

KEW
GARDENS
EVENTS IN
2024

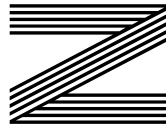
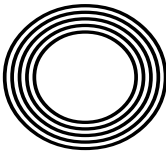
10 KEY
SIGNS OF
BAD HEART
HEALTH

MOTHER'S DAY
How to make a blooming lovely gift

Michelle Keegan
Actress enjoys success of Netflix show

LUKE
LITTLER

Teenage darts prodigy continues to break records



FREE

Photo credit: Ian Stephen/ProSports/
Shutterstock



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

01268 527112 | 01245 207225

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

DOUBLE GLAZING REPAIRS AND REPLACEMENTS

WE FREQUENTLY CARRY OUT WINDOW AND DOOR
INSTALLATIONS AND REPAIRS IN YOUR LOCAL AREA
AND SURROUNDING AREAS



BEFORE



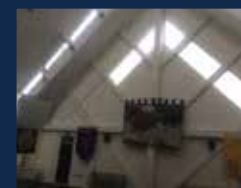
AFTER



AFTER



AFTER



BEFORE



AFTER





FEBRUARY 2024

Editor's notes...



Nik Allen, Editor

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

I hope you have had a great start to the year.

I was recently shocked to learn about the Post Office scandal and the immense suffering it caused. The TV drama has helped to raise awareness of the scandal and has given a voice to those who have been affected by it.

The series recounts one of the biggest miscarriages of justice in British history, where hundreds of subpostmasters were wrongly accused of theft, fraud, and false accounting due to a defective IT system.

Since the series began airing on January 1, more than 100 new potential victims have contacted lawyers. The series has renewed mass interest in the scandal, with more than nine million viewers tuning in so far.

The government is now under pressure to overturn wrongful convictions and deal with compensation, with ex-Post Office boss Paula Vennells agreeing to hand back her CBE in response to public outcry. The series has also prompted a Parliamentary inquiry. It will be interesting to see how this unfolds over the coming weeks.

I hope you enjoy this edition of the magazine - it has something for everyone, whether you're looking for some interior design inspiration or interested in exciting new events to attend in 2024.

Nik Allen

Delivered in Beaulieu Park, Channels, Chelmer Village, Chancellor Park, Springfield and Broomfield every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL FEATURES | 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](#) | [@visionmagessex](#) | [Vision Magazine Essex](#)

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Annabel Stock

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



PRIVATE MRI SERVICE

SELF-PAY PATIENTS

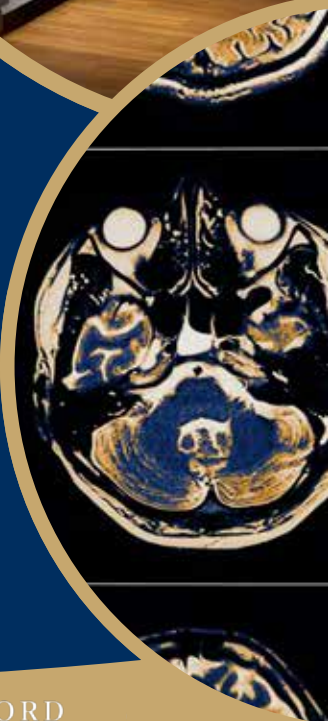
- No referral required
- From £495
- Report within 72 hours
- Appointment within 7 days

PRIVATELY INSURED

We accept all private medical insurance referrals including **AXA, Bupa, Aviva, Vitality, WPA, Cigna and more.**

BOOK TODAY

- 01245 801234
- www.phoenixhospitalchelmsford.co.uk
- Essex Healthcare Park, Gt Baddow
- Free, plentiful parking



PHOENIX HOSPITAL CHELMSFORD

part of Phoenix Hospital Group



MICHELLE KEEGAN: NOBODY'S FOOL

MAKING THE LEAP FROM SOAPS TO SERIOUS DRAMAS IS NEVER EASY, BUT FORMER *CORONATION STREET* STAR MICHELLE KEEGAN HAS TAKEN IT ALL IN HER ELEGANT STRIDE

Most television actresses would be thrilled at winning the Sexiest Female gong at the various soap award ceremonies they are obliged to attend, but for Michelle Keegan – who was awarded the coveted title more times than she cares to remember during her stint on *Coronation Street* – the novelty had worn off.

The beautiful brunette was only 20 when she landed the role of Tina McIntyre on the iconic soap, and over her six-year tenure, became one of the most popular characters of all time. A feisty and dramatic presence in Weatherfield, Tina was at the centre of many pivotal plotlines, featuring everything from lurid love affairs to abortion and surrogacy. And yet, best actress awards always eluded her.

Fans of soap operas will be familiar with the tale of the celebrity who quits at their peak of primetime glory only to flounder in the larger world of showbusiness, but following Keegan's dramatic exit from the cobbled streets of *Corrie*, she has only blossomed into a bigger star.

In 2018, the Stockport sweetheart finally won her TV Choice Awards Best Actress gong for playing Sergeant Georgie Lane in the BBC drama series *Our Girl*, and has since wowed in comedy drama *Brassic* and BBC's *Ten Pound Poms*, which highlights British citizens who migrated to Australia following the Second World War.

However, it's her latest role as the lead in the new Harlan Coben drama, *Fool Me Once*, that

everyone is talking about. Not only is the show itself significant as the latest of the American crime writer's TV adaptations after Netflix acquired Coben's bestselling novels in a multi-million-pound deal, but Keegan herself dazzles throughout the twisty, complex thriller.

In the eight-part series, the 36-year-old actress plays Maya Stern, a military pilot suffering from post-traumatic stress disorder, whose wealthy husband is murdered. That's when things start to get a bit odd – like when, for example, her dead hubby pops up on the nanny cam in her home – and Maya must work out whether she is the one unravelling or if it is part of a larger plot she must uncover.

The success of *Fool Me Once* has meant that

Keegan has gained 132,940 new Instagram followers since the series was released on January 1, and it is estimated that the actress will earn up to £33,900 per sponsored Instagram post. She now has more than seven million followers on the platform – a number that is only set to increase as Keegan's star continues to rise.

Fortunately, Keegan's personal life is blissfully lacking in drama. She has been wed to *The Only Way is Essex* heartthrob, radio DJ and former professional footballer Mark Wright since 2015. The couple recently finished work on their £3.5million dream home in Essex, where, no doubt, they are busy plotting their next foray into entertainment superstardom.

THE WORLD OF KEW

Kew Gardens, home to 50,000 plants, is just a 30-minute Tube ride from central London. But it's not all about flowers!

ORCHIDS AFTER HOURS: Selected Friday and Saturday evenings throughout February 2024

While you wander among vibrant orchid displays in the Princess of Wales Conservatory, enjoy live music and dance from Madagascar (home to 194 orchid species) and experience the local cuisine.

SOUNDS OF BLOSSOM: March 23 – April 14

To boost your wellbeing this spring, take a stroll among the blossom trees while listening to specially commissioned music from London's Royal College of Music.

KEW THE RUN: March 30-31

Run 10km or a half marathon amid the cherry blossom, past the beautiful Palm House and Temperate House. Entry includes two free adult tickets and two children's tickets to the gardens.

KEW THE MUSIC: July 8-14

Enjoy great music and conversation in a stunning setting. This year's performers include Monty Don,

Mika, Passenger, Richard Ashcroft, and JLS. More performers will be announced nearer the time.

KEW'S SUMMER CYCLE: August 1

Cycle around the site and experience an array of entertainment and fabulous food and drink stalls.

THEATRE ON KEW and **KEW THE MOVIES** will also return in August.

CHRISTMAS AT KEW: November 2024 – January 2025

Soak up the holiday spirit amid stunning light illuminations, including the Christmas cathedral and fire garden. There'll be plenty of tasty festive treats – and a visit from Father Christmas, too!

ALL YEAR ROUND

Throughout most of the year, there are organised garden walks, including specialist tours for people with hearing loss, sight loss or dementia. There are also yoga and Pilates classes, art exhibitions, gardening courses, and craft sessions.

Check www.kew.org for details on all events and how to get to Kew.

Photo credit: kew.org, raceconnections.com, kewthemusic.org, RGB Kew via kew.org, Ollie Dixon via kew.org



WE REPAIR BETTER THAN ANYONE OUT THERE

Does your Double Glazing steam up? We replace just the glass and not the frames at a fraction of the cost for new windows

WE SPECIALISE IN DOUBLE GLAZING REPAIRS AND NEW WINDOW & DOOR INSTALLATIONS

Category	Score
Reliability & timeliness	9.86
Value for money	9.86
Cleanliness	9.91
Workmanship	9.86
Average score	9.87

- Upgrade to energy efficient double glazing
- Install secondary glazing to save on energy costs this winter

PROBLEMS WE SOLVE

- ELIMINATE WINDOW CONDENSATION
- BROKEN WINDOW PARTS
- BROKEN GLASS
- SECONDARY GLAZING TO BLOCK OUT NOISE
- FAULTY HINGES
- LOCKSMITHS

INSULATE YOUR HOME

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.

FREE PHONE: 0800 25 45 111
FOR YOUR **FREE** CHECKUP
WWW.MRMISTY.CO.UK



HYDROPONIC PLANTS

everything you need to know

Hydroponics is one of the latest indoor plant trends, providing the perfect way to add greenery to your home without the need for soil or maintenance. Find out everything there is to know about hydroponic plants, with our top picks for the best ones to plant at home.

WHAT IS HYDROPONICS?

This term refers to a method of growing plants in nutrient-rich water as opposed to soil. Enabling you to showcase the beautiful roots of your chosen plants, hydroponic plants grow quicker, require less care and produce greater yields than their soil-growing counterparts.

HOW TO GROW HYDROPONIC PLANTS

1. Choose a plant or cutting.
2. Fill a vase or bowl with spring water or tap water (room temperature) and add plant food.
3. Place the cutting in the vase or bowl.
4. Make sure only the roots are submerged in the water.

HOW TO CARE FOR A HYDROPONIC PLANT

- > Keep your plant in a bright room but out of direct sunlight.
- > Change the water every two weeks, making sure the roots are dangling in it but not fully submerged.
- > Check the water levels every few days to make sure they remain at the correct level.
- > Check the pH levels of the water using a pH tester – a range of 5.5 to 6.5 is suitable for most plants.
- > Add a small amount of nutrient solution or liquid fertiliser, such as ammonium sulphate fertiliser, boric acid or azomite powder.

WHAT ARE THE BEST HYDROPONIC PLANTS?

Spider plant | Lucky bamboo | Pothos plant | Velvet leaf philodendron | Coleus plant | Monstera plant | Peace lily | Arrowhead plant

You can also grow almost any crop hydroponically, but the most common are lettuce, tomatoes, cucumbers, strawberries, and herbs such as basil or mint.



Shop LOCAL

Indoor Market
Tuesday to Saturday

Vintage Market
Thursday at the Indoor Market

High Street Market
Tuesday, Friday, Saturday & Sunday



01245 605716
market@chelmsford.gov.uk
chelmsford.gov.uk/market



STYLEHOUSE SHUTTERS

We fit the highest quality, bespoke, hand-crafted plantation shutters in Essex.

Offering you ultimate style, choice and quality in your home.



Get a no-obligation quote today

CALL: 01277 412178

e hello@stylehouses shutters.co.uk | www.stylehouses shutters.co.uk

t 01277 412178 m 07962 356184 @stylehouse_shutters

FREE QUOTES

JRS PAINTING SERVICES



ALL ASPECTS OF PAINTING WORK COVERED INCLUDING:

DOMESTIC, BOTH INTERIOR AND EXTERIOR
COMMERCIAL
BEACH HUTS

FOR ALL ENQUIRIES, PLEASE CONTACT JAMIE ON:

07712 524 407

JAMIESANDERS273@YAHOO.COM



HOME & DIY

MIRROR on the wall

WHAT NOT TO DO WHEN USING MIRRORS IN THE HOME

When used correctly, mirrors can make your home feel more light, spacious and stylish. However, there are certain pitfalls that you need to avoid when decorating with mirrors. Discover them all below.

MOUNTING ABOVE A FIREPLACE

Although the space above your fireplace may seem like the perfect place to hang a mirror, this only works if the fireplace is 160cm or under. If you have a tall fireplace, then a mirror large enough to fill the space will reflect less desirable elements of the room such as the ceiling, door frame or a bare wall.

HANGING NEAR YOUR BED

Did you know that hanging a mirror opposite your bed can actually disrupt your sleep? A mirror opposite, above or next to your bed will bounce more light around the room, which is not conducive to a restful environment.

PLACING OPPOSITE YOUR FRONT DOOR

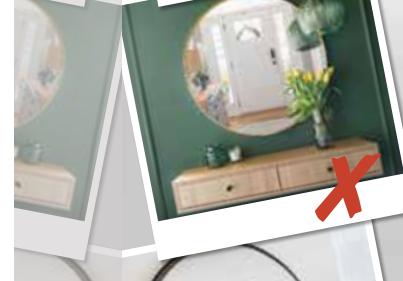
According to Feng Shui practices, placing a mirror opposite your front door is bad luck as it reflects the good energy of the natural world back out of your home. Instead, you should place the mirror perpendicular to your front door.

IN THE KITCHEN

If you are thinking about hanging a mirror in your kitchen, you should know that this is also considered to be unlucky. Furthermore, mirrors in this room can easily become grubby and greasy. For better results, hang mirrors in your dining room.

NOT CONSIDERING REFLECTIONS

When hanging a mirror in your home, you must always think about what it will be reflecting. Ideally, you want a mirror to reflect the natural view outside a window or a beautiful design element within your home. Remember, the purpose of a mirror is to enhance a room, not distract from it.





studio PEAKE

Studio Peake is a London-based design studio run by Sarah Peake, where the old and new are brought together to create beautiful and surprising designs that are full of personality.

With Studio Peake, no two spaces are alike. The aim is to create a space that looks lived in, with details that could have been built up over time. This can provide you with a lot of inspiration for your own home, helping you work with your existing décor to give things a little refresh.

STUDIO PEAKE'S UNIQUE STYLING

Each of Studio Peake's designs is unique and interesting; each project is treated individually, meaning every look has its own personality. The studio says: "Bringing spaces to life involves a playful blending of opposites and an interplay between old and new – a dash of unexpected colour or detailing; that element of surprise."

From patterned curtains and panels to pops of colour, each project is designed to work with the client's personality, ensuring the space is both fun and functional.

A LITTLE PEAK AT STUDIO PEAKE'S STYLING

If you love the Studio Peake aesthetic, you'll be pleased to know it's something you can recreate easily in your own home. Some top tips include:

- Don't be afraid to use colour in unexpected ways. The simplest of accents, from table decorations to lampshades, can help tie different elements of your space together. Muted walls in shades of sage or duck egg look fantastic with some coral red or yellow accents.
- Bring old and new elements into your living space to create beautiful contrasts. Ornate antique furniture with modern accessories such as statement light fittings can help you blend different styles to create a visually appealing space.
- Patterns are a simple way to add interest and bring life to your room. Consider using multiple patterns across your space, such as a wallpapered accent wall, patterned cushions and wall art, to help keep things fun and exciting. Floral patterns are an excellent way of adding a little colour without becoming overpowering.

Studio Peake's style is something that can be built up over time, so keep an eye out for new pieces you can add to your space to create an ever-evolving look that's full of life and personality.



Photo credit: studiopeake.com

**We will write
YOUR WILL
FOR ONLY £49.99^{+VAT}**
Subject to T&C's (£59.99 inclusive)

PARAGON LEGAL SERVICES LTD
*Affordable Excellence Endorsed by
Over 20,000 Satisfied Clients*

Let one of our local professionals offer expert advice and create your Will in the privacy of your home or over the telephone, day or evenings at no extra charge.

**Call Free 0800 0747 642
or 01206 544919**
8am - 10pm weekdays, 9am - 5pm weekends
Call us for a free home appointment and request your free information pack on Wills, Lasting Powers of Attorney, Trusts, Probate and Care Fees.

Regulated by the Society of Will Writers and Estate Planning Practitioners
www.paragonlegal.co.uk

Braiden Plumbing

YOUR TRUSTED LOCAL PLUMBERS

We are a company that works hard to deliver on our promises and we are focused on reliability

• Domestic Work • Commercial Work • Free Estimates • Leaks
• Plumbing Repairs • Emergency Plumber • Bathrooms • Cloakrooms

CONTACT US:
01277 562968
07715 652 840

contact-us@braidenplumbing.com
www.braidenplumbing.com
braidenplumbing.com

CHECKATRADE RATING 9.97/10

City & Guilds
Checkatrade.com
iphe

Storm & Son's Ltd

PAVING & LANDSCAPES

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

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

01245 981 670 07799 628 630
stormandsonspaving@gmail.com
www.stormandsons.co.uk

Chelmsford Property News

As part of our customer service promise, we invest time and energy into helping our clients make informed decisions. Our market reports take an analytical approach in presenting latest insight on the UK property market, with a more detailed focus on the Chelmsford market.

TALK TO US TO LEARN MORE



SALES

northwood

Your local property experts

Zaman & Amina Sheikh

The new owners of Northwood

Zaman and his wife Amina (the real boss!) have recently taken over Northwood in Chelmsford, you can find us on Moulsham Street. As well as Northwood Chelmsford, Zaman is the director of Black Marble Real Estate, a RICS regulated consultancy.

Zaman is a qualified surveyor, with a Law degree, a master's in Real Estate Finance and Investment, a degree in Building Surveying and a Diploma in Conveyancing Law and Practice. Zaman is a RICS Registered Valuer and won the RICS Young Surveyor of the Year in 2022 (Asset Management Category). Zaman has detailed knowledge and understanding of both Residential Sales and Lettings, and Commercial Sales and Leases.

Please feel free to drop an email if you need any help with anything property or real estate related: zamansheikh@northwooduk.com



northwood

We'd love to hear from you at our branch. Get in touch!

Zaman Sheikh LLB (Hons) MSc RICS Registered Valuer
Chelmsford

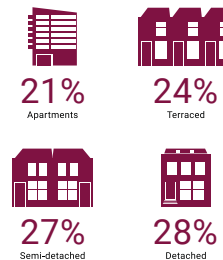
182 Moulsham Street, Chelmsford, CM2 0LG
01245 505288
chelmsford@northwooduk.com



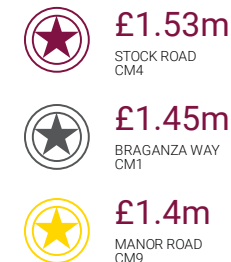
Local market

Over the last 12 full months there have been 3,141 sales in Chelmsford. This is a -34.6% change on the previous 12 month period. The average sales price was £367,745.

Percentage of sales by property type over last 12 months

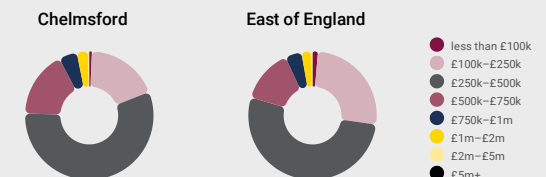


Top 3 transactions last 3 months

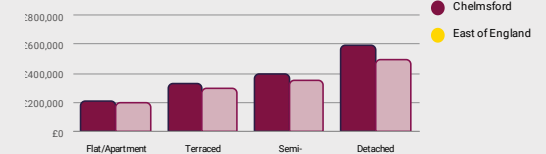


Scan for a fully free and comprehensive property information report

Transactions by price band over last 12 months



Average prices over last 12 months



House price growth over 1 year and 5 years



Street with most transactions last 3 months



Source: Dataloft, Land Registry, Bank of England and ONS DATA BASED ON STATISTICS FROM JAN 2024

Disclaimer: This report is produced for general information only. Whilst every effort has been made to ensure the accuracy of this publication, Dataloft Ltd accepts no liability for any loss or damage of any nature arising from its use. At all times the content remains the property of Dataloft Ltd under copyright and reproduction of all or part of it in any form is prohibited without written permission from Dataloft Ltd. Published on 2024-1-31.



- Bathrooms
- Kitchens
- Structural Alterations
- Home Offices
- Stairs & Bannisters



**SPRINGFIELD
RENOVATIONS**

- Wardrobes
- Conservatories
- Windows & Doors
- Decorating
- Loft Conversions



2024

The year to renovate, not relocate with Springfield Renovations.



CONTACT US

Paul Fordham - 07973 306818
springfieldrenovations@gmail.com
www.springfieldrenovations.co.uk



**CAUTION!
RISK OF FIRE!**

If you often put off cleaning certain items and appliances in your home, you are far from alone. However, you may think twice about forgoing these tasks when you find out just how potentially dangerous avoiding them can be.

TOASTERS: If you do not regularly clean your toaster, crumbs will start to accumulate at the bottom of your appliance. When you use your toaster again, these crumbs could start to smoke and potentially cause a fire. Clean away any crumbs after each use.

HEATERS: Over time, dust starts to accumulate around any heaters in your home, which could ignite and spread. Dust once a week to prevent house fires caused by dust ignition.

BATHROOM EXHAUST FANS: If your bathroom exhaust fan is old and dirty, this can cause the motor to overheat and lead to a fire. Clean once a year or invest in a new fan that comes with a thermally protected motor.

UNWASHED RAGS: Oily rags (covered in oil-based paints, paint thinners or varnishes) are a common cause of fires in the home/garage and are the result of a chemical reaction between cotton and certain oil-based stains, which produces energy in the form of heat. Place any rags used for staining in a metal can filled with water and washing detergent, secure with a lid and leave to soak for three days.

CHIMNEYS: Wood-burning fireplaces need to be regularly serviced as any build-up in your chimney can be a fire hazard. Inspect your chimney for tar deposits after use and call a professional chimney sweep if needed.

HAIRDRYERS: When you use your hairdryer every day, debris, dust and hair start to build up, which can become hazardous. If you smell burning when drying your hair or your hairdryer burns or shocks you, this is a sign that it needs to be cleaned or replaced.

LAWNMOWERS: Debris and dry grass can easily get stuck in the mower deck of your lawnmower, which can pose a fire risk, especially during the warmer months of the year. Prevent this by cleaning your mower after each use.



HOME & DIY



LKG DAUGHTERS
PLUMBING & HEATING LTD

**Local Plumbing & Heating Engineers,
Supporting Local People**

**Call 01245 478111
07710 358347**

Visit lkgdaughters.co.uk

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



**TRANSFORM YOUR SPACE
WITH OUR WINDOWS,
DOORS & CONSERVATORIES**



**ALL ASPECTS OF GLASS
& GLAZING**

**GLASS CUTTING SERVICE
WHILE YOU WAIT**

**DEDICATED TO
EXCELLENT CUSTOMER
SERVICE**

Tel: 01371 874646
www.dunmowglass.com
info@dunmowglass.com





CWN
construction ltd

**FOR BEAUTIFUL
LIVING SOLUTIONS**

Refurbishment / Kitchens / Bathrooms
Garage Conversion / Extensions
New Build/Self Build
Interior Design / Tiling & Decorating
Architectural Design & Planning

CONTACT US TO START PLANNING YOUR PROJECT
01245 290500 / 07958 554215
www.cwnconstruction.co.uk
admin@cwnconstruction.co.uk







Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9551** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



**Need more
storage space?**
**INSTALL A LOFT LADDER
AND USE YOUR LOFT!**

STARTER PACKAGE: Aluminium loft ladder, light plus 50 sqft boarding, fully fitted in less than a day from £444

- Loft Ladders • Hatches
- Boarding • Insulation
- Lights • Fully Guaranteed



**— Home Counties —
LOFT LADDERS**

CALL FREE: 0808 301 9551
homecountiesloftladders.co.uk



Comedian's rise from rural surrounds to TV screen

Discover comedian Alan Davies' unique connection to Loughton, which not only underscores his personal journey but also highlights the town's influence on his career.

Alan Davies was born in Loughton in 1966. Known historically for its blend of rural beauty and urban convenience, it provided a unique backdrop for his early life and helped shape his worldview, a factor often reflected in his humour and storytelling.

Though he spent his childhood in nearby Chingford, Davies received his primary and junior education at Staples Road School in Loughton, before attending the independent Bancroft's School in Woodford Green, achieving eight O Levels.

The educational journey continued at Loughton College, adding four O Levels and two A Levels in Communications and Theatre Studies. Subsequently, he began to dabble in stand-up comedy as he graduated from the University of Kent in 1988 in Drama and Theatre Studies. In recognition

of his achievements, he was awarded an honorary doctorate in 2003.

His relatable style – combining observational comedy with personal experiences – resonated with a wide audience. In the late 1980s, Davies began performing stand-up in London comedy clubs and pubs, quickly earning a following.

That talent for humour soon attracted the attention of producers, though apart from turns as a TV funnyman he also became widely recognised for the role as the quirky and lovable Jonathan Creek in the eponymous BBC mystery crime series. His portrayal of the creative and unconventional crime solver won him critical acclaim and a devoted fanbase and elevated his status as a household name in British entertainment.

Perhaps Davies' most accomplished role is as team host on boffin panel show *QI*. He joined the production at its launch in 2003 and has appeared in every episode.

A staunch Arsenal fan, he now lives in Islington with his writer wife Katie Maskell and their three children.



MAINTAINING THE PAST BUILDING THE FUTURE

Exceptional plumbing and building services for home owners, local businesses & schools

Parkwood
DESIGN & BUILD | EXTENSIONS | REFURBISHMENTS



CONTACT US TODAY FOR A FREE SURVEY

07554 901826 | info@parkwoodpm.co.uk

www.parkwoodpm.co.uk

The architectural elegance of Chelmsford Cathedral

As far as cathedrals go, this country is adorned with a host of spectacular, awe-inspiring, and, in some cases, excessive displays of architectural ecclesiastical excellence.

Think of St Paul's, Westminster, Winchester, Lincoln, Ely and others, and there are presented some incredible expressions of faith through architecture.

Yet while Chelmsford Cathedral certainly doesn't compete alongside those other locations' achingly big domes, roofs and arches – nor in its age, as it was only given its current status in 1914 – it does sit as a true British architectural gem.

Originally a parish church dedicated to St Mary the Virgin, it was elevated to cathedral status at the dawn of the First World War, and perhaps the timing was fitting, as a nation found itself striving for peace.

In the way it's built, it showcases a variety of styles that reflect the changes it has undergone over the centuries, with Norman and Victorian elements

blending seamlessly with modern additions (even if it's classified as one of the youngest cathedrals in England).

Inside, Chelmsford Cathedral is more than just a place of worship – it's a beacon of history, community and spirituality in the heart of Essex. It boasts beautiful stained-glass windows, an impressive organ and a warm, intimate atmosphere.

Meanwhile, its active congregation and vibrant programme of events, from concerts to workshops, ensure it remains a hub of community life.

With around 60,000 visitors a year, in 2024 it welcomes in all faiths, all beliefs, all persuasions. This is particularly prevalent during the summer when the annual festival takes place, and at Christmas.

In everything Chelmsford Cathedral does, it reinforces customs, behaviours, support and hope, celebrating the traditions of the past and, of course, the purpose and potential of the future.

Photo credit: Rob Atherton/Shutterstock
Chris Lawrence Travel/Shutterstock, Chelmsford Cathedral – Facebook



CONTACT US FOR ALL YOUR PROPERTY NEEDS

YOUR LOCAL, FIVE STAR RATED, FAMILY RUN PROPERTY EXPERTS

WWW.HAMILTONPIERS.CO.UK

W1 WEST ONE WOOD
FLOORING INTERNATIONAL LTD
MANUFACTURING • INSTALLATION • RESTORATION

- West One Wood Flooring International Ltd is a specialist in the manufacturing, installation and restoration of antique reclaimed and new timber flooring
- We can supply and fit a variety of stunning timber floors for domestic properties and commercial projects
- Installation is by a skilled friendly professional team who offer high quality service and aftercare
- Our flooring is competitively priced with innovative solutions to suit your needs
- If your existing wooden floor needs restoring, our skilled teams will transform your worn floor back to its former beauty. We are experienced with all types of wooden floor and will carry out the necessary specialist repairs and finishes. Most timber floors are salvageable, our team of expert restorers will point you in the right direction.

www.westonewoodflooring.co.uk



Call us on 01277 630837
01245 204231

Email: info@westonewoodflooring.co.uk
Unit 3 Blackall Industrial Estate, Hamberts Rd,
Sth Woodham Ferrers, Essex CM3 5UW

YOUR LOCAL EVENTS

CLAYTIME

Chelmsford Theatre, Fairfield Road,
Chelmsford, CM1 1JG
Friday February 23, 2pm and Saturday,
February 24, 11am



Photo credit: Google Maps

Award-winning Indefinite Articles present a play with clay, where the young audience is invited to participate.

Come to a place where children can use their imaginations to create a world of fabulous forms, amazing animals and morphing monsters.

Each Claytime is totally unique, creating its own world, its own characters and its own stories drawn directly from its young audience. This is interactive theatre at its most engaging.

This show is made with and for three to six year olds. Tickets include a 20-minute workshop.

Tickets cost between £12 and £16 and are available from www.chelmsfordtheatre.co.uk/events/claytime

COOKES CHARITY QUIZ NIGHT

F. Cooke, 35-37 Moulsham Street,
Chelmsford, CM2 OHY

Friday February 23, doors open at 7.30pm
for an 8.30pm start

Cookes charity quiz night is being held in collaboration with and raising funds for the vital charity Essex & Herts Air Ambulance.

Tickets include pie and mash plus a beer or glass of Prosecco on arrival. Come and support an amazing cause all whilst having fun.

Tickets cost £20 each or £120 for a team table of six. Purchase tickets in store at F. Cooke or by calling 01245 961178 or online at www.bit.ly/486Orgr

THE CHARGERS AND DJ JIVER SOO

Chelmsford Social Club, 55 Springfield Road,
Chelmsford, CM2 6JG
Saturday February 24, 7pm

One of the area's best bands, The Chargers, will take to the stage, supported by JIVER Soo. If you haven't seen The Chargers, then you have been missing out!

Tickets cost £10 and can be bought on the door.

KISS ME, KATE! THE MUSICAL

Chelmsford Theatre, Fairfield Road,
Chelmsford, CM1 1JG

Tuesday February 27, to Saturday March 2,
various times

Kiss Me, Kate! follows divorced Fred and Lilli as they star in a play together. Their conflicts spill over onto the stage, leading to comedic chaos.

Filled with catchy songs and witty humour, the show blends romance and comedy.

Tickets are available for between £18 and £21 from www.chelmsfordtheatre.co.uk/events/kiss-me-kate

CHELMSFORD COMEDY CLUB

The Lion Inn, Main Road, Boreham,
Chelmsford, CM3 3JA

Thursday, February 29, doors open at 7.30pm
for a 9pm start

This show will consist of four top comedians including Rob Deering (pictured below), Mandy Muden, Markus Birdman and a special guest.

This event is for those aged 18 or over.

Tickets cost £20 from www.thecomedyclub.co.uk/comedy-venues/chelmsford-comedy-club



Photo credit: Rob Deering Instagram

Bringing the Choice to You

Our approach is about always putting the customer first

Let us bring our mobile showroom come to you. Our free no obligation home selection service, allows you to choose from the comfort of your own home, choose from our wide range of carpets and vinyls that complement your decor. Joe's Carpet shop and home selection service is a friendly, family run business that has been established since 1999. Within that time Joe's Carpets has built up a reputation for providing a high quality service at a low cost. We pride ourselves on the fact that no job is too big or small for our carpet fitters.

We will provide quality carpets & vinyls at unbeatable prices. You can expect free quotations & expert advice, with repairs and refits undertaken. Our skilled professionals will uplift and disposal of old materials - we are licensed waste carriers, so you know your waste is disposed of correctly. We can move your furniture and carpet & vinyl remnants, and our service includes free gripper rods, door trims and hard boarding & screeding.



Joe's Carpets can bring our carpet and vinyl samples directly to you to choose in the comfort of your own home, or you can visit our carpet showroom in person during our opening hours. Alternatively you could call us on 07748 808094 to arrange a suitable appointment for us to visit you.

Joe's Carpets

FAMILY RUN BUSINESS ♦ ESTABLISHED SINCE 1999

The Mobile Carpet Shop Home Selection Service

- ♦ Supply & Fit
- ♦ Repairs & Refits
- ♦ Free Estimates & Advice
- ♦ Free Gripper Rods

A Friendly & Tidy Service

**CONTACT US ON 01245 527 096
OR 07748 808094**



**Will Move
Furniture &
Uplift Old
Carpets**

**WE COME
TO YOU
PERSONAL
HOME
SERVICE**



Photo credit: Phil Noble/WPA Pool/Shutterstock

ROB BURROW CBE

Heart of a Rhino

A Rugby League hero and devoted campaigner, Rob Burrow CBE is a testament to what can be achieved even in the darkest of hours. Having won eight Grand Finals with Leeds Rhinos when they dominated Rugby League from 2004 to 2017, and with 20 appearances for Great Britain and England, Rob Burrow probably thought his trailblazing days were behind him. However, since his devastating motor neurone disease (MND) diagnosis towards the end of 2019, the 41 year old has become not just an inspiration for others who suffer from the illness, but also a totem of strength and courage. In January, Burrow was awarded a CBE for the tireless work he has done in raising awareness of MND. Presented at Headingley Stadium in Leeds by the Prince of Wales – who told the former athlete “we’re all so proud of you” – Burrow was joined by his proud wife, Lindsey, and their three children. Also recognised in the New Year Honours List 2024 is Burrow’s former Rhinos teammate and

current England rugby coach, Kevin Sinfield CBE. A great friend and fellow MND campaigner, Sinfield has completed several gruelling endeavours, including the 7 in 7 in 7 Challenge, running seven ultramarathons in seven cities in seven days. Not only did the stunt raise more than £1million for various MND charities, but the inspirational duo also won the hearts of the nation when Sinfield carried Burrow across the finishing line of the Leeds Marathon, having pushed him for the preceding 26.2 miles in his wheelchair. Despite his diagnosis, Burrow has remained optimistic in the face of adversity, always campaigning and pushing for awareness – something that came through in the BBC documentary *Rob Burrow: Living with MND* and in his 2021 book *Too Many Reasons to Live*. “What will be, will be,” he says. “We all have to leave the world behind at some point, and I want to go not just with a legacy, but with a project that others can keep fuelling.”



YOU DESERVE IT.

Leading Supplier of
Hot Tubs, Swim Spas,
& Award-Winning Saunas



Chelmsford Showroom
41 Robjohns Road
Chelmsford, Essex
CM1 3AG
www.hottubbarn.co.uk 01245 265036

GATFire



HETAS and OFTEC Registered Installers

SHOWROOM
1731 London Road.
Leigh-on-Sea, Essex SS9 2SW
01702 715161

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

Stoves • Fireplaces • Chimneys



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



The care you deserve

- Personal care
- Medication Support
- Meal Preparation
- Community support
and Shopping
- Overnight Care
- Companionship
- Domestic Tasks
- Hourly Care

01245801401

info@elsieshelppathome.com
www.elsieshelppathome.com



Elle's Help at Home, Croxtens Mill, Blarford Hill,
Little Waltham, Chelmsford, CM3 3PJ

IS THE FUTURE FLOATING?



TECHNOLOGY



Floating cities are becoming something of a buzzword in the technology sector. The latest incarnations of this futuristic idea come from Italian architects Luca Curci and Canadian architectural designer Tim Fu.

So many modern-day revolutions have been inspired by science fiction. We've had 3D printers, video calls and driverless cars. And now, another innovation is on its way – the floating city.

Of course, the concept is actually nothing new – just consider the building of Venice in the early fifth century. Yet by bringing the advancements of artificial intelligence (AI) into the design and delivery of the floating city concept, there is now a new take on the age-old idea of people living on top of the sea's surface.

In 2017, initial proposals for a floating city on the coast of French Polynesia were put in place by Californian non-profit company Bjarke Ingels Group. The development was to be called Oceanix City.

The proposals include a 100 per cent green transport system, aiming to make it a zero-

energy location. The various demands attached to urban planning, construction, and geological and commercial facilitation would be solved by AI, as would the best way to tend to the population. It is planned to be 25 acres in size.

The joint proposal description reads: "Designed to adapt to the shifting needs of several coastal cities, particularly those vulnerable to sea level rise due to their low elevation, the project of Oceanix City has the potential to expand and accommodate more than 200,000 people."

Oceanix City promises to be a fully operational city, with malls, hotels and a sporting venue, as well as hospitals, offices, schools and government buildings.

Other floating communities are well on the way in the South Asian archipelago of the Maldives, as well as floating pods being produced in Panama.

It seems our modern approach to technology may also be fuelling a modern approach to the demands of population and where we live – a synergy for the AI generation.

Photo credit: Luca Curci Architects, Tim Fu Design

WRITE AWAY

The History of the Humble Pencil



Back in the 1600s, when Henry VIII was on the throne, locals in Borrowdale in Cumbria discovered a massive deposit of pure graphite. The graphite was sawn into sticks and wrapped with string or sheepskin to make a useful writing tool.

The word 'pencil' comes from the French word 'pincel', which means small paintbrush – because that's what the 'new' writing sticks looked like. In Tudor times, English was changing, and borrowing French words was quite common.

THE FIRST MODERN PENCILS

A German cabinetmaker, Kaspar Faber, started one of the world's first pencil businesses in 1761. He was the first pencil maker to encase graphite in wood – though his pencils were still handmade.

By the early 1800s, French chemist Nicolas-Jacques Conté had developed a method of mixing graphite with clay. This made graphite much more durable. It quickly became the industry standard and remains the basis for pencils today.

THE FIRST BRITISH PENCILS

In 1832, Cumbrian entrepreneur, Joseph Hardcastle, set up Britain's first pencil factory in Keswick – just a few miles from Borrowdale and its graphite supplies. The business, which later became the Cumberland Pencil Company, is still in business today.

However, the factory moved to Lillyhall, near Workington, in 2008 because the old site couldn't cope with modern production processes. But the company's Pencil Museum is still based in Keswick and is well worth a visit if you're planning a trip to the Lake District.

You'll enter the museum through a replica graphite mine, and once inside, you can feast your eyes on pencils and pencil-making throughout the ages – from primitive versions to the modern precision instruments we know today. For more information, visit www.derwentart.com/en-gb

In this digital age, most of us still love pencils. Their simplicity, reliability and eco-friendliness have made them cherished tools for creators of all ages.

Cloudy2Clear, A Local Service, Saving You Money.

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

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

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

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

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



“Ask me about our fantastic Energy Saving Glass.”

Have Your Windows Steamed Up?

Replace the pane, not the frame!

All glazing backed by our
25 YEAR
GUARANTEE

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


We are a Checkatrade Member


Get a FREE Quote

Social distancing in operation

Faulty locks, handles or hinges?

cloudy 2 CLEAR
WINDOWS
REPLACING YOUR FAILED DOUBLE GLAZING

Priority freephone
0800 61 21 118
www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money  

LUKE THE NUKE LITTLER

THE TEENAGE DARTS SENSATION WHO IS DEFYING AGE, APPEARANCE AND THE EXPECTATIONS OF A FERVENT DARTS FANBASE

While the popularity of darts has arguably never been greater – a sport reinvented from smoky, dusty, dirty pubs to high-octane, precision entertainment on Sky, the world's most polished sports broadcaster – it does still require the odd paradigm shift in order to keep its momentum going forward.

While Phil 'The Power' Taylor oversaw an unapologetically long period of domination as the growth of the Professional Darts Corporation (PDC) led to an acceleration in the popularity of darts, and Dutchman Michael van Gerwen assumed the mantle upon The Power's retirement, it was unclear where the next bastion of bullseye brilliance would emerge from.

That all changed over the festive period when Alexandra Palace, the annual base for the PDC World Championships, ushered in a rather unassuming 16 year old from the industrial heartland of the north. Born in Runcorn but raised just down the road in Warrington, Luke 'The Nuke' Littler picked up a set of darts at the age of just 18 months, and won the Youth Grand Prix aged 12.

His early foray into professional darts saw him clinch the Irish Open title in 2021 (when still only 14), and he has since picked up other senior titles along the way, including last year's British Open. Yet few had heard of the teenager until he began bulldozing his way through the early rounds of the World Championships; destined, as we know now, to make it all the way to the final, where he finally succumbed to new world number one Luke Humphries.

With a fanbase and global attention that has grown from a little to a lot, the now 17 year old has taken everything in his stride, approaching both the success he's had and the scrutiny of the media with effortless ease.

"I know, for a lot of people, it seems like I have come from nowhere, but in truth I've been doing this a while," he laughs. "I've pretty much had a set of darts in my hand permanently for the past seven or eight years, so it feels very natural to me to be hitting treble twenties and closing out doubles."

And while the sporting star has endured notable comments about his appearance and persona that bely his teenaged years, Littler is happy to go along with the joke. "I always have my passport in my back pocket these days as every other question is about my age!" He's also revealed the pre-match diet that helped propel his journey to success: a ham and cheese omelette for breakfast, followed by a pizza for lunch.

As if Littler's reputation couldn't have risen further following his battling 7-4 defeat in the Ally Pally final on January 3, the youngster then nailed a sensational nine-dart finish on the first leg of the first set at the Bahrain Open in the middle of January, then aged just 16. "I don't think I'll start a match like that ever again," he said afterwards... yet you wouldn't bet against it!

He went on to take the title, beating former world number one van Gerwen in the final.

As for the future, Littler has a place in this season's Premier League Darts, and his eye on securing yet more major tournament success. The bad news for The Nuke is he's still almost a year away from toasting his success with a celebratory pint!



WEEDS WELCOME

Although you probably spend a lot of your time trying to banish weeds, did you know that some part weeds are actually beneficial to the environment, local wildlife and the overall condition of your garden?

NETTLES: Nettles are a highly beneficial weed to have growing in your garden, helping to support a wide array of wildlife including butterflies, ladybirds, hedgehogs and birds such as blue tits and chaffinches. You can also harvest and eat nettles in the spring, using this weed to make delicious dishes such as wild nettle pesto.

SORREL: If you notice sorrel growing in your lawn, you may see it as an annoyance rather than an advantage, but this weed has lots of beneficial uses. For example, it is great for growing near strawberries, cabbages and tomatoes, acting as a diversion and drawing pests away from the plants you are trying to protect.

DANDELIONS: Dandelions grow in abundance in many UK gardens and have long since been a source of irritation for gardeners. However, these weeds provide food to many pollinators including bees, hoverflies and butterflies. Also, owing to their long taproots, they can help to loosen hard soil and bring nutrients up to the surface.

WILD CARROT: Wild carrot has historically been classed as a weed, but this perennial plant can help your garden in many ways. First, it attracts hoverflies which eat the aphids that feast on your vegetables. Second, they make an attractive addition to your outside space, with their pretty white flowers and ferny foliage.

CHICKWEED: Chickweed tends to show up in disturbed soil such as garden beds and highly tilted areas. As a beneficial weed, it attracts pollinators, helps to accumulate potassium and phosphorus which is good for your soil, and boasts edible, lettuce-like greens.



AN EXCEPTIONAL ROOFING COMPANY

- GREAT ROOFING PRICES
- FULLY GUARANTEED WORK
- OUR SERVICES INCLUDE:
- FLAT ROOFING ■ PITCHED ROOFING
- NEW ROOFS ■ REPAIRS & MAINTENANCE
- SLATING & TILING ■ LEAD WORK
- RUBBER ROOFING ■ FELT ROOFING
- ROOF FURNITURE (SKYLIGHTS, ETC.)
- ALL ASPECTS OF GUTTER WORK

FREE NO-OBLIGATION QUOTES

CONTACT US TODAY Where reputation matters

■ **01702 278474**

■ info@bbroofingcontractors.co.uk

■ www.bbroofingcontractors.co.uk

Len's Lawnmowers GARDEN MACHINERY SERVICES

SALES • SERVICE • SPARES • REPAIRS

- A CHOICE OF GARDENING EQUIPMENT
- TOP BRANDS UNDER ONE ROOF

REEDS FARM
OFF MAIN ROXWELL ROAD,
Tel: 01245 422571
www.lens-lawnmowers.co.uk

Len's Lawnmowers, Unit 16a, Reeds Farm,
 Cow Watering Lane, Writtle, CM1 3SB

Monday to Friday: 9am to 5pm
 Saturday: 9am to 1pm

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
 Open Monday and Friday open 9.00am - 4.00pm

GOOD FRIDAY

FAMILY FUNDAY

FRIDAY 29 MARCH 24

A thrilling day of racing including **£250,000**
in prize money across our seven races

Live local bands & artists

Local brewery tent

Family & game zone

Easter bunny trail

Shetland pony race

Rock & Roll Bingo

BOOK
TICKETS
TODAY



Cosmos



Salvia



Sweet peas



Herbs



Lilies



Eucornis



Liatris



Galtonia



Agapanthus

Let's get PLANTING!

WHAT TO PLANT THIS MONTH SO YOUR GARDEN'S SUMMER READY

If you want to enjoy flowers in your garden as early as possible and for the longest time, you'll need to start early. The good news is that to grow these plants, you won't need any fancy equipment.

SUPER SEEDS

The easiest plants to grow from seed are hardy annuals, like **cosmos**. These are daisy-like flowers with feathery leaves and come in shades of pink, orange, red and white.

Annual **salvias** in shades of blue and mauve are a great choice, too. The small flowers, shaped like tubes, grow in a mass on tall stems.

As well as looking great in pots and flowerbeds, these two annuals are a great hit with pollinating insects and make excellent cut flowers. And best of all, they'll bloom from May right through to late autumn.

Sow cosmos and salvia seeds in peat-free seed compost in pots or seed trays. Then put them in a warm, sunny spot like a windowsill and keep them moist. Plant them out in a sunny spot when the danger of frost has passed. Make sure to keep an eye on local weather forecasts.

Sweet peas are another seed to sow indoors in February, though they need a bit more care. And don't forget **herbs** like basil, chives, coriander and dill.

FLASH BULBS

Many bulbs can survive outside at low temperatures, but they might rot if the soil is heavy and wet. To play it safe, plant your February bulbs in containers in an all-purpose or specialist bulb compost. All the bulbs listed below are stunning – and relatively undemanding.

Lilies – Asiatic varieties are the easiest to grow.

Eucornis – Their exotic pineapple-shaped flowers look stunning.

Liatris – Striking bottle-brush-shaped plants, usually in shades of mauve.

This month, you could also plant **galtonia**, known as summer hyacinths, and **agapanthus**.

Happy gardening!



GARDENING

MARY BUGG

SALES AND LETTINGS

expTM UK



YOUR DEDICATED LOCAL PROPERTY EXPERT
SITUATED IN THE VIBRANT HEART OF CHELMSFORD



PERSONALISED SALES & LETTINGS SERVICE

Initial Valuation to Final Transaction • Tenant Find to Full Management
Online Platform Access • Complimentary Professional Photos, Floorplans & Videos

REQUEST A FREE CONSULTATION

01245 94 84 84 • mary.bugg@exp.uk.com • www.marybugg.exp.uk.com



DO YOU WANT TO SAVE ENERGY?
DO YOU WANT TO RETAIN HEAT?
DO YOU WANT TO SAVE MONEY?
DO YOU WANT TO PROLONG THE LIFE OF YOUR EXTERIOR PROPERTY?

As Properla Approved Installers we offer a range of exterior super hydrophobic waterproof and 100% breathable coatings for your roof or walls, designed to reduce energy costs and protect the exterior of your property and save you money.

CLEANING & COATING SERVICES

PROPERLA & RENOTEC WALL & ROOF COATINGS
APPROVED INSTALLERS

ENERGY SAVING TRUST APPROVED PRODUCTS IN THE RANGE
ALL PRODUCTS COME WITH A 10-20 YEAR
MANUFACTURERS GUARANTEE

- Roof & Wall Coating ■ Driveway Cleaning & Coating
- Wood impregnator ■ Damp & Mould Prevention
- Insulation Removals ■ Solar Panel Cleaning

Call us: 07810 562 506 or visit: www.ecocoats.co.uk



PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

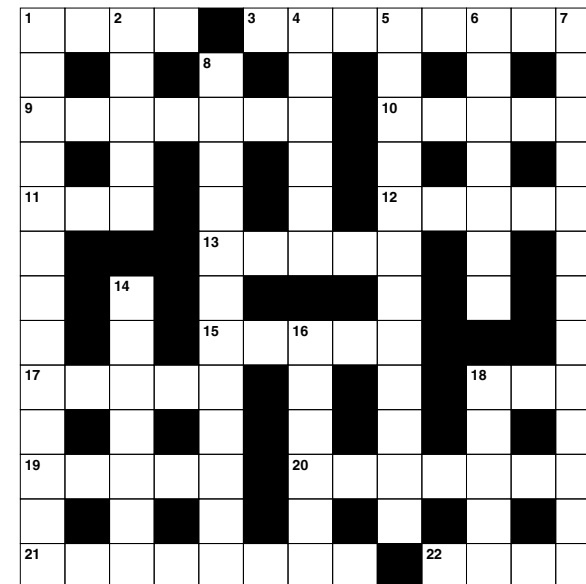
ACROSS

- Logical division; rank (4)
- E.g. physics and biology (8)
- Poisonous metallic element (7)
- Solid blow (5)
- Sorrowful (3)
- Wedding official (5)
- Cuts (5)
- Tiny pore on a leaf (5)
- Snow and rain mix (5)
- Excessively (3)
- Form of expression (5)
- Coolness (7)
- In these times (8)
- Refuse to admit (4)

DOWN

- Violation of a law (13)
- Became less difficult (5)
- Bird; crazy (6)
- Very eager; keen (12)
- Defeated heavily (7)
- In a manner that exceeds what is necessary (13)
- Not familiar with or used to (12)
- Trailer (7)

- Eccentricity (6)
- Recurrent topic (5)



DID YOU KNOW?

- Mary, Queen of Scots, was born to King James V of Scotland and Mary of Guise on December 8, 1542. Six days later, baby Mary officially became Queen of Scotland when her father died in battle.
- Mary married three times: first to Francis II of France, then Lord Darnley, and finally the Earl of Bothwell. None of the marriages lasted longer than two years.
- Mary was executed in 1587 after being found guilty of treason against her cousin, Queen Elizabeth I. At her execution, she wore red petticoats underneath her dress, as red is the colour of martyrs.
- Mary requested to be buried in France, but was instead buried in Peterborough Cathedral. In October 1612, her body was exhumed at her son's request and her remains buried in Westminster Abbey.

SUDOKU

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

NUTS ABOUT chocolate

After the Second World War, cocoa was in short supply. So baker Pietro Ferrero, from Piedmont in Italy, created a recipe for a creamy hazelnut paste that contained just a hint of the precious powder. In 1964, Pietro's son Michele adapted the recipe, and the first jar of Nutella went on sale. These days, a whopping 365,000 tons of Nutella are produced every year, and the spread is manufactured in Australia, Brazil, Canada, France, Italy, Mexico, Poland and Turkey. This month, why not celebrate World Nutella Day on February 5 by conjuring up one of the treats below?

Nutella Brownies (Makes 12-20, depending on size)

You will need:

100g Nutella | 5 medium eggs | 250g butter plus extra for greasing | 300g plain chocolate (broken into pieces) | 250g hazelnuts, coarsely chopped | 180g plain flour (sieved) | 340g caster sugar | A 23cm x 33cm cake tin | A sheet of baking parchment

How to make:

Grease the tin and line it with baking parchment | Preheat your oven to 180°C/160°C fan/gas mark 4 | Toast the hazelnuts in the oven for 2-3 minutes | In a saucepan, melt the chocolate and butter over a very low heat, then mix in the Nutella | In a bowl, whisk the eggs and sugar together till light and creamy | Fold the chocolate mixture into the egg mixture, then add the flour and hazelnuts | Pour the mixture into the tin and bake for 20-25 minutes until set | Chill the brownies in the tin before cutting them into squares.

Nutty Nutella Bites (Makes 40)

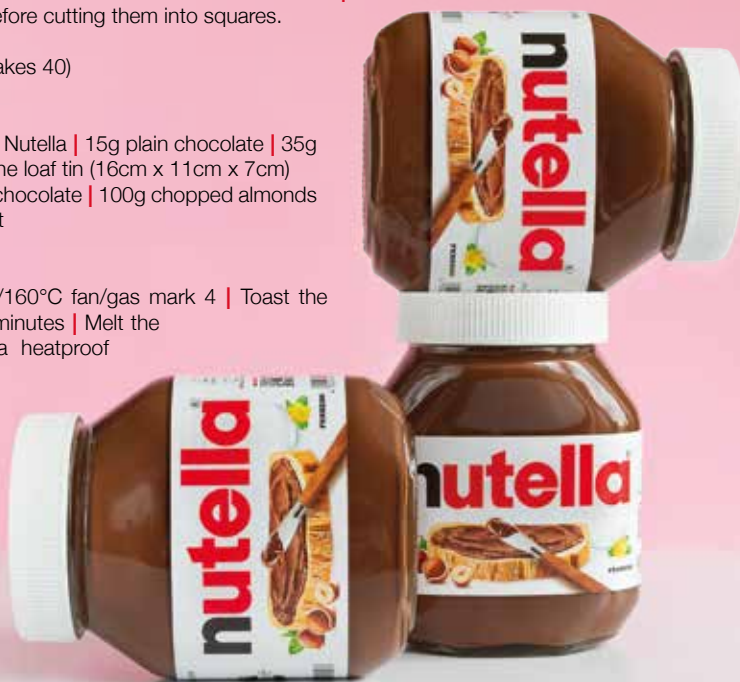
You will need:

For the main mixture: 100g Nutella | 15g plain chocolate | 35g milk chocolate | A 450g silicone loaf tin (16cm x 11cm x 7cm)

For the coating: 500g plain chocolate | 100g chopped almonds | A sheet of baking parchment

How to make:

Preheat your oven to 180°C/160°C fan/gas mark 4 | Toast the almonds in the oven for 3-4 minutes | Melt the main mixture chocolate in a heatproof bowl set over a saucepan of simmering water | Add the Nutella and stir it well | Pour the mixture into the tin and chill well before cutting it into 2cm squares | Melt the coating chocolate as before, add the almonds and stir | Dip each square into the coating mixture and leave them to set on the baking parchment.



THE WINDMILL CHATHAM GREEN

The Windmill at Chatham Green is hidden away in the beautiful Essex countryside, just outside of Chelmsford, near the city's racecourses, where Michelin Star chef Tom Clarke and his partner Nancy invite you to discover exceptional modern cuisine, using foraged, seasonal ingredients.

The menu is kept short and changes frequently to reflect seasonality and sustainability, using only the highest quality ingredients.

With a dedicated restaurant area, the pub still remains a pub, where you can enjoy unique drinks, wines and a selection of real ales at the bar or on the terrace.



Monday - Wednesday closed

Thursday 6.30 pm - 8.30 pm

Friday 12 - 1.30 pm & 6.30 - 8.30 pm

Saturday 12 - 1.30 pm & 6.30 - 8.30 pm

Sunday 12 - 3.30 pm

www.thewindmillchathamgreen.co.uk | info@thewindmillchathamgreen.co.uk

The Windmill Chatham Green, Little Waltham, Chelmsford CM3 3LE





THE LION

...

Mum's THE WORD

BOOK NOW FOR
MOTHERS DAY
3 COURSE SET MENU

£35.95

• PER PERSON, BOOKINGS ONLY •

Raising the bar

for low-alcohol drinks

Low-alcohol drinks are gaining in popularity, so is this the end of Britain's drinking culture as we know it?

There has been a huge shift in drinking culture in recent years as we become more health aware, with the younger generation, in particular, turning their backs on booze.

Fortunately, as low-alcohol drinks are becoming trendier, they are becoming tastier too. Low-alcohol beer is far more than the watery, light lager offering it used to be, with much craft brewery hop-based ingenuity on offer. You can get fruity IPAs, crisp Japanese lagers, and Bavarian beers all as low as 0.5 per cent. Best of all, some of them still come by the pint.

Wine drinkers needn't feel left out by this teetotal trend. Not only are there some excellent wines that have had the alcohol gently removed, but there is also a rise in tea-based kombucha, which is a worthy substitute for bubbles given its natural fizz and acidic taste.

Finally, there is the spectacular rise of spirit alternatives. Many brands have managed to match

the mouthfeel and warmth of alcohol by using herbs, spices and roots to build layers of complex flavour, mimicking everything from the botanical depth of gin to the spicy heat of golden rum and even the bitter complexity of negroni.

For many of us, though, drinking is about more than just taste: it is a culture, a social experience. Fortunately, not only are many bars offering these tasty alternatives, but some venues are also popping up that eschew alcohol altogether.

If in Brighton's Kemptown area, why not pop in to Tørstigbar ('tørstig' being the Danish word for 'thirsty'), or if in London the first alcohol-free bar has just opened in Hoxton. Also in London, head to the Coco Grill & Lounge in Tower Bridge, where you can tease your palate with delicious food as well as a variety of alcohol-free drinks. And finally, consider the perfectly named Café Sobar if heading north towards Nottingham.

Get out there and raise the bar on your social sensitivities!



FOOD & DRINK



THE LION INN • MAIN RD • BOREHAM • CHELMSFORD • ESSEX • CM3 3JA

01245 394 900 • info@lioninnhotel.co.uk • lioninnhotel.co.uk • [f thelioninn](https://www.facebook.com/thelioninn) [@ thelioninnhotel](https://www.instagram.com/thelioninnhotel)



HEART HEALTH

10 signs never to ignore

Heat diseases kills around one in four people in the UK, yet many are ignoring some of the key signs of poor heart health. Discover the top ten below.

1 CHEST PAIN: One of the most well-known signs of a heart attack. If you have chest pains and you feel extremely unwell, you should dial 999 immediately.

2 FEELING SICK: Of course, not every bout of nausea means you are having a heart attack. However, if you are experiencing chest pain and nausea, then you need to call for an ambulance.

3 STOMACH PAIN AND/OR INDIGESTION: An indigestion-type pain or a burning sensation in your chest or stomach could indicate a heart attack or be a sign of a related heart problem.

4 FEELING SWEATY: If you feel hot and clammy without having done any physical activity and you are experiencing chest pain, this is a sign that you need medical attention.

5 LEG PAIN: A gripping, cramping sensation in your calves when you are walking could indicate that you have peripheral arterial disease. This is most common in smokers and diabetics.

6 ARM PAIN: Pain going down your arm, especially your left arm, can be a sign of a heart attack.

7 JAW OR BACK PAIN: As well as chest pain, jaw and back pain that doesn't go away can be a sign of a heart attack. This is more common in women.

8 A CHOKING SENSATION: The word 'angina' actually means choking and can cause tightness or pain in the throat.

9 SWOLLEN ANKLES: Very swollen ankles are a marker of heart failure, but they can also be caused by blood pressure medication. Make an appointment with your GP to be safe.

10 EXTREME FATIGUE: Feeling tired all the time can be a sign of heart failure. If you are experiencing extreme fatigue and your lifestyle has not changed, see your doctor.

GALVIN
GREEN MAN
HOWE ST.

EXPERIENCE OUR 5 COURSE TASTING MENU

AVAILABLE TILL 29TH MARCH 2024.

**A BRAND NEW 5 COURSE TASTING MENU CREATED BY
HEAD CHEF, CHRIS BALL & MADE UP OF ONLY THE
BEST SEASONAL DISHES.**

AVAILABLE FOR BOTH LUNCH AND DINNER.



**MAKE YOUR BOOKING &
SEE OUR MENU**

COUNTY WINNER



**GALVIN GREEN MAN - MAIN RD, HOWE STREET, GREAT
WALTHAM, CHELMSFORD CM3 1BG.
GALVINRESTAURANTS.COM - 01245 408820**

BETTY@GALVINPUBCO.COM



Award-winning farm shop & produce, supporting local, trusted farmers & small businesses



www.blackwellsfarmproduce.co.uk



Hérons Farm, Colne Road, Coggeshall, Colchester, Essex CO6 1TQ



Mon – Fri: 8:00 AM – 5:30 PM
Sat: 8:00 AM – 4:00 PM
Sun: 10:00 AM – 3:00 PM



Become
a Care Professional

Join an award-winning company who are doing amazing things to help our clients to live well and happy at home.

Contact us to learn more about the job and the opportunities in working with us.

- Excellent training
- Great rates of pay
- Wellbeing benefits
- Variety of hours
- Make a difference
- Above local pay rates

01245 200 780

Each Home Instead franchise is independently owned and operated. Copyright© Home Instead® 2023.



Enquire
by phone
or scanning
QR-code



CHAIR YOGA

A BEGINNER'S GUIDE



Are you looking for a gentle, low-impact exercise that requires no fancy equipment and can be carried out at any time? If the answer is yes, then chair yoga is the perfect fitness trend for you.

WHAT IS CHAIR YOGA?

Chair yoga is a form of yoga that is carried out while sitting in a chair. You can do chair yoga in almost any place that provides somewhere to sit, and it is suitable for people of all ages and fitness abilities.

WHAT ARE THE BENEFITS?

Improved flexibility | Increased strength | Improved mood | Better concentration | Reduced stress and joint strain

THREE CHAIR YOGA POSES YOU CAN TRY

1. THE SEATED CAT COW

- > Start with your hands on your thighs and sit up straight.
- > Exhale, round your back, pull your abs into your spine and tuck your chin into your chest.
- > Be as round in your upper back as you can, pushing your mid-back towards the chair (this is

known as the cat pose).

- > As you inhale, allow your stomach to move forward, arch your back and look up to the ceiling (this is known as the cow pose).
- > Repeat three or four times.

2. THE SEATED TWIST

- > Place your left hand on your right knee and your right arm over the back of the chair.
- > Turn to look over your right shoulder and hold for four breaths.
- > On the inhale, feel your spine lengthen and, on the exhale, feel a deeper twist.
- > Exhale back to centre and repeat the movement on the other side.

3. THE SEATED CHEST OPENER

- > Sit on the front edge of the chair and interlace your hands behind your back.
- > Inhale and slowly lift your hands up and away from your back while gently lifting your chin away from your chest.
- > As you exhale, lower your hands.
- > Repeat this motion at least twice.



HEALTH & FITNESS

6 WAYS TO HELP MANAGE JOINT PAIN IN COLD WEATHER



Bones and joints seasonal health help and advice

If you suffer with chronic pain or inflammation of the joints, winter can be a tough time. As the nights draw in and we start to feel the chill of winter, our joint pain can start to worsen if we aren't prepared.

In this article we explore how the cold weather and winter can affect our joints and the ways we can manage the pain and discomfort at home.

1. Keep warm
2. Staying active
3. Take regular Vitamin D supplements
4. Reduce your risk of falls and injury
5. Prioritise healthy eating and hydration
6. Ensure you are appropriately vaccinated

Why does winter make joint pain worse?

Cold weather can make your joints painful and less easy to move. A study by the University of Manchester involving more than 13,000 participants reported to have more pain on days with higher humidity, stronger winds and low pressure.

Scientists don't yet understand the exact reasons why, but more research is being carried out to better understand the reasons for such attenuated pain perception during the colder months, so that it allows us to develop effective treatments to help those with arthritis.

Possible explanations include the changes in the synovium (the soft tissues lining the joint that produce lubricating fluid) thickening during winter. Another explanation may be the drop in the barometric

pressure leading to expansion and swelling of the muscles and tendons. Others believe that seasonal affective disorder commonly known as "winter depression" due to lack of sunlight, impacting the levels of melatonin and serotonin hormones, affects our mood and sleep resulting in a lack of energy and high pain perception.

When to see a professional

- If your limbs become extremely cold, especially below the knee and alongside changes in colour, it is advisable you consult your doctor as soon as possible. This could be the initial symptoms of medical conditions affecting the blood supply to limbs (clots or stiffening of the blood vessels-peripheral artery disease).
- If you develop limb weakness, redness, and soreness in the joints along with excessive exhaustion or sweating, (especially among patients with inflammatory arthritis), it is advisable you see a rheumatologist.
- If you see any ulcers on the tips of your fingers or toes (especially among patients with severe Raynaud's or long standing diabetics), please visit your doctor for help early on to prevent infection.
- If you are feeling extremely low, sad, tearful, not unable to sleep or function normally, it may be that you are developing seasonal affective disorder. Your GP can help you with medication and counselling to help.

For any enquiries, to book an initial consultation or to request more information, please contact the dedicated hospital enquiry team at Nuffield Health Brentwood Hospital on 01245 527141.

Website: www.nuffieldhealth.com/hospitals/brentwood

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



Orthopaedic services

Nuffield Health Brentwood Hospital

We provide a range of services locally for patients who require orthopaedic surgery. We are passionate about health and the care we provide and are here to reassure and help you, throughout your journey.

Treatments include:

- ◆ Hip and knee surgery
- ◆ Hand, wrist, elbow or shoulder injury
- ◆ Back and spinal or sport injury
- ◆ Foot and ankle surgery and joint injections.



For more information call **01245 527141**
or visit nuffieldhealth.com/hospitals/brentwood

TFP...

FINANCIAL PLANNING

Authorised and regulated by the Financial Conduct Authority



Experts in solving the
financial and human
challenges of retirement



**ARE YOU RETIRED OR
LOOKING TO RETIRE IN THE
NEXT 3 YEARS?**



WE CAN HELP ANSWER THESE CRITICAL QUESTIONS...

- ? Do I have **enough** to live with freedom?
- ? What does my retirement **look & feel** like?
- ? How do I turn my nest egg into an **income**?
- ? How do I move from an accumulation mindset to a **spending** one?

**Financial Planning | Retirement Coaching | Wealth Management
| Retirement Income | Tax Planning**



65b High Street, Maldon, Essex



team@tfp-fp.com



01621 851563



www.tfp-fp.com

**Download our FREE retirement
toolkit**



Have you written a **LAST WILL AND TESTAMENT?**

Although nobody likes to think about their demise, writing a will is the only way that you can ensure your money, property and possessions go to the people or causes that you care about.

WHY SHOULD YOU WRITE A WILL?

1. To name your children's guardian
2. To ensure your children are provided for financially
3. To provide for your dependants, including stepchildren
4. To protect your partner if you are not married
5. To safeguard your family home
6. To prevent family disputes
7. To avoid paying more inheritance tax than you need to
8. To decide who you would like to settle your affairs
9. To say who you want to look after your pets
10. To support a charitable organisation

WHAT HAPPENS IF I DON'T WRITE A WILL?

If you do not write a will, you are said to have died intestate, and this means that your estate may not go to the people you want it to.

Intestacy rules are as follows:

- > If you are survived by a spouse or civil partner and children, your spouse or civil partner will inherit all your personal possessions and at least the first £270,000 of your estate, plus half of anything above this amount. Your children are entitled to the other half.
- > If you are survived by a spouse or civil partner and you don't have children, your spouse or civil partner will inherit your entire estate.
- > If you are survived by children but not a spouse or civil partner, your estate will be divided equally between your children.
- > If you do not have a spouse, civil partner or children, other relatives will inherit your estate in a certain order.
- > If you have no surviving relatives, your estate will pass to the Crown.

HOW TO MAKE A WILL

You can choose to make a will yourself or with the help of a solicitor or will writer. There are also certain charitable organisations that provide free advice, such as Age UK.



BUSINESS & PROPERTY

TIME FOR PASSIONS AND PURSUITS...

Passions take us all on a different path. Following yours may land you atop the alps, take you back in time, or weave through sun-soaked vineyards.

Indulging in our interests enriches the soul; from sporting finesse to mindful marine conservation, place finding your fun at the top of the list.

MAKING IT COUNT

Capturing memorable moments doesn't always mean seeking out the extraordinary, but it's sharing experiences with loved ones that builds a lasting bond. Like dining at dusk surrounded only by soft waves lapping the shore, while grandparents take teens for a film under the stars. The simplicity of time together, uninterrupted, is priceless.



GOING BIG

Bring far-flung firsts from dreams to reality, or delve deeper into familiar favourites; special occasions often call for magical moments. Now is the time for wandering the streets of your wish list cities and indulging in that private island paradise, safe in the knowledge that this is the year for that trip of a lifetime.



NEVER A WASTED JOURNEY

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



FINDING AUTHENTICITY

Travel goes beyond journeying through jungles and cruising around cities. To really know a destination is to embrace the opportunity to connect with communities, to listen to the locals living in harmony with nature. Horizons broaden where wildlife flourishes, taking time to absorb the heritage and history of faraway lands.



PAMPERED PRIVACY

Handpicked hotels with you in mind, feel pampered in the privacy of a space saved just for you. Elevated essentials make all the difference, adding a sense of serenity to each stay, paired with only the best dining and wellness experiences. Classic to its core, we understand the essence of true luxury.

READY TO START FILLING IN YOUR 2024 TRAVEL AGENDA?

I customise every trip to you and my quotes are bespoke. I'm here to offer advice, recommendations and answer your questions.



Dan Salmon,
Owner



AS SEEN OR FEATURED IN



NEVER A WASTED JOURNEY

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



Ride the Night Riviera Sleeper

If you want to travel from London to Cornwall in style, the Night Riviera Sleeper's just what you need. Fall asleep on the train in Paddington and greet the morning in Penzance. Or, if you prefer, leave the train along the way at one of several Devon and Cornwall stations, including Truro.

You can book a sleeper cabin for one or two people, which includes a light breakfast on board and access to the first-class lounges with showers at Paddington, Truro and Penzance. Or if your budget won't stretch to a cabin, relax on one of the train's airline-style seats and use the onboard lounge, offering a range of drinks and snacks throughout the journey.

How often does it run?

The train runs every evening except for Saturday. It leaves Paddington at 11.45pm on weekdays, arriving in Penzance at 8am. On Sunday, it goes at 11.50pm and arrives at 8.49am.

How much does it cost?

This depends on the time of year, how far ahead you book and whether you want a seat or cabin.

Prices for single tickets start at £25.50 for a seat and £84 for a cabin.

Can you bring pets?

You can bring up to two pets if you book a cabin, but you'll have to pay a £30 cleaning fee.

Is it suitable for wheelchair users?

There is one accessible seat and one cabin suitable for wheelchair users, though access to the lounge car is only suitable for wheelchairs less than 58cm /23in wide.

The Night Riviera is run by Great Western Railway (GWR). Book early to avoid disappointment—cabins usually get booked up months in advance! To book visit gwr.com/travelling-with-us/night-riviera-sleeper

What to do in and around Penzance

In the town itself, visit Morrab Gardens, Penlee House Gallery & Museum, and the Grade I listed Egyptian House. You can also visit the beach, swim in the saltwater pool, walk some of the South West Coastal Path – or even catch a ferry to the Scillies.



Pope & Smith

CHELMSFORD'S PREMIER SPORTS EQUIPMENT STORE

EVERYTHING YOU COULD NEED FOR

- TENNIS • HOCKEY • CRICKET
- RUNNING • BADMINTON
- SQUASH • FOOTBALL
- SWIMMING • DARTS
- AND MORE...



Tel: 01245 262481
www.popeandsmith.com
Email: shop@popeandsmith.com

Visit our Store
207 - 208 Moulsham Street
Chelmsford Essex CM2 0LG



Opening Hours: Mon 10.00-16.00 • Tues - Fri: 10.00-16.30 • Sat: 9.30-17.00 • Sun: Closed

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

MUSIC LESSONS

Held 7 Days A Week

For Adults & Children Of All Ages & Abilities

Piano > Keyboard > Guitar > Bass Guitar
Sax > Flute > Clarinet > Brass > Drums
Violin > Ukulele > Theory > Vocals

Individual & Class Lessons, 7 Days A Week

DBS checked teachers, waiting area, secure safe environment

Study for exams or just for fun, over 45 years experience



NEW STUDENT OFFER

Book 2 Lessons, Get 2 FREE

A months worth of lessons - 1/2 Price

Chelmsford

95 High Street,
Chelmsford
CM1 1DX
01245 283527

Great Baddow

Unit AC2, Baddow
Antiques Centre
CM2 7JW
01245 690560

Southend

281 London Road,
Westcliff
SS0 7BX
01702 348476

Colchester

48C St John's
Street, Colchester
CO2 7AD
01206 616900

*Available to new students only - Maximum one offer per student

www.allegromusicacademy.co.uk

BEAT THE WINTER BLUES PLAY PIANO!



**BUY A
PIANO IN
FEBRUARY**

**GET 4 FREE
PIANO
LESSONS***

**CHOOSE 1 OF
THESE DEALS:**

- UP TO 18 MONTHS 0% FINANCE
- DISCOUNT FOR OUTRIGHT BUY
- UPGRADE & GET A 10% P/X BONUS

**PREMIUM
PIANO PACK:**

- FREE DELIVERY
- MATCHING STOOL
- TUNING (ACOUSTIC)
- HEADPHONES (DIGITAL)
- FULLY GUARANTEED



OVER 200 NEW & USED PIANOS & KEYBOARDS IN STOCK
FROM UNDER £500 TO OVER £15,000 - *4 FREE WITH PREMIUM PACK

Allegro music

www.allegromusic.co.uk

95 High Street, Chelmsford, CM1 1DX - Tel 01245 283527 (7 Days A Week)
Baddow Antiques Centre, Church Street, Baddow, CM2 7JW - Tel 01245 690560

AERIALBASE.COM

TV • AERIAL • SATELLITE
INSTALL • SERVICE • REPAIR

**AERIALS
FULL FITTED
from £59.97**

**AERIALS
SET UP/ REPAIR / TUNING
ONLY £29.97**

digital  freesat 
sky  youview 

**FREE CALLOUTS
SAME DAY SERVICE** (where possible)

**01245 527137 / 01375 460964
FREEPHONE 0800 193 0017
BOOK ONLINE @AERIALBASE.COM**



**APPLIANCE
PROBLEM?
WE'LL FIX IT!**
Any make
Any model

LOCAL ENGINEERS IN YOUR AREA!

If we can't fix it, we can
supply and install new
appliances same day

**SAME DAY
CALL OUT
AVAILABLE**

**ALL MAKES
ALL MODELS
REPAIRS
SALES**

CALL OR BOOK ONLINE
01279 310793
www.spindoctork.uk

SPIN DOCTOR



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

POUR & PLANT

Are you looking for a fun and simple craft project for Mother's Day? Perfect for children of all ages and abilities, these pour paint pots are guaranteed to go down a treat.

YOU WILL NEED:

A terracotta pot or several (these can be bought at your nearest garden centre or you may be able to find some for free on local social media selling sites) | Acrylic paint – various colours | Masking tape | Nylon or cotton gloves | Plastic sheet or cover (to protect work surface) | An old cooling rack | An old tray | Mod Podge (optional) – this is a water-based adhesive

HOW TO MAKE:

1. Cut a piece of masking tape (enough to cover the hole in the bottom of your pot).
2. Cover the hole with the tape on the inside and press down firmly to ensure it sticks.
3. Put down the plastic sheet or cover to protect your chosen work surface.
4. Place the pot upside down onto an old cooling rack on top of the old tray – this should help catch the dripping paint and prevent too much mess.
5. Put on the gloves. Take one paint colour at a time and carefully squeeze the paint over the bottom of the plant pot.
6. Choose your next colour and repeat the last step. You are looking to create a 'dribble' effect.
7. Keep building up different colours until you are happy with the design.
8. Leave to fully dry for up to 24 hours.
9. If you want to use your terracotta pot outside, then apply a layer of Mod Podge as this will help to protect it from the elements.
10. Remove the masking tape.

You can choose to simply pop your painted pot in a gift bag, or fill it with soil and add a couple of seasonal bulbs such as daffodils, tulips or lilies. Alternatively, you could craft your own artificial flowers using tissue paper and then place these in your newly painted pot.



Photo credit: amylattacreation.com

WHEELY GOOD

This year looks set to offer an array of motoring magnificence in the form of shows and displays that will captivate motoring enthusiasts across the world. From classic car shows to high-octane motorcycle races, the year is set to be a thrilling ride.

Isle of Man TT (May 27 – June 8)

The pinnacle for motorcycle racing fans, as the world's top road racers navigate the 37.7-mile Mountain Course, a challenging circuit on the island's public roads.

Le Mans (June 15-16)

Car racing fans can look forward to the iconic endurance race in June, where top manufacturers like Ferrari, Toyota, Porsche, Cadillac, BMW and Alpine compete for what many deem the ultimate prize.

British Grand Prix (July 5-7)

Silverstone will see Formula 1 champion Max Verstappen defending his title against top British drivers such as Lando Norris and Lewis Hamilton.

Goodwood Festival of Speed (July 11-14)

This prestigious event features, among other things, the exhilarating Timed Shootout, a highlight of the 2023 festival won by the McLaren Solus GT.

London Classic Car Show (August 15-18)

The Evolution arena at Battersea Park will host the UK's largest car show for its 10th anniversary, featuring a diverse range of vehicles, including historic and iconic cars.

CarFest (August 23-25)

Created by Chris Evans, the annual event takes place at Laverstock Park Farm in Hampshire, with a mix of exhibits, races, live music and funfair rides. All proceeds go to UK children's charities.

IAA (September 17-22)

Hanover showcases the latest in German automotive design and technology for the commercial vehicle industry in its annual week-long event.

British Motor Show (TBC)

Hosted at the Farnborough International Expo Centre, the British Motor Show blends the past, present and future of motoring, featuring stunt shows, pro-drifting and a technology hall.

Motorcycle Live (November, but dates TBC)

The UK's largest motorbike show at the NEC Birmingham will provide motorcycle enthusiasts with an array of displays, live events and interactive experiences.



www.rallytec.co.uk
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

garolla.co.uk



SECURE YOUR GARAGE



BUY A NEW ELECTRIC GARAGE DOOR AND RECEIVE A FREE INTRUDER ALARM

- Unlock 25% more space
- Expertly fitted by a local Garolla engineer
- 100,000+ doors installed
- Manufactured in the UK
- UK's No.1 recommended
- Prices start from £995

Cheekatrade
Where reputation matters
9.68 out of 10

Trustpilot
4.7 out of 5 (14,000+ reviews)

GAROLLA
ELECTRIC GARAGE DOORS

CALL TO ARRANGE A FREE SURVEY
01279 510 063

*Offer only available on selected products until 31st March 2024

THE VISION LISTINGS

THE VISION LISTINGS

AERIAL / TV SERVICE & REPAIRS

AERIALBASE

TV, Aerial, Satellite, Install, Service, Repair. FREE Callouts. Call on 01245 527137 | 01375 460964 | Aerialbase.co.uk

BUILDING SERVICES

ESSEX EXTENSION PLANS

All architectural/design works for extensions, conversions etc, planning & building regulations approval. Contact Steve on 07827 328651 | essexextensionplans@outlook.com

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

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

FARM SHOP

BLACKWELLS FARM SHOP

Award Winning Farm Shop & Produce, supporting local, trusted farmers & small businesses. Herons Farm, Colne Road, Essex, CO6 1TQ | www.blackwellsfarmproduce.co.uk

FINANCIAL SERVICES

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

PARAGON LEGAL SERVICES LTD

Affordable Excellence endorsed by over 20,000 clients. We will write your will for only £49.99+VAT *Subject to T&Cs (£59.99 inclusive) Call free 0800 0747642 or 01206 544919

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

JOE'S CARPETS

Family Run Business, Est 1999. The Mobile Carpet Shop. Supply & Fit. Repairs & Refits. FREE Estimates. Free Gripper Rods. Contact us on 01245 527096 | 07748 808 094

GARDEN DESIGN

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

PAINTING & DECORATING

JRS PAINTING SERVICES

All aspects of painting work covered: Domestic, interior & exterior. Commercial. Please contact Jamie for FREE quotes on 07712 524407 | jamiesanders273@yahoo.com

PAVING & LANDSCAPING

STORM & SONS

Driveways, Patios, Fencing, Astro Turf, Brickwork, Garden Design, Jet Washing, Porcelain, Dropped Kerbs, Digger & Driver Hire. 01245 961670 | www.stormandsons.co.uk

PLUMBING & HEATING

BRAIDEN PLUMBING

Domestic & Commercial Work, Plumbing Repairs, Emergency, Bathrooms, Cloakrooms, Leaks, Free Estimates. Contact us 01277 562968 | 07715 652840

PRIVATE HOSPITAL

PHOENIX HOSPITAL CHELMSFORD

Independent Private Healthcare. Call 01245 801234 | enquiries@phoenixhospitalchelmsford.com | www.phoenixhospitalgroup.com | Essex Healthcare Park, CM2 8HN

PROPERTY SERVICES

PARKWOOD

Exceptional plumbing and building services for homeowners, local businesses and schools. Design/Build, Extensions, Refurbishments. 07554 901826 | info@parkwoodpm.co.uk

ROOF COATING & CLEANING

ECO COATS

Cleaning & Coating services. Properla & Renotec approved installers. All products come with a manufacturers guarantee. Call 07810 562506 or visit www.ecocoats.co.uk

ROOFING

JIM BARR ROOFING

Exterior Cleaning & Maintenance. Gutters, Paving & UPVC. Cleaned, Repaired & Renewed. 01708874816 | 07833572459

BB ROOFING CONTRACTORS

Great Roofing Prices. Fully Guaranteed Work. Contact us for a free quote on 01702 278474 | info@bbroofingcontractors.co.uk | www.bbroofingcontractors.co.uk

SCRAP GOLD/SILVER

SCRAP GOLD/SILVER

Wanted, Your scrap Gold/Silver etc. Price of the day paid for all unwanted gold items, coins, jewellery. Also all Silver items, old coins, banknotes, medals etc.. Call 07510 779395

SHUTTERS

STYLEHOUSE SHUTTERS

The highest quality, bespoke, hand-crafted plantation shutters in Essex. Offering you ultimate styles. Get a no-obligation quote today. T: 01277 412178 | E: hello@stylehouses shutters.co.uk

BOOK VIA...

CHELMSFORD@VISIONMAG.CO.UK

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

WINDOWS & DOORS

WINDOW MAN

Family run over 25 years. Windows, doors, installation, repairs. Call us today on 01268 527112 | 01245 207225

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

MR MISTY

We specialise in Double Glazing Repairs and new window & door installations. Free phone 0800 2545111 for your free check up. www.mrmisty.co.uk

WOOD FLOORING

WEST ONE WOOD FLOORING INTERNATIONAL LTD

Manufacturing, Installation, Restoration. Unit 3 Blackall Industrial Estate, Hamberts Road, South Woodham Ferrers, CM3 5UW. Tel: 01277 630837 | 01245 204231

WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

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

Company name:

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

.....

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

Payment option: ☐ Card   ☐ Direct Debit

Please return to:

Lifestyle Magazine Group Ltd, 55 Crown Street, Brentwood, Essex, CM14 4BD or email chelmsford@visionmag.co.uk *£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

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

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

ACROSS: 1. TIER, 3. SCIENCES, 9. ARSENIC, 10. THUMP, 11. SAD, 12. USHER, 13. CHOPS, 15. STOMA, 17. SLEET, 18. TOO, 19. IDIOM, 20. ICINESS, 21. NOWADAYS, 22. DENY
DOWN: 1. TRANSGRESSION, 2. EASED, 4. CUCKOO, 5. ENTUSIASTIC, 6. CRUSHED, 7. SUPERFLUOUSLY, 8. UNACUSTOMED, 14. PREVIEW, 16. ODDITY, 18. THEME



Correct early dental problems in young children.

Invisalign First is a revolutionary orthodontic treatment available for children whose teeth are still growing. If you want to provide your child with the positive benefits of Invisalign from a young age, Invisalign First may be the solution for you.

Invisalign First is used for making corrections in the positioning of growing teeth and is available exclusively for children as an alternative to fixed braces and other appliances.

invisalign® first

Book a FREE consultation today.



Before



After

- ☎ 01245 46 3000
- ✉ info@PureOrthodontics.co.uk
- 🌐 PureOrthodontics.co.uk
- 📍 6B Chelmsford Business Park,
Springfield Lyons Approach,
Chelmsford, CM2 5LB

pure ORTHODONTICS
FOR A NATURAL, BEAUTIFUL SMILE



Our customers receive the highest standard of workmanship and professionalism.
That's why people come to us!

- Windows, doors, bi-folding doors
- Installers of Apeer composite doors
- Conservatories and contemporary extensions
- Installers of Cedral cement board cladding
- Specialist installers of fascia, soffits and guttering
- Free quotations, no sales people
- Established family business

Too hot in the summer,
freezing in the winter...
Upgrade your conservatory NOW

Checkatrade.com
Where reputation matters



Guardian
Roofs Ltd

Approved Installers of
Guardian Warm Roofs

FREE Quotes & Expert Friendly Advice
01245 830370 or 07958 903 275

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