including insulated
- Free no obligation quote and advice
- 10/10 **Checkatrade.com**
- Local authority garage installer for Basildon and Southend
- After sales care
- Automation to existing
- Repairs to existing
- Fully insured

Quote VIS10 to receive 10% OFF

Call 07786 803403
www.laportegaragedoors.co.uk
laportegaragedoors@gmail.com

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



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

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

CONTACT US

0800 086 2836 • www.flyerdistributionessex.co.uk



ISAs VS...

If you want to start saving, then you may be wondering where to put your hard-earned cash. Two of the most popular options are ISAs and savings accounts, but which one is best for you?

WHAT IS AN ISA?

ISA stands for individual savings account and offers a tax-efficient way to save money. There are four types of ISAs:

- Cash ISAs
- Stocks and shares ISAs
- Innovative finance ISAs
- Lifetime ISAs

The government sets a limit for how much can

be saved each financial year and does not charge any tax on the interest you earn.

WHAT IS A SAVINGS ACCOUNT?

A savings account offers a safe place to put aside your money and allows you to earn varying amounts of interest. Depending on your circumstances, you may have to pay tax on any interest earned.

There are several different types of savings accounts, including:

- Easy-access accounts
- Fixed-term accounts
- Regular savings accounts

ISA	Savings Account
Completely tax-free	Interest is taxed if you earn over £1,000 for basic tax earners and £500 for high tax earners per year
You can deposit up to £20,000 per year	No limits on deposits
Limited to opening one type of ISA per year	No limits on how many accounts you can open
Good for large amounts and long-term saving	Good for large amounts and long-term saving

SHOULD I OPEN AN ISA OR A SAVINGS ACCOUNT?

Before you decide whether to open an ISA or a savings account, you need to determine your needs and savings goals. Typically, you can earn more competitive interest rates on a savings account and, depending on the account, you may be able to both deposit and withdraw money. However, an ISA is a good choice if you want to protect yourself from paying tax on any interest earned.



...SAVINGS ACCOUNTS



INVESTOR CONFIDENCE RETURNS

A recent survey¹ suggests investors are becoming more confident despite ongoing challenges on the economic front. While this is certainly encouraging, maintaining a long-term outlook and retaining a strong sense of discipline in investment positioning remains a prerequisite for any successful investor.

AN AIR OF OPTIMISM

It's fair to say 2022 was a turbulent year for global markets with the war in Ukraine, soaring inflation and rising interest rates weighing heavily on a difficult 12-month period. Towards the end of the year, however, markets did stage a cautious recovery despite ongoing fears of a looming recession.

INFLATION EXPECTED TO FALL

The final quarter of last year also witnessed a rebound in investor sentiment, with the same survey reporting a seven per cent point rise in confidence in the global economy, although this was before the recent woes in the banking sector. This optimism was driven by hopes that inflation has now peaked and is set to continue falling in the months ahead; a view reflected in the International Monetary Fund's latest economic musings², which predict global inflation will drop from 8.8 per cent in 2022 to 6.6 per cent this year and 4.3 per cent in 2024.

YOUNG GUNS

Data from the survey also revealed a majority of investors were either positive or ambivalent about last year's market volatility and its impact on their investing mindset. This was particularly true for younger investors, with three-quarters of 18 to 34 year olds either positive or indifferent compared to six in 10 over-55s. This variation will partly reflect differing retirement time horizons, with younger investors more able to adopt a longer-term view.

INVESTOR DISCIPLINE IS KEY

This is clearly encouraging. Maintaining a long-term philosophy based on prudent risk management principles and avoiding panicked decisions has always been a key element for successful investing and maintaining discipline in investment positioning. In practice, this means achieving an appropriate level of diversification and understanding how to blend investments – that's what we do.

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

¹ eToro, 2023; ² IMF, 2023

When it comes to Financial Planning We're here to help you



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

Tel 01277 654153 • www.hcrifa.co.uk • Fax 01277 658383
Suite 5, First Floor, Foremost House, Radford Way, Billericay CM12 0BT

Age is just a number in our care homes

Whether you're 65 or 105, you're still you. Up for new things or loving your old favourites. Find a new place to enjoy every day with **Bupa care homes**.



This is health

Bupa care home near you

Residential | Nursing | Short stay



9.7

carehome.co.uk
Review Score
41 reviews

Hutton Village Care Home
Hutton Village, Hutton,
Brentwood CM13 1RX

The Review Score is based on the quality and number of independent reviews this home has received on carehome.co.uk in the last two years, at the time of going to print.

- ✓ All types of funding welcome
- ✓ No health insurance needed



Call our helpful care team
to start your search

01277 889 596

bupa.co.uk/hutton-village

Lines are open 8am to 6.30pm Monday to Friday, 9am to 12.30pm Saturday. Closed Sundays and bank holidays. Calls are charged at no more than local rate and count towards any inclusive minutes from mobiles. We may record or monitor our calls.



Care Home
Provider of the
Year 2022

APR23 CS 02895

UW


Authorised UW Partner

All your home
services in one

One bill

One website

One password

Energy	page 2	£156.00
Mobile & 2	page 5	£30.00
Phone & Broadband	page 7	£21.60
Insurance	page 8	£18.00
Credits & Debits	page 9	£2.00
Total charges		£227.60
Cashback earnings	page 9	-£28.76
Referrals earnings	page 9	-£100.00
Total amount due		£98.84
will be collected by Direct Debit on or after 30 September		

For more information get in contact with **Barry** today

07879 283 900 | bazil007@hotmail.co.uk | uw.partners/baz.price



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

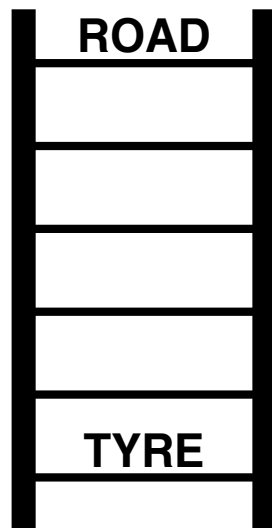
- ▶ ACCRA
- ▶ ADDIS ABABA
- ▶ ALGIERS
- ▶ CAIRO
- ▶ DAKAR
- ▶ FREETOWN
- ▶ GABORONE
- ▶ HARARE
- ▶ KAMPALA
- ▶ KINSHASA
- ▶ LILONGWE
- ▶ LUSAKA
- ▶ MAPUTO
- ▶ MOGADISHU
- ▶ MONROVIA
- ▶ NAIROBI
- ▶ NIAMEY
- ▶ NOUAKCHOTT
- ▶ VICTORIA
- ▶ WINDHOEK



DID YOU KNOW?

- ▶ Members of the Royal Family are not allowed to sign autographs. This is in case somebody tries to forge their signature.
- ▶ During her reign, Her Majesty Queen Elizabeth II sent more than 300,000 congratulatory cards to people celebrating their 100th birthdays, and more than 900,000 messages to couples marking their diamond (60th) wedding anniversary.
- ▶ King Charles III, the former Prince of Wales, has been the heir apparent since he was three years old.
- ▶ In November 1965, while a student at Gordonstoun School, the then-Prince of Wales played the lead in Shakespeare's *Macbeth*.
- ▶ The former Prince of Wales has presented the weather forecast on the BBC.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA

020 3151 1540

ROLLER SHUTTER DOORS



LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

FREE FITTING
PAYMENT ON INSTALLATION

PRICED EXAMPLE **£895**
COMPACT • UP TO 2.4M

GAROLLA ★ PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED EXAMPLE **£1,990**
PREMIUM • 3.4M • ANTHRACITE



Compassionate care, tailored to you in the comfort of your home

Domestic Care | Help at Home
Personal Care | Companionship
Transport | Live-in Care
Overnight Care | Respite Care

Bringing the best home care to you across Brentwood and surrounding areas

Thinking about care? Enquire today at Sunbear

01277 532160 | admin@sunbearcare.co.uk

101-135 Kings House, Brentwood, Essex CM14 4DR

www.sunbearcare.co.uk





**THE UK'S MOST TRUSTED AND REVIEWED
AUTO LOCKSMITH & EMERGENCY RESPONSE**

HOW SAFE IS YOUR CAR?

Car & Van Security Specialists

VAN SECURITY LOCKS | ALARM SYSTEMS

VEHICLE TRACKING | THEFT PROTECTION

IMMOBILISERS | CAR KEYS



from
**ONLY
£450**



GHOST CAR IMMOBILISER

A SMART WAY TO PROTECT YOUR CAR

Secure your peace of mind and your vehicle
with the next generation of vehicle security



www.carkeyssolutions.co.uk

Call us on 01277 554290

Email: contact@carkeyssolutions.co.uk

We cover Greater London &
surrounding M25 areas

**Open 7 days a week
from 8am to 10pm**

GUARANTEED PART WORN & NEW TYRES



PART WORN TYRES



NEW TYRES



TRACKING



CAR TYRES



CROSSOVER TYRES



4x4 TYRES



VAN TYRES



**PUNCTURE AND DAMAGE
TYRES REPAIR SPECIALIST**

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

www.tyresaversukltd.co.uk

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

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

Visit us on Facebook



GUIDE TO BUYING A

USED SCOOTER

Whether you are a first-time buyer or are seasoned in the world of scooters, a used one can save you a pretty penny.

Below are four questions you need to ask before buying a used scooter.

1 DOES IT RUN?

While this may seem like a no-brainer, before you buy a used scooter, you need to make sure that it actually runs. Once you have established that it does, the next step is to listen to how it sounds. Four-stroke engines should have a smooth hum, whereas two-stroke engines should sound like a gentle chainsaw, so make sure you listen out when you do a test drive.

2 HOW LONG HAS IT BEEN SITTING?

If you are purchasing a used scooter online, take a close look at the pictures. Does the scooter look dusty? If yes, then it may

have been sitting unused for a while. Make sure you check the battery and the tyres as both of these are likely to need replacing.

3 CAN YOU STILL GET SPARE PARTS FOR THE SCOOTER?

While you can still get spare parts for most scooters that have come out in the last decade, it is always worth checking before you sign on the dotted line. Don't forget to also be vigilant of scooters that are missing several body panels, as this can be a sign of a crash or that the scooter has been stolen.

4 WHO IS THE SELLER?

You can choose to buy a used scooter from either a dealership or a private seller. While there are advantages and disadvantages for each option, a dealership is a safer bet as you can find out about their reputation online and they are more likely to provide detailed checks on their scooters.



Photo credit: Martin Charles Hatch/Shutterstock.com



MOTORING

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

AIR CONDITIONING

P K REFRIGERATION

Air Conditioning / Heat Pumps for your home, office, log cabin etc. Free Quotes. Fully Guaranteed. 01268 774623 | sales@pkrefrigeration.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

BLINDS & SHUTTERS

WORTH & CO BLINDS

Essex's leading blind, awning & interior shutter specialists for over 100 years. Call us on 01245 830087

BUILDING SERVICES

MM CONTRACTORS

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

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

CLUBS & CLASSES

MERIDIAN BRENTWOOD

Learn Kung Fu, We teach from 5+ years old. Locations at Knights Way and Brentwood School Centre. Contact SIFU Andy at 07557 533143 | meridianbrentwood@gmail.com

RUGBY TOTTS

A fun way to develop social and physical skills for ages 2 – 7 years. The worlds favourite rugby play programme. 03453 130422 | adrian@rugbytots.co.uk

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

CURTAINS & BLINDS

IAN'S CURTAINS & BLINDS

Curtains, Tracks & Poles, Roman, Roller, Vertical, Venetian, Wooden Blinds. FREE Quote, 01268 976779 | 07743 562384 | ian.dipple@yahoo.co.uk | www.ianscurtainsandblinds.co.uk

CONTACT US TO JOIN THE LISTINGS...

BRENTWOOD@VISIONMAG.CO.UK

ELECTRICIAN

PARKERS ELECTRICAL SOLUTIONS

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

EVENTS

FRENCH/FRANCE EVENTS

Library chat 10:30-12, pub nights 7-8pm monthly £1, French suppers, crepes, bbq's, petanque, quizzes, rambles, Market fun days, facepainting. Email Brentwoodfrench@gmail.com

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

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

LAPORTE GARAGE DOORS

Over 25yrs exp. We can supply, Install, Repair & Maintain all types of Garage Door. Automation of new or existing. 10/10 reviews. Call for FREE no obligation quote on 07786 803403

GARDEN BUILDINGS

R PAGE CONCRETE BUILDINGS LTD

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

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

GREENSLEEVES

Let the experts get your lawn spring ready. Get in touch with one of our dedicated experts for a free lawn consultation. 01277 513987 | brentwood@greensleeves-uk.com

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

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

LOFTS & CONSTRUCTION

CAMERON LOFTS

Home extensions, Loft conversions, Bathroom fitters, Kitchen fitters. Essex Builders trading for over 25 years. Contact Colin today for a free quote: 01277 554214 | 07956 608662

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 for FREE quotes on 07712 524407 | jamiesanders273@yahoo.com

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

PROPERTY SERVICES

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 office@timminspsl.co.uk

ROOFING

JIM BARR ROOFING

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

HIGH TECH MEMBRANE ROOFING

For free advice and pricing please call 01268 859602 or visit www.flatroofs.net

SHUTTERS

SHUTTERTEC

Widest range of shutters on offer in Essex. Undeniable quality. Unrivalled customer service. 0800 023 5754 | www.shuttersinessex.co.uk | advice@shuttersinessex.co.uk

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

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

STEEL

RAINHAM STEEL

London's No 1 Steel Supplier. Rainham Steel, Steel Approach, Ferry Lane North, Rainham, RM13 9PF. Tel: 01708 522311 | sales@rainhamsteel.co.uk

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

TRAVEL AGENT

THE TRAVEL BOUTIQUE

Your independent travel agent. Find us at 140 Hutton Road, Shenfield, Essex, CM15 8NL. Call or Whats app message 01277 563193 | janette.healey@thetravelboutique.co.uk

TREE SERVICES

OPTIMUM TREE SERVICES

Reliable tree surgeons. Tree surgery/felling, Stump removal, Hedge trimming. 01277 821655 | 07979 935505 | info@treeurgeonhelmsford.co.uk | www.optimum-tree-services.com

THE VISION LISTINGS

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

TYRES

TYRESAVERS

Guaranteed Part Worn & New tyres. Puncture & Damage tyres repair specialist. Ongar, CM5 9PP – 01277 365420 | Chelmsford, CM2 6HE – 01245 252626

UPHOLSTERY

MOBILE UPHOLSTERY

Repairs and leather cleaning. Fabric and leather furniture repairs carried out in your home. 07889 368706 | enquiries@mobileupholstery.co.uk | www.mobileupholstery.co.uk

WASTE MANAGEMENT

GEOTOM

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

WINDOWS & DOORS

WINDOW MAN

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

ROM VALLEY GLASS

Installation experts since 1989. Call us today to speak to a glass and glazing expert today. 01277 676660. 14 Prospect Way, Hutton, Brentwood, CM13 1XA

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

WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

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

Company name:

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

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

Payment option: ☐ Card    ☐ Direct Debit

Please return to:

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

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

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

To advertise call Nik on 01277 554045

WORDLADDER: ROAD, LOAD, LORD, LORE, TORE, TYRE

**Essex's Leading Blind,
Awning & Interior
Shutter Specialists
for over 100 Years**

**Worth & Co
Blinds**
Established Since 1889

Call us today on 01277 809045 or 01702 467581



- Factory Showroom with Free Parking
- Large Luxaflex Inspiration Display
- Patio Awning Showroom
- All types of Interior Window Blinds
- Custom-Made Window Shutters
- Motorised Internal Blinds
- Roller Garage Doors
- Home & Commercial



**As a local company we offer a
wide choice of Blinds, Shutters,
Patio Awnings & Roller Garage
Doors & with competitive
prices all year plus
FREE NO OBLIGATION
QUOTATIONS**

www.worthblinds.com sales@worthblinds.com

Unit 13 Parkside Centre, Potters Way, Temple Farm Industrial Est, Southend SS2 5SJ



ESTABLISHED 1992

The largest collection of

Garden furniture

Stylish bespoke
outdoor living



Madrid Sofa Set



ESSEX SUPERSTORE
Regatta Garden Furniture

A127 Hovefields Avenue
(A127 Southend bound, next to Shell services) Wickford, Essex SS12 9JA

01268 724959

SUFFOLK SUPERSTORE
Regatta Garden Furniture

The Interchange Retail Park
London Road, Ipswich,
Suffolk IP8 3TT

01473 944087

CHELMSFORD SHOWROOM
Regatta Garden Furniture

A12 Junction 21
(next to fuel services), London Road,
Witham CM8 1ED

01245 209624

www.regattafurniture.com