

PACK
THE
PERFECT
PICNIC

Celebrating

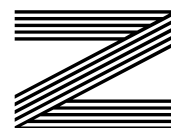
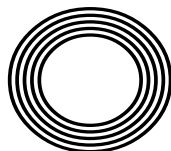
150 years of The FA Cup

ANNIE MAC

Radio DJ steps down after 17 years

Laura
WHITMORE

Presenter back in the limelight with new series of Love Island



FREE

Photo credit: ITV Pic



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

01245 527073

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

CHELMSFORD DOUBLE GLAZING REPAIRS AND REPLACEMENTS

WE FREQUENTLY CARRY OUT WINDOW AND DOOR
INSTALLATIONS AND REPAIRS IN CHELMSFORD
AND THE SURROUNDING AREAS



BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





JULY 2021

Editor's notes...



Nik Allen, Editor

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

Has anyone else noticed it's light at 4.30am these days? I reckon the demand for blackout blinds is up there with England Flags. This is why I love the summer. The days feel long, the nights only give way to darkness as we're thinking about bedtime, and each day feels full of optimism.

For me, it's the time of the year when I can change my habits, such as getting up as the sun rises in order to sample the peace and tranquillity. But the trick is to extend that positive frame of mind into other things - go for a walk, talk to the neighbours, undertake new work targets.

With the positive news of the COVID-19 restrictions being abolished for the foreseeable future, the time has never been better to go and spend your money locally, with the hospitality industry in particular trying to recover from the past 18 months. The pandemic is far from over but I, like most, am looking forward to getting back to some normality.

Of course, we still have challenges, but the vaccine is here, the sun is out, and we have the sense the world is opening up again with positivity and confidence, as fear ebbs away. Let's embrace this new dawn, and just as importantly, as I always say, let's be nice to each other as we do it.

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 | chelmsford@visionmag.co.uk | 01245 527071

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

CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Lizzie Ellis

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

Inside pages recyclable

A-Rated
Windows
(as standard)



BIFOLDS • CONSERVATORIES • LANTERNS • CLADDING • DOORS • CONSERVATORY ROOF UPGRADES

FOR US IT'S ALL ABOUT QUALITY

FREE Quotes & Expert Friendly Advice **CALL TODAY ON: 0800 211 8124**

M: 07958 903 275 E: info@totalfix.it www.totalfix.it

TOTAL FIX

PAYNETWORX Pay less for more!



PAYNETWORX IS A CARD PAYMENT SERVICES PROVIDER, FOCUSED ON HELPING SMALL BUSINESSES IN ESSEX

Did you know....

- 67% of all payments are now made by card
- Card payments are increasing year on year
- Most customers prefer to pay by card rather than by cash or bank transfer



ARE YOU A LOCAL BUSINESS BASED IN ESSEX?

If so, we're here to help.

- Exclusive deals and competitive rates for Essex businesses
- Dedicated account manager with 24/7 customer service in the UK

You may already be in a contract with another provider OR you may be new to card payments: either way contact us to see if we can help.

ALL QUOTES ARE FREE AND NO-OBLIGATION

Email: hello@paynetworx.co.uk ● www.paynetworx.co.uk

Telephone: 01245 330720 and Quote "VISION"

FCA registered: No.: 900355





BRIDGE

IT HAS BEEN JUST 50 YEARS SINCE LONDON BRIDGE WAS SOLD AND MOVED TO LAKE HAVASU CITY, ARIZONA. BUT HOW AND WHY DID THIS COME ABOUT?

As far as the architecture of London goes, 50 years seems like only a very short period of time. For context, other recognisable landmarks in the capital built at the start of the same decade, the 1970s, include Euston Tower and the Barbican Estate, with the likes of the Lloyds Building and NatWest Tower built only a few years later.

So it's astounding to consider that the London Bridge that we know, love and recognise – the elegant five-line concrete box girder bridge that connects Monument on the north bank to London Bridge station on the south – has only been in place for five decades. It's even more astonishing that its forerunner now spans a small conurbation in the desert of western Arizona.

That a London landmark which had been in place since its construction 130 years previously ended up being dismantled, one brick at a time, shipped 4,000 miles around the world and reassembled, is one of those eccentric curiosities we would most likely expect of the Victorians. But this happened just eight years before Margaret Thatcher came into power. London would never look the same again.

In fairness, the old London Bridge had seen better days. Although it had survived the Luftwaffe's rain of bombs during Second World War, structural issues caused by ageing, combined with the increased weight and frequency of traffic, meant the bridge was sinking into the Thames at a rate of one inch every eight years. Surveyors were left querying the affordability of renovations.

At first, it seemed the bridge might have to be broken up and scrapped. But a city councillor by the name of Ivan Luckin decided he would capitalise on London's historical reputation by heading abroad to market the 1,000ft construction.

While the peculiar proposal largely fell on deaf ears, it did pique the interest of eccentric American businessman, Robert McCulloch. An industrialist who had made millions through oil and motorisation,

TOO FAR?

he was keen to market Lake Havasu City, which sits equidistant between Phoenix and Las Vegas, as a global tourist destination. In need of a talking point and a centrepiece that would define both his and the city's ambition, he agreed to purchase London Bridge for the not inconsiderable sum of \$2.4million.

The bridge was subsequently dismantled, with workers numbering each individual granite brick and carefully marking its position on the huge structure. It travelled to North America via the Panama Canal, before landing in Long Beach, California. It was then transported in trucks to its final destination.

The bridge, which originally spanned a section of desert before the growth of the city, was reinforced with a steel shell in order to circumnavigate the same issues over weight of traffic that had brought about its demise in the first place. On October 10, 1971, it was finally opened to a flurry of fanfare. London's Lord Mayor attended and a banquet comprising the meal that had been served when the bridge was first constructed back in 1831 was prepared.

While McCulloch died in 1977, his bridge over the desert lives on, with the attraction bringing an estimated two million visitors to Lake Havasu City each year.



THE LEGENDARY RADIO 1 DJ ANNIE MAC MOVES ON TO PASTURES NEW AFTER 17 YEARS

There can be little disputing the impact Annie Mac has had on our understanding and appreciation of dance music over the past two decades.

Having joined Radio 1 as a producer back in the early Noughties, the Irish DJ breathed fresh energy into an ailing electronic music scene, overseeing a number of breakthrough genres, including dubstep, trap and drill, while continuing to celebrate the house and techno sounds that have defined a generation.

Yet now, at 42, the pioneer has announced she is leaving behind two decades of influence in order to focus on more private ventures, including writing a book and spending time with her family.

There is also the small matter of her podcast work, and of course the return of live gigs – both of which go to show that a DJ cannot spend too long out of the spotlight. That said, we might assume a

musical legacy that has educated, informed and inspired is now coming to an end – for now, at least. Annie wrote on her Instagram page that she would be coming back to radio broadcasting when the time was right.

The Dubliner first got her foot in the door at the BBC working as a broadcast assistant on the Steve Lamacq show. By 2004, she had her own slot, *Annie Mac's Mashup*, and for the past six years has presided over the weeknight *Future Sounds* show.

Always one to push boundaries and extol the virtues of music across genres well beyond the norm, the famously curly-haired Annie has, among other things, hosted *The Culture Show* and *Top of the Pops*. She is also the curator of AMP Lost & Found Festival.

Now, a new set of sounds awaits this airwaves innovator, and no doubt we'll be tuning in.

Photo credit: Dawn Fletcher-Park/SOPA Images/Shutterstock

The perfect location
for your holiday lodge



Relax beside the river at Kingfisher Holiday Park

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

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



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

YOU'RE NOT ALONE



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

**CONTACT US TODAY TO GET YOUR
BUSINESS SEEN BY OUR READERS**

Your
Monthly
Lifestyle
Magazine



See all our magazines at www.visionmagessex.com

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

Three kitchen images showing different green color schemes. The top image shows a dark green kitchen with a central island. The middle image shows a grey-green kitchen with a central island. The bottom image shows a kitchen with green accents on the island and stools.

CREATING THE *perfect* GREEN KITCHEN

HOME & DIY

Using the colour green is one of the biggest kitchen trends at the moment, and here is how you can get it right.

DARK GREEN

If you want to use dark green in your kitchen, it needs to be done carefully. Because it is such a deep colour, it will look dramatic, but it will also not reflect light to make it seem warm and welcoming. Make sure that the room has a lot of light so you can achieve this.

Keep windows plain and undressed to let in as much natural light as possible. You should also use a pale colour for backsplashes as a contrast. Warmer accents like brass, gold and copper for details will help to bring some warmth into the room.

GREY-GREEN

If dark green seems like too much for you, then you might want to go for a lighter grey-green option. This is warmer than some options when it comes to grey and can bring a sense of peace to the space.

Adding wood tones for extra warmth is a good idea. You might also want to pair it with white fittings like cabinets and sinks to bring in even more warmth. For a little bit of contrast, add in black accents to bring it all together.

GREEN ACCENTS

To incorporate green into your kitchen without making it the main aspect, there are many avenues you can take. You can do this by adding green accents or pieces to the decor, such as lampshades, artwork or tableware. If you have a kitchen island, you may want to paint the island green instead of the walls or cabinets.

Photo credit: Wickes via ideahome.co.uk, Matt Artibus via ideahome.co.uk, plainenglishdesign.co.uk

VISION Chelmsford Beaulieu edition 12 | to advertise call 01245 527071 **V11**



HOME & DIY

Keeping those ANTS AWAY



Ants can be a real nuisance in the home during the summer months, but that doesn't mean you have to stop them dead in their tracks with a harsh chemical pesticide. There are more natural, yet equally as effective ways to deal with these pesky pests.

CITRUS FRUITS: Ants hate the strong smell of citrus fruits such as orange, lemon and grapefruit, making them the perfect deterrent. Rub the peels of these fruits on your windowsills and doors or spray lemon juice directly onto all the entry points in your home.

WHITE VINEGAR: The effects of vinegar on ants are twofold. First, they don't like the smell, and second, it removes the scent trails that they use to get around your home. Simply wipe down your countertops, cupboards and any other places where you have spotted ants with a 50-50 mixture of white vinegar and water.

CHALK: Although no one is 100 per cent sure why this method works, drawing a line of chalk in front of the spot where the ants are entering your home acts as a barrier that they won't cross. Some say it is because ants don't like the calcium carbonate in the chalk, whereas others say it interrupts their scent trails – either way, it works.



COFFEE GROUNDS: Ideal for keeping ants out of your garden and other exterior areas of your home, all you need to do is sprinkle your used coffee grounds on the worst-affected areas. It is worth knowing that the scent of coffee repels not only ants, but also cats.



HERBS AND SPICES: There are several herbs and spices that repel ants, including cinnamon, mint, chilli pepper, black pepper, cayenne pepper, cloves and garlic. Simply sprinkle or place in any areas where you have seen ants. Placing bay leaves in drawers and containers is also highly effective.

Carpets Direct

Guaranteed Lowest Prices

- ✓ **FREE FITTING**
- ✓ **FREE home visits**
- ✓ **80% wool twist pile specialists**

Established 25 years

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

WHY PAY MORE?

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

CALL YOUR LOCAL AREA SPECIALIST

01245 527 096



www.carpets-direct.co.uk



www.billsturf.com

**CONTACT US TODAY
FOR YOUR FREE
NO OBLIGATION
QUOTE**



SPECIALISTS IN LAWN TRANSFORMATION

We supply and install various grades of turf:

- General Purpose Turf
- Ornamental Turf
- Drought Tolerant Turf
- Heavy Wear Turf
- Shade Tolerant Turf

Tel: 01621 740082 Mob: 07807 099591

Email bill@billsturf.com



Call 01277 413319

enquiries@forty4electrical.co.uk

Book Online



On Call 24/7

No call out fee. Free quotes.

12 month work guarantee.

10% DISCOUNT

Quote VISION20*

*10% discount applies to the labour cost on quotes for jobs undertaken in July & August 2021



DOMESTIC



COMMERCIAL



SMART HOME

Your local, 5 star rated, NICEIC qualified electricians.
For all aspects of electrical work, including testing, fault finding, inspections and repairs.

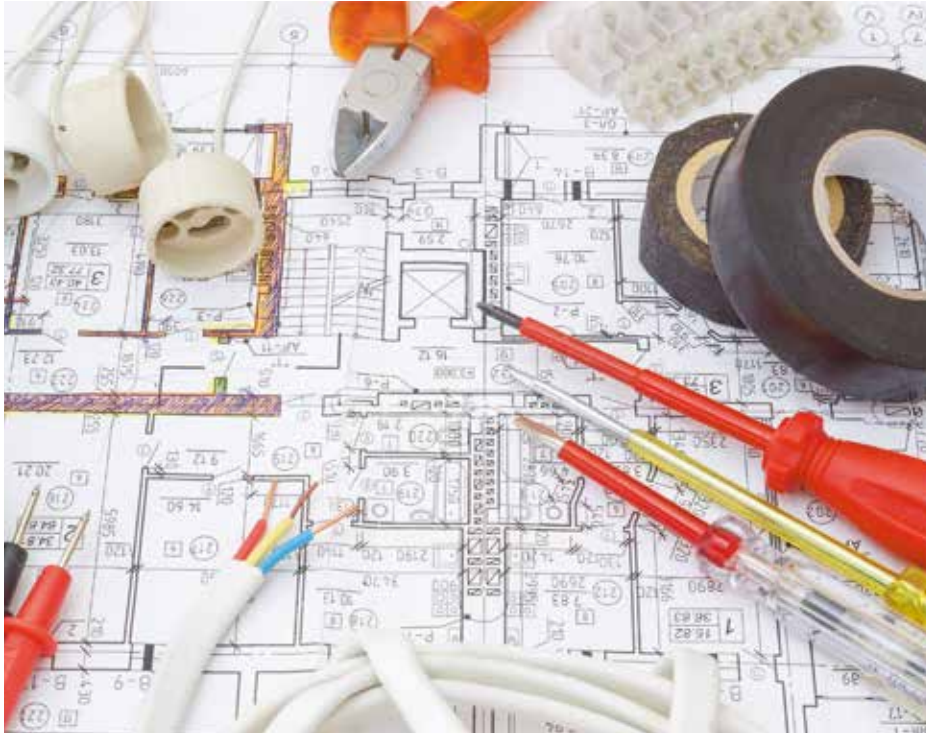
www.forty4electrical.co.uk

www.facebook.com/Forty4Electrical

www.instagram.com/forty4electrical



DO YOU NEED AN ELECTRICIAN? WE ARE YOUR LOCAL AND RELIABLE PROPERTY EXPERTS



**Domestic & Commercial | Electrical Installations | CCTV & Security
Fault Finding | Outdoor Power & Lighting | EICR Landlord Compliance**



PST GROUP



Fully insured and highly recommended

**CONTACT US TODAY
01245 527 079
www.pst-group.co.uk**



HOME & DIY

(NOT SO) GROSS DOMESTIC PRODUCT

Six handy products you didn't know you needed

MICROWAVE CLEANER

We've all despaired at the stubborn splashes and stains that linger on the insides of our microwaves. Yet you can banish these with Angry Mama/Home-X – simply fill with water and white vinegar and set her gradually spinning for seven minutes to effectively steam the stains away.

HERB SCISSORS

While we all believe we can chop herbs with the flourish and finesse of Michel Roux Jr, in truth, having a pair of multi-bladed herb scissors at hand is a much more sensible way of ensuring equal consistency and flavour in our food. Simply chopping into herbs with the scissors will instantly produce a spray of greenery ready for use.

FOOD VACUUM SEALER

It looks like something you'd expect to find in the local stationery superstore, but this natty vacuum sealer will do wonders for preserving the freshness of your food.

Using bags that are heat-sealed after oxygen is expelled, vacuum sealers are a quick and sensible option for conserving goods and preventing food waste.

WINDMILL WATERMELON CUTTER

Simple and incredibly satisfying, this watermelon cutter powers through watermelon flesh to produce neat cubes of fruit ready to be enjoyed.

BUTTER SPREADER KNIFE

For so long, spreading hard butter has accounted for the destruction of innocent pieces of bread, yet this three-in-one spreader knife – with holes that sail through even the hardest, most stubborn piece of butter – will bring smoothness and joy back to break times.

ICED COFFEE MAKER

With the warmer days, many of us will be reaching for iced coffees, and this clever gadget from HyperChiller can produce a cooling caffeine drink in minutes without it being watered down.



Photo credit: joon.com, hyperchillerus, amazon.com

WASP PROBLEM?

Your local professional pest control company



Wasps • Rats • Mice
Squirrels • Foxes • Insects
and all other UK pests

Contact us today on
steve.reynolds@multipest.co.uk
Essex – 01206 203 018
Mobile – 07973 121146
www.multipest.co.uk

MULTIPEST
www.multipest.co.uk



Finishing Touch Decorating Services



Internal Painting
External Painting
Wallpapering

Reliable, professional service
No job too small

Contact Mark for your free estimate

Landline: 01621 819109

Mobile: 07734 689872

m.finishingtouch@outlook.com

GATFire

HETAS Registered Installers

SHOWROOM: 1731 London Road,
Leigh-on-Sea, Essex SS9 2SW

Stoves
Fire Places
Chimneys

Norvik

5kw output (Package 1)
DEFRA Approved

£999 +VAT FITTED



Dean Stoves

Dartmoor Baker 5
5kw multifuel or
woodburner only
(Package 15) matt black

**£2399 +VAT
FITTED**

8 colour options available
for colour £2499 plus VAT
(Package 16)

Our Estimates are
FREE, Our Advice is
**FREE... IT MUST BE
WORTH A CALL!**

We believe in value for
money, we can supply
and fit any make and
any model of stove at
prices that make our
competitors complain...
and yes, they have!

OPENING TIMES:
Monday to Saturday
9.15am - 5pm
Sunday 10am - 3pm



THESE PRICES INCLUDE: flue pipe, closure plate, liner, caps, clamps, plates etc.,
and fitting by a HETAS Registered Engineer.



Telephone: 01702 715161 www.gatfire.co.uk

STEP UP in style



HOME & DIY

Make the most of your staircase with our top design ideas for summer 2021. From the simple to the elaborate, there is something to suit all spaces, budgets and tastes.

GO DARK AND DRAMATIC

Although you may think that staircases need to be light and airy, if you want to create an imposing and sophisticated area that demands to be seen, then painting your woodwork either black or dark charcoal grey is the way to go. Contrast with white walls for a chic and contemporary look.

CREATE A GALLERY WALL

A gallery wall is a highly popular option when it comes to decorating a staircase. For the best results, choose matching frames and pictures with a clear theme, such as your pampered pooch, your child's artwork, black and white family photos, or art deco pictures.

MAKE A STATEMENT WITH SPINDLES

Often overlooked, your staircase's spindles provide the perfect opportunity to update your staircase. Whether you opt for a bold colour matched with a natural wood handrail, or you go wild and paint each spindle in a different shade, make sure you keep the rest of the staircase white for maximum effect.

WALLPAPER YOUR TREADS

If you don't fancy carpet or it's a bit out of your price range, why not brighten up your staircase treads with some boldly patterned wallpaper? Choose eye-catching graphics and add further pops of colour in the hallway or on the wall, focusing on primary colours for best results.

LAY AN OMBRÉ STAIR RUNNER

Stair runners are a great way to add warmth and colour to your wooden stairs without covering them completely with carpet. If you are not a fan of patterned stair runners, an ombré version is the ideal choice for you, offering a fun and fresh look without being too overpowering.

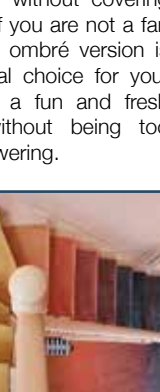
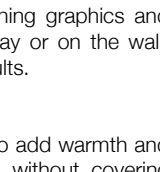
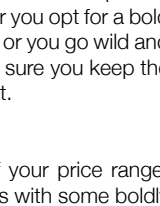
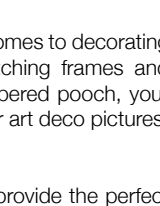
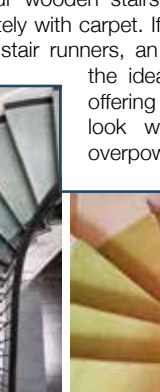
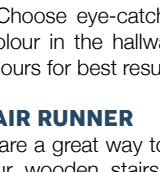
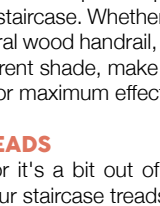
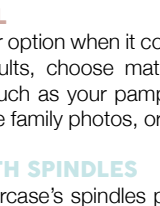
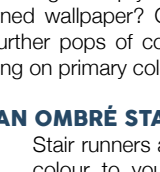
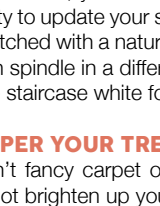
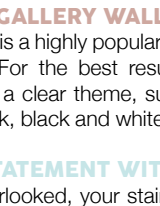
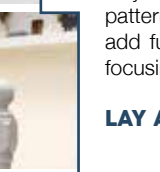
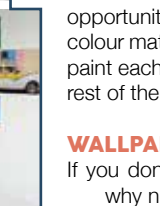
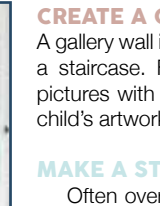
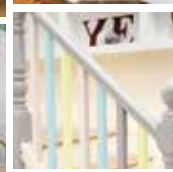
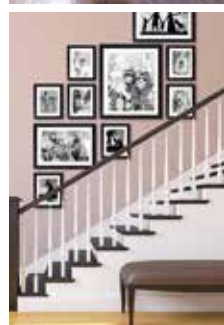


Photo credit: Brent Darby via idealhome.co.uk; blog.omya.com; psoterjack.ca; Chris Eward via idealhome.co.uk; quixx.com; Jake Curtis via idealhome.co.uk; Katie Lee via idealhome.co.uk; ecooverlam.com; dommo.com

DIY PVC SHOE STORE

Keep your shoes organised with this simple and unique
DIY shoe storage – made out of PVC tubes



Keeping the whole household's shoes organised might seem impossible. With your family and friends going in and out of the house multiple times a day, the mudroom or entrance of your home can quickly end up accumulating a messy pile of shoes, flip-flops, trainers, football boots, dancing shoes and so on.

If you have not yet found a solution that suits the needs of your family and your home's design, but you have DIY skills to spare, why not trying creating your own shoe storage out of PVC pipes?

WHAT YOU'LL NEED

- PVC tubes – at least 6 inches (15cm) in diameter
- 220 grit sandpaper
- Handsaw or hacksaw to cut the tubes
- Soap, hot water and a sponge
- Adhesion primer
- Paint
- Wallpaper strips (optional)
- PVC glue

HOW TO CREATE YOUR SHOE STORE

1. Cut the PVC tubes into 10–12 lengths of 10–12

inches (25–30cm) each.

2. Smoothe the tube sections' edges by using 220 grit sandpaper.
3. Wash the tube sections with hot water and soap to eliminate any dust or debris.
4. Apply a layer of adhesion primer to ensure your painted shoe storage will withstand daily wear and tear.
5. Once the adhesion primer is dry, paint the tubes and apply wallpaper strips (if desired) – depending on the kind of style you are looking to achieve.
6. Leave small horizontal sections unpainted and without wallpaper on each tube so that you can glue together the different sections.
7. Once both the paint and wallpaper glue are dry, apply a line of PVC glue on the section of the tubes left unpainted.
8. Glue the sections together to create your desired design.
9. Keep the glued sections in place with clamps until the glue is dry.

Now you can start enjoying your DIY shoe storage creation.



Expertise in brickwork & residential construction

- All aspects of brickwork
- New builds ■ Extensions/conversions
- Garden rooms and home offices
- Renovations ■ Structural steel
- External work/landscaping
- Foundations ■ Dry lining
- Project management
- No job too small

If your project needs something not listed here we almost always know the best people for the job.

Proud members of
Checkatrade.com
Where reputation matters

Please contact us if you have any questions or would like to talk to us about your project
01376 421238 ■ 07553 522438 ■ tom@hartsbrickwork.uk ■ www.hartsbrickwork.uk

PT's Services

WASTE/RUBBISH & GARDEN CLEARANCE



FULLY INSURED & LICENSED

07492 811846

PTS-Services

www.rubbish-removal-chelmsford.co.uk

PestWay
www.pestway.co.uk

PestWay can manage all of the pests below and much more, using integrated pest management, chemical/non-chemical and non-lethal treatments.

- RATS & MICE • BEES
- WASPS • FLEAS
- BED BUGS • SQUIRRELS
- COCKROACHES • ANTS
- FOXES • BIRDS
- MOTHS • SILVERFISH
- MOLES • BOOKLICE
- WOODWORM • FLIES
- MOSQUITOES

We also offer Drain Jetting and Camera Surveys

Call: 07484 772 747
johnroots@pestway.co.uk

THE FLAT ROOFING SPECIALIST

- 3 LAYER FELT ■ MASTIC ASPHALT
- FIBREGLASS ROOFING (GRP)
- LIQUID COATINGS
- SINGLE PLY/RUBBER ROOFING

Tel: 01277 260204 ■ M: 07739 207726
email: rjevansroofing@sky.com
www: rjevansroofing.co.uk

RJEVANS
FLAT ROOFING LIMITED

Checkatrade.com
Where reputation matters

Fishpool flooring LTD

Carpet & Flooring Specialists

- ◆ Carpet ◆ Vinyl ◆ Laminate
- ◆ Luxury Vinyl Tiles
- ◆ Karndean ◆ Wood

Contact us today
01245 763245 ◆ 07843 493821
www.fishpoolflooring.co.uk
info@fishpoolflooring.co.uk

Leading the Way with
Superior Quality Flooring
Installation in Essex



Charity founder awarded OBE in Queen's Birthday Honours List

The founder of a children's charity has been honoured with an Order of the British Empire (OBE) in the Queen's Birthday Honours List 2021.

Sue Bell OBE, from Chelmsford, founded Kids Inspire in 2007. The charity provides mental health and emotional wellbeing support for children and young people aged four to 21.

Upon receiving her award, Sue said: "It is testimony to the work of Kids Inspire over the past 14 years, and recognises the sheer determination of everyone who supports us.

"I would like to thank my patient, understanding family and friends and, of course, the big-hearted team I work alongside.

"From day one, in either voluntary or paid roles, they have shared the vision of the charity and are

as committed as I am to positively empowering the children at the centre, supporting them to break down trauma and mental health barriers."

Sue has also drawn attention to the damaging effects the COVID-19 pandemic has had on those the charity supports, but she is optimistic for a positive future.

She added: "Over the last year, we have seen the devastating impact of the pandemic on the children, young people and families we support. As we go through the recovery phase, it is more important than ever that we continue to support them.

"I am sincerely grateful to our funders and commissioners for their flexibility and contributions over the past year, and for trusting us to adapt and remain ready on the front line throughout."





Photo credit: Havens Hospices Facebook

Popular charity run returns to raise money for hospice

An annual charity run returns to Chelmsford on September 15 to raise money for Havens Hospice. The popular Race4Business run begins on Chelmsford High Street at 6.30pm and takes a 3.5-mile route around the city, through Admirals Park and Central Park. After participants have finished their run, food and drink stalls, music and entertainment will be on offer.

Local businesses across Essex are encouraged to sign up and take part to raise money for Havens

Hospice, which provides palliative nursing and supportive care to adults and children living with complex or incurable conditions.

The 3.5-mile course has no minimum speed or standard of fitness required and participants can walk, jog or run, making it suitable for a range of ages and abilities. There will also be prizes for the winning individuals and teams.

To register for the race, visit www.havenshospices.org.uk/r4bregister

Boy suffers fractured jaw during bike robbery

Police are investigating a violent bike robbery in the city that left an 11-year-old boy with a fractured jaw.

The incident happened on Saturday, June 12, between 3.45pm and 4pm, in Fifth Avenue, Chelmsford. It was reported that the boy was approached by a group of eight teenagers who stole his black-and-white bike (pictured), worth a three-figure sum, and assaulted him, leaving him with a jaw injury that required hospital treatment.

One resident commented: "Eight youths picking on a child for a bike. What is this world coming to? Hope the young lad is okay."

Officers are appealing for witnesses or anyone who has CCTV, dashcam or doorbell footage to contact them as soon as possible.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm, quoting reference 42/115142/21. You can also call 101 or contact Crimestoppers anonymously on 0800 555 111.



A12 JUNCTIONS 15 to 19

(Webb Farm Interchange to Boreham Interchange)

NOTIFICATION OF START OF WORK

We will soon be carrying out repairs to the existing north and south bound concrete road surface along the A12 from junction 15 Webb Farm Interchange to junction 19 Boreham Interchange. Once complete, there will be a smoother and safer road surface. Work will start on Monday 19 July 2021 and be completed by December 2021. This will involve overnight road closures on weekday nights, with a signed diversion route in place. Initially we will be closing the southbound carriageway, with work moving to northbound in November.

Road closures

- **Southbound** from Monday 19 July 2021 until November 2021: Monday to Thursday from 9pm until 5am. Friday to Saturday from 9pm until 6am.
- **Northbound** from November 2021 until December 2021: Monday to Thursday from 9pm until 5am. Friday – Saturday from 9.30pm until 6am.

Depending on weather, additional road closures may be required. For more information, please call the Highways England Customer Contact Centre on **0300 123 5000**, or email info@highwaysengland.co.uk.

Diversion routes and regular updates will be made on the A12 project webpage at www.highwaysengland.co.uk/A12concrete. Or follow us on **Twitter @HighwaysEAST**



APPLIANCE REPAIRS AND SALES

We repair all makes and models

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

New appliances in stock for
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctork.uk



24hr Emergency Callout Service



All your plumbing and heating problems. Resolved.

**Call 01245 478111
07710 358347**
visit lkgdaughters.co.uk

**West Hanningfield Road.
Great Baddow
Chelmsford CM2 7SY**



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

01245 494003

emma.brooks@mollymaid.co.uk

www.mollymaid.co.uk/locations/chelmsford/



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

Man jailed for 11 years after sexually abusing two children



A Chelmsford man has been jailed for 11 years after admitting to three counts of rape and sexually abusing two children.

Phillip Thorpe (pictured), 27, was arrested on December 2, 2020, after it was reported to police that he had sexually abused two children.

Officers from the Child Abuse Investigation Team (CAIT) supported the victims and built a case against Thorpe.

At Chelmsford Crown Court on March 30, 2021, Thorpe, of Trent Road, Chelmsford, admitted three counts of rape.

At the same court on June 8, he was jailed for 11 years and given another year on licence.

Detective Constable Lorna Robinson, from CAIT, said: "Phillip Thorpe is a dangerous man who subjected two innocent children to horrible abuse.

"I want to praise the courage of his victims in coming forward and speaking to the police.

"No sentence can ever undo the damage Thorpe has done, but I hope this result will help his victims move forward with their lives."

CAIT is one of a number of teams of specialist detectives who investigate sexual offences, support victims and bring offenders to justice.

If you have any concerns relating to this issue or want to report an offence, you can contact police on 101 or Crimestoppers anonymously on 0800 555 111.

Theatre searches for young actors for Shakespeare play

Chelmsford City Theatres is continuing its search for actors for a new run of its dynamic version of Shakespeare's *Romeo and Juliet*.

Its version of the play, called *R4J*, is set in the present day, with an edited text, and aims to resonate with a younger audience. The production had a successful run in July 2019, with the Montagues and Capulets facing off outside the theatre in Marconi Plaza, before moving inside to the Civic Theatre.

The theatre is now seeking local actors who are over 18 to audition for this year's performances of *R4J*.

Artistic director, Ian Knowles, said: "We'd love this production to give recently trained performers their first professionally employed job. This is a story about the pressures facing young people, and the energy you get from newly graduated performers is amazing."

Arts and culture festival returns with exciting events

Chelmsford Festival of Arts and Culture is back this year with an action-packed schedule of events.

Celebrations launched on June 19 and will continue until August 1.

Residents can expect an exciting calendar of events, including visual arts, historic walks, live music, a street carnival and activities for all ages.

Music events include The House and Garage Orchestra at Admirals Park and The Dualers/From The Jam.

The Festival Art Exhibition is taking place daily, with drop-in sessions at The Art Place in Meadows Shopping Centre between 9am and 5.30pm Monday to Saturday, and 10.30am to 4.30pm Sundays. Residents can pop in and see amazing work created by Essex artists.

Other exciting events include Chelmsford Portrait Competition, the daily art exhibition at Chelmsford Cathedral, a history walk, An Evening with Hugh Pym at the Cramphorn Theatre on July 2, and a Basin Boat Rally at Springfield Basin on July 4.

Chelmsford Carnival and the Festival Finale will conclude the events on Sunday, August 1.

Visit www.chelmsfordfestival.co.uk



VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS



Have you visited Chelmsford indoor market? It is a treasure of our city centre, packed full of delights for foodies and specialist stalls like the superb haberdashery, which is an Aladdin's cave for those who enjoyed watching BBC's *The Great British Sewing Bee*. The footfall in central Chelmsford remains lower than pre-pandemic, as many office workers have not yet returned, so please do pop down to the market and give our local businesses your support.

The vaccine rollout continues to be hugely successful. All adults can now come forward for the vaccination and the uptake has been phenomenal; there were more than 700,000 bookings in 24 hours. Thank you to those who are helping.

I recently visited Chelmsford Ambulance Station. Our paramedics have been incredible during the pandemic and it was an honour to deliver a thank you message signed by MPs from all over Essex.

There is good news from the Department for Transport – new flexible season tickets for our railways are being introduced. I have been campaigning for flexible season tickets for Chelmsford commuters for many years, recognising that many residents do not want or need to travel to London every weekday.

Many residents in Moulsham are concerned about the Liveable Neighbourhood proposals. I am concerned that unless changes are made, these proposals could increase, rather than reduce, some car journey times for residents.



Customers flock to new shops

A new salon which offers cocktails alongside a range of beauty treatments has opened on Wharf Road near Chelmsford City Centre.

The Blowout Bar brings the concept of a quick and convenient wash and blow-dry to Chelmsford, as well as a range of alcoholic beverages for those who want a little extra pampering.

Cocktails from Essex-based Tapp'd Cocktails are on offer at the salon, which is currently open every day of the week.

A new café also opened on Roxwell Road in Chelmsford in June. 2MT Café is a small independent

café that serves breakfast, lunch, daily specials and coffees, using locally sourced produce.

A spokesperson for the café said that they were delighted with the response they received during the first week of opening.

They said: "We are completely overwhelmed with all the positive feedback that we have received. Thank you very much for all the interest, likes, shares and of course all the new customers."

"We appreciate it immensely and we hope that 2MT Café will become a part of this wonderful community and that we will see more and more of you."

DREAMING OF THE PERFECT GARDEN ROOM?

We can make it a reality.



ADAPT TO CHANGING LIFESTYLES WITH THE PERFECT GARDEN ROOM

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



To find out more contact Capital Electrical Ltd

Call 01245 527 094 or visit www.cap-elec.co.uk

✉ info@cap-elec.co.uk [facebook.com/capitalelectricalservicesltd](https://www.facebook.com/capitalelectricalservicesltd)

📍 [instagram.com/capitalelectrical](https://www.instagram.com/capitalelectrical)

DO YOU WANT TO DEFEAT DAMP & CONQUER CONDENSATION?



benham
preservation

QUALITY DAMP SERVICES FOR DOMESTIC, HISTORIC & COMMERCIAL PROPERTIES

- ◆ DAMP PROOFING ◆ RISING DAMP ◆ CONDENSATION
- ◆ WOODWORM ◆ DRY/WET ROT

DON'T DELAY - CONTACT US TODAY: 01245 708900

www.benhampreservation.co.uk info@benhampreservation.co.uk



MOWDEN HALL DESIGNS
THE LANDSCAPING SPECIALIST

GARDEN TRANSFORMATION DESIGN & CARE



**Patios • Decking
Fencing
Landscape**

Landscape Gardeners covering Burnham
Chelmsford • Maldon • Tiptree • Witham

Tel: 01376 520746 • Mob: 07595 868944
Web: www.mowdenhalldesigns.co.uk
Email: petercowling4050@btinternet.com
20, Sauls Avenue, Witham, Essex CM8 1JP

WCS
Witham Cleaning Services

EST. 1979

ALL ASPECTS OF CLEANING CATERED FOR:

- WINDOW CLEANING
- CARPET CLEANING
- CONTRACT CLEANING
- GUTTER & FASCIA CLEANING
- PATIO CLEANING
- CORONAVIRUS ANTIVIRAL FOGGING
- COMMERCIAL & INDUSTRIAL
- FREE NO OBLIGATION QUOTES GIVEN
- FULLY INSURED



CALL ON:
07907121702 OR 07710049885

SHARP Waste Management

MINI SKIP HIRE
COMMERCIAL WASTE
BUILDERS WASTE
WEEKLY COLLECTION
HOUSE CLEARANCE
DOMESTIC WASTE

GARDEN CLEARANCE
OFFICE CLEARANCE
SAME DAY SERVICE
WAIT & LOAD SERVICE
COMPETITIVE PRICES
NO HIDDEN COSTS

Call for a free quote
07980 665 368



Cyclist suffers broken hip after collision with car

Essex Police are looking to speak to anyone who witnessed a collision involving a cyclist and a car in Chelmsford.

A red Mazda 2 SE and a red-and-white bicycle collided at the junction of Copperfield Road and Nickleby Road on Friday, June 11, at 7.10pm.

The cyclist, a 52-year-old man, suffered numerous injuries, including a broken hip and elbow.

The incident was reported to police the following day.

Anyone who saw what happened, or was in the area at the time and has dashcam footage, is asked to contact Stanway Roads Policing Unit, quoting incident 1009 of June 12.

You can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Alternatively, you can call 101. Information can also be given to independent charity Crimestoppers 100 per cent anonymously on www.crimestoppers-uk.org

Council shows support for Armed Forces Day

Chelmsford City Council joined other local authorities across the UK to raise specially commissioned Armed Forces Day flags in unison.

This universal display of support, which took place on Monday, June 21, honoured Britain's Armed Forces of the past, present and future, with Armed Forces Day taking place on Saturday, June 26.

The flag was raised on Chelmsford City Council's flagpole at the civic centre. The Mayor of Chelmsford, councillor Jude Deakin, said a few words before a prayer was read. The flag remained flying high for a week, in honour of the country's Armed Forces.

Also joining the mayor at the flag-raising was Deputy Mayor of Chelmsford, councillor Linda Mascot, and her chaplain, Canon Tom Page.

If you'd like to know more about how you can show your support to the local Armed Forces community, visit www.armedforcesday.org.uk





BLINDS ✂ CURTAINS & CURTAIN POLES
CUSHIONS ✂ LAMP SHADES
INTERIORS

AHWT Interiors was established in 2016 by Patricia Nkomo, who makes the made-to-measure curtains and blinds herself using a wide range of fabrics, including Iliv, Linwood, James Hare, Art of Loom and many more.

She also offers an expert interior design service.

Welcome to At Home With Trish Interiors. If you really love something we can make it work and whatever your style we'll help you achieve it



Please contact Patricia for further information on 07902 854006
info@athomewithtrishinteriors.co.uk ✂ www.athomewithtrishinteriors.co.uk
2A Trinity Road, Chelmsford CM2 6HR






elite ovens

- deep oven cleaning
- extensive hob clean
- microwave clean
- full aga cleaning
- ranges and stoves
- intensive bbq clean

before



after













07789 748591
info@eliteovens.co.uk

eliteovens.co.uk

Memorial marks anniversary of schoolgirl's murder



Detectives joined the family of Danielle Jones on June 18 at Essex Police's Chelmsford headquarters for a memorial to mark the 20th anniversary of her disappearance and murder.

Those gathered included officers who worked on the original investigation two decades ago, Chief Constable BJ Harrington, and Danielle's mum, Linda, and brother, Mitchell. They laid flowers and observed a minute's silence to remember Danielle.

Danielle, 15, was last seen on June 18, 2001, as she left her family home in East Tilbury to go to school.

In the wake of her disappearance, Essex Police undertook one of the largest searches in the force's history. It later became clear she had been murdered, and the hunt became a search for her body. To date, Danielle's body has never been found.

Thanks to the work of detectives, Danielle's uncle, Stuart Campbell, was convicted of her murder in 2002 and jailed for life. He has never disclosed where he put Danielle's body.

Senior Investigating Officer, DCI Stuart Truss, said: "Danielle has never left the thoughts of all of us over the years who have had involvement with her case. To lose a child is beyond words, but to never be able to bury them and say goodbye is incomprehensible."

Property developer banned after investment fraud

A Chelmsford property developer has been handed a 14-year ban for abusing millions of pounds worth of investments.

Mitchell Mallin, who was the director of Essex and London Properties Limited, was found to have been operating a fraudulent £13million property scheme and transferring funds abroad.

An investigation by the the Insolvency Service (IS) found that Mallin's company had failed to invest

£13million. The funds provided by new investors had been used to pay returns to previous investors.

Mallin's ban means he cannot be involved in the promotion, formation or management of a company without getting prior permission from the court.

Neil North, chief investigator at IS, said: "As the period of disqualification reflects, obtaining funds from investors and using them in a dishonest manner is a serious matter and contrary to the conduct expected of a director.

"We have strong enforcement powers which we will not hesitate to use."

City ranked one of the best places to start a business

Data from financial technology company, Tide, has revealed that Chelmsford is the fourth best place in the UK to start a business outside London.

The new data shows that small business owners who choose to set up in Chelmsford have a 47 per cent survival rate.

Statistics show the city has a number of active business accounts and a good business-per-person percentage, giving Chelmsford an overall score of 7.26 out of ten.

One business that has gone from strength to strength in the city is Absolute Digital Media, a full-service digital agency.

Ben Austin, founder and CEO, said: "Launching Absolute Digital Media from Chelmsford has been an unbelievable journey. We have gone from strength to strength since launching in 2008.

"Launching in Chelmsford has allowed us to work with lots of local businesses, as well as bigger brands based elsewhere. It really is the best of both worlds."

Based on a range of measurements, the data from Tide ranks Bournemouth as the best place to start a business, Stevenage second, Watford third, Chelmsford fourth and Colchester fifth.



Photo credit: tottoto/Shutterstock.com

Plastic fuelling

DISCOVER THE NEW TECHNOLOGY THAT IS ABOUT TO CHANGE THE WORLD BY CONVERTING PLASTIC WASTE INTO JET FUEL

More than 10 million tonnes of plastic enter our oceans every year. The aviation industry and air travel account for more than 2.5 per cent of the world's carbon dioxide emissions. Combined, these industries are among the largest polluters in the world. Researchers at Washington State University have been able to develop a new, innovative way to prevent plastic from going to waste – and jet fuel from using up so many precious resources.

Today, the environmental crisis is more imminent and severe than ever, and while scientists are aware of the damage of plastic pollution on the environment, recycling plastic is still challenging.

Most recycling methods today leverage a process that melts and remoulds the discarded plastics or uses extremely high reaction temperatures to create new plastic products. Both methods use up great quantities of energy, time, resources and money. These obstacles make it impossible for these methods to be adopted at a commercial level, which causes more than 90 per cent of plastic to end up in landfill.

Chuhua Jia and Hongfei Lin, researchers at the Gene and Linda Voiland School of Chemical Engineering and Bioengineering, have addressed the costs and extended time frames involved with recycling plastic.

First, a mix of waste plastic products was ground and turned into fragments. The granules were then placed in a tube reactor on top of activated carbon. In the process, the activated carbon acts as a catalyst, which is a substance that facilitates a specific chemical reaction while being immune to the reaction itself. In this case, the carbon breaks down the chemical bonds in the plastic, releasing hydrogen – an essential component of jet fuel.

Thanks to their innovative catalytic process, the researchers were able to convert up to 90 per cent of plastic waste to jet fuel. All this while also shortening reaction times to under one hour and reducing temperatures to 220°C.

This technology is still in development and far from entering the market commercially. However, it does already represent a beacon of hope in the fight to reduce plastic waste, minimise pollution and protect the environment.



DOWNLOAD OUR APP FROM THE APP STORE TODAY!

CHELMSFORD'S PREMIER
TAXI COMPANY

FAREWAY

01245 355 555



Do you have a roof cleaning project we can help with?

WE TAKE THAT EXTRA STEP TO PROTECT YOUR ROOF

Roof Cleaning ♦ Gutter Cleaning



Roof Scraping-Demossing

Jet Washing - Patio/Driveway

IN PARTNERSHIP WITH



CONTACT US TODAY

07891 176124 ♦ 01245 922133

www.essexroofcleaners.co.uk

info@essexroofcleaners.co.uk



**GET A
FREE
QUOTE**



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

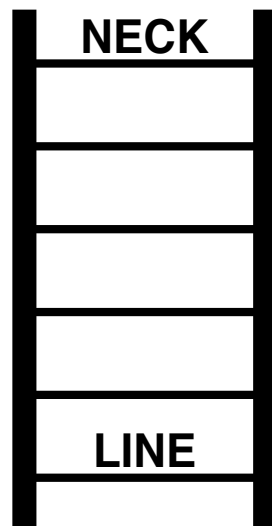
- ▶ BUCHANAN
- ▶ CARTER
- ▶ CLEVELAND
- ▶ CLINTON
- ▶ COOLIDGE
- ▶ FORD
- ▶ GARFIELD
- ▶ GRANT
- ▶ HARRISON
- ▶ HOOVER
- ▶ JACKSON
- ▶ JOHNSON
- ▶ KENNEDY
- ▶ MADISON
- ▶ MCKINLEY
- ▶ MONROE
- ▶ NIXON
- ▶ OBAMA
- ▶ REAGAN
- ▶ TRUMP



DID YOU KNOW?

- ▶ You can tell the outside temperature by counting the chirps of a cricket. Count the number of chirps in 14 seconds and add 40 to get a rough temperature in Fahrenheit
- ▶ The coldest temperature recorded on Earth was -89.2°C in Antarctica in 1983
- ▶ During a heatwave, the temperature can make train tracks bend, often causing delays
- ▶ The rainfall in Kerala, India, was red in July 2001
- ▶ Damage caused by Hurricane Andrew in Florida caused captive pythons to escape
- ▶ Some frogs are noisier before rain arrives as their croaks are reflected and magnified by the low clouds
- ▶ Earthworms come up closer to the surface when it rains

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.

COMPUTER SERVICES

Don't struggle with IT, call the experts!

- Friendly support direct to your door
- For all your computer needs
- Low rates (no VAT), no call out charge
- Homes and small businesses covered

01245 426632
www.dhcomputing.co.uk
help@dhcomputing.co.uk

Paints Preserve Us

Why not Recycle and Upcycle your Furniture?

**COMMISSIONS
FITTED FURNITURE**

**Contact
Edwina
on
07767 012611**

paints preserve us

**FIND US AT THE POP UP MARKET - FIRST SUNDAY
OF EVERY MONTH IN CHELMSFORD CITY CENTRE**

**YOU CAN FIND MY WORK AND A HOST OF
OTHER ARTISTS AND CRAFTERS AT THE
ART PLACE, MEADOWS SHOPPING CENTRE.**

Steeple Bay Holiday Park

PARK HOLIDAYS

THE BEST REASON TO CHOOSE A STAY-CATION!

Pet Friendly
 Private boat slip away
 Boat Storage
 Fishing Lake
 Outdoor Pool
 Sleep
 Beach
 Organized Events

Holiday homes £14995!
 starting from

Free 2021 Site Fees | 2022 Site Fees From £999

Payment Options Available

Please Contact Lara For More Info And See Why everyone is choosing a **STAY-cation!**

07415239231
Lwilson@parkholidays.com
 Southminster, CM0 7RS

We're loving LAURA

WHO CELEBRATES A DECADE ON TERRESTRIAL TV

Laura Whitmore is the perfect example of someone who knows when to split. The Irish presenter has worked across multiple TV projects over the past decade or so, preferring to stand up and embrace new challenges rather than playing it safe.

As fresh-faced and dynamic as any of the new wave of TV presenters on the circuit, despite having spent more than 10 years in the spotlight, Whitmore has returned with the new series of *Love Island*, which began on June 28.

Set in Mallorca, the six-week bounty of dating, dirty dealing and dodgy dalliances has become an institution on British TV. The last series, in 2019, pulled in an audience of more than four million – with viewers keen to take a somewhat voyeuristic glance at the love lives of others.

“It’s escapism, isn’t it?” Laura says. “I think some viewers are living out holiday fantasies; others are just interested in the ins and outs of romance, of flirting and, dare I say it, sex.”

“You certainly have to be a special type of person to be on the show, though it’s been proved time and time again that the rewards are all there for anyone brave enough to take the plunge.”

Having an ability to step into the unknown and risk disappointment is certainly true to who Laura is, so in that sense she is the perfect presenter for the show. The 36-year-old struck gold when she applied for an MTV Pick Me campaign in 2008, with victory securing her a role on *MTV News*.

“WE ALL NEED TO BE PUSHED AND TESTED FROM TIME TO TIME. YOU GET NOTHING FROM SITTING BACK AND RESTING ON YOUR LAURELS.”

Landing the *I’m A Celebrity... Get Me Out of Here! NOW!* role in 2011 was Laura’s first introduction to reality TV, one that she held onto through stints on *The Hit* (on RTÉ Two) and the *Eurovision Song Contest Semi-Finals*, right through to appearing in the 14th series of *Strictly Come Dancing*.

“Strictly was a really interesting shift because it was good to put myself back in the firing line,” she says. “I think that’s a good lesson – we all need to be pushed and tested from time to time. You get nothing from sitting back and resting on your laurels.”

Away from the camera, Laura wrote Sunday Times Bestseller *No One Can Change Your Life Except For You*, a book about fear, hope and inspiration. She also recently had her first child with husband, Iain Stirling, who narrates *Love Island*.

“What’s a priority right now is ensuring work doesn’t interrupt the time we want to spend with our baby,” Laura commented recently.

First spotted out and about with her new daughter, Stevie Ré, in March, Laura is clearly the proudest of mums: “It is a wonderful next step for us and while we are very public people – it’s the nature of what we do – we do want to be able to grow our family with a sense of privacy.”

That’s certainly more privacy than will be afforded to those *Love Island* contestants this year.





Manufacturing • Installation • Restoration



- West One Wood Flooring and Carpets Ltd is a specialist in the manufacturing, installation and restoration of antique reclaimed and new timber flooring



- We can supply and fit a variety of stunning timber floors for domestic properties and commercial projects



- Installation is by a skilled friendly professional team who offer high quality service and aftercare
- Our flooring is competitively priced with innovative solutions to suit your needs
- We now offer a more comprehensive range of flooring including carpets and Karndean.

Stockists of



Call us on
01277 630837
07833 753501
07545 772070

www.westonewoodflooring.co.uk

Unit 3 Blackall Industrial Estate,
Hamberts Road,
South Woodham Ferrers
Essex CM3 5UW



Cloudy2Clear, A Local Service With A Smile.

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

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

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

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

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

All C2C employees operate a strict social distancing policy.



Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our
25 YEAR
GUARANTEE

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

Janet Beard



Social distancing in operation

Faulty locks, handles or hinges?



Priority freephone
0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money





Not only is foraging a brilliant way to explore and learn about the great outdoors, but the food you pick is also healthy and organic. Plus, chances are you'll be cutting down on your weekly food bill. Here are five tips for food foraging:

ONE: Be brave. From garlic to mushrooms, berries to nettles, dandelion to seaweed, one of the attractions of foraging is appreciating the variety that exists on our doorsteps, so be brave and bold in what you choose.

TWO: Be certain. Everything you pick, however small and seemingly insignificant, is taking away from the flora and fauna, so be absolutely certain that what you're choosing is edible before you take it.

THREE: Be careful. Some parts of nature's rich bounty just won't agree with the human constitution. Mushrooms generally get referenced as the items we should be most careful about foraging, but hemlock, foxgloves and the ominous fool's parsley are all to be swerved.

FOUR: Be sparing. While it's tempting to bask in a spread of tastes, flavours and textures by picking

enough to see out the winter, true foraging – as outlined in the Wildlife and Countryside Act of 1981 – is about taking small amounts to satisfy our immediate appetite, always ensuring there is something left for someone else.

FIVE: Be respectful. While it's a day out for us, remember we're actually encroaching on plant and animal habitats. Try to stick to designated routes, abiding by farmland, private property and nature reserve guidelines and designated boundaries to prevent disruption to animals and other people.

FORAGING CALENDAR

- > JANUARY: Winter fruits (blackberries, crab apples), pine nuts and chestnuts
> FEBRUARY – MARCH: Mushrooms, nettles and edible plants such as dandelion, mint, watercress and wild onion
> APRIL – JULY: Plants, herbs and edible flowers such as bellflower, elderflower, garlic mustard, chives, fennel and garlic
> AUGUST – OCTOBER: Wild plants, nuts and berries such as hawthorn berries, strawberries, raspberries, bilberries and rosehips
> NOVEMBER – DECEMBER: Edible winter plants such as bittercress, bullace, pine and hops.

Fed up of mowing the lawn?



Why not call 07821 133 414

Experienced • Qualified Insured • Reliable • Honest

- Say goodbye to the chore and effort of mowing yourself
• Avoid the cost of buying your own tools and the space lost from storing them
• Professional equipment and trained staff for a higher quality finish
• Regular attendance to ensure your lawn is well-kept throughout the year
• Ask us about our refer-a-friend rewards and same-street-saver system

Please do not hesitate to get in touch and see how our innovative approach to keeping your lawn maintained can save you time and money whilst offering ease and simplicity



anthony@chel-mow.co.uk www.chel-mow.co.uk



Daniel Landscapes Ltd

All of your Landscaping & Tree Care Needs



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

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

Tel: 01621 892 659 or Mob: 07495 766 372

info@daniel-landscapesltd.co.uk

www.daniel-landscapesltd.co.uk

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

LOSS OF PRIVACY?

24 Hr Delivery



BEFORE



AFTER

Gain instant privacy with our mature Tree and Hedging plants



Browse plants & buy online: **kingco.co.uk**
or **VISIT OUR NURSERY** near Braintree t: 01376 340 469

King & Co The Tree Nursery, Dunmow Rd, Rayne, Nr Braintree CM77 6WF

King & Co
The Tree Nursery

ALL TREE WORK UNDERTAKEN



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

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

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



City & Guilds
NPTC
Qualified workforce



CALL TODAY
FOR YOUR
NO OBLIGATION
QUOTE WITH NO
HIDDEN EXTRAS



07500 870 309



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

DIY TOOLBOX BBQ

HOW TO TURN AN OLD TOOLBOX INTO A BBQ



Photo credit: Max McMurdo/Brent Darby via iStockphoto.com

BBQ season is fast approaching, but if the thought of forking out hundreds for a BBQ that's likely to get about two weekends of usage before the great British summer is over is not appealing, we've got the solution.

WHAT YOU WILL NEED

An old metal toolbox with drawers | Barbecue grills | Metal rivets | Handles to connect to the side of the box | A leather belt | A drill | An angle grinder or hacksaw

1: PREPARE THE TOOLBOX

The first step is to remove any tools, give the toolbox a thorough clean, and mark the bottoms of the drawers for where you wish to make the cuts needed to create the gaps for resting the barbecue grills.

TOP TIP: Drilling holes in each corner will make it easier to create clean cuts.

2: CUT THE DRAWER BASES OUT

Use your angle grinder or hacksaw to cut out the bottom of the drawers. Then sand the edges of the remaining material, using a sanding disc on your grinder.

TOP TIP: Wear the appropriate safety gloves and goggles, and take your time to make accurate cuts.

3: CUT THE BARBECUE GRILLS

Next, you'll want to take your barbecue grills, determine where they will be placed on your toolbox BBQ and then cut them. The angle grinder or hacksaw is your friend once more.

TOP TIP: Sanding the grills after they've been cut will remove any sharp edges.

4: ASSEMBLE THE UNIT

With each drawer of the toolbox now fitted with a barbecue grill, it's time to put them back. Small drawers at the top can store accessories while the bottom drawer will be where the coals are placed. The drawer above will be where cooking occurs.

TOP TIP: You can fit a temperature gauge by drilling a hole and bolting it in place.

5: MAKE THE FINISHING TOUCHES

If you're only planning to use the BBQ at home, you're done. However, if you drill and bolt some handles to the side and then attach the belt, you'll have the perfect portable BBQ.

TOP TIP: Remember that cooking should occur on paving slabs or other materials that do not conduct heat or pose safety risks. Avoid wood and grass at all costs.



GARDENING



Your Garden

If you can dream it, we can design and build it!

**Landscape Design
Plant & Tree Solutions
Landscape Management
Landscape Enhancements**

Pathways & Patios • Construction • Maintenance • Ponds & Water Features
Planting • Artificial Grass • Block Paving • Bespoke Garden Buildings

Phipps
landscapes

Contact us for your free quote
01371 871551
www.phippslandscapes.co.uk
phipps@mail.com

SILVERTHORN SKIP HIRE

SKIP HIRE TO YOUR DOOR

**Brand New 4, 6, 8 Yard Skips
Transit Tipper Wait & Load Service**

PRICES BEGIN FROM:
4 Yard: £200 • 6 Yard: £230 • 8 Yard: £250

CONTACT US TODAY
01621 840229 • 07738 110443

 silverthornwaste  silverthornskips



Cardoon

Unusual veg of the month:



Considered a delicacy in Mediterranean countries, the cardoon is a large, stalky vegetable that is closely related to the artichoke. Although it takes some time to prepare, its tender texture and distinctive flavour make it well worth the wait.

WHAT DOES IT TASTE LIKE?

With a similar, yet slightly more bitter taste to an artichoke, the exact flavour of a cardoon will be dependent on its growing conditions and maturity. For a sweeter cardoon, opt for the lightest in colour.

IS IT GOOD FOR YOU?

The cardoon is a nutrient-rich vegetable that contains protein, fibre, carbohydrates, calcium, potassium, iron and a whole host of important vitamins. It is also low in calories and boasts high levels of folic acid.

HOW TO PREPARE

> Peel off the spines and thorns on each side of the cardoon using a peeler

- > Gently remove the outer portion of the stalk as you would with celery
- > Cut into ½-inch pieces and soak in water and lemon juice to avoid browning.

HOW TO COOK

Cardoons are typically used in a similar way to artichoke hearts and can be steamed, braised, sautéed, blended into a soup, added to a stew and even eaten raw. Many recipes call for cardoons to be pre-cooked for 15 minutes in boiling water to remove bitterness.

WHERE TO BUY

Cardoons can be found in farmers' markets from midwinter to early spring. Alternatively, choose to grow your own. Cardoons can be planted outside from late April until August/September.

HOW TO STORE

Store whole unwashed cardoons in the vegetable drawer of your fridge for up to one week. Cooked cardoons will last up to three days in an airtight container in the fridge. Brined and canned cardoons can last up to one year.



HOW TO PACK THE PERFECT PICNIC

Whether you rely too heavily on your local deli or you tend to throw in whatever you can find in the fridge, to help you celebrate National Picnic Month, we are going to show you how to plan the perfect picnic.

PREP YOUR PICNIC

The simplest way to make picnic prep more manageable is by preparing your main dish ahead of the day. Then you can simply divide the dish into portions once seated and ready to eat. Great options for picnic mains include quiches, tarts, tortillas, pies and picnic loaves.

PROVIDE PORTABLE SNACKS

No picnic would be complete without an array of easy-to-carry and fuss-free snacks. As well as all the usual suspects, such as sausage rolls, sandwiches and chicken drumsticks, why not be a bit more adventurous and try empanadas, falafel or smoked salmon scotch eggs?

RUSTLE UP SALADS AND SIDES

When it comes to picnic salads, it is best to focus on more robust dishes, such as potato salad and pasta salad, which will not wilt or become damaged in transit. Dips such as hummus, and even a mackerel pâté, are all great options and can be enjoyed with crudité or sliced pitta breads. Other delicious sides include boiled eggs sprinkled with chilli powder and garlic salt, or orzo and mozzarella salad.

PICK PICNIC-FRIENDLY PUDDINGS

Puddings for picnics are notoriously tricky, although there are a few tried and tested desserts that will save the day, such as traybakes, loaf cakes, brownies and cookies.

DON'T FORGET DRINKS

Whether you want boozy beverages or virgin varieties, you need to pack something to sip on in the sun. Choose from family-friendly options such as mint iced tea or fruit-infused lemonade. Alternatively, for a tippie that packs a punch, you can't go wrong with a classic Pimm's, a wine-based spritzer or a convenient cocktail in a can.



HERTS FEST 2021
SUNDAY 15TH AUGUST
HERTS COUNTY SHOWGROUND
AL3 7PT : 12PM-8PM

UB40
featuring ALI CAMPBELL & ASTRO

RAY LEWIS FROM THE ORIGINAL DRIFTERS

ASWAD

WWW.HERTSFEST.COM

HOUSE & CLASSICS FESTIVAL
SATURDAY 14TH AUGUST 2021
HERTS COUNTY SHOWGROUND
AL3 7PT

ARENA 1	ARENA 2	
HOUSE & CLASSICS	CENTRE FORCE 883 <small>(LIVE DIGITAL RADIO)</small>	
ARENA 3	ARENA 4	VIP ARENA
HOUSE OF DISCO	KINGS OF SOUL	hed:kandi

WWW.HOUSEANDCLASSICS.COM



LONDON'S Top 10 attractions



What better way to celebrate our return to some normality than by ticking off London's best tourist attractions? A lack of overseas travel means that, in 2021, these iconic hotspots will be less busy and more accessible than ever.

TEN: Borough Market

Based in Southwark, this iconic centre for high quality food and sustainable production has been pulling in admirers for almost as long as London has existed and dates back to the 12th century.

NINE: Natural History Museum

Showcasing modern science interspersed with taxonomy and biodiversity, the Natural History Museum, based in South Kensington, is a maze of walkways and corridors that continues to enchant adults and children alike.

EIGHT: St Paul's Cathedral

Sir Christopher Wren's London masterpiece, St Paul's, is an example of architectural and ecclesiastical excellence dating back well over a thousand years.

SEVEN: Victoria and Albert Museum

Design, art and style come to the fore at the V&A in a celebration of culture and craft from the UK and beyond.

SIX: Westminster Abbey

The setting for every royal coronation since 1066, Westminster Abbey is one of the most important Gothic buildings in England.

FIVE: The British Museum

A celebration of more than two million years of human history and culture, and it's free to enter.

FOUR: National Gallery

Towering over Trafalgar Square, the National Gallery is also free to visit, showcasing some of the finest artists from the UK and overseas.

THREE: Churchill War Rooms

This popular attraction allows visitors to explore the offices where Winston Churchill and his team plotted Britain's fight against the Nazis during Second World War.

TWO: Tower Bridge

Take in stunning panoramic views over the Thames from Tower Bridge's walkway and explore the atmospheric Victorian engine rooms.

ONE: Tower of London

And finally, a fortress, a palace and a prison all in one – learn how royalty reigned in London over the course of a thousand years.

Travel Made to Order



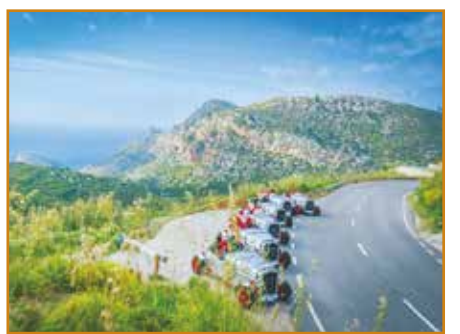
**Dan Salmon,
Owner**

Following the most recent government updates, I'm optimistic and welcome some of our much-loved destinations, including the Balearic Islands, Madeira, Bermuda and many Caribbean islands, being open for travel once again.

But while the majority of these new additions are added to the government's 'green watchlist', and are still at risk of moving to amber, it's clear that our challenges will continue throughout the summer.

So, for those of you who are already itching to be on the move, I just wanted to reassure you that making your travels as safe and seamless as possible is my utmost priority. Each and every enquiry benefits from my Travel Made to Order terms, where everything is bespoke including amending or postponing holidays at no charge to fulfilling cancellations and 100% refunds within 14 days should the holiday booked not be able to go ahead.

In these uncertain times, there's no substitute for having a real person at the end of the phone who you can rely on and trust to support you. I'll happily guide you on the latest protocols around the traffic light system, vaccination/test certificates and safety measures in place during their journey and at the destination.



**Contact Dan for expert advice
and to book on: 01245 469 771
www.neverawastedjourney.com**



This image is for illustrative purposes only. Photo credit: James Jones Jr/Shutterstock.com, AC Manley/Shutterstock.com, eRoco/Shutterstock.com, coveadillon/Shutterstock.com, Giovanni G/Shutterstock.com, PicoM/Shutterstock.com, Uwe Aranas/Shutterstock.com

BIGGEST BEAUTY EVENT THIS SUMMER





20th - 22nd August 2021

North Weald Airfield



BOOK YOUR TICKETS NOW!

Get your exclusive Vision 20% off ticket with
Code: VISION20

✉ info@mooreexhibitions.co.uk  [@essexbeautyshow](https://www.instagram.com/essexbeautyshow)  www.essexbeautyshow.co.uk  

HOW TO SAFEGUARD YOUR sunglasses

Protecting your eyes from the sun's powerful rays is a must, but don't forget that you also need to safeguard your sunglasses from both accidental damage and general wear and tear.

Protect from scratches

Whether you have plastic or glass lenses, you should always store your sunglasses in a hard case to protect them from scratches. If you do not have a hard case, a microfibre pouch is your next best option.

Remove smudges

Sunglasses are prone to smudges from sun cream, make-up and your skin's natural oils. To smooth away smudges, rinse your glasses under warm water and, using your fingers, apply a few drops of mild washing-up liquid. Rub gently, rinse and dry with a microfibre cloth.

Avoid harmful cleaners

Never use rubbing alcohol, vinegar or any other standard household cleaners on your sunglasses, as these can potentially damage the lenses. Also

refrain from breathing on them and wiping, as this can cause deterioration.

Do not leave in the car

Leaving your sunglasses in your car on a hot day can cause the lenses to delaminate, making them less effective in protecting your vision from the sun. Particularly avoid placing them on the dashboard, where heat is more intense.

Don't place on top of your head

Although you may like how this looks, placing your sunglasses on your head can cause the screws to loosen and fall out. Plus, it can damage the nose-pads.

Don't take designer sunnies to the beach

If you have spent a lot of money on designer glasses, you may want to wear them all the time. However, the combination of sand granules and seawater is a major hazard. Sand can scour away at the lenses and delicate hinges, while the salt in seawater can cause lasting damage to metal components and lens coatings.





PROTECT YOUR SKIN from UVA and UVB rays

We all know the importance of using sunscreen, not just when the sun is shining, but all year round. However, do you know what sun protection factor (SPF) you should be using for your skin type? And whether your make-up contains SPF?

Why is SPF so important?

A good sunscreen will block the harmful effects of the sun's UVA and UVB rays, which can wreak havoc on the health of your skin, causing not only premature fine lines and wrinkles but also an increased risk of skin cancer. When buying sunscreen for the body or face, look for two things: the SPF, which protects your skin from UVB rays, and the UVA rating, which ideally should be five stars. In the UK between March and October you should wear at least SPF30 with a four-star UVA rating. However, for maximum protection, wear SPF50 with a five-star UVA rating.

SPF by skin type

OILY SKIN: Many sunscreens that offer a high SPF tend to be thick on the skin, causing already oily skin further issues such as blocked pores and blackheads. Prevent this by opting for an oil-free sunscreen or using a lightweight moisturiser with SPF included.

SENSITIVE/ACNE-PRONE SKIN: Avoid sunscreens that have too many chemicals or unnecessary ingredients, such as fragrances and preservatives. Instead, choose a non-comedogenic sunscreen or a mineral powder sunscreen that feels weightless on the skin.

DRY SKIN: Dry skin sufferers can benefit from an SPF serum which simultaneously protects and hydrates the skin. Alternatively, try a dry oil spray with SPF, although this will need to be applied several times a day for maximum protection.

Does make-up with SPF work?

Skin experts state that you need 1-1.5tsp of sunscreen to adequately protect your face from the sun, so it is highly unlikely you are applying sufficient foundation to use this as your sole form of protection. Plus, most SPF make-up only protects against UVB rays, not against harmful UVA ones, which can cause skin cancer.

BEST SPF MAKE-UP: Charlotte Tilbury Magic Foundation | bareMinerals Original Foundation Broad Spectrum SPF 15 | L'Oréal Paris True Match Super-Blendable Compact Make-up | Neutrogena Healthy Skin Compact Make-up.

Remember, make-up should be worn as a second line of defence against the sun, after your chosen UV protection product.

BROOMFIELD OPTICIANS

- Professional local eye care
- Bespoke service
- Over 20 years experience as a qualified Optometrist
- Proud to provide that individual attention to detail
- Friendliest caring team in Chelmsford

Call now to make an appointment with Louise
Mr Anish Chauhan, Optometrist
 24 Broomfield Road
 Chelmsford, Essex CM1 1SW

T. 01245 352803
www.broomfieldopticians.co.uk

Clear Ear
 MOBILE MICROSUCTIONING SERVICE

MOBILE MICROSUCTIONING EAR TREATMENTS

- EAR WAX & EAR CANAL BLOCKAGE REMOVAL
- RELIABLE & AFFORDABLE
- SAFE FOR ALL AGES
- CONSULTATIONS IN YOUR OWN HOME

Jenny Oakley, RGN
 B.Sc (Hons) Comm

CONTACT JENNY ON 07482 005 717
jenny@clearearmobilemicrosuctioning.co.uk
www.clearearmobilemicrosuctioning.co.uk

YOU NEED A BETTER HEADSHOT.

If you strive to be seen as a leader in your industry, your image should reflect your capabilities as an expert.

Ingrid Talosi
INGRID TALOSI PORTRAITS

07714 265 830
ingrid@talosiphotography.com
talosiphotography.com
 6 Annonay Walk, Chelmsford, Essex CM2 6FL



Natural IMMUNITY

THE FOODS YOU SHOULD EAT TO BOOST YOUR NATURAL IMMUNITY

Having a good immune system helps fight off infections and maintain your health, yet it can sometimes be confusing knowing which foods we should be consuming to take our body's natural protection to the next level.

Here are four consumables that will have a positive effect on your immune system as part of a healthy diet and lifestyle.

GARLIC: Highly nutritious, low in calories, full of vitamins, laced with nutrients and perfect for combatting sickness and the common cold, garlic also lowers blood pressure and reduces cholesterol. There's even evidence to suggest the antioxidants it contains can prevent long-term diseases such as Alzheimer's and dementia.

VITAMIN C: Most of us know vitamin C is number one when it comes to fighting off infections, yet we still don't regularly

take supplements. Vitamin C is an antioxidant that helps the body grow, develop and repair, maintaining your body's natural defenses.

STEAMED BROCCOLI: Some of us don't like our greens, but a bit of broccoli or spinach as part of a healthy meal or drink (spinach is especially good in smoothies) can really boost immunity. Steaming broccoli (not boiling) is also thought to be the best way of keeping the nutrients in. Both of these green options are loaded with vitamins, minerals and nutrients.

YOGHURT: Another good option is yoghurt, which can be added to cereal, shakes or eaten by itself. Look for Greek yoghurts with live and active cultures, and choose natural rather than flavoured. You can also add fruit and a little honey to make it taste even better.

These options might not stop you getting ill, per se, but they will boost general immunity and give you the best chance of warding off seasonal nasties.

Start today!



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

Rapid Diagnosis Breast Clinic

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

01245 234 000

Lawn Lane, Chelmsford, CM1 7GU

www.springfieldhospital.co.uk

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



**Springfield
Hospital**

Part of Ramsay Health Care

Male erectile dysfunction tablets and female libido tablets

Free discreet p&p
All methods of payment accepted



Call **07719 546824**
Visit **www.edmalehealth.co.uk**

Salsa D'Lite Salsa Club

CLASSES HELD AT

Mondays & Wednesdays

Beaulieu Community Centre
Beaulieu Square, Centenary Way,
Chelmsford CM1 6AU

Saturdays

Danbury Sports Centre
Dawson Field, Main Road, Danbury,
Chelmsford, CM3 4NQ

Salsa Classes

Book your place
call **NOW**
Beginners welcome

www.salsadlite.co.uk

Mob. 07831 650618



Welcome to a NEW YOU

We aim to help hundreds of people a year who have persistent or recurrent back pain, lower limb & foot pain to become pain free for the rest of their lives.

- JE Care & Consultants are experts in Alignment & Movement
- JE Scan combines Science & Technology to seek the underlying cause of Back, Pelvis, Leg & Foot injuries
- We also offer intensive Deep Sports Massage

Contact us for more information: **01245 527083**
www.jecare.co.uk • **clinic@jecare.co.uk**

COMPETITIVE PRICES, NO WAITING LISTS, BOOK WITHOUT REFERRAL

FREE FOOT SCAN ON 1ST VISIT
Quote Vision Mag



Time to PLANK



HEALTH & FITNESS

The pursuit of perfect abs can feel like a distant dream - but not anymore. Love it or hate it, planking provides a fast and effective way to strengthen your core, shape your waist and create amazing abs. Check out these four plank variations that guarantee to deliver.

1. THE REACHER PLANK

Ideal for building control and strengthening your core muscles, take this move slowly for maximum results.

- > Start in the plank position with your palms touching the ground and your arms straight
- > Reach one arm forward until your elbow is straight
- > Bring your arm back down to the ground
- > Repeat with your other arm.

2. THE HIP DROP SIDE PLANK

Work your side muscles, also known as your obliques, as well as your abs with this plank variation.

- > Lie on your side with your elbow directly under your shoulder and your forearm on the ground in front
- > Stack your legs on top of each other and lift your body off the ground
- > Slowly drop your hips towards the ground, as low as you can, and then raise them.

3. THE WALKDOWN PLANK

Great for building up strength to do push-ups, the walkdown plank is like a moving plank.

- > Begin in the plank position with your forearms touching the ground
- > Slide one hand back and place it under your shoulder
- > Push up with that arm and repeat with the other arm
- > Now you are in the push-up position, reverse the steps to lower yourself back into the plank pose.

4. THE REVERSE PLANK

Providing a full body workout, this final plank is a tough one.

- > Sit tall on the floor with your legs extended in front of you
- > Place your hands behind you, either on the floor or on a foam roller
- > Lift your hips, forming a straight line from heels to shoulders
- > Add an optional tricep dip or leg raise if you want more of a challenging move.

1



2



3



4



Photo credit: gethealthyu.com



Celebrating over 35 years in prestige car retail

www.imperials.co.uk

WE WANT TO BUY YOUR CARS



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

**ROLLS ROYCE | BENTLEY | MERCEDES | BMW
ASTON MARTIN | PORSCHE | MCLAREN**

**TOP PRICES PAID DURING THIS
CURRENT CLIMATE FOR THE RIGHT CAR**

**IF YOU ARE LOOKING TO RELEASE
SOME EQUITY PLEASE CONTACT US**

For more information contact
email: mason@imperials.co.uk | Tel/WhatsApp: 0208 548 7830

[/imperials.co.uk](https://www.imperials.co.uk) [@ImperialsLtd](https://twitter.com/ImperialsLtd)



That Cup that FLOWETH OVER

CELEBRATING 150 YEARS OF THE FINEST DOMESTIC
KNOCKOUT COMPETITION OF THEM ALL

Living in the UK, we can end up taking for granted many things that, to us, seem relatively customary, and the FA Cup arguably falls into that category.

Yet when you hear of overseas players having spent a childhood enthralled by the trials and triumphs of our most famous domestic knockout competition, the true status of the cup comes to the fore. We may have grown more complacent about a tournament that welcomes in almost 900 club sides every season, yet the FA Cup is truly a competition we should feel proud to marvel over.

July 20 marks the 150th anniversary of the FA Cup being formed. The competition began in 1871, with 15 teams allowed to enter. The final, which attracted a modest crowd of 2,000 people, saw Wanderers triumph over Royal Engineers.

In the modern game, COVID-19 notwithstanding, the semi-finals and final at Wembley are watched by crowds in excess of 85,000, and while other competitions – notably the Champions League –

have wrestled some of the attention away, the competition retains huge importance for clubs of all sizes.

Over the years, it has given us tremendous, defining memories. The famous White Horse (Billie) Final of 1923 was notable for its crowd of an estimated 300,000 people inside Wembley; while the Stanley Matthews showpiece in 1953 saw the legendary footballer lead Blackpool to a 4–3 cup success against Bolton Wanderers.

The 1981 final saw Ricky Villa score a memorable Wembley goal to see off Manchester City, and seven years later the crazy gang defeated the culture club as Wimbledon stunned Liverpool 1–0. Of course, giant-killings on the road to Wembley (think Sutton United, Hereford United, Colchester United, Wrexham and more) are part of the fabric of this great competition.

The FA Cup may have had to evolve over recent years, but its value remains.



FA Cup White Horse Final 1923



SPORT

Photo credit: Buy/AP/Shutterstock



150 years of the HIGHWAY CODE



The Highway Code is something everyone is familiar with – but only a few know where it comes from and what it first looked like.

Every driver in the UK has looked through the strict set of rules that make up the Highway Code at least once. However, only a few know its history and how it has changed over time. First introduced in April 1931, the original Highway Code looked a lot different from the one we know today.

The one-penny, 24-page-long booklet was the first attempt to reduce the whopping 7,000 fatalities occurring every year on the road – at a time when there were only 2.3 million motor vehicles circulating in Great Britain.

The first edition of the Highway Code contained some advice modern drivers will be familiar with – such as being mindful of others and always putting safety first. However, the original Highway Code did not mention mirrors (as they weren't a requirement for motor vehicles at the time) and recommended drivers sound their horn while overtaking.

Most of the pages of the original booklet were dedicated to describing hand signals to be used by drivers, pedestrians and police officers – recommendations that are today collected on a single page of the 189-page modern Highway Code.

The changes in motor technologies and road design led to the introduction of new colour illustrations, a dedicated section to motorway driving, and road sign diagrams – even if there were

only 10 described in the second edition.

Although these facts might sound curious to today's drivers, the modern Highway Code still contains some unusual rules. For example, under the Road Traffic Act 1998, it is illegal for drivers to splash pedestrians with puddles, sleep in their car if drunk, and pay at a drive-through using their phone.

Undoubtedly, the Highway Code will continue to adapt to any future changes in technology and the road environment, but so far, the results of its introduction have been impressive. Today, while the number of cars in the UK has skyrocketed to 33 million, fewer than 1,700 people are killed on the road annually.

Original



Current

Travelling to the Airport...?

WHY NOT TRY YOUR LOCALLY BASED LONDON BLACK TAXI SERVICE FOR A COMPETITIVE QUOTE?



Six seat, modern vehicles for fixed price Airport journeys at any time of day or night

Example fares (including drop off fee):

Stansted £45 | Heathrow £85 | Gatwick £90

Other destinations available upon request

Contact John Farrow on

07782 170455

or email johnfarrow680@me.com

BROOMFIELD TYRES Ltd

157 Main Road, Chelmsford CM1 7DJ

NEW & PART WORN TYRES FOR ALL MAKES & MODELS

MASSIVE DISCOUNT ON NEW TYRES

- Wheel Balancing
- Wheel Alignment
- Puncture Repair
- Valve Repair



NO COMPROMISE ON QUALITY

VISIT US TODAY FOR THE CHEAPEST PRICES

01245 443330

07702 658089

Only £895 for a fully fitted electric door.

Gotta get a Garolla.



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

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



CALL US TODAY
01245 830 047

MOBILE
07537 149 128

www.garolla.co.uk

NOW ONLY
£895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

- FREE EXPERT MEASURING & FITTING
- TWO REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- AVAILABLE IN 21 COLOURS
- FREE DISPOSAL OF YOUR OLD DOOR

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

WHAT CAN £250,000

buy you in each region in England?

Have you ever wondered where you can get more bang for your buck when it comes to property investment? With the extension of the stamp duty holiday until September on home purchases below £250,000, let's see what you can buy on or under budget in each region.

NORTH EAST: Asking prices in the North East have increased by 5.4 per cent in the last year, seeing one of the biggest changes across the country. However, you can still purchase a 3-bedroom property for a little more than £150,000.

NORTH WEST: Boasting the biggest price increase, up 7.3 per cent in the last 12 months, the average asking price for a 3-bedroom property in this region is £193,357. Expect to be able to find a 4-bedroom detached new build under the £250,000 threshold.

YORKSHIRE AND THE HUMBER: With prices up a modest 2.8 per cent, the average price of a 3-bedroom property is £188,538. Head to Bradford or Kingston upon Hull for the cheapest homes in the region.

MIDLANDS: The East Midlands is another fast-selling region and you can find some beautiful 3-bedroom detached homes in sought-after, semi-rural areas such as Sutton-on-Sea for around £245,000.

The West Midlands is one of the regions that takes the least amount of time to find a buyer (on average 65 days). You can purchase a 3-bedroom semi-detached house in the popular area of Maypole for £250,000.

EAST OF ENGLAND: The third most expensive region in the UK, you can still find some areas where your budget will stretch that little bit further, such as in Norwich where you can get a 3-bedroom detached home for £250,000.

SOUTH EAST: After London, this is the most expensive region in the UK, with the average asking price of 3-bedroom properties being £372,655. However, we did find a 3-bedroom end-of-terrace house for sale in Deal, Kent, with an asking price of £250,000.

SOUTH WEST: With prices rising by 3.4 per cent in the last year and the average asking price of a 3-bedroom property at £291,861, head to the county of Somerset to find 3-bedroom terraced properties within budget.

LONDON: Surprisingly, London is the only region to experience a drop in prices in the last 12 months. However, the average price of a home is still twice the national average. Barking and Dagenham and Bexley are the cheapest boroughs in London, where you should be able to find a 2-bedroom flat within budget.

Need financial advice?

Then let me help you!

I'm Louise Selvage, your Chelmsford-based, Independent Mortgage and Protection Adviser.

Are you thinking about buying a new property, reviewing your existing mortgage or, perhaps, considering equity release? Do you need advice about your pension? Would you like to review your savings or investment portfolio?

It can be difficult to know where to get good, reliable, financial advice, especially if you want a service that provides everything under one roof.

I'm a qualified independent mortgage and protection adviser with over 35 years' experience in banking and finance, and can offer you expert advice on all your financial needs, both personal and commercial.

Mortgages, equity release, life insurance, business protection, investments, pensions, savings, inheritance tax planning – and much more.

As an independent adviser, any advice I offer you about products and services will be impartial and drawn from the whole of the financial services market.

By providing you with advice tailored to your needs along with a high level of service, I aim to win your trust and build a long-term relationship with you; a relationship that means I can help you both now and, as your financial circumstances and goals change, in the future.

For a free initial consultation, please contact me to book an appointment.

I'm based in Chelmsford and look forward to meeting you!

Louise

Louise Selvage
CertPFS, CertCII (MP)
Independent Mortgage and Protection Adviser

t: 07734 776 932
e: louise@onefinancialsolutions.co.uk
w: www.onefinancialsolutions.co.uk

One Financial Solutions Ltd is an Appointed Representative of 2plan wealth management Ltd. It is authorised and regulated by the Financial Conduct Authority and entered on the Financial Services Register (www.fca.org.uk) under reference: 607130. Registered address: Dorset House, Regent Park, Kingston Road, Leatherhead, Surrey KT22 7PL. Registered in England No: 08141263. Tax planning is not regulated by the Financial Conduct Authority. Your home may be repossessed if you do not keep up repayments on your mortgage. Most Buy to Let mortgages are not regulated by the Financial Conduct Authority.

ID: OFS LS Ad [v.2] 1020
© Copyright One Financial Solutions 2020



One solution for all your financial needs



...but one day it may be too late.

It's time to make an LPA. There is a common misconception that Lasting Powers of Attorney only need to be put in place when an individual gets older. In fact, it is always wise to put LPAs in place earlier in life. By doing so, you will gain peace of mind that your affairs – both financial and health – can be looked after if you are ever unable to do so. You will also be ensuring that your loved ones are not left in an impossible position, unable to deal with your affairs, if the worst should happen.

Contact us today to protect yourself and your loved ones.
Legal advice with a conscience.



Fisher Jones Greenwood LLP,
16 Baddow Road, Chelmsford, CM2 0DG
Offices across Essex and London

01245 673741
www.fjg.co.uk
enquiry@fjg.co.uk

Watsons
Accountants

01245 697077 / 07305 186019
enquiries@jrlwatson.co.uk
www.jrlwatson.co.uk

**FREE INITIAL REVIEW
OF YOUR BUSINESS OR
PERSONAL TAX LIABILITY**

Watsons Accountants is a family-run accounting business with over 40 years' experience. Based in Hatfield Peverel and Boreham, we offer a range of services, specialising in:

Accounts Preparation
Sole Traders,
partnerships and
limited companies

**Tax Returns and
Enquiries**
Personal and
Corporate

Bookkeeping
For individuals or
small companies



**CALL US TODAY
TO DISCUSS YOUR
REQUIREMENTS**
01245 697077
07305 186019



A Proud Dad Moment

Two things have always been important to us here at Martin & Co Chelmsford.

The first has been our focus on helping people.

The second has been to run our business along the lines of our family's values of trust, hard work and honesty.

My son John joined the business in early 2019, and I'm proud of his work ethic and customer care.

Last month he passed his CeMap exam to become a qualified mortgage adviser.



John Frost and Stephen Frost,
Martin & Co

This now allows us to bring those two values together and help more people by offering independent mortgage advice.

That's why we've launched Connect Mortgages which will see John be able to help our clients get the best possible mortgage deals and support them in getting the financing they need.

Like any dad, I'm proud to see my son making his way in the world, and I feel privileged that we have a chance to work together.

It means we guarantee our clients a one-stop-shop service where affordable mortgages and

excellent properties go hand in hand.

Bringing this 'in house' as it were, means we have more control and influence on ensuring sales are completed, and deals are getting done, with less stress and waiting time for our clients.

One of the hurdles that property sales often face is getting answers from mortgage providers, especially if a chain is involved.

He has access to hundreds of mortgage deals, and he'll

always advise what's in the best personal interests of our clients and people who approach us.

It's how we've always dealt with property, and we will take the same honest, professional, and upfront approach with the new mortgage side of the business.

If you need advice about mortgages or remortgages or any aspect of buying and selling in Chelmsford, feel free to give us a call on 01245 330 503.

Thanks for reading,

Steve



MARTIN&CO | Chelmsford

T: 01245 330500

www.chelmsford.martinco.com

15 Duke Street, Chelmsford, Essex CM1 1HL



WANT TO EARN EXTRA £ EACH MONTH? DISTRIBUTORS NEEDED!



CONTACT NIK TODAY TO APPLY

Your
Monthly
Lifestyle
Magazine



t: 01245 527071 m: 07860 683239
e: chelmsford@VISIONmag.co.uk
w: www.VISIONmagessex.com

The Surge of CONNECTED FITNESS

The pandemic caused gym closures – but it hasn't stopped people from looking after their health and fitness... the home gym market just thrived

Over the past few years, the home fitness equipment market has been expanding steadily, with an annual growth rate of 2.75 per cent. But the pandemic – and related gym and sports centre closures – has been the game changer no one could have foreseen.

Today, the market for fitness apps – which was valued at a little more than \$3.3million at the beginning of 2019 – is predicted to grow by 25.6 per cent annually up to 2025, reaching an impressive valuation of more than \$13million.

So, apps and home gym equipment – such as Sweat, the Echelon Fit Bike, Runkeeper, MapMyRun and Strava – have been gaining a larger percentage of the market. But it is the Peloton phenomenon that investors are still marvelling at. As home-bound, health-conscious consumers started to invest in the firm's treadmills and stationary bikes, Peloton reported a 172 per cent surge in sales, translating into Peloton shares (NASDAQ: PTON) being up by 220 per cent.

The firm reports that the number of subscribers skyrocketed by 113 per cent by the end of June 2020, hitting the 1.09 million mark – and it is expected to reach a whopping two million by September 2021.

Peloton apps and virtual classes, which currently have more than 1.6 million subscribers, are not the only

'connected fitness' tools to look out for. The sector, which provides a safer, more accessible way for consumers to reach their fitness goals, is expected to report a compound annual growth rate of 31.2 per cent and reach a staggering \$5.96billion by 2025. Combining a consumer's digital life and fitness goals, home gym equipment, online workouts and fitness apps are taking over the market and reshaping the health and fitness industry.



BUSINESS & PROPERTY

THE VISION LISTINGS

BUILDING SERVICES

RJ EVANS ROOFING

Local Brentwood based Flat Roofing Specialists. Call today on 01277 260204 | 07739 207726 | rjevansroofing@sky.com

HARTS BRICKWORK SPECIALIST

Expertise in brickwork & residential construction. No Job Too Small. All aspects of brickwork. 01376 421238 | 07553 522438

CARE SERVICES

CWC ESSEX

Personal Care, Meals, Housework, Companionship, Medication and Community Support. 01245 377085 | www.cwcexsex.co.uk | care@cwcexsex.co.uk

CLEANER

MOLLY MAID

Our professionally trained team will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget. 01245 494003 | emma.brooks@mollymaid.co.uk

COMPUTER REPAIRS

DH COMPUTING

Friendly support direct to your door, all your computer needs, low rates (no vat), no call out charge, homes/small businesses covered. 01245 426632 | help@dhcomputing.co.uk

DAMP SERVICES

BENHAM PRESERVATION

Quality Damp Services for domestic, historic & commercial properties. Damp proofing, rising damp, condensation, woodworm, dry/wet rot. Contact us today 01245 708900

ELECTRICIAN

PST GROUP

Domestic/Commercial | Electrical installations | CCTV & Security | Fault Finding | Outdoor Power/Lighting | EICR Landlord Compliance | Fully Insured. 01245 527079

ESTATE AGENT

MARTIN & CO CHELMSFORD

Buying, selling and letting in Chelmsford and surrounding areas since 2007. 01245 330500 | www.chelmsford.martincos.com | 15 Duke Street, Chelmsford, CM1 1HL

FASHION

LARGER GENTS CLOTHING

1XL - 8XL sizes. Bounce back deals and offers in store. Current opening times Tuesday - Saturday 10am to 4pm. 206 Moulsham St, Chelmsford, CM2 0LG. 01245 356057

FINANCIAL SERVICES

ONE FINANCIAL SOLUTIONS

Mortgages, equity release, life insurance, business protection, investments, pensions, savings, inheritance tax planning and more. Call Louise Selva on 07734 776932

WATSON ACCOUNTANTS

Family Run Accounting business with over 40 years experience. We offer a range of services. Call us today on 01245 697077 | 07305 186019

FIREPLACES & STOVES

GATFIRE

Stoves, Fireplaces, Chimneys. FREE estimates & advice. 01702 715161 | www.gatfire.co.uk | Showroom: 1731 London Road, Leigh-on-Sea, SS9 2SW

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

FLOORING

FISHPOOL FLOORING

Carpet & flooring specialists. Carpet, vinyl, laminate, luxury vinyl tiles, kamdean, wood. Leading the way with superior quality flooring installation in Essex. Call on 07843 493821

WEST ONE WOOD FLOORING

Manufacturing, installation, restoration of antique, reclaimed and new timber flooring. Unit 3, Blackall Industrial Estate, Hamberts Road, South Woodham Ferrers, CM3 5UW

CARPETS DIRECT

Carpets, vinyls, laminates, wood flooring, free fitting, free home visits, 80% wool twist pile specialists. Call on 01245 527096

GARAGE DOORS

EASTWAY GARAGE DOORS

We offer supply & install, supply only & installation only. Delivering all over the UK. Contact 01376 519191 | 07549 862996 | info@eastwaydoors.co.uk

GAROLLA ROLLER SHUTTER DOORS

Thermally insulated electric garage doors, great for space saving, kerb appeal & easy to use, No deposit, Pay on completion, 18 Colours available, Call today 01245 830211

GARDENING

CHEL-MOW

Fed up with mowing the lawn? Why not call 07821 133414. Experienced, Qualified, Insured, Reliable, Honest. anthony@chel-mow.co.uk | www.chel-mow.co.uk

GARDEN DESIGN

MOWDEN HALL DESIGNS

Garden Transformation Design & Care, Patios, Decking, Fencing & Landscape. 01376 520746 | 07595 868944 | petercowling4050@btinternet.com

PHIPPS LANDSCAPES

Landscape design, Plant & Tree Solutions, Landscape Management, Landscape Enhancements. Contact us for a free quote 01371 871551 | phipps@mail.com

GRAPHIC DESIGN

DSD CHELMSFORD

Studio-based graphic design - logos, branding & marketing materials since 2009. Call Dan on 01245 465324 | design@dansummersdesign.co.uk | www.dansummersdesign.co.uk

HEALTH & WELLBEING

JE CARE

Experts in alignment/movement. JE Scan combines science & technology to seek cause of back, pelvis, leg & foot injuries. Also offer intensive sports massage. Call us on 01245 527083

JOIN THE LISTINGS

For just **£15** +VAT per month

LANDSCAPING

DANIEL LANDSCAPES LTD

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

OPTICIANS

BROOMFIELD OPTICIANS

Independent Opticians offering a wide range of quality spectacles in all price ranges and supplying virtually all types of lenses. 24 Broomfield Road, CM1 1SW. 01245 352803

PAINTING & DECORATING

FINISHING TOUCH

Internal Painting, External Painting, Wallpapering. Reliable, professional service. No Job Too Small. Contact Mark for your free estimate. 01621 819109 | 07734 689872

PEST CONTROL

PESTWAY

We can manage all of your pest problems, using integrated pest management, chemical/non-chemical and non-lethal treatments. Call 07484 772747 | johnroots@pestway.co.uk

MULTI PEST

Wasps, Rats, Mice, Squirrels, Foxes, Insects and all other UK pests. contact us today on Essex 01206 203018 | 07973 121146 | steve.reynolds@multipest.co.uk

PHOTOGRAPHY

TALOSI PORTRAITS

Award winning portrait studios. Contact 01245 265830 | ingrid@talosiphotography.com | www.talosiphotography.com | 6 Annonay Walk, Chelmsford, CM2 6FL

PLUMBING & HEATING

LKG DAUGHTERS

All your plumbing & heating problems. Resolved. Gas Safe Registered. Call 01245 478111 | 07710 358347 | lkгдаughters.co.uk

ROOFING

JIM BARR ROOFING

Exterior Cleaning & Maintenance. Gutters, Paving & UPVC. Cleaned, Repaired & Renewed. 01708 874816 | 07833 572459

SKIPS

SILVERTHORN SKIP HIRE

Skip hire to your door. Brand new 4, 6, 8 yard skips. Transit tipper wait & load service. Contact us today 01621 840229 | 07738 110443

TRAVEL AGENT

NEVER A WASTED JOURNEY

Your local award winning Chelmsford based Travel Agent. For friendly, expert advice call Dan Salmon on 01245 469771 or visit www.neverawastedjourney.com

TURF

BILLS TURF

Specialists in Lawn Transformation. Contact us today for your free no obligation quote. Tel: 01621 740082 Mob: 07807 099591

BOOK VIA...
CHELMSFORD@VISIONMAG.CO.UK

THE VISION LISTINGS

TV AERIAL & SATELLITE SERVICES

ANDYS AERIALS

Trading standards approved. Aerial/satellite repairs, tv points, Tv wall mounting 07916 305977 | andys@andysaerials.com

BOOK VIA... CHELMSFORD@VISIONMAG.CO.UK

TYRES

BROOMFIELD TYRES

New & Part Worn Tyres for all makes & models. Massive Discount on new tyres. 01245 443330 | 07702 658089 | 157 Main Road, Chelmsford, CM1 7DJ

WINDOWS & DOORS

WINDOW MAN

Family run over 25 years. Windows, doors, installation, repairs. Call us today on 01245 527073

CLOUDY 2 CLEAR

Broken or Damaged Windows, Faulty locks, handles, hinges repaired and replaced. Which? Trusted Trader call us today on 0800 6121 118

TOTAL FIX

Windows, Doors, BiFolds, Conservatories, Lantern Roofs, Design & Build Service, Conservatory Roof, Cladding, Fascias, Soffits & Guttering. Call 0800 211 8124 | 07958 903275

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 chelmsford@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 **VISION** on **01245 527071**

WORDLADDER: NECK, PECK, PICK, LINK, LINE

YO _ R ADVERT HE _ E

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO ADVERTISE

Your
Monthly
Lifestyle
Magazine

V
ISION
NOISE

t: 01245 527071 m: 07860 683239
e: chelmsford@VISIONmag.co.uk
w: www.VISIONmagessex.com



Checkatrade.com
Where reputation matters

We are a family run business with many years of extensive experience in all aspects of the industry.

Over 95% of our work comes from recommendations and existing customers.

That's why people come to us!

- Windows & Doors
- Bifolds
- Conservatories
- Lantern Roofs
- Design & Build Service
- Conservatory Roof Upgrades
- Cladding, Fascias, Soffits and Guttering

Why not refurb your existing conservatory?



FREE Quotes & Expert Friendly Advice

Call: 0800 211 8124 or 07958 903 275

E: info@totalfix.it www.totalfix.it

