

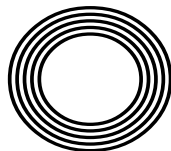
FORD
SIERRA
TURNS
FORTY

Natural
limescale
removal

LIVE LONG & PROSPER
this Star Trek Day

IDRIS ELBA OBE

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



FREE

Photo credit: Denis Makarenko/
Shutterstock.com



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





Editor's notes...

SEPTEMBER 2022



Nik Allen, Editor

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

My son is going into pre-school in September and my daughter is going into the big kid part of the nursery - this blows my mind. My wife and I are always in awe of how quickly the kids develop, how they communicate with one another and, of course, their ever-improving tantrums. I remember those wise words: "Enjoy the younger years; they won't last forever." And

they really don't. It's all about savouring those little moments as they do go quicker than I ever could have imagined.

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

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

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

Nik Allen

This is your city'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) [f Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Darius Morgan, Bryn Holmes, Jess Unwin

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

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



CHELMSFORDFORYOU.CO.UK



**CHELMSFORD
MARKETS**



Retail market

Tuesday to Saturday

Vintage market

Thursdays within the retail market

High Street market

Tuesday, Friday, Saturday and Sunday



SHOP LOCAL



European Union
European Regional
Development Fund



STAR QUALITY

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

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

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

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

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

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

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

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

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

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

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



STAR TREK



OLD SPICE?

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

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

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

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

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

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

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

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

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

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

DREAMING OF A NEW BATHROOM?

Local modern bathroom showroom

Dedicated team of consultants ready to design the bathroom of your dreams

FREE 3D CAD designs – browse before you buy

Traditional and personalised service

Trust a local company supplying quality building materials to the trade and public for over 70 years

Visit our showroom at
**91 Widford Road,
Chelmsford CM2 8SY**

Take a 3D tour of our showroom at
www.chandlerbathrooms.co.uk

Call us for more information
on **01245 352650**



**FREE
3D CAD
DESIGNS**



**GET A £50 JOHN LEWIS
VOUCHER FREE!**

Bring this advert with you & present at the start of your enquiry and receive a £50 John Lewis Voucher when placing a bathroom order over £2000*

*Offer valid until 31/03/23. Available to retail customers only. Limited to one voucher per customer.





**LOOKING FOR AN EXPERIENCED & AFFORDABLE
LOCAL PLUMBING & HEATING COMPANY
FOR EMERGENCY & PLANNED WORKS?
FINANCE AVAILABLE ON BOILER INSTALLATIONS**



- ✓ BOILER SERVICE
- ✓ BATHROOM DESIGN & FITTING
- ✓ BOILER REPLACEMENT
- ✓ PLUMBING INSTALLATIONS
- ✓ CARE PLANS

✓ EMERGENCY RESPONSE SERVICE
Mon - Sun 24hr service
No call out charge

✓ An award winning company ✓ Covering all of Essex
✓ Over 15 years' experience ✓ Full public liability insurance
CONTACT US FOR MORE INFORMATION ON OUR SERVICES
www.intoplumbingandheating.co.uk
07931 383360 | info@intoplumbingandheating.co.uk



Checkatrade.com
Where reputation matters



Tel - 0800 188 4864
www.intoplumbingandheating.co.uk

We've Got You Covered

Our homeware plans offer you cover for your boiler, central heating, plumbing and more.

- ✓ Save on your bills with annual checks
- ✓ Keep your heating system & home safe
- ✓ Keep your boiler warranty valid
- ✓ Speedy response & peace of mind
- ✓ On-demand expert care & support
- ✓ Home emergency cover

★ Trustpilot Over 134 ★★★★★
★★★★★ Trustpilot 5 Star rated Reviews

What We Offer

Cost effective, affordable care plans that leave you with peace of mind

Basic Homeowner Care Plan

Monthly £7.99

- > Annual boiler service

Bronze Homeowner Care Plan

Monthly £17.99

- > Annual boiler service
- > Free call outs
- > Boiler & controls
- > Priority response

Silver Homeowner Care Plan

Monthly £23.99

- > Annual boiler service
- > Free call outs
- > Boiler & controls
- > Priority response
- > Heating system

Gold Homeowner Care Plan

Monthly £27.99

- > Annual boiler service
- > Free call outs
- > Boiler & controls
- > Priority response
- > Heating system
- > Internal plumbing & drainage

A Tale

UNMASKED



HOME & DIY

THE HISTORY OF TAPE – AN ESSENTIAL ITEM IN EVERY HOUSEHOLD

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

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

RICHARD GURLEY DREW: THE BRAINS BEHIND SCOTCH TAPE

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

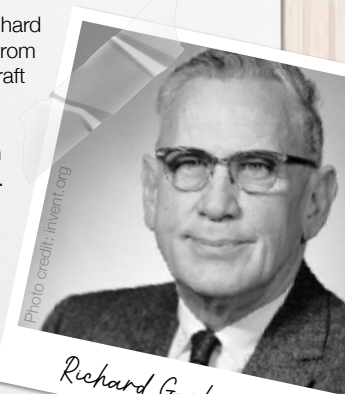
On realising car manufacturers were having difficulty marking car parts without stripping the paint, Drew invented a tape made of cabinetmaker's glue and treated crêpe paper. It was a hit with carmakers and in 1925 was sold under the name Scotch Masking Tape.

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

TAPE TODAY: A HOUSEHOLD STAPLE

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

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



Richard Gurley Drew

LIMESCALE *elimination!*

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

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

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

VINEGAR

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

BAKING SODA

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

LEMON JUICE

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

CITRIC ACID

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

Carpets Direct

Guaranteed Lowest Prices

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

Established
26 years

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

WHY PAY MORE?

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

CALL YOUR LOCAL AREA SPECIALIST

01245 527 096



www.carpets-direct.co.uk

We supply & install:
• Loft ladders & loft hatches
• Boarding, lighting & insulation



CREATING SPACE THE EASY WAY!

HUGE BENEFITS

- De-clutter your home
- Create up to a third more space
- Gain safe & easy loft access
- No mess, no fuss, no sub contractors
- DBS checked & fully insured
- Which? Trusted Trader



Call Des now to book a FREE survey & quote

01245 801230

WWW.ACCESS4LOFTS.CO.UK

**10%
OFF**

JRS PAINTING SERVICES



QUOTE 'VISION22'

ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

DOMESTIC, BOTH INTERIOR AND EXTERIOR
COMMERCIAL
BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407

JAMIESANDERS273@YAHOO.COM



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

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

Trinity living

Celebrating 30 years
in business in 2022

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

GET creative WITH WALLPAPER

HOME & DIY

ALTERNATIVE WAYS TO DECORATE WITH WALLPAPER

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

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

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

ADD PATTERN TO A CHEST OF DRAWERS

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

BRING COLOUR TO YOUR WALL PANNELLING

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

FRESHEN UP KITCHEN CABINETS

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

FRAME IT

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

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



SUBSTANCE TO THE style

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

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

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

While the price tags in stores such as Harrods and Liberty's may push some away, Bethan focuses on styling that can be replicated by anyone.

"My modus operandi is elegant lines, both in the edging of furniture and the detail within it. Set against browns, greens, creams and statement shades, it's possible to create a palette that transports the mind to far-off places and a desire to travel.

"For me, it's about the practicality of a room or a piece of furniture, combined with the journey that piece can take you on, and that combination feels very special."

Bethan Gray

Photo credit: Bethangray.com



The WINDO+ DOCTOR

Mr Misty 'The Window Doctor' is a family run business that prides itself in exceptional customer care. We promise easy service from start to finish.

Does your double glazing steam up?
We replace JUST the glass NOT the frames,
at a fraction of the cost for new windows.

FAQs

+ Symptom: I have gaps in or around my windows and it's causing a draught.

Diagnosis & Solution: This could be the hinges which can be replaced or the frame has a gap around the edge which can be re-sealed.

+ Symptom: I find it hard to close my door or window.

Diagnosis & Solution: This could be a number of problems and could be as simple as a small adjustment to your hinges.

Common Summer time problem

**Lawn mower
stone chips &
broken glass**

We can fix it!



**Freephone:
0800 25 45 111
mrmisty.co.uk**

**WE REPAIR BETTER
THAN ANYONE OUT THERE**

**"WE SPECIALISE IN
DOUBLE GLAZING
REPAIRS. CALL FOR
YOUR FREE CHECK UP"**

Proud members of
Checkatrade.com
Where reputation matters

Scores based on 496 reviews

Reliability & timekeeping	9.74
Tidiness	9.86
Courtesy	9.96
Workmanship	9.87
Average score	9.85

496 reviews

PROBLEMS WE SOLVE

Eliminate Window
Condensation

Broken Window
Parts

Broken Glass

Secondary Glazing
To Block Out Noise

Mechanisms

Faulty Hinges

Draughty Windows

**FREE
checkup!**

Make a grand entrance to your home



More
Styles &
Colours
Online



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

Design your door online www.ez2own.uk

Electric Roller Garage Doors

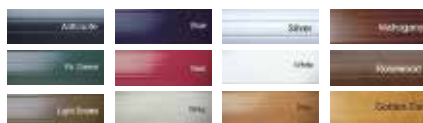
Our roller shutter garage door is one of the neatest electric garage door solutions available with vertical operation and no internal tracking mechanism in your garage at all.



From
£1199
Fully installed
inc. vat

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

SEND US PICS
AND SIZES FOR A
SAME-DAY QUOTE



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055



IS YOUR CONSERVATORY
TOO COLD
IN WINTER?



IS YOUR CONSERVATORY
TOO HOT
IN SUMMER?



EZ2OWN OFFER TWO SOLUTIONS



Insulated Roof

Usable rooms all year around

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

1 DAY INSTALLATION

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

AFFORDABLE PRICES

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

MAKE IT YOUR OWN

Two types of finish, Cladding or Plasterboard.

SPECIAL DEALS ON LED DOWNLIGHTS



Replacement Roof

Tiled Conservatory Roofs

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

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

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

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

FIXED PRICES FOR ALL SHAPES & SIZES

SEND US PICS AND SIZES
FOR A SAME-DAY QUOTE



EZ2OWN
Windows & Doors

01621 781133
01245 835011
07525 717055



DESIGN YOUR OWN KITCHEN

with our expert help

YOUR LOCAL KITCHEN DESIGNER

A great kitchen is the heart of any home, so make your dream a reality with help from your local kitchen experts at Dream Doors Chelmsford. From design to fit, our professional team will help you create your ideal kitchen.

Carl and Lora, owners of Dream Doors Chelmsford, will be on hand to help you create the perfect kitchen for your home. The Dream Doors showroom features kitchen cabinets, worktops and appliances, as well as designs and styles ranging from monochrome kitchen spaces to traditional country, so you can find the inspiration you need to make over your kitchen. Carl and Lora will be happy to talk through your ideas and help you design and build a practical but stylish kitchen that serves your everyday needs.

ENTIRE KITCHEN REFURBISHMENT

Should you wish to start from scratch, our Dream Doors designers can work with you to oversee an entire kitchen refurb, from initial design to final fitting conducted by our local expert kitchen fitters.

We are a local kitchen company you can trust, with many years' experience of transforming spaces with our sleek designs and bespoke finishes. Every

kitchen is made to measure so you can design your own kitchen to suit your lifestyle. Cabinets, worktops, lighting, flooring and furnishings are all part of the service, and we supply and install appliances too.

KITCHEN MAKEOVERS

Classic and contemporary kitchen design doesn't have to involve the replacement of an entire kitchen. New kitchen doors and worktops are an affordable option that can transform the overall look and feel of your kitchen. Even if you want to swap styles completely to a monochrome or high-gloss finish, this can all be achieved on a budget with help from our expert design team. With us, you can achieve your dream kitchen for up to 50 per cent less than the cost of a full kitchen refit. Why not pop into our Chelmsford showroom to see what is on offer?

ARRANGE A VISIT FROM OUR KITCHEN PLANNER

Carl and Lora can visit your home to help you plan and design your new kitchen. Simply arrange an appointment so they can come and take your ideas on board and provide you with a free, no-obligation quote. To book your home, call 01245 358 990 or email cm@dreamdoors.co.uk.

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



THE UK'S #1 KITCHEN MAKEOVER EXPERTS.

EST. 1999

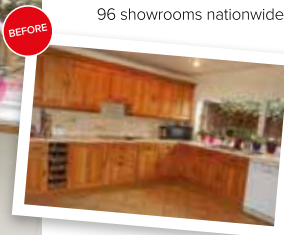
DO YOU DREAM OF A NEW KITCHEN?

From simple door replacements to complete fitted kitchens

Fully installed by local professionals in just a few days

Choose from a large selection of doors, worktops and appliances

96 showrooms nationwide



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS
www.dreamdoors.co.uk

2A Victoria Court, New Street,
Chelmsford, CM1 1GP
Call us now for a free estimate:
01245 358 990

Checkatrade.com
Where reputation matters
AVERAGE SCORE **9.7/10**

LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Officers appealing for witnesses following stabbing

Police are investigating an incident in Chelmsford in which a man sustained a stab wound.

The incident was reported to have happened at around 10.15pm on Friday, August 26.

A man reported that, as he was walking, he jumped out of the way of a car he believed was driving towards him at the junction of Queensland Crescent and Albany Close. Shortly after, the car collided with a fence in nearby Hobart Close.

The occupants exited the car and the victim, a man in his 30s, was stabbed in the leg. He was taken to hospital for treatment where his injury is described as non-life-threatening.

Detective Chief Inspector Nathan Hutchinson, who is leading the investigation, said: "Officers responded quickly to reports of this incident and ensured the

victim received help.

"We've already carried out a number of enquiries and spoken to residents, but we'd like to hear from anyone who was in the area at the time and may have information that can help our investigation.

"I appreciate that this would have disturbed residents at the time.

"We have not had reports from anyone of being shot.

"We'd also like anyone who was driving in the area at around 10.15pm to check their dashcam footage."

Anyone with information should submit a report online at www.essex.police.uk

Please quote incident 1459 of August 26 when providing any information to make sure it gets to the right person as quickly as possible.

Hospital staff nominated for national award



Hospital staff in Chelmsford have been nominated for a national award for helping to improve the lives of patients.

The Living Well Cancer Programme at Broomfield Hospital, which offers rehabilitation to cancer patients and supports them through treatment, is up for a Nursing Times Award.

The dedicated team includes a cancer physiotherapist, occupational therapist, dietitian, psychologist, cancer support worker and cancer nurse specialist, all offering patients 'prehabilitation' to support them with exercise, nutrition and wellbeing and to help improve outcomes.

One patient said: "I arrived in a wheelchair and was really pleased with my progress. It's difficult to put into words how much it has helped.

"The exercises have helped with my long-term back pain and sleep."

Another said: "I think you are all doing a fantastic job supporting people like myself during this very uncertain time in our lives."

Emma Chaplin (pictured centre), lead cancer nurse for Mid and South Essex NHS Foundation Trust, said: "It is, of course, wonderful to be shortlisted for such a prestigious award, but even better news is that funding has been secured to have the Living Well Cancer team help patients across all our sites, which means we'll be able to help even more people.

"This nomination is down to the work of a great team and the positive impact this programme has had."

The winners of the award will be announced at a ceremony in London this October.

Plans to convert restaurant into Italian food shop

An application to convert a Romanian restaurant in Chelmsford into a specialist Italian food shop has been prompted by the pandemic.

Documents submitted to Chelmsford City Council

detail a request for a change of use at Rustic's Restaurant in Moulsham Street.

A statement from Iulian Tanasa says the application has been put forward because of changes in people's "living and spending habits" owing to the pandemic and the rising cost of living.

The statement adds that people are cooking and socialising more at home, and this has resulted in the restaurant industry "suffering a prolonged and noticeable downturn in revenue".

If the application is approved, it would see the property selling "a range of authentic Italian food items and drinks", as well as providing the "opportunity for customers to purchase fresh pasta dishes that can be enjoyed off site".

The statement continues: "The new shop will add to the retail opportunities of Moulsham Street, something that will attract new visitors as well as offering a new shopping experience for existing residents."

CCTV appeal following assault at bar

Police are appealing for the public's help to identify the two men pictured below in connection with an ongoing investigation into an assault in Chelmsford.

Officers were called to Walkabout in Chelmsford in the early hours of June 2 following reports of an assault. The victim was at the bar at around 12.30am when he was verbally assaulted by two men. The victim was also physically assaulted by one of the men, resulting in him suffering a broken nose. The two men then left the bar.

The suspects are described as two white men, both in their late twenties or early thirties. One of the men had dark facial hair and was wearing a dark top with DIOR written across it in yellow. The other man was wearing dark clothing and a baseball cap.

Officers are appealing for the public's help in identifying the two men in the CCTV image, as they may be able to assist with enquiries.

If you know who they are, or have any further information, please contact the police by submitting a report online at www.essex.police.uk or by calling 101 quoting incident 42/141531/22.



L&H FENCING & LANDSCAPING

- BLOCK PAVING • PATIO SLABS • TARMACADAM
- LOOSE GRAVEL • AGGREGATE • RESIN DRIVES
- FENCING • TURFING • LANDSCAPING • POND DESIGN
- ARTIFICIAL GRASS • WASTE REMOVAL • CLEANING
- REPAIR WORK

- Fencing & landscaping • Family run business
- Fully insured • Hard workers • Registered traders

Call Lee for a free quotation
on **07437 725 915** or **0800 747 1672**
Office 01245 809 718
www.landhfencingandlandscaping.co.uk • landd123@icloud.com

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

VICKY FORD MP

Member of Parliament for Chelmsford

LOCAL NEWS



At the end of the summer Parliamentary term, I was joined by five young work experience students from Chelmsford. They enjoyed an extensive tour of Parliament, and heard how legislation is debated and agreed as well as how the Commons works in conjunction with the Lords. After Prime Minister's Questions, the work experience team joined me as I went to cast my final vote in the leadership ballot. It was a momentous time to be in Westminster.

Back in Chelmsford, the work experience students had a tour and talks at Essex County Council to learn more about local government. They studied examples of case work, which is a hugely important part of any MP's work, and joined me delivering leaflets and chatting to residents. If you know a sixth former in the constituency or a university undergraduate who would like to take part next summer, please ask them to drop me an email at vicky.ford.mp@parliament.uk

Last month, I gave an update on Generals Lane Bridge, which will carry traffic across the rail line and dual carriageway onto the Boreham Interchange and is a key piece of the enabling work for the new



Beaulieu Park Station. The bridge lift is now due to take place in the next few weeks.

I know many Chelmsford residents are concerned by the rising energy bills caused by Putin's invasion of Ukraine and his withholding of gas supplies to Europe. The government has already announced a £400 energy bill discount for all households. Further plans will be a priority when Parliament returns to Westminster.

Sisters-in-law take on trek

Two sisters-in-law from Chelmsford who will go trekking in Vietnam later this year have already succeeded in raising more than £5,000 for a charity close to their hearts.

This November, Susie Boreham (pictured right) and Sandra Smith (pictured left), both 64, will walk the remote and beautiful hills of Pù Luông Nature Reserve in Northern Vietnam to raise money for children's hospice Little Havens.

Since 2016, the hospice – which relies heavily on donations to provide its care services – has been a lifeline for Susie's granddaughter Evie, 12 (pictured centre), who has CDKL5, an extremely rare genetic condition which affects her neurological development.

Susie told **VISION**ChelmsfordBeaulieu that taking on the challenge was a chance to give something back to Little Havens and to have an adventure.

She said: "I just had to find a partner to take with me, so I asked Sandra, who has always been amazingly supportive."

Of the walking challenge, Susie said: "We know how hard it will be – it's going to be totally out of our comfort zone. It will be emotional but so rewarding. We know the money we raise will make such a difference to other families like ours."

To donate, visit www.justgiving.com/susieandsandravietnamtrek



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



GATFire



HETAS and OFTEC Registered Installers

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

01702 715161

Stoves • Fireplaces • Chimneys

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



PACKAGE 1
The Lakes Derwent
5kw multifuel
ECO Design
£999 plus VAT FITTED

THESE PRICES INCLUDE:- flue pipe, closure plate, flexible stainless steel liner, caps, clamps, connectors etc., and fitting by a HETAS and OFTEC Registered Engineer.

PACKAGE 12
Dean Stoves Dartmoor 5 Wide
5kw woodburner - multifuel option
ECO Design
£2099 plus VAT FITTED



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 - SATURDAY 9.15am - 5pm. SUNDAY Closed.

www.gatfire.co.uk

ACADEMY AERIALS

If you need a reliable & established local company to install your satellite/TV system or need your aerial repaired or upgraded...

...WE CAN HELP

SERVICES OFFERED:

- FREEVIEW ■ FREESAT ■ DAB/FM AERIALS
- ADDITIONAL TV POINTS
- TELEPHONE POINTS
- EUROPEAN SATELLITE CHANNELS
- BIRD DETERRENT SPIKES
- 20 YEARS OF EXPERIENCE
- COMPETITIVE PRICES
- NO JOB IS TOO SMALL!

CALL TODAY!

01621 856218 / 01245 492832

Mob: 07870 510933

Email: e.furby@sky.com

Web: www.academyaerials.co.uk



**Local Plumbing & Heating Engineers,
Supporting Local People (and Pets)**

**Call 01245 478111
07710 358347**

Visit lkgdaughters.co.uk

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



Deputy Mayor opens art gallery at hospice



Chelmsford's Deputy Mayor councillor Sue Dobson (pictured third from right) has officially opened a new gallery at a hospice, featuring artwork by bereaved young people.

The images are all based on the theme of identity and were made as part of Farleigh Hospice's youth bereavement group, the Yo-Yo Project.

Children and young people aged four to 18 created the artwork at the start of summer using spray paint, with the gallery also featuring testimonials from children who have accessed the group's support.

Joined by her consort, Keith Dobson (pictured second from right), the Deputy Mayor opened the Yo-Yo Gallery at a special ceremony at the hospice on Thursday, August 11.

Deputy Mayor Dobson said: "I have very much enjoyed visiting the gallery and I am impressed with the Yo-Yo Project.

"Coping with bereavement is difficult – particularly for children – so it is great that they have this outlet that helps them come to terms with their loss."

Mark Cobbin, head of bereavement at Farleigh Hospice (pictured third from left), said: "It was a pleasure to host the Deputy Mayor and her husband as they joined us, along with families supported by the Yo-Yo Project, for the opening of the gallery space.

"After taking a tour of the gallery and the wonderful pictures, they joined the team for tea and cake."

The hospice has expressed thanks to the Deputy Mayor for choosing it as one of her charities of the year, and also to the Asda Foundation, which provided a grant for it to purchase art materials.

Campaign warns about dangers of littering

Motorists in Chelmsford who throw litter from their vehicles are reminded that they risk having to pay a Fixed Penalty Notice of up to £150.

Drivers are the focus of the 2022 Love Essex anti-littering campaign, which has the backing of

Chelmsford City Council and 10 other local authorities in the county.

Roadside litter can have a devastating effect on the environment and poses a risk to public health. Cigarette butts, for example, contain dangerous chemicals such as arsenic and formaldehyde which can be absorbed into soil and water courses.

Local business partners will also be supporting the campaign, with KFC and McDonald's drive-throughs in Essex putting up banners displaying the message: "It's a takeaway, not a throwaway."

Councillor Rose Moore, cabinet member for greener and safer Chelmsford, told **VISION** Chelmsford Beaulieu that she is "passionate" about tackling the "blight" of litter, and added: "It's heart-breaking to see some parts of our city and roadside verges strewn with litter.

"As local authorities, we can and will take action against people who choose to litter. But we also encourage people to take pride in our landscape and public places, to take care of the spaces we share."

Members of the public can report litter problems at www.chelmsford.gov.uk/environment-and-public-health/report-a-street-problem/report-litter

Resident sends in beautiful picture of sculpture

A Chelmsford resident has sent in this lovely picture of the Crowned Stag sculpture at the entrance of the Beaulieu housing development.

The picture was taken by Jo Byrne on the evening of August 25.

With a golden summer evening as its backdrop, the sculpture, which was designed by Matthew Lane Sanderson, forms a shadowy figure in front of the orange sunset.

The sculpture was created specifically to mark the Beaulieu development, which opened in September 2017.



Photo credit: Jo Byrne

Let's make your conservatory

SPARKLE AGAIN!



- Exterior deep clean & polish
- Complete internal & external valet
- Decorative mouldings cleaned
- Solar panel cleaning



Please call: **01277 790 173** or **07726 323 800**

E: enquiries@ukccc.co.uk www.ukccc.co.uk



Bentons Kitchens

@STELLISONS

Free no obligation
kitchen design
service



www.bentonskitchens.co.uk



Where to begin

Looking to change or buy a new kitchen but not sure where to start?

Kitchens used to be hidden away workspaces, but today they are rooms in which we spend huge amounts of time. Not only do they need to offer the preparation and cooking facilities that suit all the home's occupants, but they must also be a stylish space we want to enjoy being in.

Here are the five crucial factors to consider when looking to change or buy a new kitchen.

1. Make a list of the things you like and dislike about your old kitchen: Consider how you like to work in the kitchen and how it is used.

2. Create a mood board: look on the internet or magazines for ideas you like – colours, seating arrangements, flooring, kitchen styles, etc.

3. Consider appliances: Look at what's new on the market – steam ovens, boiling water taps, Wi-Fi connected appliances.



4. Set a kitchen budget: Investing in the best quality kitchen you can afford will add value to your home, and quality materials may look better and last longer. Worktops can be a major cost especially if you are thinking of stone or resin based worktops. Here is a guide to understanding engineered and natural stone surfaces:
www.worktopfabricators.org



5. Planning: Talk to the experts for advice as this can prevent costly mistakes further down the road. Most kitchen designers will produce three-dimensional computer-aided designs to show your kitchen design before you buy. Don't be afraid to say if there is anything that you are not sure about or don't like, at this stage things can be easily changed or re-designed; As far as the kitchen design is concerned, you want it to be visually appealing and highly functional and practical at the same time.

At Benton's Kitchens our experienced designers will work with you and blend your ideas perfectly with their design experience and mastery of ergonomics to get the most out of the available space and the latest kitchen trends. There is no limit on how many appointments this may take, as we want you to be 100 per cent satisfied with your choice. And when the plans are agreed, our expert installers can ensure your kitchen is finished to the highest standard.

Bentons Kitchens
@STELLISONS

So, take that first step for a no obligation chat, come and visit one of our showrooms, or phone for a free appointment on 01245 345335

For more information visit our web site
www.bentonskitchens.co.uk

23-27 Moulsham Street Chelmsford CM2 0XQ
01245 345335

IDRIS ELBA

OFF SCRIPT?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

And one of our finest...





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

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

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

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

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

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

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

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

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



CHASE HATTAN
WATCHES

MENS WATCHES WOMENS WATCHES VINTAGE



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

BUYING A WATCH

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

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

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



SELLING A WATCH

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

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

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

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



www.chase-hattan.com
info@chase-hattan.com
0203 059 7942
07719717980

Rated Excellent on Trustpilot
Chase Hattan
ChaseHattanLondon
ChaseHattanWatches



SCAN THE QR CODE
TO SEE OUR STOCK!

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



CE APPROVED

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

Gotta get a Garolla.

Trustpilot
★★★★★
11.8 out of 12.1 Over 5,000 reviews

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

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

GAROLLA
ROLLER SHUTTER DOORS



www.garolla.co.uk

CALL US TODAY ON:
01245 830 047
MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

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

YOU'RE NOT
ALONE




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

Your Monthly Lifestyle Magazine

VISION

CONTACT US TO GET YOUR BUSINESS SEEN BY OUR READERS
See all our magazines at www.visionmagessex.com

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



IN A
HEARTBEAT

TECHNOLOGY

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

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

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

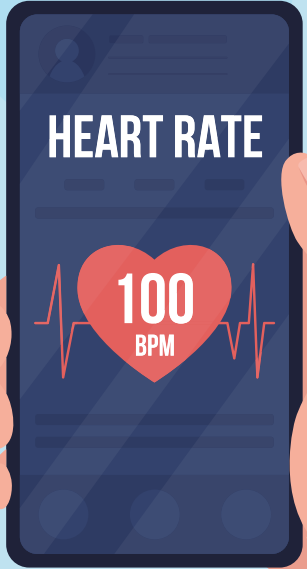
From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

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

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

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

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





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

LONDON CALLING

OPEN HOUSE FESTIVAL LONDON – SEPTEMBER 8 TO 21



Are you itching to nose around London buildings usually closed to the public? If so, the Open House London Festival is a must. It's a two-week celebration of the city's architecture, homes and outside spaces that runs from September 8-21. And it's back this year, after a two-year break, to celebrate its 30th birthday.

There's something going on in every borough. This includes not just open buildings but also special events, guided tours, walks and family activities. The great news is that all visits and events are free – but book early to avoid disappointment. You'll need tickets for most visits and some get snapped up very quickly.

The organisers stress that the festival is not just about grand buildings; it's about celebrating every aspect of London's urban landscape in all its shapes and sizes. As well as award-winning modern offices and historical buildings, you could have the chance to step inside a

suburban semi, a studio flat or even a houseboat.

In past years, around 800 buildings have flung their doors open for the event. They include 10 Downing Street, the Foreign & Commonwealth Office, the Gherkin and several private clubs. There have also been windmills, train stations, tunnels and even cabbies' shelters. So there really is something to suit all tastes.

Each year, around 250,000 visitors attend an Open House event in London, making it the biggest festival of its kind in the world. The festival is organised by a charity called Open House, and the aim is to encourage people to learn more about their environment and each other, to help make their city a better place for everyone who lives or works there.

As we go to press, the full list of 2022 events isn't yet available, so please check the festival website at openhouselondon.org.uk/2022 for the latest information.

Photo credit: open-city.org.uk



HOW TO HACK-PROOF YOUR PASSWORD

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

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

1. USE EIGHT CHARACTERS MINIMUM

Each character you add to your password makes it harder to crack. Your passwords should contain a minimum of eight characters and up to 20 if you can remember them.

social media profiles.

4. INCLUDE SPECIAL CHARACTERS

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

5. USE PASSPHRASES, NOT PASSWORDS

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

6. TRY A PASSWORD GENERATOR

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

2. AVOID WORDS IN THE DICTIONARY

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

3. DO NOT USE FAMILY NAMES

This may seem obvious, but you will be surprised at how many people use the names of their children, spouse or pets in their passwords. This information is easy to guess and can be readily found on your



Watsons
Accountants

01245 697077 / 07908 801790
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
07908 801790



...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.

FJG FISHER
JONES
GREENWOOD
SOLICITORS

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

HUNNABALL
Family Funeral Services



Here **whenever**
you need us

Funerals | Memorials | Pre-paid Funeral Plans

Hunnaball of Chelmsford
St John's House, 91 Wood Street,
Chelmsford, CM2 8BH
01245 290 909
www.hunnaball.co.uk

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

PARK HOLIDAYS

Steeple Bay Holiday Park
The best reason to choose a stay-cation!



Pet Friendly • Private boat slipway • Boat Storage • Fishing Lake • Pools • Shop • Owner Events

Holiday Homes from £19,995!

Please contact Lara for more info and see why everyone is choosing **A STAY-CATION!**

- Free 2022 sites fees
- Reduced fees till 2025 (t&c)

Contact Lara on 07415 239231 • l.wilson@parkholidays.com • Southminster, CM0 7RS

BUSINESS & PROPERTY



Take a look inside the world's most
EXCLUSIVE ADDRESS

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

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

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

THE LARGEST YACHT IN THE WORLD

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

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

REINVENTING THE LUXURY LINER

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

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

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

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

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



Time for Two

My pick of grown-up hideaways and places to hide out at



Dan Salmon,
Owner

As the nights draw in and temperatures drop, drift off on thoughts of eagerly sneaking off to warmer climes.

Wave goodbye to the maddening crowds

and say hello to unabridged time spent just the two of you, in lands that stir the senses and make the 'real world' feel like nothing but a distant memory.



Couples craving an autumnal short haul jaunt can find the veil of summer lingering on across Europe, making this a favourable time to discover its timeless charm, spectacular shorelines, and archaeological treasures. Venture a little further afield for a healthy dose of winter sun to palm-

fringed beaches and off the beaten track adventures that create the perfect balance of relaxation and exploration.

Get in touch to discover my pick of grown-up hideaways and places to spend doing exactly what you love, with you who love.



NEVER A WASTED JOURNEY

Contact Dan for expert advice
and to book on: 01245 984 549
www.neverawastedjourney.com



TRAVEL

Super savings on SPENDING ABROAD

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

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



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



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



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



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



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



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



SLOE & STEADY *wins the race*

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

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

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

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

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

How to make sloe gin

Ingredients:

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

Method:

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





5 Five Steps to a Great Party

As the party season begins, here are a few key things to consider when you are organising a memorable get together.

- 1 Purpose** – What do you intend to achieve? It could be team bonding, a family celebration of life, a 'thank you' event etc. Purpose determines everything else
- 2 Ambience** – Location and setting affects mood and interaction between guests
- 3 Range** of food and drinks. Ensure you cater for different dietary needs. Vegetarian and gluten free options are essential
- 4 Think** about your guest list and how to 'reach' each person so they can fully enjoy the party
- 5 You**, as the organiser, should delegate some key parts of the party to others. So you are free to enjoy and mingle with guests.

Have a fabulous one, Cheers!

Austine – founder, Jerk Station




CALL JERK STATION FOR YOUR CARIBBEAN & AFRICAN FOOD, PARTIES & EVENTS ON 01245 348950

FOLLOW THEM ON @jerkstationChelmsford @JerkstationUK

www.jerk-station.co.uk 51 Duke street, Chelmsford CM1 1JA 01245 348950



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

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

CONTACT US

01277 554045 • www.flyerdistributionessex.co.uk



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

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



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

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

WICKVISION22



HEALTH & FITNESS



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

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

Why is balance important?

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

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

How to improve your balance

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

Single leg lift

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



Single leg lift side version

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



Balance walk

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



HOW TO MAKE YOUR OWN

eyeliner

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

HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

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

HOW TO MAKE EYELINER USING ALMONDS

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

HOW TO MAKE DIFFERENT COLOURED EYELINER

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

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

3. Beetroot to make red eyeliner: Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.

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

EYELINER HACKS YOU SHOULD KNOW

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





Medical facial aesthetics delivering subtle, natural results & skin confidence

3D
Beaulieu Dermatology
Private Dermatology & Aesthetic Clinic



Treatments provided include: Dermal Fillers | PRP Vampire Facelift
Acne Scarring Treatments | and other treatments
All treatments are carried out by a Consultant Dermatologist

To book your treatment or for more information visit www.beaulieuderm.co.uk or email info@beaulieuderm.co.uk | 07733 470 570

20% DISCOUNT OFF ALL TREATMENTS FOR NHS EMPLOYEES



DO YOU WANT TO BE PAIN FREE?

WE SEEK THE UNDERLYING CAUSE OF YOUR BACK, PELVIS, LEG & FOOT INJURIES

JE Scan is our 'Scan and Plan' initiative which makes us outstanding in physical healthcare. The treatments we offer are:

Back and Pelvis Scanning | Sports Injury / Performance
Posture & Scoliosis | Dry Needling Therapy | Sports Massage
Gait & Foot Analysis | Foot Orthotics



QUOTE VISION FOR 50% OFF

COMPETITIVE PRICES, NO WAITING LISTS, BOOK WITHOUT REFERRAL

Tel: 01245 527 124 | Web: www.jecare.co.uk | Email: clinic@jecare.co.uk
89-89a Moulsham Street, Chelmsford CM2 0JF

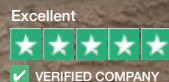
Electric Vehicle Chargepoint Supply and Installation Specialists



**CHARGING
SYSTEMS**



Trustpilot
EV Charging Systems



- Compliant with current regulations
- Local family firm
- City & Guilds Qualified Electricians & EV Chargepoint Installers
- Fully OZEV & Manufacturer Approved
- OZEV grants are still available subject to eligibility

Tel: 01268 710459
Email: info@evchargingsystems.co.uk
Web: www.evchargingsystems.co.uk
@evchargingsystems



W www.rallytec.co.uk
T 01245 362288

- **Servicing & Maintenance**
- **MOTs arranged**
- **Electric vehicle servicing**
- **Classic car servicing**
- **Carburettor setup & balancing**
- **Mechanical repairs**
- **Fault finding & diagnostics**
- **Air conditioning servicing**
- **Suspension & brakes**
- **Cam belts fitted**
- **Performance parts fitted**
- **ASNU injector service centre**
- **Free local collection & delivery**
- **Good Garage Scheme member**

**Electric
Vehicle
Servicing**



MODERN CARS • CLASSIC CARS • SPORTS CARS • KIT CARS
Unit 4, Drakes Lane Industrial Estate, Drakes Lane, Boreham, Chelmsford, Essex, CM3 3BE



MOTORING



TOUR DE FORCE



Photo credit: Magic Car Pics/Shutterstock

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

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

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

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

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

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

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

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

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



APPLIANCE REPAIRS AND SALES

We repair all makes and models

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

New appliances in stock for
same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk

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

Cloudy2Clear, A Local Service With A Smile.

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

values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

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

“All C2C employees operate a strict social distancing policy.”



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

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

HOUGHTONS BUILDING CONTRACTORS LTD

- Blocking Paving ■ Tarmacadam ■ Resin Surfacing
- Graveling ■ Patio Slabs ■ Natural Stone
- Brickwork ■ Fencing ■ Turfing
- Artificial Grass ■ Pressure Cleaning
- All Types of Hard Landscaping Undertaken
- New Roofs ■ Roof Repairs ■ Flat Roofs
- UPVC Fascias, Soffits & Guttering
- UPVC Windows, Doors & Conservatories
- All Aspects of Home Improvements Undertaken

- ALL WORK GUARANTEED ■ NO DEPOSITS
- FREE ESTIMATES ■ FULL PUBLIC LIABILITY INSURANCE

FREEPHONE: 0800 292 7185 ■ Office: 01621 834 464
Mobile: 07568 971 279

houghtonsbuildingltd@icloud.com ■ www.houghtonsbuildingcontractorsltd.co.uk

1 Office Lane, Little Totham, Maldon

Company Reg No. 12122545



Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our
**25
YEAR
GUARANTEE**

**“I really liked the fact
that they were a local
community run business”**

Janet Beard



**We are a
Which?
Trusted Trader**

Social distancing in operation

Faulty locks, handles or hinges?



**Priority freephone
0800 61 21 118**

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money



Beautiful BULBS

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

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

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

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

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

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

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

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



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

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

Phipps
landscapes





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

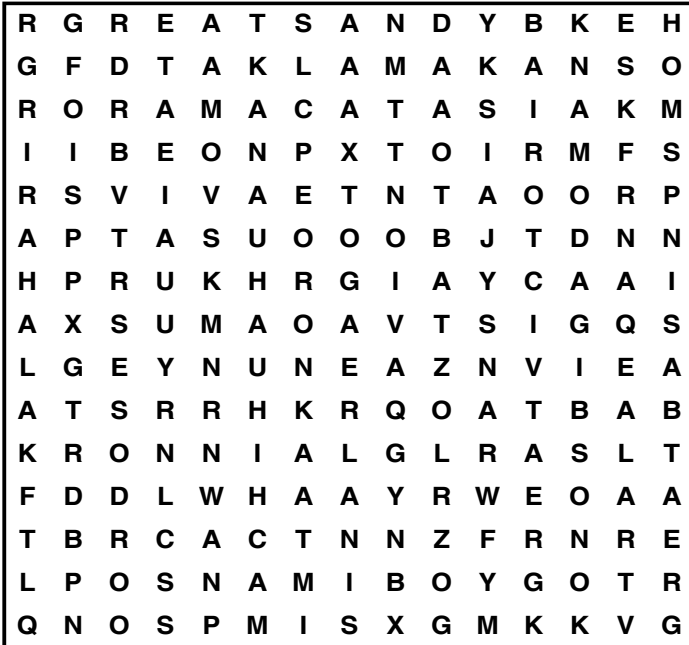
King & Co The Tree Nursery, Dunmow Rd, Rayne, Nr Braintree CM77 6WF

**King & Co**
The Tree Nursery



PUZZLES & TRIVIA

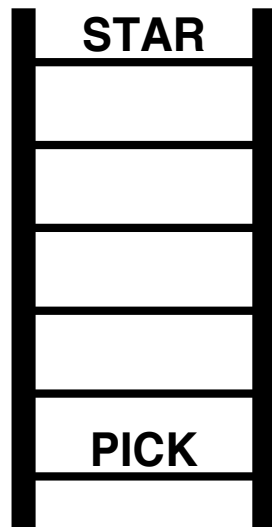
- ▶ ARABIAN
- ▶ ATACAMA
- ▶ CHIHUAHUA
- ▶ GIBSON
- ▶ GOBI
- ▶ GREAT BASIN
- ▶ GREAT SANDY
- ▶ GREAT VICTORIA
- ▶ KALAHARI
- ▶ KAVIR
- ▶ KYZYLKUM
- ▶ MOJAVE
- ▶ NAMIB
- ▶ ORDOS
- ▶ PATAGONIAN
- ▶ SAHARA
- ▶ SIMPSON
- ▶ SONORAN
- ▶ SYRIAN
- ▶ TAKLAMAKAN



DID YOU KNOW?

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

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



Would you like to work for the Team of the Year?

- Care in the Community
- Part-time and fixed contracts
- Private, person-centred care
 - Excellent rates of pay
 - Full Training Provided

01245 200780 / 07399 427398
www.homeinstead.co.uk/chelmsford/vacancies



HAVE YOU MADE YOUR WILL?

Do you and your family have the peace of mind of an up-to date Will, or a Power of Attorney for yourself or your parents, or Legal Guardians for your children under 18?

My professional services for arranging personally-tailored Wills, Powers of Attorney, Probate and expert guidance on Inheritance Tax and Care Home Fees, are offered to applicants on a fixed fee basis, regardless of consultation time and number of visits.



MARTIN ENGLEMAN AIPW AFPC
 Qualified Member of the Institute of Professional Will Writers ~ Certificate in Mortgage Practice & Equity Release, Chartered Insurance Institute ~ Diploma, Personal Finance Society

Please visit www.businessadvisoressex.co.uk for more detailed information, then call me for a fixed fee quotation and free advice

Please note that weekend meetings are offered at no extra cost

Office: **01268 761022**
 Mobile: **07901 948745**
 1 Nesbit Close, Wickford,
 Essex SS12 0PT

ENGLEMAN WILLS
+ POWERS OF ATTORNEY + PROBATE

Get Your Oven's Sparkle Back

AS SEEN ON TV



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

“I've had Mark clean my oven before and I wouldn't want to go to anyone else. Very personable, helpful and does a sterling job.”

★ Trustpilot
 ★★★★★

Call Mark & Daise or go online for your FREE quote

07757 213947
ovenclean.com

ovenclean
 — LESS GRIME. MORE TIME —

THE VISION LISTINGS

ACCOUNTANTS

WIS ACCOUNTANCY

Your chartered accountant can reduce your tax bill, help your business growth, and keep you compliant with HMRC. Call us 020 3011 1898 or visit us www.wisaccountancy.co.uk

BUILDING SERVICES

RJ EVANS ROOFING

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

ADDSpace LONDON LTD

We provide a high quality Building service. Extensions, lofts and internal renovations. Members of Federation Master Builders. Call 01245 527097

HOUGHTONS BUILDING CONTRACTORS LTD

All work guaranteed, no deposits, free estimates, Public liability insurance. FREEPHONE 0800 292 7185 | 01621 834464 | 07568 971279 | www.houghtonsbuildingcontractorsltd.co.uk

JOIN THE LISTINGS...

for just **£15** +VAT per month

CAR GARAGE

RALLYTEC

est. 1981. Performance Tuning & Carburation Specialists. Modern, Classic, Sports, Kit Cars. Unit 4, Drakes Lane Ind. Estate, CM3 3BE. 01245 362288 | www.rallytec.co.uk

CARPET & UPHOLSTERY CLEANER

CP CARPET CLEANING

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

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

WCS

Window Cleaning, Carpet Cleaning, Contract Cleaning, Gutter & Fascia Cleaning, Patio Cleaning, Coronavirus Anti Fogging, Fully Insured. 07907 121702 | 07710 049885

FINANCIAL SERVICES

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

GAMEPLAN FINANCIAL

Mortgages, Life Insurance, Fracture Cover, Critical Illness, Income Protection, Business protection. Contact Ben on 07921 500455 | ben.coleman@gameplanfinancial.co.uk

FISHER JONES GREENWOOD SOLICITORS

Offices across Essex and London. Chelmsford Office – 16 Baddow Road, Chelmsford, CM2 0DG 01245 673741 | www.fjg.co.uk | enquiry@fjg.co.uk

ENGLEMAN WILLS

Personally tailored wills, powers of attorney, probate, guidance on inheritance tax & care home fees. 01268 761022 | Mobile: 07901 948745 | www.businessadvisoressex.co.uk

FIREPLACES & STOVES

GATFIRE

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

FLOORING

FISHPOOL FLOORING

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

CARPETS DIRECT

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

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

GATES & RAILINGS

STEEL BOUTIQUE ESSEX

Made to measure gates, railings, handrails & more, designing, manufacturing & installing high quality, hand crafted, metal-work. 07967 208875 | info@steelboutiquessex.com

GARAGE DOORS

GAROLLA ROLLER SHUTTER DOORS

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

THE VISION LISTINGS

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 | hipps@mail.com

KING & CO TREE NURSERY

Gain instant privacy with our mature tree and hedging plants. 01376 340 469 | www.kingandco.co.uk | Dunmow Road, Rayne, Braintree, CM77 6WF

HANDYMAN SERVICES

MOWBREY PROPERTY SERVICES (MPS)

Fully insured. 25+ years experience. General maintenance, locksmith, door hanging, interior painting, carpentry, mastic sealant/waterproofing, gardening. Call 07832 253154

OVEN CLEANER

OVENCLEAN CHELMSFORD

Ovens, Hobs, Filters, Grills, BBQs, Ranges, Extractors, AGAs, Microwaves. Call Mark & Daisie or go online for your FREE quote 07757 213947

PAINTING & DECORATING

JRS PAINTING SERVICES

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

PLUMBING & HEATING

LKG DAUGHTERS

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

ROOFING

JIM BARR ROOFING

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

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

TREE SURGEONS

MONTROSE TREES

Trusted Tree Specialists. Tree planting, Crown Reductions, Hedge Trimming, Re-wilding, felling, reports and surveys. 01702 343386 | www.montrosetrees.co.uk

TV AERIAL & SATELLITE SERVICES

ANDYS AERIALS

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

WEBSITE DESIGNER

LADY CORNISH WEBSITE DESIGN

Affordable, high quality, new and refreshed websites for small businesses. Enquiries to mel@ladycornish.com or visit www.ladycornish.com

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

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

EZ 2 OWN

Your local experts for entrance doors, replacement windows, garage doors, patio doors and conservatories. Please call for a free quote or information pack. 01245 835011

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

To advertise call Nik on 01245 527071

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL 01245 527071 TODAY

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



**Why not refurb your
existing conservatory?**

TOTAL FIX



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



FREE Quotes & Expert Friendly Advice

Call: 01245 830370

or 07958 903 275

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

