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OCTOBER 2022

Editor's notes...



Nik Allen, Editor

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

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

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

You will all have your own memories and anecdotes of the Queen. And to reflect in these weeks after her passing feels so therapeutic and so important. For me personally, as a royalist, the Queen was a reassuring constant in a world of incredible and often terrifying change.

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

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

Nik Allen

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HM QUEEN ELIZABETH II

Farewell

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

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

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

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

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

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

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

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

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

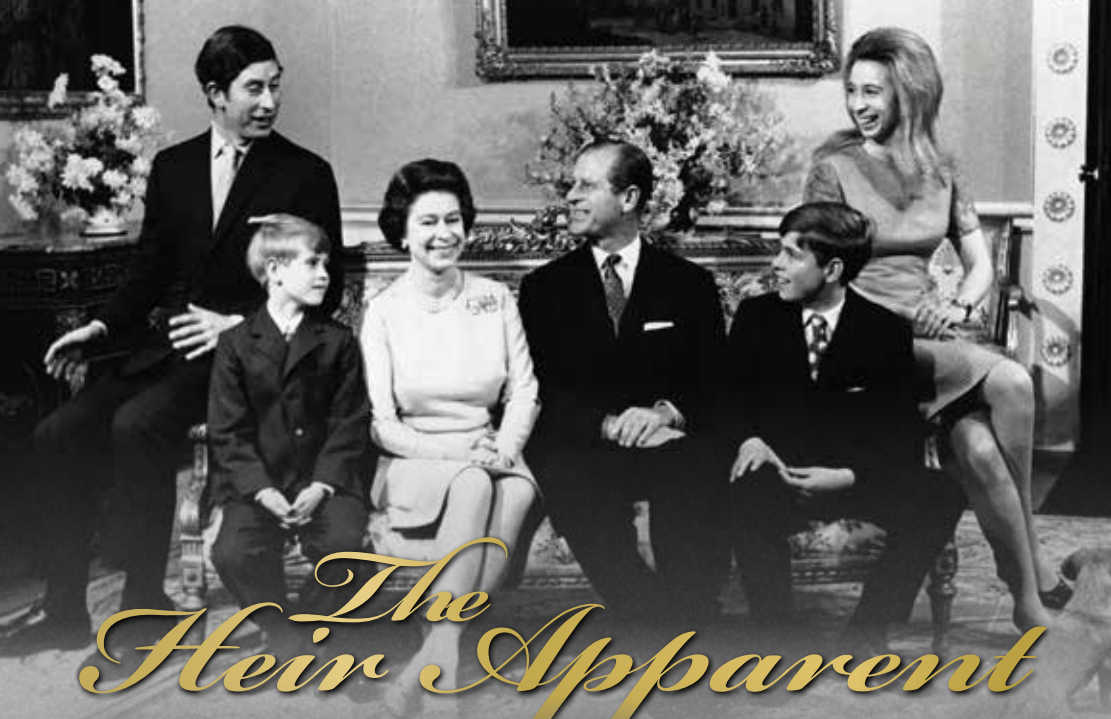
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

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

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

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

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



The Heir Apparent

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

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

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

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

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

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

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

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

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

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HOME & DIY

mood-boosting HOUSE PLANTS

Do you suffer with low mood in the winter months? Then a few well-placed plants could be just what you need to lift your spirits and put a smile back on your face.

PEACE LILY: As the name suggests, the peace lily brings an aura of calm and tranquillity to your home. It is also highly effective at improving air quality, which can make you feel better both physically and mentally. Place in a warm room but away from direct sunlight.

LAVENDER: Lavender is known for its soothing properties and is the perfect plant for relieving stress. Place in your bedroom or in a home office and see all your worries wash away. Lavender loves the light and requires regular watering.

SNAKE PLANT: Not only does this plant look great, but it can also help to boost your mood owing to its ability to pump oxygen into your home. Easy to care for, the snake plant is ideal for people who suffer with allergies as it can help to lessen the impact of airborne allergens like dust and dander. Place on a sunny windowsill.

ENGLISH IVY: If you struggle to fall asleep at night, then this is the house plant for you. English ivy contains properties that can help to prevent restlessness and help you drift off to sleep more easily. It also absorbs mould in the air. Place in a sunny spot in your home and make sure its soil remains slightly dry.

ALOE VERA: Aloe vera has multiple health benefits, including the ability to treat acne, soothe inflammation and hydrate dry skin. On a spiritual level, this plant is known to ward off negative energy and cleanse space. Position in bright but indirect sunlight for best results.





Spruce up YOUR HOME

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

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

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

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/160°C fan/gas 4 for half an hour.

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

YOU WILL NEED

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

INSTRUCTIONS

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



Photo credit: www.wikihow.com

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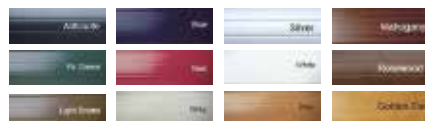
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LOCAL NEWS

from your neighbourhood



Photo credit: Essex Police

Man jailed for life for murdering Canadian girlfriend

A Chelmsford man who admitted murdering his Canadian girlfriend has been jailed for life and will spend a minimum of 23 years and six months in prison.

Jack Sepple, 23 (pictured left), of Tennyson Road, previously appeared for a trial preparation hearing at Chelmsford Crown Court on September 7 and entered a guilty plea for the murder of 19-year-old Ashley Wadsworth (pictured inset).

He was sentenced at the same court on Monday, October 10.

Ashley had moved to Chelmsford in November 2021 after meeting Sepple through a dating app, but relatives say she had begged them for a ticket home after Sepple began to behave abusively.

In a statement, a spokesperson for Essex Police


said: "Jack Sepple was arrested after officers were called to an incident in Tennyson Road on Tuesday, February 1, this year.

"During that incident, Ashley, who had moved to the UK from Canada to be with Sepple, had sustained a number of stab wounds and despite the best efforts of medics, she was pronounced dead. Sepple was subsequently charged with murder."

After Sepple pleaded guilty in September, Detective Superintendent Scott Egerton said: "At the very least, today's plea means Ashley's family will be spared the heartache of having to sit through a trial."

At Chelmsford Crown Court last month, Ashley's father Ken Wadsworth said: "Jack, you need to know and accept the brutality of what you've done and the never-ending pain you've caused my family."

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Chip shop shares concerns over cost increases



Photo credit: Paul Robinson

Robinson's Fish and Chips, a popular takeaway on Moulsham Street in Chelmsford, is one of many businesses struggling with rising costs.

Owner Paul Robinson said that following the Russian invasion of Ukraine in February, the prices of gas, electricity and food have increased.

He said: "I've been in the business for 30-odd years, my family has been in it for 120-odd years, and it's unprecedented how much everything has gone up.

"There is nothing you can do about it, and not really any light at the end of the tunnel."

Although the government recently introduced an energy price guarantee limiting fees, this does not apply to those on a fixed-term energy tariff such as Paul, whose deal expires in April 2025. To save money, Paul has started reducing working hours and has turned off fridges and freezers.

He added: "At the end of the day, we haven't reduced the quality of our food; we keep things nice for the customer.

"I think it's important people support their local independent businesses, because at the end of the day, they are the ones that need the most support."

Homeless shelter awarded £20,000 to expand capacity

CHESS Homeless, a Chelmsford charity which supports individuals who are homeless, in temporary accommodation or sofa-surfing, has recently expanded its night shelter on New London Road from 32 to 66 beds.

The expansion was possible thanks to a £20,000 grant from Colchester-based Provide Community, a community interest company aiming to deliver a range of health and social care services across Essex and East Anglia.

According to data from the government, there were 881 individuals in Chelmsford deemed as either being threatened with homelessness or already homeless.

Robert Saggs, CEO of CHESS Homeless, said: "This project was always an opportunity for CHESS to help more vulnerable people, but we did not have the accommodation.

"Since then, we have been able to increase the property portfolio from six to 13 houses, and 32-bed spaces to 66-bed spaces.

"We now have a full-time staff member that is tasked with setting up daytime activities with clients that include training, workshops and trips out that enable our clients to have a better outlook on life and give them a greater opportunity to succeed."

Find out more at chesshomeless.org

Hedgehog mural kicks off wildlife campaign

A wall mural of a hedgehog has been painted at High Chelmer Shopping Centre in Chelmsford to launch Essex Wildlife Trust's latest campaign.

Painted by David 'Gnasher' Nash, the mural was completed on September 30 to mark the launch of Nature Neighbours, a new initiative focusing on protecting vulnerable species, including hedgehogs, during the colder seasons.

The mural also seeks to remind the public that wildlife lives within urban landscapes, not just within nature reserves and rural areas.

Hedgehog numbers have declined by about 30 per cent over the past decade, and a contributing factor to this is the fragmentation of their habitat.

The Essex Wildlife Trust is urging households to create 13cm x 13cm 'hedgehog holes' in their garden fences to allow the animals to travel between gardens.

Bailey Tait, campaigns officer for Essex Wildlife Trust, said: "We are excited to launch our latest campaign, Nature Neighbours, to help raise awareness of vulnerable species over the winter.

"We need to lend a helping hand to wildlife in need, and this campaign can help us all do that."

Find out more at www.essexwt.org.uk/get-involved/campaign/nature-neighbours



Photo credit: Essex Wildlife Trust

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Man pleads not guilty to murder of father



Photo credit: Essex Police

A man has pleaded not guilty to the murder of a Chelmsford father who was killed in his own home. Marek Hecko, 25, was arrested in July and charged with murder, as reported in the August 2022 edition of **VISION** Chelmsford Beaulieu. He appeared at Chelmsford Crown Court on September 23, where he entered a not guilty plea, and a trial has been set for Chelmsford Crown Court for February 12, 2023.

Adrian Ellingford, 44 (pictured above right), was seriously assaulted at an address in Nelson Grove, Chelmsford, in the early hours of Monday, July 25. Despite the efforts of paramedics, he was sadly pronounced dead at the scene.

An Essex Police spokesperson said: "An investigation was launched by Kent and Essex Serious Crime Directorate and on July 28, a man was charged with murder in connection with this investigation."

In a statement, Mr Ellingford's family said: "Our hearts are broken. Adrian is, and always will be, a much-loved husband, father, son and brother. He has been taken from his family and friends far too soon."

"While we try to come to terms with our sudden and devastating loss, we as the family ask for privacy."

Two luxury travel companies nominated for award

Two Chelmsford-based companies have been nominated for the prestigious Luxury Seller of the Year Award in the Aspire Awards 2022.

Dan Salmon, through his company Never a Wasted Journey, offers bespoke and luxury services to those looking to book holidays abroad.

He has previously won Aspire's Travel Adviser of the Year in 2021, and Luxury Travel Designer of the Year in both 2019 and 2020 in the TTG Luxury Travel Awards and Carrier Awards respectively.

A review by Tyrone Mings, who plays football for Aston Villa and England, said: "Superb service from Dan at Never a Wasted Journey."

"He organised a last-minute trip for me to Paris, with

a personal hotel suggestion and VIP tickets to Moulin Rouge. Super easy and very professional!"

Julie Harrison from Bespoke Luxury Travel is also up for the award.

One review of her services said: "Just a quick note to say many thanks for all your support in securing us a wonderful holiday – hotel, location and room were all fantastic."

The Aspire Awards celebrate the achievements of staff in the high-end travel sector. The awards ceremony will take place in London on December 12.

School improves with Good Ofsted inspection

A Chelmsford special school has achieved a Good Ofsted rating just four years after being rated as Inadequate.

The inspection of The Belsteads School, which caters for pupils with social, emotional or mental health difficulties, was carried out between June 21 and 23, with the report being released last month.

The report stated that pupils feel they are a part of a community where they are valued, that feedback from parents and carers is overwhelmingly positive, and incidents of bullying are rare.

A new leadership team, including a new headteacher, joined the school in 2020 and the report recognised the positive impact this had on the students.

Headteacher Erica Barnett said: "I am delighted with the Ofsted judgement and can't thank our team at school enough for believing in my vision and for always putting our young people at the heart of everything we do."

Dame Anna Hassan, the chair of governors, said: "This recognition from Ofsted is well deserved. Ms Barnett has shown great leadership qualities in securing this positive outcome."

"The team she has put together over the last two years has had a huge impact and their dedication to ensuring positive outcomes for the students has been clear to see."



Photo credit: The Belsteads School

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VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS

There have been many words written about the events surrounding the deeply moving State Funeral. Some readers will have travelled to London to pay their own respects, but as others will have been unable to do so, I thought I might share my own reflections.

The week before the funeral, from early morning until late in the evening, every pavement around Westminster was deep with crowds. Each time I passed, I saw gentle gestures of kindness from stranger to stranger, giving support to others. Police and St John Ambulance volunteers, as well as service men and women, flocked from across the country to help out.

On Monday evening, as His Majesty's Minister for Development, I left London, arriving early in Nairobi on Tuesday for the inauguration of the new President of Kenya. All overseas travel had been cancelled during the mourning period, but Kenya is an important sister country of the Commonwealth and the place where Her late Majesty first became Queen. We felt that she would have liked to be represented at this important time to them.

Before catching the last overnight flight home, I had a quiet cup of tea with the Archbishop of Kenya. I learnt about the extraordinary work that he and others have done behind the scenes over recent months to urge for calm during their recent election.

On Wednesday, September 14, Her Late Majesty's coffin was brought to Westminster Hall for the Lying-in-State. Late in the evening, I joined mourners in Westminster Hall to pass by the catafalque on which her body was laid. I cannot begin to describe the love, the faith, the emotions of this space. As I turned and curtsied, I was aware of the elderly veteran on my side, so strong wearing his beret and medals, but with tears rolling down his face. We held hands, faced forward and walked through the remainder of the hall hand in hand, holding our tears together.

This was a deeply emotional time for many heads of state from overseas. I was struck by how often I was told of occasions when the Queen wrapped a loving arm around women leaders across the globe. I hope that in the weeks, months and years ahead we will all be able to continue her legacy of bringing people together in peace.

New director of care at hospice

Local resident Ellie Miller (pictured left) has been appointed as the new director of care for a Chelmsford hospice, which is celebrating its 40th anniversary this year.

Farleigh Hospice provides free care to those affected by life-limiting illnesses across mid Essex, caring for 245 patients every day and making an average of 1,000 home visits every month.

Ellie said: "I am driven by providing high-quality care and the best patient experience, so I am delighted and extremely proud to be joining Farleigh Hospice.

"I will be leading the teams responsible for the delivery of excellent palliative and supportive care to our patients and their families in mid Essex."

Alison Stevens, Farleigh's chief executive, said: "I am delighted to welcome Ellie Miller to Farleigh Hospice as our new director of care.

"Ellie brings with her a wealth of valuable knowledge and experience, gained from a 30-year career in nursing and working in a similar role in local hospice care for almost five years."

To donate or to find out more, call Farleigh Hospice on 01245 457408 or visit its website at www.farleighhospice.org

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Photo credit: Farleigh Hospice

Purrfect PETS



LOOKING BACK AT THE HISTORY OF DOMESTICATED CATS TO CELEBRATE NATIONAL CAT DAY

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

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

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

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

the farmers were delighted with their easy pest control system.

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

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

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

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



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So how did it all begin?

George Cadbury, who died 100 years ago this month, was just 21 when he and his brother took over their father's Birmingham-based cocoa business. The family were Quakers and believed hot cocoa drinks were a great alternative to alcohol. But George's father was ill and business was going from bad to worse.

However, the brothers quickly turned things around.

In 1878, they moved to the countryside outside Birmingham and built the Bournville factory.

George wasn't just a good businessman; he strongly believed that all working people had the right to a decent home and a good education, whatever job they did. So on land near the factory and at his own expense, George built Bournville village, which had shops, churches, 300 homes, a Quaker meeting hall, and plenty of open space.

It was at the new factory that George developed the original Dairy Milk bar in 1905. It had the distinctive purple wrapper, even back then. And, of course, it was Bournville village that gave its name to Cadbury's dark chocolate bar, first sold in 1908.

The Cadbury company is now owned by Mondelez International and its chocolate is manufactured in more than 180 countries. But Bournville is still at the centre of its operations and produces almost all its Dairy Milk bars.



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A Lady TO THE LAST

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

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

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

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

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

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

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

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

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

A job well done, Ma'am.



INTO PLUMBING AND HEATING EXPAND THEIR OFFERING ACROSS CHELMSFORD AND ESSEX

Award-winning heating and plumbing experts, Into Plumbing and Heating, continues to expand their service and repair plans to more areas across Chelmsford and Essex

The team at Into Plumbing and Heating is staying true to the goal of meeting the plumbing and heating needs of commercial and residential clients in different parts of Essex as the renowned company continues to reach out to more customers across the area. In a related development, Into Plumbing and Heating has taken its care plans and boiler repair across Chelmsford and throughout Essex while ensuring the company's service plans reach all customers in and around Chelmsford.



One of the major challenges faced by millions of families and even businesses in different parts of the world is getting their plumbing system fixed, especially following a sudden fault. The situation is not particularly different for the people of Essex and surrounding areas, which is where Into Plumbing and Heating has been helpful for over 15 years, as substantiated by the continuous expansion of the service offerings.

Into Plumbing and Heating offers a wide range of quality yet relatively affordable solutions, including emergency response service and installation and maintenance to ensure businesses and families get their space back in the shortest possible period. The boiler service by the gas-safe registered company helps customers enjoy quality boiler breakdown repairs and the servicing of heating systems without breaking the bank.



The Essex-based company also offers care plans to cover boiler, central heating, plumbing and other related issues in a professional and timely manner.

Other categories of services offered by Into Plumbing and Heating include bathroom installation, blocked drains, boiler installation, washing machine and dishwasher installation, radiator repair, installation or relocation, and annual boiler service, covering areas as far as Brentwood, Grays, Braintree, Rayleigh, Maldon, Southend-on-Sea, Basildon and Canvey Island.

For further information about Into Plumbing and Heating and the range of award-winning services offered, visit – www.intoplumbingandheating.co.uk. Into Plumbing and Heating can also be found across other online platforms, including Facebook, Checkatrade and Trustpilot



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Whipping up a STORM

THE NAME GAME BEHIND OUR TURBULENT WEATHER SYSTEMS

The naming of storms in the United Kingdom is a relatively new phenomenon, with the first, Abigail, being credited on November 10, 2015.

New names have recently been announced for 2022/23. As usual, a cross section is being chosen to reflect the country's diversity, although many of the names never actually get used – the Met Office resets in autumn, meaning the chances of a late-alphabet letter being used are slim.

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

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

However, personifying a storm, in a psychological sense, makes it a more real incident to prepare for.

The system clearly works – 98 per cent of people inside a red warning area were aware of the intense Storm Eunice, which hit Europe in February 2022, with 91 per cent of that figure making sure to protect their business, property or themselves.

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

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

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

HOW TO MATCH TRAINERS WITH *jeans*

You may think that you can't put a foot wrong when it comes to pairing jeans and trainers, but sadly this is not the case. If you want to rock your favourite denims and your much-loved trainers, you need to make sure you are getting your combos right.

HIGH-TOPS: From Adidas to Nike, Converse to Reebok, all your favourite trainer brands have their own high-top offerings. A timeless trend that provides both comfort and an edge of cool, pair with wide-leg ecru jeans and a simple tee for a laid-back look. Alternatively, wear with a cropped flare jean for casual daytime chic or with a sleek pair of skinny jeans for a more glam vibe.

WHITE PLIMSOLLS: Classic and understated in their design, everyone should have a pair of white plimsolls in their wardrobe. Wear with your much-loved skinny jeans, slightly rolled up if you wish, or with wide-leg white jeans for an instant nautical vibe. Avoid pairing with bootcut varieties.

DAD TRAINERS: One of the most versatile styles of trainers and enjoying a resurgence at the moment in the fashion world, dad trainers work well with mom jeans, straight-leg jeans and wide-leg jeans alike. Opt for stonewashed jeans for the very epitome of daddy cool.

CHUNKY TRAINERS: Unlike dad trainers, which are more vintage in their design, chunky trainers tend to reflect current trends in footwear. Ideal for rocking with super baggy boyfriend jeans, ripped jeans and straight-leg varieties, throw on a graphic tee and an oversized card and you are good to go. Chunky trainers should never be seen with skinny jeans as this can result in the dreaded clown feet look.



Photo credit: ASDS.com

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HOW BREWDOG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

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

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

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

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

alcoholic staples that had fuelled generations of factory workers, miners and engineers.

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

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

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



ON THE MOVE



HERE'S A CHECKLIST OF QUESTIONS YOU NEED TO ASK WHEN VIEWING A HOUSE

Buying a house is one of the biggest purchases you'll ever make. And, as with any big purchase, you'll want to do a lot of research before you make an offer.

As you view different properties, be prepared to be nosy. A house may seem perfect on the outside, but asking the right questions will help you decide if it's the right house for you. Keep this checklist of questions in mind when going to viewings.

✓ HOW LONG HAS IT BEEN ON THE MARKET?

If a house has been on the market for a while, there could be a reason why buyers haven't snapped it up. It could also be a sign that the house is overpriced, putting you in a good position to come in with a lower offer.

✓ WHY ARE THE SELLERS SELLING?

There are a lot of reasons why someone might sell their house. If someone has only lived in the property for a short while, it could be a red flag that something isn't right with the home or the area.

On the other hand, someone who's been in the house for many years might be more interested in selling to a family or someone who will enjoy the house, rather than someone who's looking for an investment or development opportunity.

✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

Buying a freehold property means buying the property and the land it is built on. When you buy a leasehold property, you own the property but

not the land – which is retained by the freeholder. Understanding which one applies to the property could impact your decision to buy.

✓ IS THERE A CHAIN?

Being stuck in a chain could mean you have to wait a long time before you can move into your house. Find out what the buyer's situation is to help you decide whether to go for the property or to keep searching.

✓ WHAT IS THE AREA LIKE?

It's important to research the area you're buying in. Feel free to ask about the neighbourhood, shops, pubs, schools and so on.

✓ WHAT DO THE UTILITIES COST?

With living costs on the rise, it's wise to ask about the property's running costs. Find out what the utilities and council tax are and don't forget to ask for the property's Energy Performance Certificate.

✓ WHAT'S INCLUDED IN THE SALE?

Some sellers include items like furniture and white goods as part of the sale. Ask what is included – there may be room for some negotiation to keep some of the property's existing items and save yourself some money.

When you're checking out a property, feel free to ask as many questions as you want to help you feel confident in your decision. You'll be glad you thought of everything when you sign on the dotted line.

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Mind your Language

Due to technology and the media, our world is like a small village, with culture and food cutting across continents. Yet although we (allegedly) share the same language, the UK and US have totally different words for the same food items. Here are six common ones that might interest you:

Arugula – This is the same as our **rocket**, the delicate, peppery-flavoured leaf we so love in our salads.

Eggplant – Think **aubergine** (which is actually a French word).

Cilantro – Adapted from the Spanish word for **coriander**, this is the preferred name in the US. Coriander is also known as Chinese parsley.

Cookies – This means our **biscuits**, and not just the chocolate chip cookies. Meanwhile American **biscuits** are our **scones**. Confused? You and me both!

Fries – You've probably heard about their **fries** and our **chips**. Most of us know this refers to the popular potato slices that often come as a side with a burger or fish meal. What is perhaps less known is that when the Americans say (plantain) **chips**, they are actually referring to **crisps**...

Enjoy your meal, whatever you end up with :-)

Austine – founder, Jerk Station

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A dish fit for our Queen's coronation

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

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

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

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

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

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

Coronation chicken recipe

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

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

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





PUZZLES & TRIVIA

PUZZLES

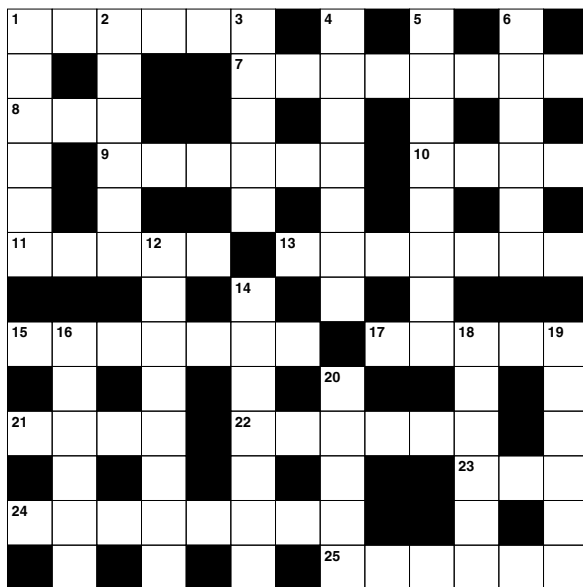
Answers: see end of The VISION Listings

ACROSS

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

DOWN

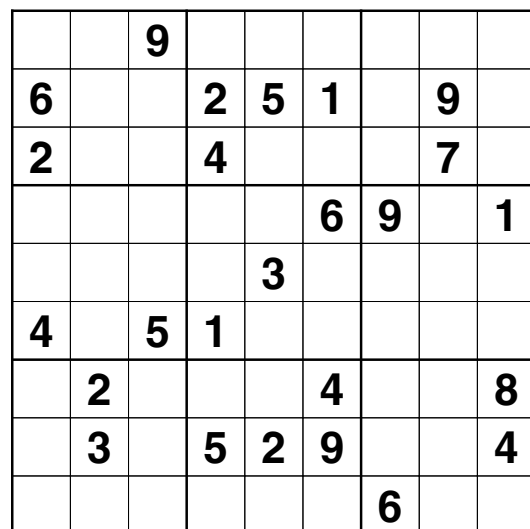
1. Majestic; wonderful (6)
2. Devastating blow (6)
3. Small particle (5)
4. Cloudiness (7)
5. E.g. Steven Spielberg (8)
6. Sheep known for its wool (6)
12. Going inside (8)
14. Omission of a sound when speaking (7)
16. Special rewards (6)
18. Frankly (6)
19. Intense dislike (6)
20. Submerged ridges of rock (5)



DID YOU KNOW?

- ▶ Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- ▶ Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- ▶ Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- ▶ If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- ▶ In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

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YOUR GUIDE TO visiting Antarctica

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

WHY VISIT?

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

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

WHEN TO VISIT

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

WHAT YOU WILL SEE

Besides the stunning landscapes, Antarctica is home to some of the world's most fascinating

creatures. See penguins, albatrosses, whales and more in their natural habitat – a truly spectacular experience.

WHAT TO PACK

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

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

WHAT TO DO

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

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

Could a visit to Antarctica be on the cards for you in 2022 or 2023?





High volume hairstyles

SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

Do you suffer with fine, limp or thin hair? Then these volume-boosting hairstyles are just what you need to add a little oomph to your locks.

Asymmetrical bob

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

Messy lob

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

Tousled loose waves

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

Textured pixie

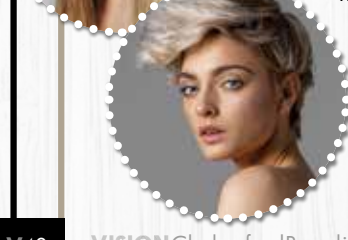
For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

Heavy fringe

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

Vintage pompadour

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



Feel confidence in your skin

Beaulieu Dermatology is a private aesthetics and dermatology clinic run by Dr Fatima Awdeh, an NHS qualified consultant dermatologist passionate about helping her patients find confidence in their skin with treatments which deliver subtle and natural results. Dr Fatima works to the highest professional standards, using only the top quality products and has completed accredited training for all treatments that she carries out. You can rest assured that you are in the safest hands!

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

What is normal?

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

How to be breast aware:

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

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

How to check your breasts:

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

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

Breast changes to look out for:

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

When is the best time to check your breasts?

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



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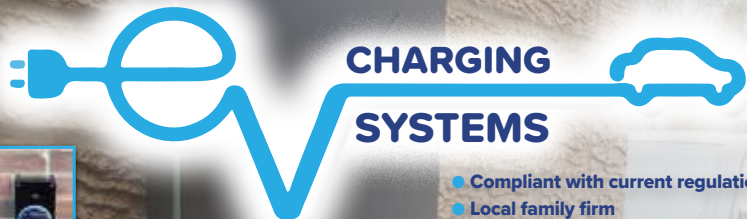
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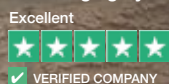
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CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

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

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

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

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

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific – so

much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biala factory, and the car was renamed the Polski Fiat.

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

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

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

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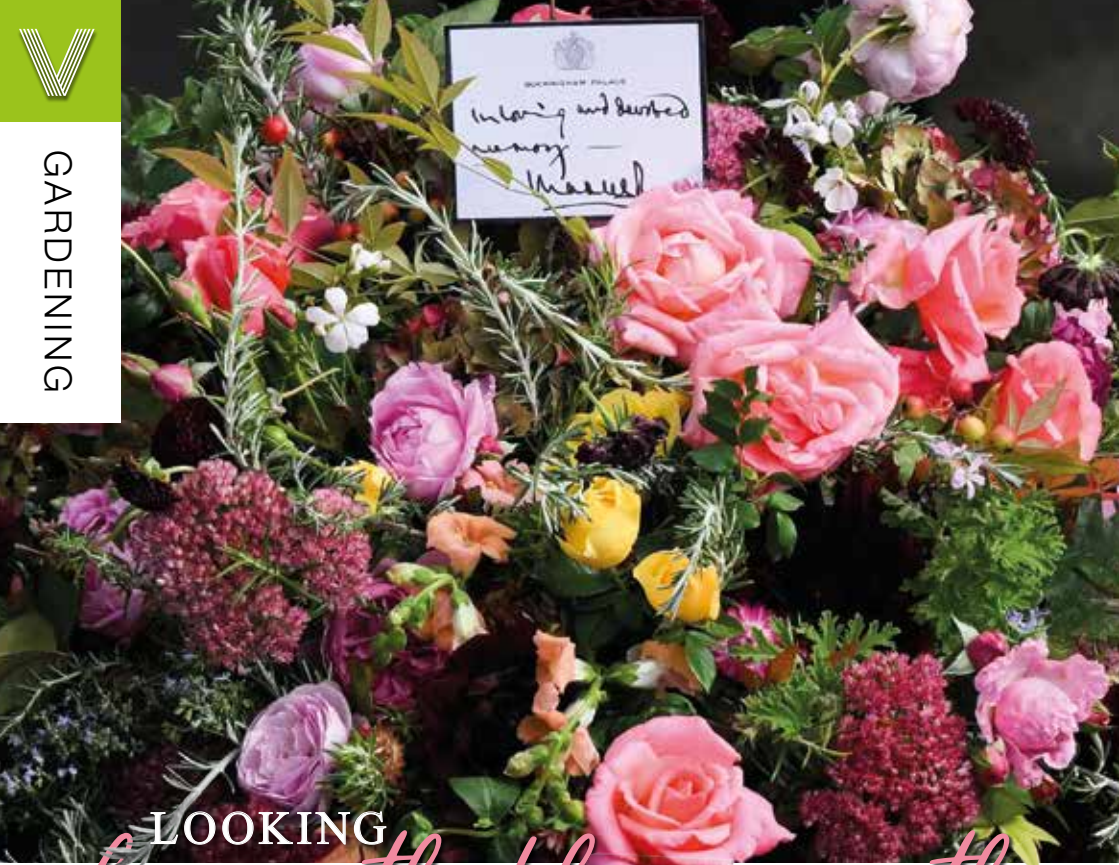


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LOOKING *beneath the wreath*

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

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

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

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

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

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

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

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