



TOP 4
TIPS TO
PREVENT
AGEING

EASTER TRADITIONS
from around the world

Radish Ready
How to use the veg of the season

RAYE

Singer makes history on her rise to fame



FREE

Photo credit: BBC Studios/Michael Leckie



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





MARCH 2024

Editor's notes...



Nik Allen, Editor

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

It's a fair assumption that only those living beneath a rock will be unaware of artificial intelligence (AI) and its growing influence.

The thing is, whilst I consider myself largely au fait with tech and modern trends, even I have felt intimidated by the threat of AI. With everything from self-driving cars to military analysis to online software that will write you a Hollywood screenplay while you sleep, it can feel very disconcerting.

And yet, consider the way we open apps on a phone via facial recognition. Consider our social media interactions, or Google searching or smart heating

your home. Think about online banking, YouTube recommendations and even early cancer

diagnosis. This is all AI in action... and none of it causes us to lay awake at night fearing the destruction of mankind as we know it.

I'm making a pledge to embrace the possibilities of AI, not fear them. AI, after all, was designed by humans to make our lives easier. It has done that, and I trust in the fact that it will continue to do so.

Until next month, take care of yourself, each other, and your self-driving car.

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

[X](#) @visionmagessex [Instagram](#) @visionmagessex [Facebook](#) Vision Magazine Essex

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Darius Morgan

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



Barbie's BIRTHDAY BASH

LEARN THE HISTORY OF THE ICONIC DOLL THIS WORLD BARBIE DAY, ON MARCH 9, AS BARBIE TURNS 65!

Barbie made her grand entrance into the world in 1959 at the American International Toy Fair in New York. She was sporting a blonde ponytail and black and white swimsuit – and was an instant hit. She was the brainchild of Ruth Handler, co-founder of Californian toy company Mattel.

Barbie was special because she had an adult body shape. Back then, most dolls were shaped like babies or young children. But when Handler watched her young daughter play with a German fashion doll on a family holiday in 1956, it sparked an idea.

Handler hoped that the new doll would help girls dream big, and over the years,

Barbie has had around 200 careers, including astronaut, Olympic athlete, and US presidential candidate. She's even worked at McDonald's.

Since 1961, she's been in a relationship with her boyfriend, Ken. And in 1962, she got her first Dreamhouse!

Over the years, Barbie has changed. She's had a range of

haircuts and hair colours. And in 1970, she became fully poseable – she didn't just bend at the knees and twist at the waist; she could do the splits. Her side-glancing eyes now gazed forward, and her pursed lips turned into a pearly white smile.

However, the first African-American and Hispanic Barbies didn't hit the shelves until 1980. We also had to wait until 1997 for her figure to become more realistic, with a larger waist and smaller breasts. In 2016, things went a step further with Barbies in three new body types: tall, curvy and petite.

There's also a wheelchair-user Barbie, introduced in 2020, and there are Barbies with hearing aids and prosthetic legs. Last year, British model and actress Ellie Goldstein unveiled a new Barbie with Down's syndrome, the condition she has herself.

In the 2023 movie, Barbie and Ken live in the perfect world of Barbie Land before being transported to the real world, where they discover the challenges of human life.

Barbie was one of last year's most talked about

films and earned nearly £1.12billion at the box office, becoming Warner Bros.' biggest global success to date – even ahead of *Harry Potter*. It was also nominated for eight Oscars and sparked a love of all things pink and the Barbiecore trend.

But did you know that all the Barbie Land scenes were filmed not in sunny Los Angeles but at the Warner Bros. Studios in Leavesden, near Watford, Hertfordshire?

SIX FUN-FILLED BARBIE FACTS

- ★ Her full name is Barbara Millicent Roberts.
- ★ Her boyfriend Ken was named after Ruth Handler's own son, Kenneth.
- ★ Barbie originally cost just \$3.
- ★ 100 Barbies are sold every minute.
- ★ She's owned outfits by Oscar de La Renta and been painted by Andy Warhol.
- ★ The most expensive special edition Barbie, complete with authentic diamond jewellery, was sold for £300,000 in 2010.



Ruth Handler



photo credit: Barbie.com, shopping.mattel.com

'HANDLER HOPED THAT THE NEW DOLL WOULD HELP GIRLS DREAM BIG AND OVER THE YEARS BARBIE HAS HAD AROUND 200 CAREERS'

Spring EQUINOX

Spring is finally on its way, but when does the season actually start? If you're confused, it's not surprising. That's because there are two different types of spring – one based on weather patterns and the other on the positions of the Earth and the Sun.

ALL ABOUT WEATHER

The spring that depends on the weather is called meteorological spring and is all about making things easy. The year is split into four seasons, each lasting for three months. So, according to meteorology, spring begins on March 1 and lasts until May 31.

ASTRONOMICAL SPRING

Astronomical spring depends on the Spring Equinox – the date when day and night are pretty much the same length, wherever you are. This date varies very slightly from year to year. But it always falls between March 19 and 21 – and this year it falls on March 20.

WHAT IS THE SPRING EQUINOX?

The Spring Equinox happens because the Earth is tilted, not straight. As our planet travels around the Sun, spinning as it goes, most places get more sunlight at some times of year than others. It all depends on whether your part of the planet is leaning towards or away from the Sun, and this is what gives us our seasons.

During the Spring Equinox, the Sun is directly over the Equator. This means the Earth's tilt isn't leaning toward or away from the Sun – so the days and nights are almost equal wherever you are in the world.

WHY DOES THE DATE VARY?

The date of the Spring Equinox varies because it takes the Earth around 365 days to orbit the Sun – but not exactly. We adjust for this with a leap year every four years, but the timing still isn't perfect.

Now that you know all about spring dates, go out and enjoy the wonders of the season!



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





Proud members of **Checkatrade.com**
Where reputation matters
Scores based on 1304 reviews

Reliability & timeliness	9.86
Tidiness	9.86
Courtesy	9.91
Workmanship	9.86
Average score	9.87
<small>1304 reviews</small>	

- 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



Over 100 sports and classic cars in stock.



fairmontsportsandclassics.com
Hutton - CM13 1TJ - 01277 563 561



CAR BODY REPAIRS by Fairmont

- **Specialising in classic and modern vehicles**
- **Car park dents to full paintworks**
- **Over 45 years experience**
- **Prestige standard repair and refinish**

01277 714 478

37 Tallon Road, Hutton, Brentwood, CM13 1TG
Mon-Fri: 8-5pm Weekend: Closed



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



BEST PLANTS

for your living room

TOP FIVE PLANTS TO GROW IN YOUR LIVING ROOM

The living room is often the most used space in a home, where everyone comes together to unwind and relax. Whether you are looking to create a warm and welcoming atmosphere or you want a stylish haven, there is a houseplant for every type of living room in the below list.

SPIDER PLANT

If you love hanging plants, then the spider plant is exactly what you need for your living room. Choose to hang them in baskets or draped down over shelves for a stylish and elegant look. These plants prefer bright light but can adjust to low light if needed.

PEACE LILY

The peace lily is a pretty plant that showcases shiny leaves and delivers stunning spoon-shaped flowers. Ideal for complementing contemporary-style living rooms. Place a peace lily on your coffee table, bookcase or shelf near a window for best results.

SNAKE PLANT

If you have a history of killing plants, then the snake plant is the perfect choice for you. This plant, which thrives on neglect, boasts striking upright spikes that demand to be noticed in any space. If you are lacking light in your living room, don't worry, as the snake plant only needs low to moderate light to survive.

COIN PLANT

The coin plant is a compact plant that is best suited to smaller spaces. Also known as pilea, this houseplant has small, rounded leaves that add just enough colour to uplift the ambiance of your living room. The coin plant loves light, so place it directly on your windowsill or on a table nearby.

ARECA PALM

A tropical plant that guarantees to make an impact, the areca palm is ideal for large and bright living rooms. Plant in a statement pot and then sit back and wait for the compliments to roll in.



HOME & DIY



GREAT BRITISH INTERIOR DESIGNER: KATHARINE POOLEY

LONDON



Katharine Pooley has build up her renowned interior design business over the last 18 years, earning multiple accolades while working all over the world to transform homes and create incredible spaces.

With her elegant, classic styling, Katharine Pooley's portfolio serves as the perfect inspiration for decorating your own home.

BRITISH STYLING WITH INTERNATIONAL INFLUENCES

Katharine Pooley has travelled the world, using her adventures as the inspiration for her designs. But despite these influences, many looks feel quintessentially British, making the most of traditional features and making them at home among more modern details. Her work includes a mixture of country houses, city living and international residences, with each project resulting in a completely unique look. Neutrals serve as the perfect base for Pooley's visions, with the detail coming through in the accent colours and textures that bring the spaces to life.

Pooley's designs are timeless and multi-layered to create intriguing styles. She also has her own home accessories line, allowing you to bring some of her work directly into your home.

HELPFUL HINTS FOR RECREATING THE KATHARINE POOLEY LOOK

While each of Katharine Pooley's projects is unique, there are some themes that run throughout her portfolio. Some of the ways you can emulate Pooley's style include:

- » Keep spaces light to help make them feel larger. You can contrast with darker shades to add some detail – blues and greys are a popular choice in Katharine's work.
- » Incorporate statement lighting to help make your space unique. You can pick up affordable light fixtures from a range of retailers.
- » Metallic details such as gold accents on furniture and lighting add a little luxury without being overpowering. Consider changing the handles and hardware of your furniture to add subtle glamour.
- » Use fresh flowers and greenery to make a space feel warmer and more homely – homes should look lived in, and this can instantly add a more personal touch.

With the right styling, you can create your own Katharine Pooley-inspired space that has a classic, timeless feel even in the most modern of homes.

Photo credit: katharinepooley.com, @katharine Pooley Ltd via Instagram



**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



FROM GLITCHES TO GOOD-AS-NEW YOUR LOCAL COMPUTER REPAIR SPECIALISTS

We are a team of highly motivated I.T. professionals with over 30 years experience in analysing, diagnosing and solving computer and computing related issues.

Whether you have issues with your PC/laptop running slow, need a hardware upgrade or your internet connection is playing up; we will be able to help you. We also offer web site and application design/development services.

We are based in and around the Chelmsford area and offer coverage to the whole of Essex with flexible hours to suit you including evenings and weekends.

We specialise in all versions of Microsoft Windows, Apple and Linux operating systems and can help whether you're a home user or a small/medium business. We also specialise in building, upgrading and repairing gaming PCs.

We provide a PC/Laptop health check to ensure efficient running and remove any unwanted software, and we will update existing software and operating systems, as well as install anti virus and firewall software. Our service includes physically clean the computer or laptop (clean system fan and other dust) and performing system tune up to speed up your technical equipment.

The other areas our company covers include web site design and development, application design and development, the design and implementation of small office networks backed up by our consultancy and training services.



We do not charge for diagnosing issues and we operate a no-fix, no-fee policy so we do not charge if we cannot fix a problem or the computer is beyond economical repair.



YOUR DEVICES DESERVE THE BEST

Trust us for expert computer care



- PC/Laptop Health Check
- Hardware Upgrades/Repairs
- Web site design and development
- Application design and development
- Small office networks designed/implemented
- Consultancy ■ Training
- Building, Upgrading & Repairing Gaming PCs

07786 291392 ■ support@mister-pc.co.uk ■ www.mister-pc.co.uk



CONTACT US
& WE'LL GET
BACK TO
YOU WITHIN
24 HRS

A GUIDE TO CHOOSING

MATTE VS...

Confused about the difference between matte and satin paint? Not sure which finish to use in which parts of your home? Here's our guide to which paint you should choose for your next project.

WHAT IS THE DIFFERENCE?

The main difference between matte and satin paint is the finish. Satin paint provides a shinier finish, whereas a matte paint finish is more flat. More specifically, satin finishes have between 25 and 35 per cent gloss and matte finishes have between five and 10 per cent gloss. This means that satin paint reflects as much as three to five times more light than matte paint.

WHAT ARE THE PROS AND CONS OF MATTE AND SATIN PAINT?

Matte paint pros: Covers imperfections well ✓ Easy to touch up ✓ Provides good depth of colour ✓

Matte paint cons: Difficult to clean ✗ Holds dirt ✗

Satin paint pros: Easy to clean ✓ Reflects more light ✓ More durable and long-lasting ✓

Satin paint cons: Does not hide imperfections ✗ Hard to touch up ✗

WHERE TO USE MATTE AND SATIN PAINT AT HOME

Matte paint: On the ceilings, walls in the bedroom, dining room and living room.

Satin paint: In high-traffic areas such as bathrooms, the kitchen and children's rooms and on windows, doors and trims.

WHICH IS BETTER: SATIN OR MATTE PAINT?

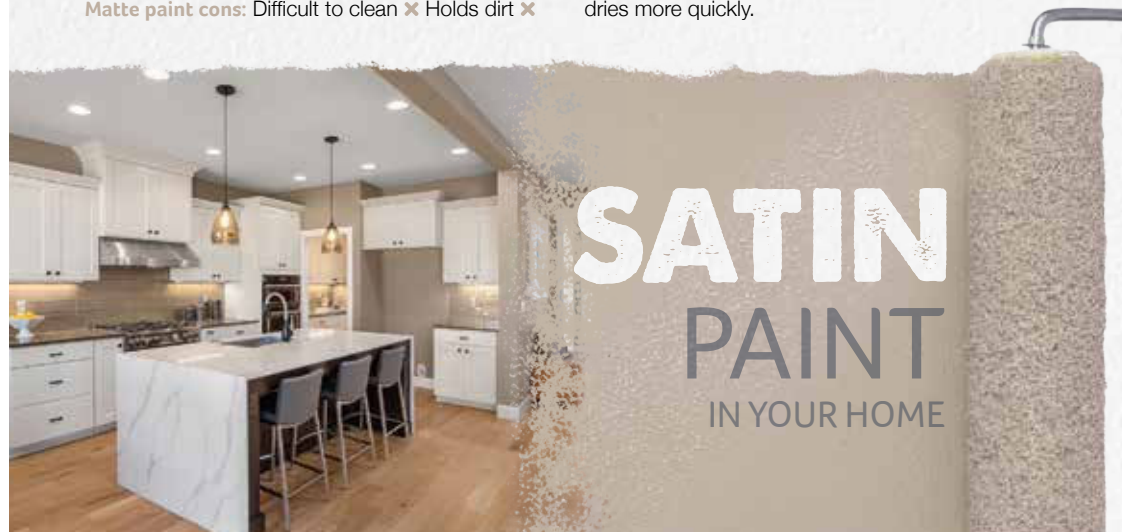
If you want a rich, dark and dramatic colour, then matte paint is the perfect choice as it boasts a low-sheen finish. However, if you want to paint a room in a more neutral shade or lighter tones, then satin paint is preferable as it reflects light more effectively. Satin paint is much more flexible but you do need to apply it carefully, whereas matte is easy to use and dries more quickly.

SATIN PAINT

IN YOUR HOME



HOME & DIY



- 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



How to create a **SELF-CLEANING HOME**

Every day can seem like Groundhog Day when it comes to housework, as if often feels like no matter how much you do, it all miraculously undoes itself by tomorrow. But what if it didn't have to be that way? What if your home could clean itself?

SET UP CLEANING STATIONS: Cleaning stations are a must if you want a self-cleaning home, enabling you to spot clean with ease. Some of the most useful cleaning stations are a microfibre cloth and all-purpose cleaning spray under the bathroom sink, a dusting caddy complete with a furniture touch-up kit in a cupboard in the living room, and a small broom and dustpan and brush under the stairs.

INVEST IN SMART STORAGE SOLUTIONS: When investing in storage for your home, try to pick items that are easy to wipe down and ones that are not prone to accumulating dust. For example, closed cabinets rather than open shelving. Also, divider drawers are great for keeping things in order.

USE AUTOMATION TOOLS: Technology has come a long way in recent years and you can now find tools that will do your housework for you. Among the most popular automation tools for the home are robotic vacuums which effectively remove dirt and debris from the floor all on their own. If you have a cat, self-cleaning litterboxes are great.

TRY TASK CLEANING: Task cleaning involves dividing your home into tasks and assigning a day of the week to each task for a deep clean. This can stop you from feeling overwhelmed at the prospect of cleaning the whole house at once and help you to keep on top of things.

EMBRACE MINIMALISM: The less clutter you have in your home, the easier it is to keep clean. To embrace a more minimalist approach, get rid of any items that don't serve a purpose or bring you joy.





THE UNUSUAL WAYS EASTER WEEKEND IS CELEBRATED ACROSS THE GLOBE

In the UK, Easter, which this year falls on Sunday, March 31, is all about chocolate eggs, the Easter Bunny and hot cross buns, but this isn't the case elsewhere in the world. In fact, most countries have their own Easter traditions – some of which you may find a little strange!

GERMANY: *Easter trees*

An Easter tradition that is fun for the whole family, coloured eggs and other decorations are hung on the branches of trees and bushes in Germany. In larger cities, you can expect to marvel at tens of thousands of eggs.

POLAND: *Easter bread*

In Poland, it is traditional for women to prepare and bake Easter bread, which is shaped like a donut and can be filled with mini chocolate eggs. It is believed that men's moustaches will turn grey and the dough will not rise if any males participate in the making of this bread.

FINLAND: *Easter witches*

Similar to Halloween, in Finland at Easter, children dress up as witches and go from door to door collecting sweets in exchange for decorated bouquets made out of pussy willow. This tradition is designed to welcome spring and ward off evil spirits.

FRANCE: *A giant Easter omelette*

In the small French town of Bessières, the locals come together to make a gigantic 15,000-egg omelette in their town square every Easter. A huge fire is stoked and more than 50 volunteers help to crack the eggs in preparation for the feast to follow.

AUSTRALIA: *The Easter Bilby*

In Australia, rabbits have a history of destroying crops, which is why this country decided to embrace its own native marsupial instead of the Easter Bunny. The Easter Bilby, with its distinctive cute face and long ears, is loved by children and eagerly awaited each year.

Joe's Carpets

FAMILY RUN BUSINESS ♦ ESTABLISHED SINCE 1999

WE COME
TO YOU
PERSONAL
HOME
SERVICE

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**

A passion for paint

SINCE 1995

Bespoke hand painted roses on wood & metal.

Unique pre-loved and new items.

Commissions and special requests welcome.



@VintageRoseCanalware

www.instagram.com/VintageRoseCanalware



@VintageRoseCanalware

www.facebook.com/VintageRoseCanalware



Bones Lane Antiques Centre
Battlesbridge, Essex SS11 7RE



Chelmsford High Street Market

The High Street Market takes place in Chelmsford High Street every Tuesday, Friday and Saturday. The market has been running since 2005 and offers quality fresh produce, flowers and a variety of home cooked street foods.

There's fresh bread, cakes and pastries from Brown Bread. Freshly caught fish, lobster and jellied eels supplied by Young's Fish. Cheese & Pie, a family run business sells many varieties of cheese from brie to black bombers. Another family run business is our greengrocer offering fresh quality seasonal fruit & vegetables.

No high street market is complete without its street food, of which we have plenty!! You will find Caribbean dishes from Jerk Station, authentic German bratwurst sausages, burgers, authentic vegan and vegetarian falafels cooked before your eyes. We have fresh chimney cakes, churros, authentic Biryani dishes, oak smoked beef brisket, and homemade Romanian foods including rolled sausages and stroganoff. If you are feeling thirsty Coffee Stop sells over 50 different coffee flavours, and cool shakes in the summer.

Away from food, GSE Flowers boast unique flowers from Holland, which are hard to find in local supermarkets, ideal for a beautiful bouquet for that special occasion.



Chelmsford Indoor Market

Chelmsford's Indoor market dates to the 11th century and takes place every Tuesday to Saturday. We have easy parking in High Chelmer car park situated right above the market and if you travel by bus, the bus interchange brings you conveniently right to the heart of the market.

The Indoor market has something for everyone, all under one roof. Many of our unique family run businesses have been handed down through generations and include haberdashery, wool, picture framing, watch batteries and repairs, card stalls, hardware's, bags, hats and luggage. If you are looking to re-cover an old chair, the foam stall will cut foam to size and if you need your bicycle repaired, this is the place to come. We have fresh foods, including a greengrocer, butcher and a stall selling one of the widest varieties of cheese in the area.

If you are looking to buy for children, then our baby and children's clothing stall offers a wide range of outfits for all seasons and occasions. We have a huge selection of action figures and toys to keep the children occupied for hours.

If you are looking for something special for the garden, we have Blue Lagoon Furniture that have a wide range of both indoor and outdoor furniture. We have two plant stalls and a stall selling garden ornaments, lights and accessories.

Thursday is our vintage market day. Traders here will be delighted to show you their collectable items for sale including war memorabilia, vintage jewellery, ornaments, books, china, glass, vinyl records and toys.

Once you have finished all your shopping, we have plenty of places to enjoy a cup of coffee, grab a burger or taste some fine street foods including Thai and Italian cuisine.

Historically Chelmsford has held a market Charter for over 800 years. Supporting our small, family run businesses help ensure that Chelmsford's market continues to thrive well into the 21st century.

Shop LOCAL

Indoor Market
Tuesday to Saturday

Vintage Market
Thursday at the Indoor Market

High Street Market
Tuesday, Friday, Saturday & Sunday



'Essex is unique to me, as are its people'



Despite living in the Cotswolds since the early 1980s, renowned British author Dame Jilly Cooper still remains an Essex girl at heart.

Born in Hornchurch on February 21, 1937, and residing in a house in Osborne Road, Jilly's early years may have been beset with the trials of the Second World War – not least given that her father was serving at the time – yet the inconsistency of those years undoubtedly led to creativity and discovery; the perfect ingredients for an author!

The inspiration began as war unfolded, with Jilly and her brother sent to Yorkshire to get away from London and its surrounding counties – an obvious target for German bombers.

Relocating to Surrey, then Wiltshire, after the cessation of war, her attempts at a career in national journalism were unsuccessful, yet she landed a job at the *Middlesex Independent*. From there, she ascended to arguably her journalistic pinnacle – a column in *The Sunday Times* and, later, *The Mail on Sunday*.

Jilly's witty wordplay resonated with readers and led to her first book, *How To Stay Married*, in 1969. Her fiction career took off in the 1970s with her series of novels blending humour, romance and social observations.

The *Rutshire Chronicles* books, starting with *Riders* in 1985, also sparked *Rivals*, *Polo*, and others, catapulting her to international fame.

Cooper's connection with Hornchurch is as valued to her as her career, and she often speaks fondly of a county she was forced to depart much earlier than she would have liked. "My novels have often been about the upper echelons of society, and that's why I love Essex so much. It is a working man's heartland, with graft, energy, personality and naughtiness, at all levels of the social spectrum.

"Essex is unique to me, as are its people."

Jilly often makes pilgrimages back to her home county, and her adopted Labrador/collie cross rescue dog also comes from Essex, having been rescued by Battersea Dogs Home.

Photo credit: Ken McKay/ITV/Shutterstock



MAINTAINING THE PAST

BUILDING THE FUTURE

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



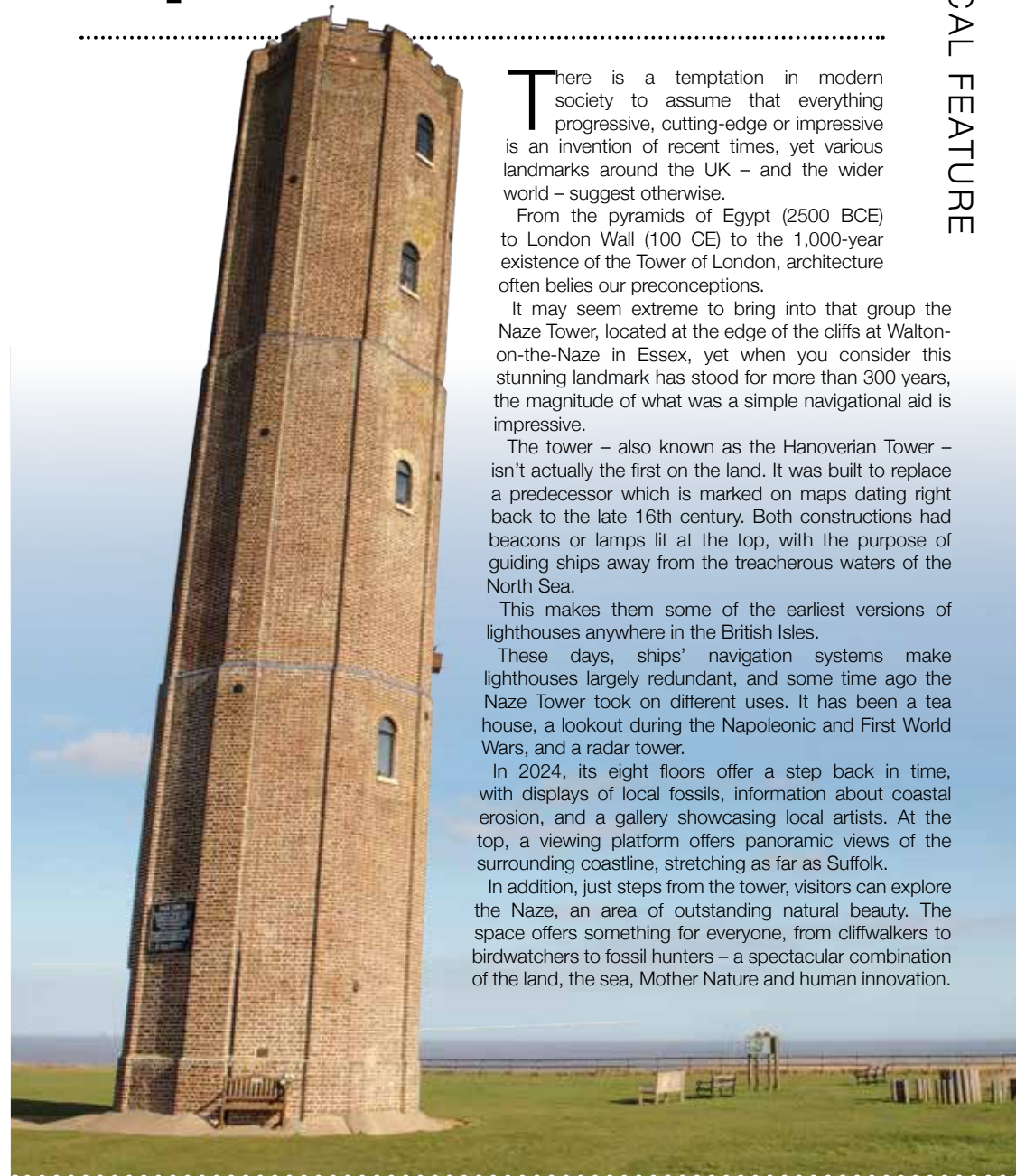
Parkwood
DESIGN & BUILD | EXTENSIONS | REFURBISHMENTS

CONTACT US TODAY FOR A FREE SURVEY

07554 901826 | info@parkwoodpm.co.uk

www.parkwoodpm.co.uk

Three centuries of the spectacular Naze Tower



There is a temptation in modern society to assume that everything progressive, cutting-edge or impressive is an invention of recent times, yet various landmarks around the UK – and the wider world – suggest otherwise.

From the pyramids of Egypt (2500 BCE) to London Wall (100 CE) to the 1,000-year existence of the Tower of London, architecture often belies our preconceptions.

It may seem extreme to bring into that group the Naze Tower, located at the edge of the cliffs at Walton-on-the-Naze in Essex, yet when you consider this stunning landmark has stood for more than 300 years, the magnitude of what was a simple navigational aid is impressive.

The tower – also known as the Hanoverian Tower – isn't actually the first on the land. It was built to replace a predecessor which is marked on maps dating right back to the late 16th century. Both constructions had beacons or lamps lit at the top, with the purpose of guiding ships away from the treacherous waters of the North Sea.

This makes them some of the earliest versions of lighthouses anywhere in the British Isles.

These days, ships' navigation systems make lighthouses largely redundant, and some time ago the Naze Tower took on different uses. It has been a tea house, a lookout during the Napoleonic and First World Wars, and a radar tower.

In 2024, its eight floors offer a step back in time, with displays of local fossils, information about coastal erosion, and a gallery showcasing local artists. At the top, a viewing platform offers panoramic views of the surrounding coastline, stretching as far as Suffolk.

In addition, just steps from the tower, visitors can explore the Naze, an area of outstanding natural beauty. The space offers something for everyone, from cliffwalkers to birdwatchers to fossil hunters – a spectacular combination of the land, the sea, Mother Nature and human innovation.



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

**Call 01245 478111
07710 358347**

Visit lkgdaughters.co.uk

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



**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**

**Checka
trade.com**
View our sales page for list of
machines ready to install today!

**ALL MAKES
ALL MODELS
REPAIRS
SALES**

CALL OR BOOK ONLINE
01279 310793
www.spindoctoruk.co.uk

**SPIN
DOCTOR**

Washing Machine, Dishwasher, Freezer, Fridge, Electric Oven, Electric Hob, Fridge Freezer, Extraction Hood

AERIALBASE.COM

**TV • AERIAL • SATELLITE
INSTALL • SERVICE • REPAIR**

**AERIALS
FULL FITTED
from £59.97**

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

digital **freesat** **Freeview** **HD**
sky **BT** **youview** **TalkTalk**

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

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

**BB
ROOFING CONTRACTORS**

**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 **Checka** **trade.com**
Where reputation matters

01702 278474

**info@bbroofingcontractors.co.uk
www.bbroofingcontractors.co.uk**

f

YOUR LOCAL EVENTS

BRIAN SOUTHALL: MY MUSIC BUSINESS ADVENTURES

Chelmsford Library,
Chelmsford County Hall,
Market Road, Chelmsford, CM1 1QH
Thursday, March 21, 7pm – 8pm



Photo credit: Chelmsford Library

Brian Southall worked with the biggest names in rock and pop and his new book, *Bull & Bush*, recalls extraordinary stories from his 40-year career.

Chaperoning Kate Bush, going on the road with The Carpenters, befriending Phil Lynott, working with The Rolling Stones, Brian has had the fantasy job many people can only dream of.

Tickets cost £5 from www.t.ly/z9S_q

BACK INTO HELL

Chelmsford Theatre, Fairfield Road,
Chelmsford, CM1 1JG
Thursday, March 28, 7.30pm

Celebrate the iconic music of Meat Loaf and Jim Steinman with this two-hour extravaganza.

Join world-class musicians as they recreate such legendary anthems as *Bat Out of Hell*, *I'd Do Anything for Love*, *Two Out of Three Ain't Bad*, *Dead Ringer For Love* and many more.

Tickets cost £28 to £30 and can be purchased from www.chelmsfordtheatre.co.uk/events/back-into-hell

THE GIANT EASTER EGG HUNT

RHS Garden Hyde Hall, Creepthedge Lane,
Chelmsford, CM3 8ET

Friday, March 29, to Sunday, April 14, 10am – 5pm

Enjoy a supersized family adventure at RHS Garden Hyde Hall this Easter, as dozens of larger-than-life eggs await discovery on the giant egg hunt.

Children who successfully find all of the hidden eggs will be rewarded with a free chocolatey treat from free-from and vegan chocolate brand NOMO.

Entry to the garden costs £7.95 for children aged five to 16 and £15.85 for adults. Children under five go free. To book, visit www.rhs.org.uk/gardens/hyde-hall/whats-on/easter-at-hyde-hall

THE BREWER'S DAUGHTER

Hot Box, 28 Viaduct Road,
Chelmsford, CM1 1TS
Saturday, April 6, 7pm

The Brewer's Daughter goes on tour following the release of their 2024 album, *Made Undone*.

The Brewer's Daughter mixes styles of folk, world music, indie, grunge and ska to create a multi-instrumental set that has the audience in tears, in arms, and with a brighter perspective on life.

Tickets cost £11. To book, visit www.t.ly/_2Zmt

WEST END MUSICALS BY CANDLELIGHT

Chelmsford Cathedral, New Street,
Chelmsford, CM1 1TY

Saturday, April 13, 7.30pm

For one magical night, London Concertante takes you into the dazzling world of the most iconic West End musicals. The ensemble will be joined by West End stars for a candlelit performance in the cathedral.

Featuring songs from *Aladdin*, *West Side Story*, *Hamilton*, *Guys and Dolls*, *Les Misérables*, and many more.

Tickets cost between £19 and £46, and can be purchased from www.t.ly/l8leo



Photo credit: Google Maps

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





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**



SPORT

Zorbing is a pursuit many know, though few are brave enough to try. Can our review of one of the fastest-growing extreme sports tempt you to give it a try?

Imagine losing your footing and rolling down a steep hill, gathering ever-increasing speed, and with every turn considering what impending injury may confront you when you finally come to rest.

Well, while Zorbing – that is, being housed inside a transparent round orb – is by no means an injury-free pursuit, it's a somewhat safer way of descending a slope, as well as being exhilarating to boot!

Zorbing was first popularised in the early 1980s in the south of England (Oxford and London) by a group of pioneering thrill seekers who called their group the Dangerous Sports Club. It was one of a number of different activities they undertook that also included the early days of commercial bungee jumping.

Entering the Oxford English Dictionary in 2001 where it is officially described as “a sport in which a participant is secured inside an inner capsule in a large, transparent ball which is then rolled along the ground or down hills”, the orb is composed of two sections. The outer comes into contact with terra firma (and also water in some cases) while the inner one is the part that provides the shock absorption.

The balls are usually around 10ft (3m) in height, and invite participants to test endurance, speed and the strength of their stomachs as part of the thrill!

Indeed, South African Steve Camp travelled 570 metres on a single roll; Keith Kolver of New Zealand reached 32mph in his orb; and Irishman James Duggan blazed 100 metres in 23.2 seconds.

The sport has since evolved into Zorb Football, where the zorb encompasses the top half of the player and a normal football is used on the deck. Also known as Bubble Football, the first World Cup took place in Shoreditch in 2018.



**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

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





Organic, ORGANISED chaos

THE ART OF CHAOS GARDENING – AN EMERGING TREND IN UNSTRUCTURED NATURAL BEAUTY, COMING TO A GARDEN NEAR YOU!

Chaos Gardening has captivated gardening enthusiasts since its showcase at the Chelsea Flower Show in spring 2023.

This approach, marked by a seemingly random mix of seeds and plants, lets nature shape the garden. The result? The untamed beauty of a wildflower meadow or a quaint cottage garden, rather than the meticulous, structured order of traditional flowerbeds. It's like hitting shuffle on your garden's playlist!

Ideal for garden borders, the method is low-maintenance and perfect for using leftover or collected seeds. The process is simple: mix a variety of seeds – flowers, herbs, grasses, vegetables, fruits – and disperse them generously in your chosen garden area.

Despite its name, Chaos Gardening does involve some planning, however attractive the concept is to first-timers or green-fingered amateurs.

Understanding the unique requirements of each seed can maximise the garden's potential. Beginners can start with a small section, experimenting with combinations, then expand to various garden zones, each with its own combination.

Also consider the aesthetics of your garden, and build into the picture how you want it to function as an outside space, so plan specific zones based on plant characteristics (such as height, spread and colour) as this will enhance the garden's harmony.

Incorporating hardscaping features like rockeries or water elements can structure and define different areas too.

And remember, Chaos Gardening can even embrace weeds – after all, they are the ultimate symbol that we are accepting natural growth.

The result is a garden that flourishes in the spontaneity of nature, creating a vibrant and diverse blanket that's free from the constraints of how we view and enjoy our outdoor spaces.



Photo credit: National Trust Images/Eva Nemeth via nationaltrustimages.org.uk



TRANSFORM YOUR SPACE WITH OUR WINDOWS, DOORS & CONSERVATORIES

Dunmow GLASS

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

WhatsApp, Facebook, and Google Maps icons



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



King & CO
 The Tree Nursery



Producing Immaculate
Finishes for Decades

TARMAC

DRIVEWAYS

BLOCK
PAVING

RESIN



- ◆ Essex's leading road & surfacing contractor
- ◆ Grab Lorry Hire Essex
- ◆ A family business
- ◆ Established for decades

& MORE

☎ 01621 772429 ✉ info@ljanderson.co.uk 🌐 www.ljanderson.co.uk



GARDENING

A GUIDE TO AIR LAYERING

Air layering is a plant propagation method that is highly effective at getting plants to root from cuttings. Some of the most common plants that are suitable for this type of layering are magnolias, roses, jasmine, rhododendrons, azaleas and acers.

HOW TO AIR LAYER PLANTS

STEP 1: Choose a one- to two-year-old stem that is straight and healthy. Trim off the side shoots and leaves from a 30cm section.

STEP 2: Remove some of the outer layers of the stem (known as making a wound) by making a 2.5cm cut through a leaf bud, angled towards the shoot tip. This will create a tongue that can easily be lifted.

STEP 3: Apply a hormone rotting compound (powders or gels work best) to the surface of the wound. This is a synthetic substance that replicates the natural growth conditions in plants and encourages roots to form.

STEP 4: Pack a small amount of moist sphagnum moss under the tongue of the wound. This is a type of potting medium that can be purchased online or

at most garden and DIY shops.

STEP 5: Wrap the wounded stem section loosely with black plastic, sealing it at one end with weather-resistant tape.

STEP 6: Pack the wrapping sleeve with moist sphagnum moss to a thickness of 7.5-10cm.

STEP 7: Seal the other end of the wrapping sleeve with weather-proof tape.

STEP 8: Leave the wrapping in place for up to one year. Open and check it occasionally for signs of rooting.

STEP 9: When you start to see strong roots coming through the moss, remove the plastic sheet and cut through the stem just below the rooted section.

STEP 10: Pot the rooted stem in potting compost that is suitable for the plant. Do not remove the moss from the roots. Continue to water and watch grow until established enough to plant outside.

WHEN TO AIR LAYER PLANTS?

Air layering is best carried out in autumn and spring. Evergreens are best suited to layering during the spring, whereas deciduous plants can be layered in either season.



PETS

POSTNATAL CARE

FOR DOGS...



WHETHER YOU HAVE A CAT OR A DOG THAT IS ABOUT TO GIVE BIRTH, IT IS VITAL THAT YOU KNOW HOW TO CARE FOR THEM AT THIS TIME

Postnatal care for a dog and her pups

1. IMMEDIATE NEEDS

Immediately after your dog has given birth, you should remove all the bloodied and soiled materials from her nesting box. Replace these with clean and warm bedding. Clean mum with a damp cloth. Do not bathe her for the first two weeks.

2. THE FIRST FEW DAYS

Within the first 24 hours of the puppies being delivered, you should contact your vet to make an appointment to check on both mum and her pups. Monitor closely for seven days, looking for any signs of distress or extreme tiredness. Feed mum small and regular meals.

3. UPCOMING WEEKS

It takes roughly three to four weeks before a puppy is fully weaned. Puppies should not be taken from their mum until they reach 10 weeks. Provide plenty of fresh water for your dog when she is nursing. At eight weeks old, puppies should have their first set of vaccinations.

Postnatal care for a cat and her kittens

1. IMMEDIATE NEEDS

After your cat has given birth, it is important that you keep a close eye on her and her kittens. Make sure that the room they are in is warm and quiet, and that their bedding is kept clean and dry. Make sure the kittens are feeding and, if not, guide them.

2. THE FIRST FEW DAYS

If your cat does not feel safe or warm enough where she is, she may move her kittens to another area in your home. You may notice her keeping a distance from you but this should settle after a few weeks.

3. UPCOMING WEEKS

While your cat is nursing, she will need good-quality cat food to support her and aid the development of her kittens. After a few weeks, you may be able to gently stroke the new kittens if your cat is happy for you to do so. At nine weeks old, kittens should have their first set of vaccinations. They do not need to visit the vet before then unless you suspect a problem.

...AND CATS



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






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






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

Cloudy2Clear, A Local Service, Saving You Money.

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

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

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

“
*Ask me about our
fantastic Energy
Saving Glass.*
”



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

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



*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



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

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?



Priority freephone
0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money



RAYE

A photograph of the singer RAYE performing on stage. She is wearing a dark, strapless, sequined dress with a high slit. She is holding a microphone in her right hand and has her left hand near her face, looking upwards with a joyful expression. The background is dark with bright stage lights and a large, glowing 'RAYE' logo.

TALENTED YOUNG SINGER BREAKS BRIT AWARDS RECORD

After topping the UK charts, RAYE has also broken the record for the most BRIT Awards nominations ever received by one artist; yet the singer/songwriter has been waiting in the wings for more than a decade.

They say revenge is best served cold, and yet South London soloist RAYE (AKA Rachel Keen) is the hottest thing in music right now.

In January, the soulful sweetheart made BRIT Awards history by becoming the first artist to score seven nominations in a single year – including in the top category of Album of the Year for *My 21st Century Blues*, a stonking tour-de-force of a record that effortlessly melds pop, deep house, hip-hop, funk and R&B, with RAYE both spitting out rhymes and crooning like a nightingale.

Fresh from breaking records at the BRIT Awards, RAYE was also named best female act at the MOBO Awards, held in Sheffield on February 7.

Her lyrics are frank, raw and bruisingly honest, with many a mention of the industry that left her marooned in music's wilderness for years. For though her name may be new to the ears of many, RAYE has been making music since she was in her teens and landed her first record deal in 2014 with Polydor after wowing with the self-released EP *Welcome to the Winter*.

By 2021, Raye was understandably dismayed with her label and vented frustrations on social media site X, writing: "I have been on a four-album record deal since 2014! And haven't been allowed to put out one album. All I care about is the music. I'm sick of being slept on and I'm sick of being in pain about it."

Eventually taking matters into her own hands, RAYE left Polydor and released *My 21st*

AFTER MANY YEARS OF BEING STUCK ON THE SIDELINES

Century Blues independently. Not only was the album critically acclaimed, but it also missed out on a number-one chart spot by the thinnest of margins, garnered a nod at the Mercury Prize, and led to RAYE scoring a win at the Ivor Novellos for the single, *Escapism*.

Now thoroughly vindicated, the 26 year old can focus all her energy on the artistry so dear to her. However, despite her frustrations regarding the major label machine, RAYE amassed a cadre of songwriting credits – for the likes of Beyoncé, Rihanna and John Legend – and guest spots for other artists during her time at Polydor. In 2016, she scored a top-three hit with her guest vocals on Jax Jones's *You Don't Know Me*, and more recently, her Joel Corry and David Guetta collaboration *BED* was in the running for British Single of the Year at the 2022 BRIT Awards.

Raised in a musical household, RAYE's father was a musical director at a local church which boasted a gospel choir that both RAYE and her mother sang in. In her early teens, she attended Croydon's renowned The BRIT School but dropped out after two years as she felt "confined... despite learning an extensive amount", going on to release her debut EP at the age of 16.

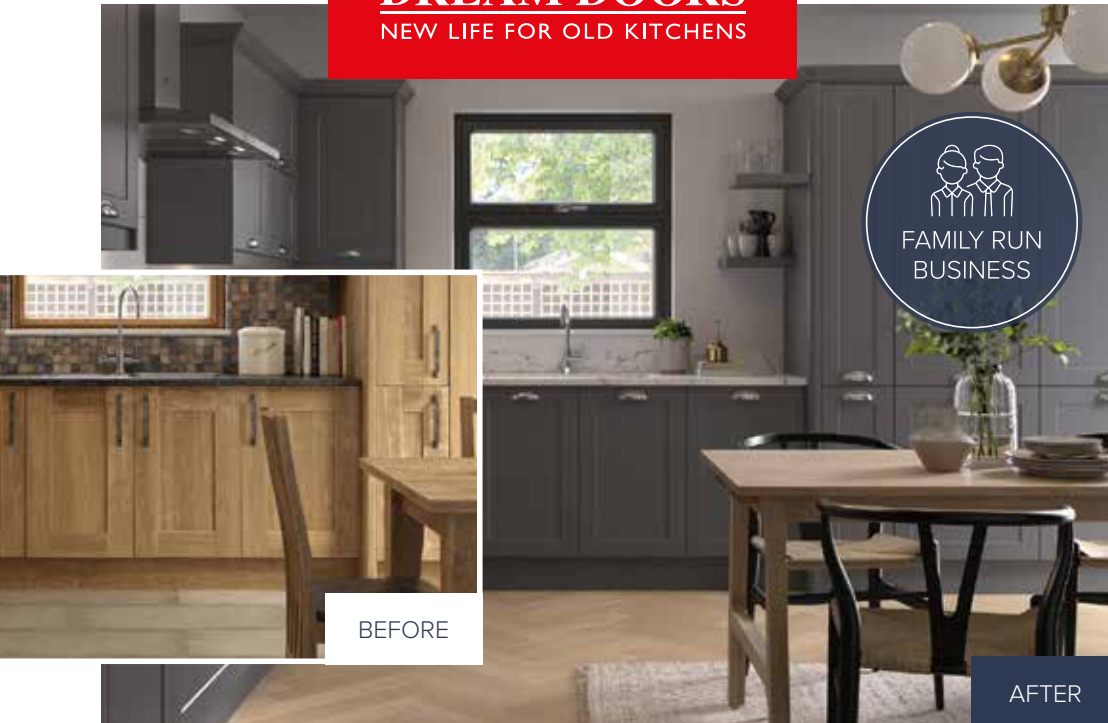
On the track *Mary Jane*, RAYE sings: "Look what they done to Amy," in reference to Amy Winehouse. Certainly, there are musical comparisons between RAYE and the late South Londoner whose own prolific musical output was both profoundly honest and heart-breaking.

However, unlike Amy, it appears that RAYE's dark days are firmly behind her. Not an artist who craves the triumph or the attention of the accolades now flooding her way, but after so many years of frustration, they are nothing but deserving.

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS



BEFORE

AFTER

MODERN

CLASSIC

TRADITIONAL

CONTEMPORARY

- › Up to 50% less than a new fully fitted kitchen
- › Replacement kitchen doors
- › Cost effective made to measure solution
- › Worktops and appliances
- › Quick installation in 2-3 days by local professionals

2A Victoria Court,
New Street,
Chelmsford, CM1 1GP

Call us now for a free estimate:

01245 358 990

Email: chelmsford@dreamdoors.co.uk

Checkatrade.com 9.8/10
Where reputation matters

dreamdoors.co.uk

THE UK'S #1 KITCHEN MAKEOVER COMPANY

SONIC YOUTH



THE FIVE MOST ICONIC VIDEO GAME CHARACTERS OF ALL TIME

MARIO: The Italian plumber from the titular Nintendo franchise is the Japanese company's flagship character, and actually got his name from the resemblance to the Nintendo Washington warehouse landlord.

The Mario franchise has sold more than 776 million copies worldwide.

SONIC THE HEDGEHOG: It's been more than 30 years since Sega's official mascot came to our screens. The hedgehog character first appeared in his own standalone game on the Mega Drive – later called the Genesis – in 1991.

However, the blue anthropomorphic hedgehog actually made a cameo appearance slightly earlier that year on the arcade driving game *Rad Mobile*, Sega's first 32-bit release.

LARA CROFT: The *Tomb Raider* franchise arrived on the scene in 1996 with Lara Croft, the ultimate feminist hero, about to alter perceptions further in an already fervent era of girl power.

The archaeologist travelled the world in search of ancient artefacts, and did so with such dynamism that she spawned a string of successful movies, played by Angelina Jolie in 2001 and 2003, then reprised by Alicia Vikander in 2018.

DONKEY KONG: Nintendo game director Shigeru Miyamoto, whom we can thank for the creation of the Mario character, also created *Donkey Kong*. With 80 million copies of the game sold since its release in 1981, it also has seven Guinness World Records to its name, including First Use of Visual Storytelling in a Video Game.

Donkey Kong was developed in a bid to beat another arcade classic, *Pac-Man*. Mario features in the original version as 'Jumpman'.

PAC-MAN: Upon its release in Japan in 1980, *Pac-Man* wasn't the hugely successful videogame it has since become. A slow-burner that has become synonymous with arcade machines, alongside Galaxian and Space Invaders, the cute characters weren't an instant hit with users, but are now seen as iconic. The eponymous character tries to eat all of the dots and evade the ghosts in a maze.

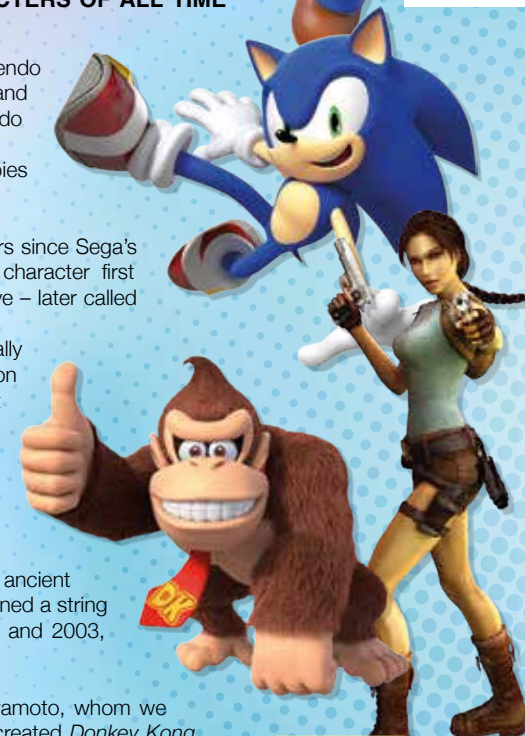


Photo credit: mario.nintendo.com, tombraider.random.com, play.nintendo.com

FIVE ALIVE



John Eckbert

HOW THE FIVE GUYS FAST-FOOD BRAND GREW WITH ZERO MARKETING... PURE GENIUS!

Five Guys CEO John Eckbert was raised in a simple, uncomplicated environment. His family didn't watch TV, didn't celebrate birthdays, and everyone was up at 5am for music lessons.

While the American always intended to elevate himself way beyond the rural idylls of his childhood, he never saw himself backing a business that was destined to transform the 'burger joint' image of the high street, and one that now has more than 1,700 bases globally.

"We wanted to back a business that wasn't going to be threatened by Amazon," says investor Eckbert. "It was to be one that put people in a certain place, where the internet couldn't necessarily hurt it."

Eckbert landed on Five Guys, a US franchise business founded in 1986 that didn't venture outside the US until 2013. The name comes from the Murrell family, and their values were cemented from the start. It was a simple product – just burgers, hot dogs and fries – and to this day, it boasts arguably the simplest menu of any high street brand. Everything was to be fresh – there are no freezers – and made to order, while products are wholesome and simple. For instance, the fries are hand cut, double cooked and contain just potato, peanut oil and salt.

The rapid expansion came at a time of macro change in public perception and awareness over food, helping Five Guys rise to the top of the industry. It also capitalised on the social media drive, where word of mouth could drive the brand's popularity.

As a result, there was no publicity, no marketing campaign, no PR stunts, and don't ever expect to see a TV commercial. Instead, quality and originality of product, plus accidental endorsement by some of the biggest names on the planet, from Barack Obama to Ed Sheeran to Adele, have led Five Guys to a place that's as honest and wholesome as a 5am violin lesson.

Photo credit: fiveguys.co.uk

MARY BUGG SALES AND LETTINGS

exp[™] UK



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

SOLD



SOLD



SOLD



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



It's never too early..

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

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

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



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

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

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



PUZZLES & TRIVIA

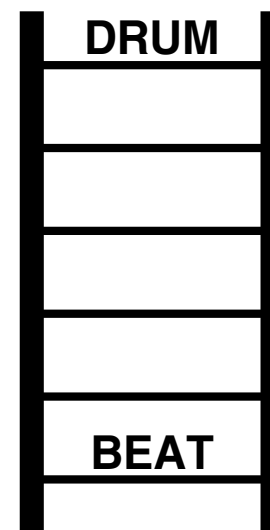
- ▶ ASHIBETSU
- ▶ ENA
- ▶ ETAJIMA
- ▶ FUJISAWA
- ▶ HEKINAN
- ▶ KITAKAMI
- ▶ KOBAYASHI
- ▶ KYOTO
- ▶ MITO
- ▶ MIURA
- ▶ MIYAKO
- ▶ NAGOYA
- ▶ NANTAN
- ▶ OSAKA
- ▶ RUMOI
- ▶ SAITO
- ▶ SAPPORO
- ▶ SHIRAKAWA
- ▶ TOKYO
- ▶ YOKOHAMA



DID YOU KNOW?

- ▶ Most owl species have asymmetrical ears, with one positioned higher than the other, as this allows them to better pinpoint the source of a sound.
- ▶ There are around 250 species of owl and they all live above ground – except for the burrowing owl, which nests in burrows left by other animals such as armadillos.
- ▶ Most owls pair with the same mate every year to breed, and work together to raise their young.
- ▶ Owls have special bones in their skulls to support their large eyes, but this means their eyes are fixed in place, hence their ability to turn their necks 270 degrees in either direction.
- ▶ A group of owls is called a parliament.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



PUZZLES

Answers: see end of The VISION Listings

Jump ON THE BANDWAGON

Jump starting a car might seem straightforward, but doing it safely is crucial to prevent irreparable damage to the battery, fried electronics and even serious personal injury!

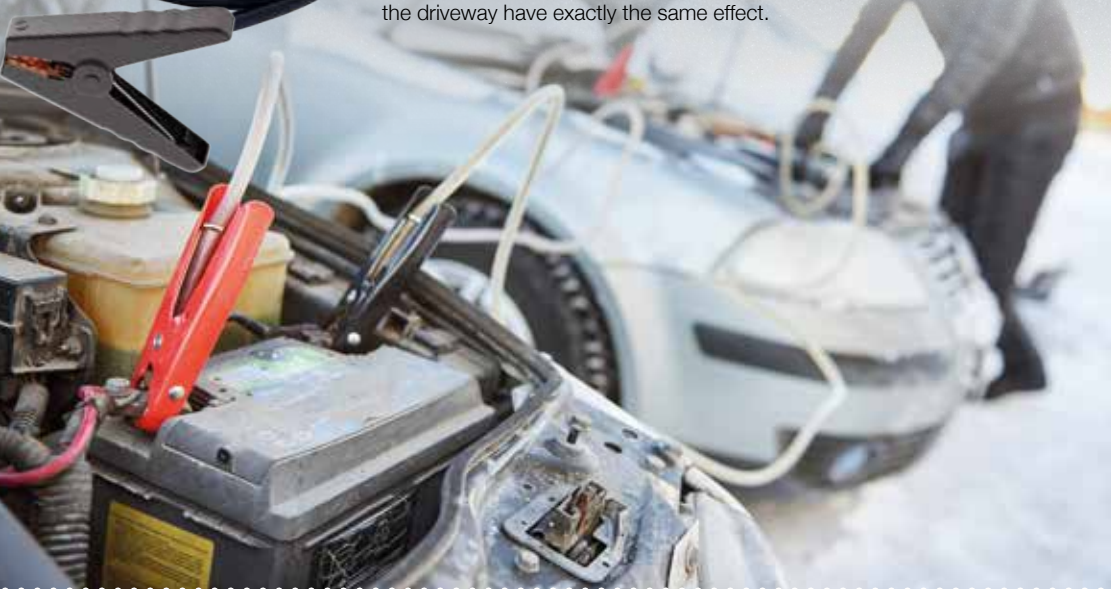
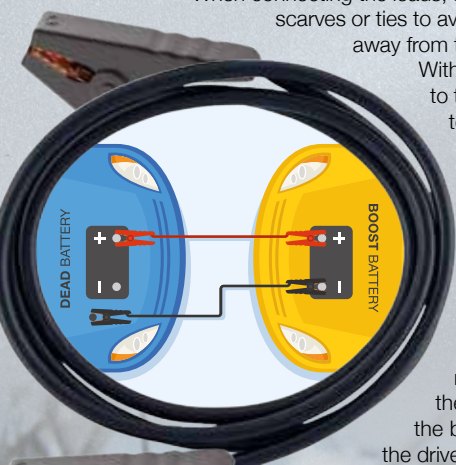
To start with, inspect both the battery and the leads. Do not attempt to jump start if the battery is damaged, swollen or leaking. Similarly, damaged jump leads should not be used, and if they get hot during use, stop immediately.

When connecting the leads, safety in your environment is key. Remove any loose clothing like scarves or ties to avoid them getting caught in engine parts, and keep metal objects away from the batteries to prevent sparks that could ignite battery gases.

With both cars turned off, connect one end of the positive (red) lead to the positive terminal of the dead or lagging battery, and the other to its equivalent on the good battery. Then, connect one end of the negative lead (black) to the good battery. For the other end of the negative lead, attach it to a metal ground on the engine block of the car with the dead battery, away from the battery itself. This helps to prevent sparks.

Once the leads are securely connected, start the engine of the car with the good battery, let it run for a few minutes, then start the car with the dead battery. Let both vehicles run while still connected for a further two or three minutes.

With the jump-started vehicle running, detach the cables in the reverse order you attached them and close the bonnets. Keep the jump-started vehicle's engine running for about 30 minutes for the battery to fully charge – driving it around or leaving it running on the driveway have exactly the same effect.



SECURE YOUR GARAGE

FREE
Intruder alarm
worth £85*

FREE
5yr Warranty

FREE
Installation

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

Checkatrade
Where reputation matters
9.88 out of 10

Trustpilot
4.7 out of 5.1 15,000+ reviews

GAROLLA
ELECTRIC GARAGE DOORS

CALL TO ARRANGE A **FREE SURVEY**
01279 510 063

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



W 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

East Anglian Traction Engine Society - Reg. Charity No. 296027

SAFFRON WALDEN CRANK - UP

* Steam Engines * Tractors *

* Vintage Vehicles *

* Traditional Fairground *

* Trade and Crafts

* Working Demonstrations *

* Licensed Bar & Food *



Carver Barracks, Wimbish, Saffron Walden CB10 2YA

ADULTS £7.50 each, CHILDREN FREE - GATES OPEN 10.00

Prepaid Tickets Available to Order Now

www.swcrankup.co.uk - 07882 175438

27th & 28th APRIL 2024

Beaulieu comes to Essex



Just off Wash Road on Tallon Road Industrial Estate is the motoring enthusiast's paradise.

A large brick built two storey showroom with a Goodwood style clad portal front and a welcoming warm showroom.

Opened in 2021 Fairmont Sports and Classics intention was to create a classics and modern car sales environment with a unique old garage 'themed' two storey indoor arena. The showroom presents popular and iconic vehicles from our past, through to modern sports cars and other vehicles that Fairmont feel are different and interesting.

Described as seasoned motor industry professionals who have spent many years selling and buying cars, the team at Fairmont recognised a change in the car retail world which needed addressing. They felt that car showrooms have become sterile corporate environments that can be intimidating and uncomfortable places for buyers. Fairmont provides a relaxed comfortable space

where customers can browse the most eclectic mix of cars anywhere to be seen in Essex, which include cars from way back to the 60's and 70's and even some are modern day beauties.

Experience and knowledge is on hand to answer questions and to provide assistance for those venturing first hand into the world of classic cars or for those buying more modern and sports cars.

They take sourcing of their cars seriously, actively looking for the makes and models that are both in vogue and what customers are requesting.

"Whilst there is good availability of cars, what we must do is buy those examples that we are confident will satisfy our customers and reflect well on our business. The vast majority we see, under scrutiny, prove not to be to our standard".

Finding a good vehicle without the correct trade knowledge is not for the faint hearted and they only sell the examples that will provide pleasure, whether it's a daily drive modern car, fun classic or the high expectations of the enthusiast and collector.

The range and variety on offer is huge with over 100 cars, creating an interesting place to visit without any obligation, and you might just buy your next car from Fairmont.

Like me you may be welcomed with a nice complimentary coffee.



Get your RA-DISHES ready

Although most people tend to only eat radishes raw in salads, there are actually so many exciting ways that you can enjoy this jewel-toned vegetable. Here are five wonderful ways to cook with radishes, which are in season this month.

WHAT DOES A COOKED RADISH TASTE LIKE?

If you're not a fan of the peppery and spicy taste of raw radish, you'll be pleased to hear that cooked radishes are a lot more mellow and juicy. Texture-wise, they are similar to a cooked potato and simply melt in the mouth.

HOW TO COOK WITH RADISHES

BRAISE THEM: Radishes are perfect for braising as they absorb all the flavourful liquid and become sweet and juicy. A great alternative to potatoes, try radishes in your next meat or vegetable stew.

ROAST THEM: Nearly all root vegetables respond well to roasting, and radishes are no exception. You can roast radishes in just 10 minutes, and they quickly begin to caramelise.

GRILL THEM: Whole or halved, radishes can be grilled with just a little oil or butter and develop a lovely smoky taste. Perfect for your next barbecue.

SAUTÉ THEM: Don't forget that you can also eat radish tops, either raw like lettuce or cooked. For best results, stir-fry or sauté the tops or blanch as greens and blend with garlic, nuts and cheese to make a pesto.

PICKLE THEM: If you want to retain their crunch, radishes can be pickled by tossing them in equal amounts of red wine vinegar and caster sugar. They are also a great addition to homemade kimchi.

OUR FAVOURITE RADISH RECIPES:

- > Pickled red onion and radishes
- > Brown butter-basted radishes
- > Roasted radish and feta salad
- > Braised radishes with garlic, white wine, dill and mint.



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 HOUSE

EST. 2014

Call our
events team
01245 394900



www.thelionhousechelmsford.co.uk
events@lioninnhotel.co.uk

GRAVE(Y) DANGER!

You can't have a roast dinner without gravy, so what do you do if the worst happens and it all goes wrong? Discover four of the most common mistakes when making gravy. Plus, how to quickly fix them.

HOW TO MAKE YOUR OWN GRAVY

Ingredients:

- > 2 tbsp butter
- > 2 tbsp plain flour
- > 150ml port
- > 1.6l chicken, turkey or beef stock or broth
- > Meat juices from your roasting pan (optional)

How to make:

- > Heat the butter in a pan or in the roasting tin containing the meat juices from your roast.
- > Scatter over the flour and stir until you have a dark, sandy paste (known as making a roux).
- > Splash in the port and cook down until sticky.

- > Stir in the stock or broth and simmer for five minutes.
- > Decant into a gravy jug to serve.

LUMPY GRAVY

To prevent lumps in your gravy, use a whisk rather than a spoon to stir, and make sure that you make a roux rather than just adding a thickener such as flour or cornstarch directly to the mixture.

TOO THICK GRAVY

If your gravy is too thick, or even gummy, you have probably added too much thickener. Ideally, when your gravy is hot it should be thick enough to coat the back of a spoon but not stick to it like glue. To remedy this, gradually add more broth or stock until you have the desired consistency.

TOO THIN GRAVY

The role of gravy is to coat your potatoes and meat, but it can't do this if it is too thin. To rectify this, you can try cooking it for longer so that some of the liquid evaporates, or you can make a slurry to add to the gravy (a combination of flour and broth or water).

TOO GREASY GRAVY

To remove grease, deglaze your roasting pan with either broth or wine and then pour the liquid into a fat separator or measuring cup. This will help to loosen the tasty bits at the bottom of the pan while helping to get rid of any fat.





HISTORY

The genius of Sir EDUARDO PAOLOZZI CBE



He may have an Italian name, but Sir Eduardo Paolozzi CBE was born in Scotland 100 years ago this month, on March 7, 1924. His Italian-born parents had moved from Italy to Edinburgh to run an ice cream shop.

In June 1940, when Italy declared war on the UK, 16-year-old Paolozzi was put in an internment camp, along with other Italian Scots. During his three months in the camp, his father, grandfather and uncle were sent to Canada but tragically died when their ship was sunk by a German vessel.

After leaving the camp, Paolozzi attended art schools in Edinburgh, London and Paris before setting up his studio in Chelsea in the late 1940s.

In the 1950s, Paolozzi moved to Essex and started a design company which made wallpapers, textiles and ceramics. At this time, Paolozzi became known for his screenprints and sculptures that looked part human and part geometric.

In the 1960s, Paolozzi began incorporating pop culture and technological imagery into his art and became known as a founding father of the Pop Art movement. Even so, his work remained experimental and hard to categorise.

In the 1970s, Paolozzi worked and taught in different locations and particularly liked Munich, where he had a studio. It was here that he created the mosaic designs for Tottenham Court Road station in London. These were installed in 1986, and you can still see them today.

Paolozzi was elected to the Royal Academy in 1979. In 1968, he was awarded a CBE, followed by a knighthood in 1989. He died in London in 2005, aged 81.

Photo credit: Clare Aron/Shutterstock, Christian Mueller/Shutterstock.com, Peter Fleming/Shutterstock.com

GALVIN GREEN MAN

HOWE ST.

BANK HOLIDAY MONDAY CELEBRATIONS

1ST APRIL, 6TH MAY & 27TH MAY 2024

OPEN: 11AM - 7PM

LIVE MUSIC

BBQ & GARDEN BAR

KIDS ENTERTAINMENT AND MORE!

**LIVE MUSIC 12.30PM-6:30PM IN OUR GARDEN (WEATHER PERMITTING)
FOR ALL OUR ALFRESCO DINING AND GARDEN GUESTS TO ENJOY.**

**OUR PUB & GARDEN WILL REMAIN ON A 1ST COME 1ST SERVED BASIS;
ALL OTHER AREAS (RESTAURANT & ALFRESCO DINING TABLES) ARE
AVAILABLE TO BOOK BETWEEN 12—5PM VIA OUR WEBSITE**



MAKE YOUR BOOKING



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

BETTY@GALVINPUBCO.COM

A cruise experience like no other...

Having just returned from a week away onboard the new ship from Explora Journeys I wanted to share all with you as it was an experience I can't recommend highly enough!

Firstly, it's much more than your standard cruise, it has more of a private yacht feel to it and a luxury hotel at sea if you like.

Here's a sneak peak for your inspiration:

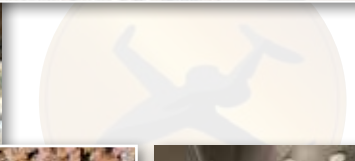
- ✔ Due to her size, she has the ability to go where other ships can't go
- ✔ 461 Oceanfront Suites, all with private terraces and being the largest at sea
- ✔ Four heated swimming pools, including one with a retractable glass roof
- ✔ More than 7,500 square feet of wellness and fitness facilities
- ✔ Nine dining experiences
- ✔ One-of-a-kind entertainment
- ✔ Impeccable service with a guest to staff ratio of 1.25:1
- ✔ Unique excursions to the less visited locations
- ✔ Beverages, in-suite dining and minibar, Wi-Fi, gratuities and more

Explora Journeys truly is a game changer, representing a new era of luxury ocean travel and is one that will exceed any expectation.

I work closely with a handpicked selection of cruise lines that share my exceptional service values. So if you are planning a cruise, then please do get in touch, I'll listen to exactly what you're looking for, help you navigate the world



of cruising and recommend the cruise lines and voyages that best suit you. You can also ask me for my honest first-hand advice about things like cabin types and dress codes.



That's not all. I can also add extra elements to your cruise to create a bespoke trip just for you. Pair a rail journey through the Canadian Rockies with an Alaska cruise, island-hop around Greece after exploring the historic ruins of Athens, or party in Miami after an extensive Caribbean voyage. I'll help you explore further on your luxury cruise holiday.



AS SEEN OR FEATURED IN

aspire
AWARDS

INDEPENDENT

EssexLive

REUTERS

OK!

BUSINESS
INSIDER

Beresfords



NEVER A WASTED JOURNEY

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



NEVER A WASTED JOURNEY

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



WHEN YOU BUY FROM A SMALL BUSINESS



YOU'RE **NOT** HELPING A CEO
BUY A THIRD HOLIDAY HOME

YOU'RE HELPING TO PAY FOR...

a little girls
dance classes



A YOUNG BOY'S
TEAM JERSEY

MUM AND DAD TO PUT
FOOD ON THE TABLE



SUPPORT YOUR LOCAL BUSINESSES
AND LET THEM KNOW YOU SAW THEM FIRST IN... **VISION**

Discover THE BEAUTY OF...

Rhossili Bay, on the Gower Peninsula in South Wales, was the first British beach to be awarded TripAdvisor's Best Beach Award two years in a row. It has also consistently featured on lists of the top beaches in the world. So what makes it so special?

LOCATION, LOCATION, LOCATION

First of all, the beach is vast and beautiful – three miles of stunning golden sand looking out onto the Atlantic Ocean and backed by majestic limestone cliffs. There's also the tidal island known as Worms Head – it's around 400m from the coast and connected to the mainland at low tide by a causeway known as the Devil's Bridge.

A RICH HISTORY

The beach and surrounding area are steeped in history. In the water, there are remnants of a shipwreck. And in Rhossili Down, just above the bay, there are ancient stone circles and burial chambers. You can also spot the remains of an Iron Age fort and a Second World War radar station.

STUNNING WILDLIFE

Among the wildlife found on the Commons are brown hares, skylarks, coughts, marsh fritillary butterflies, the narrow-bordered bee hawk-moth, southern damselfly, and various invertebrates. Worms Head is also home to a colony of Atlantic grey seals.

AN OUTDOOR PLAYGROUND

In addition to its natural beauty, Rhossili Bay offers plenty of activities for visitors to enjoy. Surfing enthusiasts flock to the beach to ride the waves, while hikers and walkers can access coastal paths and trails along the cliffs. The beach is also famous for paragliding.

FUTURE PROTECTION

The local community is committed to preserving the beach's natural environment and promoting sustainable tourism, as is the National Trust which owns and manages the beach and its surroundings.

HOW TO GET THERE

Rhossili Bay is near the village of Rhossili, approximately 19km (12 miles) southwest of Swansea. There is a car park at Rhossili and buses run from Swansea and Mumbles.



...RHOSSILI BAY





The Saffron Walden Crank Up is a popular steam and vintage vehicle show. This will be the third Crank Up to be held at the former RAF Debden, now known as Carver Barracks. The event was started in the early 1970s by late vintage vehicle enthusiast Paul Engelmann at his Shire Hill home. Since 2015 the event has been organised by a small group of volunteers on behalf of the East Anglian Traction Engine Society – a registered charity. You will be able to see a range of full size and miniature steam engines, of all types, including some that worked in the local area. The miniature engines are often built by their owners and are a masterpiece of home engineering, working and looking just like their big brothers.



It's not all about steam engines though, there will be vintage tractors, vehicles, stationary engines, and bygones, with



quite a few of the exhibits having local connections. Our traditional fairground will once again feature the Rule family's 1893 steam gallopers (carousel) and German Chair-o-plane ride.



Music will be provided by traditional mechanical organs, and there will be trade and craft stalls, refreshments and a licenced bar available, as well as a picnic area where you are welcome to enjoy your own food in comfort while the show happens around you.

Gates open at 10.00 each morning, and there is ample free parking. Admission is just £7.50 per adult, with free entry for accompanied children under 16. You are able to pre-book tickets online, at discounted rates (see our website for details), or cash and card are welcome on the gate.

Further details may be found on our website: www.swcrankup.co.uk or find us on Facebook.



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

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



ALL YEAR ROUND School's OUT Activities



Accept all
Childcare
Vouchers
& Gov.UK Tax
Free Childcare

Essex's number one school holiday activity camp
is coming to King Edward VI School, Chelmsford.
Whether it's the long Summer Break, Easter or
the the colder winter period, we can't wait to
welcome children from all schools in the
Chelmsford area for fun activities!

Ofsted
Early Years
Provider



**KING EDWARD VI SCHOOL
CHELMSFORD**
Broomfield Rd, Chelmsford CM1 3SX

Choose individual
days or come for
the week for
20% OFF



Easter

Week 1: Mon 2nd - Fri 5th April
Week 2: Mon 8th - Fri 12th April

Summer

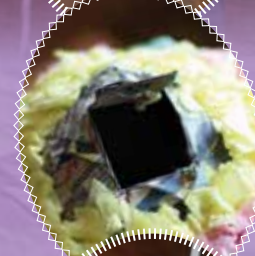
Week 1: Wed 24th - Fri 26th July
Week 2: Mon 29th - Fri 2nd August
Week 3: Mon 5th - Fri 9th August
Week 4: Mon 12th - Fri 16th August
Week 5: Mon 19th - Fri 23rd August
Week 6: Mon 26th - Fri 30th August

www.schoolsoutactivities.co.uk

Scan for Info



DIY Egg piñata



Are you looking for a fun and creative activity to do with your kids this Easter? These DIY piñata Easter eggs are perfect for all ages and couldn't be easier to make.

YOU WILL NEED:

PVC glue • Water • Balloons • Some old newspapers • Tissue paper in a variety of different colours • A pair of scissors • Coloured ribbon

HOW TO MAKE:

1. Blow up a balloon and tie it with a knot.
2. Rip the newspaper into roughly 7-8cm strips – you will need a lot of these.
3. Mix one part glue with two parts warm water in a plastic container and mix well.
4. Dip a strip of newspaper into the glue mixture and then apply it to the balloon.
5. Keep repeating this step until the balloon is completely covered.
6. Allow the balloon to completely dry, ideally overnight.
7. Repeat this process three or four times until the balloon has been covered with several layers.
8. Cut the tissue paper into 5cm squares. You will need enough of this to cover the balloon.
9. Scrunch each tissue paper square, add a big drop of glue and attach it to the egg (as per the image).
10. Continue to add more tissue in various colours until the balloon is completely covered.
11. Once fully dry, use a pin to pop the balloon and then cut a small opening on one side of the piñata.
12. Fill it with sweets, mini chocolate eggs or small toys.
13. Close the opening and cover with more coloured tissue paper. Allow to dry.
14. Take your scissors and poke two holes on each side of the top of the balloon – this is where you will attach the ribbon to hang your piñata.
15. Thread the ribbon through the holes and then tie it around a tree in your garden or somewhere appropriate in your home.

Get whacking!

SKIING KNEE INJURIES



WHAT ARE THE MOST COMMON SKIING INJURIES?

Mr Saket Tibrewal, Consultant Trauma & Orthopaedic Knee Surgeon, at Nuffield Health Brentwood Hospital, explains more.

The most commonly injured joint when skiing is the knee, accounting for over a third of injuries. These injuries usually occur following a fall where the ski binding does not release causing a twisting force across the knee joint. The vast majority of injuries are to the anterior cruciate ligament (ACL), the medial collateral ligament (MCL) and the menisci (cartilage).

Why are we seeing more skiing-related knee injuries?

We are certainly seeing more knee injuries during the skiing season and there are multiple factors:

- Ski design – Modern skis are more curved and tend to “carve” through the snow. This may have the effect of steering the ski away from the body and twisting the knee.
- Boot design – Modern boots do a very good job of protecting the ankles and shins, but this can result in more force being transmitted to the knees, increasing the risk of injury.
- Poor preparation – Skiing is becoming ever more popular, however those who lack adequate fitness or preparation are at increased risk of injury.

When do most injuries occur?

Most injuries occur in the afternoon, particularly towards the end of your holiday week. This is when the fatigue really starts to kick in and you are most vulnerable to injury.

What can I do to prevent injuries?

It is difficult to go from a relatively sedentary office environment to spending several hours each day being active on the slopes. The physical aspect of skiing requires a combination of core strength, aerobic fitness, proprioception and balance. In order to manage this, it is essential to train properly prior to your holiday.

- Start your physical preparation at least 6-8 weeks prior to your skiing trip. Ensure you work on your core muscle strength and aerobic fitness. Regular swimming, cycling and using a cross-trainer are all good options. There are also ski-specific preparation programmes available through physiotherapists.

- If you are new to skiing, take lessons. A good skiing

technique minimises your risk of injury.

- Take a rest day – muscle fatigue reaches its peak 48 hours after you hit the slopes. If you start to feel the fatigue after a few days, then take a rest day.

- Avoid drinking alcohol at lunchtime. As tempting as it may be to have a drink on the slopes, it increases your confidence and decreases your reaction speed which could be a perfect recipe for an injury.

What should I do if I sustain an injury

- Make sure that you have adequate medical insurance before you leave home.
- Most ski resorts have excellent medical facilities and are very experienced at treating skiing injuries.
- If you are unlucky enough to break a bone, in the majority of cases it makes sense to have these treated, and if required operated on, before you fly home. Other injuries can usually wait for definitive treatment until you get back.
- A normal x-ray does not exclude other injuries within the knee. If you are concerned, then see a specialist knee surgeon when you return home for a proper assessment and further imaging (MRI scan) if required.

What are the treatment options?

Anterior cruciate ligament tears are the most common knee injuries. In general, they should be treated once you have arrived home, with the gold standard being reconstruction of the ligament. Operating on a swollen stiff knee very soon after a knee injury may result in a poor outcome. In the first few days and weeks following an ACL injury, the priority is to reduce the swelling and increase the range of motion of the knee. Surgery can be safely performed weeks or even months, after the initial injury. A simple brace and crutches should be enough to help you on your journey home.

Mr Saket Tibrewal is a Consultant Trauma & Orthopaedic Knee Surgeon at Nuffield Health Brentwood hospital and is solely dedicated to treating knee problems. He has extensive experience and one of the highest volume clinical practices, which covers all aspects of knee surgery and sports injuries.

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 527 141. Website: www.nuffieldhealth.com/hospitals/brentwood
Nuffield Health Brentwood Hospital, Shenfield Road, Brentwood, Essex CM15 8EH



Come and meet our experts

Join us at our free hospital open events.

Meet our experts on:

Hip pain or injury

Wednesday 6 March 2024 at 6:30pm

With Mr A Parkar, Consultant
Orthopaedic Surgeon

Shoulder pain or injury

Wednesday 13 March at 6:30pm

with Mr J Edwin, Consultant
Orthopaedic Surgeon

Knee pain or injury

Tuesday 19 March at 6:30pm

With Mr S Tibrewal, Consultant
Orthopaedic Surgeon

Varicose veins

Thursday 21 March from 6:30pm

with Mr V Gadvi, Consultant Vascular Surgeon

Haemorrhoids

Thursday 11 April from 6:30pm

with Mr V Shatkar, Consultant
General Surgeon

Menopause and HRT

Wednesday 17 April at 6:30pm

With Ms S Bagtharia, Consultant
Gynaecologist

Skin cancer

Thursday 9 May at 6:30pm

With Dr J Mann, Consultant
Dermatologist



Find out more about our free events and book your space today, visit nuffieldhealth.com/hospitals/brentwood/events or call 01245 527 141



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

5 REASONS TO ADVERTISE

Why do businesses benefit from hyperlocal advertising?

1. Targeted advertising

Hyperlocal advertising allows companies to target customers who are within a specific geographic area, making it easier to reach the right audience and increase the chances of converting them into paying customers.



2. Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



3. Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



4. Improved search engine optimization

Hyperlocal advertising can improve a business' search engine optimization because it targets customers who are likely to be searching for businesses and services in their local area. By optimizing their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.



5. Better return on investment (ROI)

Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



IS YOUR BUSINESS READY TO BENEFIT FROM HYPERLOCAL ADVERTISING? CONTACT **VISION** TO FIND OUT MORE

All about ROSACEA

Rosacea is a common skin condition, but sadly one that is often poorly understood. Estimated to affect 415 million people worldwide, read on to discover everything there is to know about this long-term affliction.

What are the symptoms of rosacea?

Some of the most common symptoms of rosacea include:

Flushing of the skin, particularly on the face | Burning and stinging sensations | Permanent redness | Spots (papules and pustules) | Small blood vessels in the skin becoming visible

As a relapsing condition, these symptoms can come and go and may be worse during some outbreaks than others.

What causes rosacea?

Although the exact cause of rosacea is unknown, there are a few potential causes, including abnormalities in the blood vessels of the face and a reaction to microscopic mites commonly found on the face.

What triggers rosacea?

There are several triggers that have been identified that may make rosacea worse. These are as follows:

Exposure to sunlight | Stress | Strenuous exercise | Hot or cold weather | Hot drinks | Alcohol and caffeine | Spicy foods

How to treat rosacea

For most people with rosacea, a combination of self-help measures and medication offer the most effective results, including:

- > Avoiding known triggers
- > Topical medications such as creams and gels which are applied directly to the skin
- > Oral medications such as antibiotics for more severe spots
- > IPL treatment which uses intense pulsed light to alleviate redness, inflammation and uneven skin tones. For best results, book three to six sessions

Living with rosacea

As a chronic condition, rosacea can have an adverse effect on not only your physical health but also your mental wellbeing. Many people with rosacea experience feelings of low self-esteem as well as frustration. It can be helpful to talk to your GP about options for how to manage rosacea, and you could also join a support group.



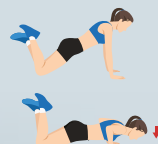


Proper PUSH-UPS

Great for building upper body strength, burning calories and improving posture and balance, push-ups are one of those exercises that can transform your overall fitness and strength. However, they only work if you have the correct form.

HOW TO DO PUSH-UPS CORRECTLY

- > Place your hands on the floor shoulder width apart or slightly wider.
- > Make sure that your hands are angled in a way that feels comfortable for you.
- > Place your toes on the floor shoulder width apart or slightly wider so you end up in a high plank position.
- > With your body in a straight line from your head to your heels, brace your core and glutes, and then look a few inches in front of your fingers to lengthen your neck.
- > Begin to bend the elbows to a 90-degree angle or slightly less. Your elbows should be a few inches from your body so that your form looks like an arrow if looking top-down.
- > Pause and then push down into the floor, continuing to engage your core and glutes to press up to the plank position.



PUSH-UP MODIFICATIONS

Push-ups on your knees

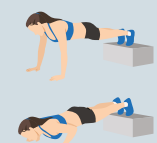
If you are struggling to perform a full push-up, follow the above instructions but, this time, with

your knees on the ground. This makes push-ups easier as you are pushing less of your body weight off the ground.



Incline push-ups

Place your hands on a bench or sofa rather than directly on the floor and follow the above instructions. Again, this requires you to push less body weight which makes the movement easier than a traditional push-up.



Decline push-ups

If you want more of a challenge, then place your feet on a bench, the sofa or a medicine ball and then follow the same instructions as above. This is great for working your upper chest more.

HOW MANY PUSH-UPS SHOULD I DO?

If you are a beginner, start with 5-10 reps per workout and gradually increase. Make sure you take rest days to allow time for your body to recover.



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	Great Baddow	Southend	Colchester
95 High Street, Chelmsford CM1 1DX 01245 283527	Unit AC2, Baddow Antiques Centre CM2 7JW 01245 690560	281 London Road, Westcliff SS0 7BX 01702 348476	48C St John's Street, Colchester CO2 7AD 01206 616900

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

www.allegromusicacademy.co.uk



**We could fill
Wembley Stadium
MORE THAN TWO TIMES
with our monthly
readership...**

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

Photo courtesy of PA Images

CONTACT US TODAY TO GET YOUR BUSINESS SEEN BY OUR READERS

Your
Monthly
Lifestyle
Magazine **VISION**

See all our magazines online
at www.visionmagessex.com

Did you know this isn't the only **VISION** magazine in Essex?

Billericay Shenfield Bishop's Cleeve Brentwood Ongar Chelmsford Epping Theydon Harlow Halstead Braintree Hertford
Hornchurch Leigh Thorpe Bay Loughton Maldon Burnham Rayleigh Wickford South Woodford Tendring

Pope & Smith

YOUR LOCAL SPORTS SHOP

Pope & Smith is one of Chelmsford's longest established sports shops. In 1931, Dudley Pope, who played cricket for Essex, formed a partnership with Peter Smith, who played for both Essex and England. Pope & Smith have been supplying quality sports equipment and clothing to the local community ever since.

The level of service we provide makes a positive change from other stores, many of which concentrate solely on fashion. We try to keep our sports equipment, clothing and accessories in stock the entire year through, ensuring that whatever you need is available whenever you need it.

We are currently running a special offer of up to 15 per cent off all new cricket stock during April 2024. With the new cricket season set to begin

next month, now is the perfect time to stock up on essentials to prepare for your upcoming games.

We also have a close partnership with running shoes specialists Run Active. With our high-tech gait analysis, we can determine which shoe is best for you. Getting the right pair of running shoes is essential to ensure comfort and support, whether you're heading out on a jog around the park or training for a marathon. Come and see us today for expert advice.

APRIL
PRE-SEASON
OFFER - UP TO
15% OFF
ALL NEW
CRICKET
STOCK

Pope & Smith

CHELMSFORD'S PREMIER
SPORTS EQUIPMENT STORE

EVERYTHING YOU
COULD NEED FOR

- CRICKET ● RUNNING
- BADMINTON ● SQUASH
- FOOTBALL ● TENNIS
- HOCKEY ● PADEL
- DARTS

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

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

Opening Hours: Mon-Wed 10.00-4.30 ● Thurs: Closed ● Fri: 10:00-4:30 ● Sat: 9.30-5.00 ● Sun: Closed



HATS ON FOR HOPE



FASHION

This month marks Brain Tumour Research charity's Wear a Hat Day 2024, which takes place on March 28, 2024.

This annual charity event raises funds and awareness in the fight to find a cure for brain tumours. You can take part by hosting a hat-themed fundraiser or doing a hat-related challenge, like running while wearing a hat you've created yourself.

In 2024, hat trends for both men and women offer many stylish choices for a variety of occasions. From protecting your head from the sun to keeping your head warm on chilly days, there's a hat for every occasion.

BUCKETS OF STYLE: One style that's bang on trend is the bucket hat, with many top designers offering their own take on this retro classic. As the weather warms up, these hats provide good sun protection while adding a touch of retro flair. They pair effortlessly with casual jackets, t-shirts and denim, making them a spring wardrobe must-have.

FEDORA FINESSE: Named after a character in a 19th-century play, fedora hats are another popular and versatile choice for spring. They'll add a touch of sophistication to your outfit without being too fancy. Team your fedora with jeans and a t-shirt for a relaxed look, or throw it on with a simple dress to bring a chic touch to something casual.

BERET GOOD: With its combination of French flair and elegance, the beret trend has seen a spectacular revival for both men and women in the last year or so. These days, you can buy them in all sorts of materials in addition to wool – think distressed canvas, leather and even suede. Berets shine brightest when paired with a monochrome outfit; it's all about letting the beret steal the spotlight.

For more information about fundraising for the Brain Tumour Research charity, visit braintumourresearch.org or call 01908 867200.

WEAR A
HAT DAY

Photo credit: braintumourresearch.org

SUPPORTED BY
novocure



PREVENT & protect

As the saying goes, prevention is better than cure, and this couldn't be more true than when it comes to caring for your skin.

WHAT IS PREVENTATIVE SKINCARE?

Preventative skincare, as opposed to skincare repair, is concerned with the prevention of the ageing of the skin. Typically, this type of skincare routine is best suited to those in their 30s and 40s, although people in their 50s and beyond who do not have too many deep-seated wrinkles can also benefit from this process. If you are a smoker or your skin has had a lot of sun exposure, preventative skincare is even more vital if you want to keep your skin looking younger for longer.

HOW CAN I ADOPT A PREVENTATIVE SKINCARE ROUTINE?

1. Focus on facials

Dry and dehydrated skin shows signs of ageing much more readily than plumped-up, hydrated skin. Fortunately, a facial that cleanses, exfoliates and hydrates can help to prevent fine lines and

wrinkles, as well as resulting in clearer, less acne-prone skin.

2. Load up on vitamins

As your skin starts to age, you may experience issues such as larger pores, facial redness and an uneven skin tone. To combat this, look for skincare that contains ingredients such as vitamin C, which is known for brightening the skin, and vitamin A, which can help to protect from sun damage.

3. Consider a weekly retinol serum

Retinol has the ability to actively boost collagen in the skin, smooth fine lines and wrinkles, and minimise pigmentation. If you have not used retinol before, then you should start slowly (once or twice a week) and gradually increase if needed.

4. Apply products gently

By gently pressing creams, serums and oils into your skin, instead of rubbing, you will enjoy all the benefits of the ingredients of your chosen skincare products without any of the damage of application.



FAST, EFFECTIVE & PROVEN

ESSEX BASED LEAFLET, PRINTING & DISTRIBUTION SERVICE

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

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

CONTACT US

0800 086 2836

www.flyerdistributionessex.co.uk

THE VISION LISTINGS

AERIAL/TV SERVICE & REPAIRS

AERIALBASE

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

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 808094

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. 01708 874816 | 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

THE VISION LISTINGS

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 2545 111 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**.

To advertise call Nik on 01245 527071

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

WORDLADDER: DRUM, DRAM, TRAM, TEAM, BEAM, BEAT



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