



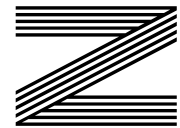
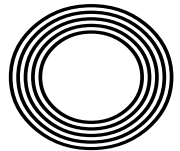
**TOP 5
CLEVER
IKEA
HACKS**

Fancy a pint?

Visit the smallest pubs in the UK

FISH AND CHIPS DAY

How to make the perfect fish and chips



FREE

**COOPER AND
CLARKSON**

Dynamic duo return for third series of popular show



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)

DOUBLE GLAZING REPAIRS AND REPLACEMENTS

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



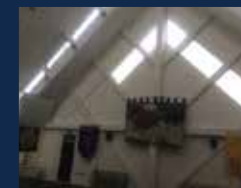
BEFORE



AFTER



AFTER



BEFORE



AFTER



Editor's notes...

MAY 2024



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**Chelmsford. As someone who values punctuality as a cornerstone of work and business, imagine my chagrin at arriving late to the office twice last week. What made it worse was that this timekeeping tardiness wasn't of my own doing - no late night, missed alarm or lost car keys to blame! Instead, it was a perplexing barrage of roadworks that doubled my journey time. These had started appearing at the start of March, and by the end of the month had resulted in miles of red cones across major local routes. We all know we have to endure and navigate the roadworks that appear just as the end of the financial year approaches. 'Spend it or lose it', as the saying goes, and councils will spend away so they can protect against cuts to their budgets the following year. I wouldn't mind so much, were it not for the number of times great swathes of roads have been put out of action where no discernible work is taking place. No diggers, no workmen, no resurfacing. Nothing. At a time when council tax rates are going up, is it too much to ask that the money we pay is actually put towards something that makes life easier, not more difficult? Until next month, take care of yourself, each other, and those traffic cones!

Nik Allen

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL FEATURES | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmagessex.com | chelmsford@visionmag.co.uk | 01245 527071

[@visionmagessex](#) [@visionmagessex](#) [Vision Magazine Essex](#)

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Annabel Stock

All pages are recyclable

A-Rated Windows (as standard)

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

FOR US IT'S ALL ABOUT QUALITY

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

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

PRIVATE MRI SERVICE

SELF-PAY PATIENTS

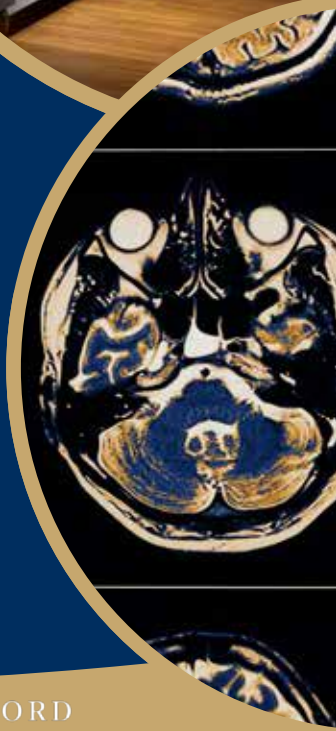
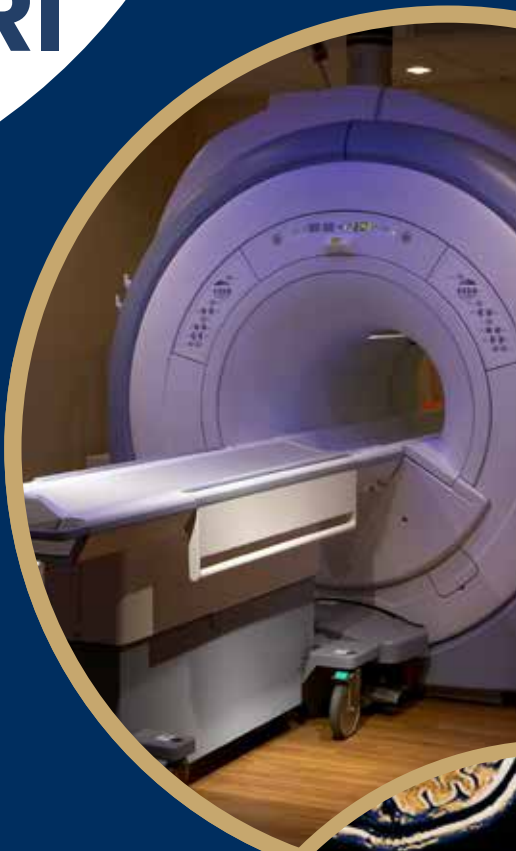
- No referral required
- From £495
- Report within 72 hours
- Appointment within 7 days

PRIVATELY INSURED

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

BOOK TODAY

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



PHOENIX HOSPITAL CHELMSFORD

part of Phoenix Hospital Group

A DATE TO REMEMBER



CELEBRATING 25 YEARS SINCE THE WOMEN'S INSTITUTE CALENDAR THAT TO DATE HAS RAISED MORE THAN £6MILLION FOR BLOOD CANCER RESEARCH

It happened 25 years ago – a funny, unconventional and cheeky method (in more ways than one), to honour a cancer victim at the Rylstone and District branch of the Women's Institute.

Wind the clock forward and the brilliance of these Yorkshire women has raised millions of pounds, as well as sparking a Hollywood blockbuster.

The story began when Angela Knowles' husband, John, was diagnosed with non-Hodgkin lymphoma in February 1998.

The devastating diagnosis sparked an interesting idea from Angela's daughter-in-law, who suggested they give those close to them a sunflower plant in the hope that when the flowers bloomed, John would be in remission.

Sadly, he died a mere five months later at the age

of 54, on July 22, 1998.

Amid her grief, Angela was looking for something positive to put her energy into. Her friend and fellow Yorkshire Ladies Women's Institute member, Tricia Stewart, suggested they find a fun way to raise money for a new sofa on the ward where John was treated. They settled, as you do, on a Pirelli-style nude calendar!

A suggestion that started as nothing more than a joke had suddenly become serious. With all profits going to Blood Cancer UK (Leukaemia & Lymphoma Research as it was then), a growing party of ladies was ready to take part.

The women tastefully posed nude for the calendar, each covering themselves strategically with items related to their interests or the Women's Institute,

such as baked goods, flower arrangements and knitting. Each picture also included a sunflower, which became the emblem for the Calendar Girls.

The initial plan was to print 1,000 calendars to be sold for £5 each, but the minimum print run was 5,000. Just as well, because by the time the calendar first became available on April 12, 1999, the publicity was so enormous that the first run was soon snapped up. Eventually, they shipped 56,000 calendars, raising £322,000.

The Calendar Girls' story gained more popularity when it was adapted into a successful film in 2003, directed by Nigel Cole and starring the great Dames Helen Mirren DBE and Julie Walters DBE.

In 2012, Gary Barlow OBE and Tim Firth began writing songs for a musical based on the tireless

fundraisers. *The Girls* opened at the Leeds Grand in 2015 and toured across the UK, receiving widespread acclaim. The show hit stages across the country again earlier this year.

Over the years, Angela and her gal pals have released several more calendars (including a 10-year anniversary edition in 2010), and even presented calendars to Her Late Majesty Queen Elizabeth II and Queen Elizabeth The Queen Mother.

The story resonates with many because of its portrayal of ordinary women doing something extraordinary for a good cause, and certainly John would have been immensely proud of his wife and her friends. A terrible illness, which stole a beloved husband in five months, has been transformed into 25 years of hope for millions.



UK's SMALLEST PUB

Photo credit: J.M. Ritchie/Shutterstock.com, LzOoughlan/Shutterstock.com, Claudio Divizia/Shutterstock.com

WHY DOES SIZE MATTER WHEN YOU'RE DEALING WITH BRITAIN'S SMALLEST PUBS

They say a pint of beer is the perfect representation of something that's small, yet perfectly formed. Extending that idea to the immediate surroundings is the name of the game when it comes to searching out (and getting into) the UK's smallest pubs.

That ultimate accolade goes to The Nutshell in Bury St Edmunds, Suffolk. Measuring 15x7ft, this is a boozier than can only accommodate 15 people at a time (although there is outside seating space). The Victorian pub is plastered with memorabilia and quirky ephemera and is a true gem.

The Nutshell takes the crown because of the off-season closure of The Signal Box Inn in Cleethorpes. No prizes for guessing what clever use has been made of an outdated relic from the golden era of our railways. At just 8ft x 8ft, the knocking of someone's pint with a stray elbow is less a possibility and more an inevitability.

Another challenger is The Lakeside Inn on Southport promenade. This place did hold the official record for the UK's smallest pub back in 1989, but has since been trumped by the aforementioned tiny taverns.

A little closer to home, The Rake in Borough Market is miniscule, while if you're ever in Surrey, venture to Claygate to sup a pint at Platform 3, a pub converted from an old station waiting room.

Elsewhere in the capital, The Euston Tap on Euston Road and The Dove in Hammersmith also feature in the top 10.

The seismic achievements of Britain's smallest pubs are a shot (in the arm, and of the alcoholic nature) to the continued popularity of pubs in the UK. At the last count, there were 27,650 small pubs welcoming adventurous lovers of alcohol – albeit for the establishments on this list, it's strictly one-in, one-out!

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

PROBLEMS WE SOLVE

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

Upgrade to energy efficient double glazing

Install secondary glazing to save on energy costs this winter

Proud member of **Checkatrade.com**
Where reputation matters

Scores based on 1304 reviews

Reliability & timeliness	9.86
Tidiness	9.86
Cost/price	9.91
Workmanship	9.86
Average score	9.87

1304 reviews

INSULATE YOUR HOME

FREE PHONE: 0800 25 45 111

FOR YOUR FREE CHECKUP

WWW.MRMISTY.CO.UK



Over 100 sports and classic cars in stock.



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



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





A GUIDE TO FLUTING



Fluting is enjoying a revival in modern home décor, offering a simple way to add texture to a room, as well as a little glamour. Essentially a series of shallow grooves that run across a surface, there are lots of great ways to incorporate fluting into your home.

Fluted panel walls: Fluted wall panels can be used to add texture and visual interest to pretty much any room in your home. These can be installed vertically or horizontally, and the size of the spacing can be adjusted to achieve the desired effect. Fluted wall panels can be made from wood, metal, MDF or PVC.

Fluted design furniture: Fluted design furniture such as a fluted sofa or fluted cabinets provide the perfect way to create a focal point in a room, drawing the eye directly to the piece. When choosing fluted design furniture, pay close attention to the material and colour as these need to complement the rest of the room.

Fluted light fixtures: Light fixtures that feature fluted glass shades or grooved metal bases are bang on trend, adding a touch of elegance to any room. For a dramatic look, consider installing a fluted light fixture on a fluted wall.

Fluted design accents: Smaller fluted accents are ideal for anyone who wants to try out this design trend but doesn't want it to overpower a space. Fluted vases, candle holders and other fluted decorative items can be placed around your home to create specific areas of interest.

Fluted wall partitions: A fluted wall partition can be used as either a statement piece or as a subtle accent to separate spaces and zones in a room. It can be made from a variety of different materials including wood, metal and even glass. These are highly effective when used alongside fluted lighting for a more cohesive look.

Photo credit: www.7design.sg, houseandhome.com, conston.com, zoeoliveblog.co.uk, Pinterest: Victoria Tan

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
 Fixed Prices 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

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 961 670 07799 628 630
stormandsonspaving@gmail.com
www.stormandsons.co.uk

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

Specialists in Professional
Decorative Finishes

- Interior Decorating
- Painting and decorating
- Kitchen cabinet painting
- Furniture painting
- UPVC painting

*A bright new look
for your home
by professionals*



Office: 01277 414 388
Mobile: 07801 015 100
Essex & South East



**FAST, EFFECTIVE
& PROVEN**

**ESSEX BASED
LEAFLET, PRINTING
& DISTRIBUTION SERVICE**

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

**CONTACT US
0800 086 2836**

www.flyerdistributionessex.co.uk

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**

How to keep your plant LEAVES CLEAN



HOME & DIY

Are the leaves on your indoor plants looking a little dirty and dusty? Do you wish they would return to their original shine?

While it can be a tedious job, a clean houseplant is happier, healthier and better equipped to improve the air quality in your home.

✓ DO be gentle

When cleaning the leaves of your indoor plants, you need to make sure that you do so gently so that you don't damage them. Use a damp cloth or paper towel to carefully remove any dust and then allow to air dry.

✗ DON'T buy expensive sprays

You don't need to buy expensive cleaning sprays to clean your plant leaves. Just add a squirt of liquid washing detergent to a bowl of lukewarm water and gently clean as detailed above. Alternatively, try lemon juice or vinegar for more stubborn residues.

✓ DO dust the leaves

As well as washing the leaves when you notice a build-up of dirt, you should regularly dust them. For plants with large leaves, use a feather duster to remove dust. For smaller-leaved plants, a soft make-up brush works well.

✗ DON'T put your plants in direct sunlight

Although you may be tempted to place your plants in the sun after cleaning to make them dry quicker, this can damage the leaves. This is especially true if you have used any cleaning products that contain chemicals.

When should you clean the leaves on your houseplants?

The best time to clean the leaves on your houseplants is towards the end of the day when the sun is starting to go down. In terms of frequency, the best way to determine when to clean the leaves is by rubbing your fingers gently along them or by looking for signs of dirt and dust.



A review of White Prizm's fabulous range of top quality tiles



Porcelain Tiles: Luxury porcelain tiles are renowned for their high-quality craftsmanship, durability, and aesthetic appeal. These tiles come in a wide range of designs, patterns, and colours to suit various interior styles and preferences. From classic marble-inspired finishes to contemporary geometric patterns, luxury porcelain tiles offer versatility and sophistication. Our porcelain tiles can be used in Indoors and outdoors.

Large Format porcelain slabs: Our large format porcelain slabs comes in range of thickness starting from ultra-thin 3.5mm to 6mm, 12mm and 20mm. It can be used for various applications from feature wall to kitchen worktop.



Natural Stones and Pietra Dura: Our natural stone artisans from Italy crafts precious stone finishes for outstanding architectural designs around the world, helping customers bring to life their uniquely inspiring visions. Play with multiple finishes, textures, and designs from one or more stones, or marvel

at the intricate detail on each stone art piece. We also have range of different finishes of natural stone tiles and mosaics which enhances your floor and walls.

Moroccan Handmade tiles: Zelliges and Bejmat tiles are both traditional Moroccan ceramic tiles known for their distinctive appearance and craftsmanship which are manufactured by our artisan in Fez region of Morocco. Each tile is individually hand-cut, glazed, and fired in a kiln, resulting in variations in size, shape, and colour, which adds to their unique charm. The Encaustic cement tiles are renowned for their intricate patterns and vibrant colours.



Majolica tiles: These tiles are manufactured in the Amalfi coast. Majolica tiles are renowned for their elaborate designs, which often feature floral motifs, geometric patterns, and scenes inspired by nature, mythology, or historical events. The designs are typically painted in bold, contrasting colours, creating a visually striking effect.

Designer Terracotta tiles: Our designer terracotta tiles are manufactured by our artisan manufacturer in the Umbria region of Italy. The wonderful colours and designs are the result of the perfect combination of the most ancient ceramic

tradition and contemporary design. Everything started from the desire to reactivate an ancient kiln to work sedimentary clays collected in a pit of Etruscan origin. The close relationship between our designers and Master craftsmen allow us to recover ancient production techniques, secret formula of mixtures and glazes, to realize unique quality products, innovative with extremely actual finishing and hues.

Our Private wellness products: A private wellness bathroom is a luxurious and tranquil space designed to promote relaxation, rejuvenation, and overall well-being. Our range of products from our European manufactures starts from bathroom accessories as faucets, taps, and rain shower, shower head to ceramics and even precious bathroom textiles and air fresheners to luxury hydrotherapy bathtubs, Hot tubs and shower rooms.

Lime wash paints: Our lime wash paints are natural paint products which are VOC free and comes in powder form in a sustainable way. These create a unique and matte surface bringing an artistic atmosphere to your home. Lime wash paint offers a natural, environmentally friendly, and aesthetically pleasing alternative to conventional paint finishes, with the added benefits of breathability, durability, and versatility.

Customised Products: Most of our products are customisable as per your needs. We have an in-house artist who can help you in developing your ideas into art work which infuse unique creativity and personality into the product, making them stand out.

Our Showroom: Our showroom is situated in the beautiful village of Rettendon common in Mid Essex area. Over 2500 square feet of showroom space boasts a handpicked products from around the world and providing a premium experience for customers. There is a comfortable seating area where customers can relax and discuss their project with us and browse through our product catalogues and samples.

WHITE PRIZM DESIGNER SURFACES



Luxury Tiles and Bathrooms

BESPOKE TILES ● PORCELAIN ● HANDMADE ● TERRACOTTA
● NATURAL STONE ● WOOD

**WE ARE LOOKING FOR INTERIOR DESIGNERS
AND BUILDERS TO COLLABORATE WITH US**

WHITE PRIZM



07466 715181 | 01245 527 142
studio@whiteprizm.com
www.whiteprizm.co.uk

Rawlings Barn, Rawlings Farm Buildings,
Main Rd, Rettendon Common,
Chelmsford CM3 8DY



07466 715181 | 01245 527 142
studio@whiteprizm.com
www.whiteprizm.co.uk

Rawlings Barn, Rawlings Farm Buildings,
Main Rd, Rettendon Common,
Chelmsford CM3 8DY

WHITE PRIZM





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

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



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



**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



**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

IKEA®

HACKS YOU'LL LOVE!



HOME & DIY

Photo credit: instrustables.com, Minh Ngo via housebeautiful.com, Aaron Bergschoen via housebeautiful.com, Aaron Bergschoen via housebeautiful.com, HomeTalk.com, Mike Garten via goodhousekeeping.com



1 Who doesn't love a trip to the wonderful world of Ikea? With so many items for your home and garden to choose from, it is almost impossible to leave this Scandinavian superstore empty-handed. Discover all our favourite and easy Ikea hacks below!

1 FLOATING HALLWAY STORAGE

If you are always losing your keys and other essential items, then you need this Ikea hack in your home. To make this, all you need to do is mount an Ikea floating shelf to your chosen wall and then attach a few Ikea magazine holders underneath.



2 RATTAN PENDANT LIGHT

Designer lighting can be expensive, but it doesn't need to be with this super-stylish and affordable Ikea hack. Simply take a round Ikea rattan basket, remove the lid and attach it to your chosen ceiling light fixture.



3 CONTEMPORARY CAT TREE

Fed up with your feline friend scratching your sofa? Just take four Ikea wall shelves, cover them with Ikea's faux sheepskin fabric, and then mount them on your chosen wall. Hey, presto; a cosy corner for your cats to climb and play.



4 WALL-MOUNTED CHARGING STATION

If you and your family are always losing your phone chargers, or worse, fighting over whose turn it is to use them, then this DIY charging station is just what you need. To create, attach an Ikea Hultarp rail to the wall and then hook on a matching Hultarp basket or container. Add an indoor plant or two to the rail for enhanced visual appeal.



5 DIY DESK

Need somewhere to work but don't have space for a home office? Take two Ikea three-drawer dressers and place an Ikea worktop on the top. For a more upmarket look, cover the drawer fronts in wood-look laminate and replace the knobs with sleek handles.



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





Nick Berry will be home in a heartbeat



He may have found fame and glory, but for actor Nick Berry, Epping is and always will be home.

There was a period from the mid-80s to late-90s when actor-turned-singer Nick Berry could have stopped traffic – assuming the drivers of the cars were middle-aged women who dutifully set their VCRs to record either *EastEnders* or *Heartbeat*.

Berry was born in Woodford but has lived in Epping for most of his life. He is best known for his roles as Simon Wicks in *EastEnders* and as PC Nick Rowan in ITV countryside police drama, *Heartbeat*. The handsome, down-to-earth star reached the apex of his fame in 1992 when he released his eponymous second album, featuring the theme tune to *Heartbeat*, which made it to number 2 in the singles chart (although six years previously he had trumped that with the number 1 smash *Every Loser Wins*, when residing on Albert Square).

These days, however, he has turned away from too much time in the spotlight. The charming star can often be seen walking with his dog in Epping Forest, an area easily reachable from his home

in the affluent Palmers Hill area. There are no screaming fans or paparazzi hiding in the bushes, and for this, Berry, who turned 60 last year, is grateful.

Berry decided to walk away from fame in 2003 in order to focus on his family life with his wife, Rachel Robertson, and their two young sons, Louis and Finley – now both in their twenties.

“Rachel and I have never been into that side of the entertainment industry. I made enough money to have a comfortable and happy life and for that I will always be grateful, but family is my priority,” says Berry.

“I grew up in Wanstead Flats, and from our rear window we had a view of the City of London Cemetery. We consistently had meals on the table, but our financial resources were limited. That’s why I value what I have.”

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

Gatecraft Gates

HARDWOOD • GATE AUTOMATION • INSTALLATION • ARCHITECTURE

YOUR GATEWAY TO QUALITY

Fine wooden gates that will stand the test of time



Tel: 01245 401078

Mobile: 07970 959274

E-mail: gatecraft@btconnect.com

www.gatecraftgates.co.uk



DALE HIRE

Your first-choice equipment rental company in Essex

- Diggers & Dumpers • Construction Plant
- Lifts & Access Equipment • General Building
- Garden & Leisure
- Plant Hire and Sales to Builders, Contractors, Industry and DIY!



[f](https://www.facebook.com/dalehire) info@dalehire.com | www.dalehire.com [i](https://www.instagram.com/dalehire)

CHELMSFORD DEPOT - 01245 357152

39 Robjohns Road, Widford Ind Est, Chelmsford, Essex, CM1 3AG

Braintree
01376 325100

Maldon
01621 855257

Witham
01376 515643

Halstead
01787 475111

Medieval church with 600 years of history

Discover the history behind the 600-year-old Leigh-on-Sea church, St Clement's.

Throughout a multitude of significant historical events, St Clement's Church has remained a steadfast presence on Leigh Hill, with its tower serving as a guiding landmark for those travelling along the River Thames to London.

The building's north aisle, dating back to around 1400, is its most ancient section. Legend suggests that the stones used in the church's construction were sourced from the remnants of Hadleigh Castle (though this lacks factual basis).

Notably, the north wall integrates stone steps that once led to a now-removed rood screen (which would have separated the choir from the nave). The north aisle's ceiling – resembling the underside of a ship – is speculated to have been crafted by Leigh's medieval shipbuilders.

Over the years, as Leigh's population expanded, so too did the church. Within the next century, the centre aisle and tower

were constructed using the same Kentish ragstone. Additionally, a redbrick Tudor porch was added on the southern side of the church.

The 1872 extension of the chancel to the east marked the first significant alteration to the church's layout in almost four centuries, while 25 years later, the south aisle was constructed. Modifications were also made to the south wall to include an arcade.

The Lady Chapel was built in 1913 as a tribute to the revered Bishop of Lincoln Edward King (1829-1910). He was the brother of a former rector, Canon Walker King, and the uncle of the rector at that time, Canon Robert King.

St Clement's has been a silent observer to many pivotal moments, including the advent of the railway connecting Leigh to London, and the profound impact of both World Wars on the local community.

The Resurrection Chapel within the church is a poignant memorial to those we have lost, featuring tributes such as ceramic poppies from the Tower of London and a plaque commemorating the town's involvement in the Dunkirk evacuation.



LOCAL FEATURE



YOUR LOCAL EVENTS

WHAT'S ON

GUIDED MEDITATION AND BREATHWORK CLASSES

St John's Church, Moulsham Street, Chelmsford, CM2 0JD
Various dates starting from Monday, May 20, 9.30am and 7.30pm



Photo credit: In Balance Facebook

Take the mysticism out of breathwork and meditation. Learn why these techniques work and how they work with easy-to-follow, fully guided exercises to improve health, brain function, energy levels and overall wellbeing. The class is run by Lauren Flack, a breathwork practitioner.

Tickets cost £10 per class. Please bring a yoga mat with you. The class is held at 9.30am and 7.30pm every second Monday. The next class takes place on Monday, May 20.

Find out more and book at www.shorturl.at/dejkn or call 07889 966192.

STEELEYE SPAN

Chelmsford Theatre, Fairfield Road, Chelmsford, CM1 1JG
Wednesday, May 22, 7.30pm

Folk rock pioneers Steeleye Span changed the face of folk music forever, taking it out of small clubs and into the world of gold discs and international tours.

Five decades on and this six-piece line-up celebrate more than 55 years of this wonderful music, playing all the favourite songs and tunes from their long and glittering career.

Tickets cost £29 and can be purchased by visiting www.chelmsfordtheatre.co.uk/events/steeleye-span

EUPHORIA COMPLEX

Hot Box, 28 Viaduct Road, Chelmsford, CM1 1TS
Saturday, May 25, 7pm

Euphoria Complex comprises three Essex-based DJs. Experience a fusion of house, techno, garage and more. After a phenomenal turnout at the first event last year, get ready to enjoy the best local talent, spinning beats that transcend genres.

This event is 18-plus only. Tickets cost £8 and can be purchased from www.dice.fm/event/2q7do-euphoria-complex-25th-may-hot-box-chelmsford-tickets

RIA LINA: RIAWAKENING

Chelmsford Theatre, Fairfield Road, Chelmsford, CM1 1JG
Saturday, May 25, 7.30pm

In the aftermath of a global pandemic, comedian and scientist Ria Lina sees the world differently. In her debut tour, Ria tackles the issues of coming out of a global pandemic, divorce, dating in a new digital world, motherhood, and what it really means to be a woman.

Fearless, provocative, and very funny, Ria Lina is the only Filipina comedian in British stand-up.

Tickets start from £16 from www.chelmsfordtheatre.co.uk/events/ria-lina-riawakening

FOAM PARTY

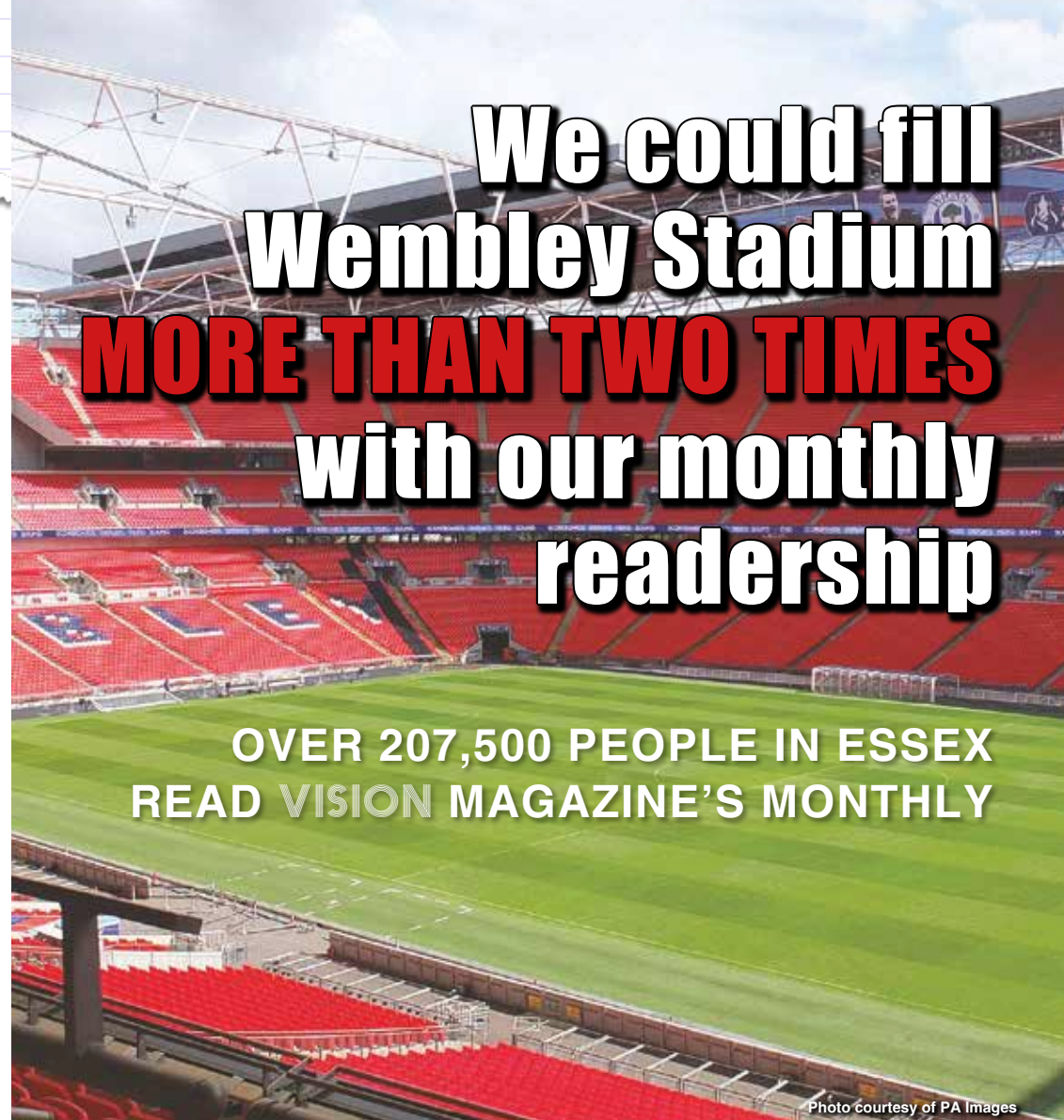
Bar & Beyond, 6 Moulsham Street, Chelmsford, CM2 0HR
Sunday, May 26, 10pm – 3am

Make this bank holiday weekend one to remember with Bar & Beyond's foam party. Get ready for an epic night of music, foam, and fun.

This event is 18-plus only. Tickets cost £4 and can be purchased from www.t.ly/csiz5



Photo credit: Bar and Beyond Instagram



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 at www.visionmagessex.com

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

BROOMFIELD VILLAGE

Chelmsford

RESIDENTIAL, DEMENTIA
RESPITE & NURSING CARE



Principle is a new generation of care homes, founded with a mission to create a world where everyone feels special. Principle Care Homes aren't buildings to exist in. They are homes in which to live, connect and feel truly cared for. Co-founded by brother and sister, Ashish and Nisha Goyal, Principle is their vision for the ultimate in care for older people.

The 137-bed care home is due to open in Puddings Wood Drive in Broomfield in 2024. It will offer residential, dementia, respite and nursing services. The home will provide care that will give family members peace of mind, while embracing residents' needs and giving them the opportunity to live a happy and fulfilled life. You can discover more and register your interest now through the website.

www.principle-carehomes.co.uk



principle
care homes



CHELMSFORD'S NEW LUXURY BROOMFIELD VILLAGE CARE HOME

Due to open in Puddings Wood Drive this autumn, Broomfield Village Care Home is being designed as a place where everyone feels special.

Tours will welcome visitors from April 29 at Broomfield Village which will offer exceptional residential, dementia, nursing and other specialist care delivery.

Customer Relationship Manager Laura Mansfield said: "I'm so excited and feel extremely privileged to be part of the commissioning team for this exceptional new home in Chelmsford.

"I'm looking forward to welcoming our local community to visit the home over the coming months and we're excited to unveil what is to come. With our dedicated team and contractors RG Carter, we are crafting a haven where residents will thrive and feel truly at home."

Principle Care Homes, founded by Ashish and Nisha Goyal, has a vision to create a world that is bright, inclusive, hopeful, and exceptional, where everyone feels special.

All bedrooms and suites in the 137-bed complex, carefully designed by Bernard Interiors, will come with wet room ensembles. Most of the bedrooms on the ground floor will have direct access to the beautiful, landscaped grounds with gardens, terraces and views over farmland.

Unique features of the home's communal areas will include a wellness space, exercise studio, physiotherapy suite, a hydrotherapy pool, arts and crafts studio and a radio room.



This will not be a place to exist in, but a true home in which to live, connect and form friendships, and feel truly cared for. Social activities will include a gardening club led by the home's gardener, baking classes hosted by the pastry chef, physiotherapist-led exercise classes and regular screenings of movies or sport in the home's Village Hall. Families will enjoy a space for intergenerational play in The Toy Shop.

Laura and members of the team are keen to welcome all those in the community who are interested in the home, for a look round selected bedrooms and communal areas from April 29. "The marketing suite is open to neighbours, prospective residents and their families, suppliers, NHS staff and anyone who just wants to have a preview and hear what we will be offering," Laura added.

To book a visit, please email laura.mansfield@principle-carehomes.co.uk or register your interest in Broomfield Village Care Home now through the website principle-carehomes.co.uk

Alternatively, please telephone Laura on: 01245 203770

**BOOKINGS ARE NOW OPEN FOR TOURS OF THE MARKETING SUITE THIS SPRING
AT A GROUND-BREAKING NEW CARE HOME FOR OLDER PEOPLE IN CHELMSFORD**

Contact Laura on 01245 203770 hello@principle-carehomes.co.uk
Broomfield Village Care Home, Puddings Wood Drive, Broomfield, Chelmsford, CM1 7AL

YOU'RE NOT ALONE



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

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

Your
Monthly
Lifestyle
Magazine

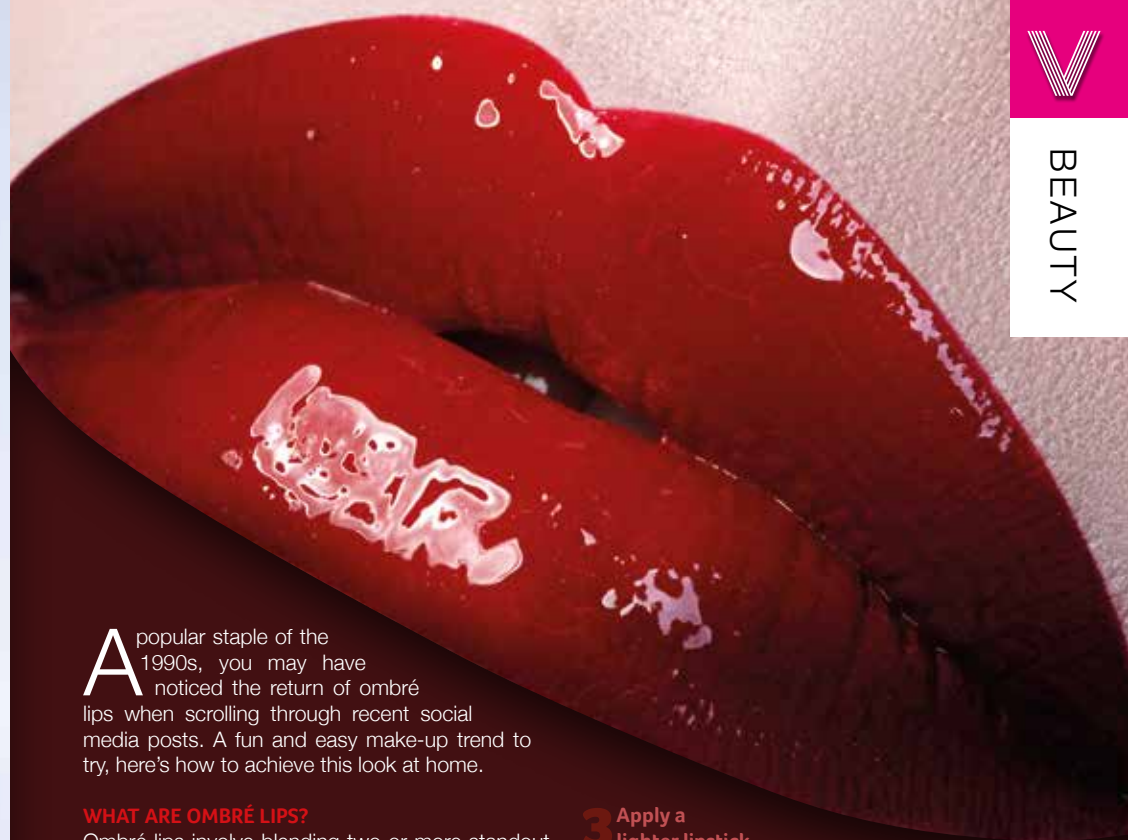
VISION

See all our magazines at www.visionmagessex.com

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



BEAUTY



A popular staple of the 1990s, you may have noticed the return of ombré lips when scrolling through recent social media posts. A fun and easy make-up trend to try, here's how to achieve this look at home.

WHAT ARE OMBRÉ LIPS?

Ombé lips involve blending two or more standout colours on the lips. Sometimes referred to as two-toned lips, there are lots of different ways that you can experiment with this beauty trend depending on the finish you want to achieve.

HOW TO GET OMBRÉ LIPS

1 Prep your lips

Make sure that you gently exfoliate your lips using either a lip scrub or a mixture of sugar and olive oil, before applying a lip moisturiser such as a lip balm. This will ensure you have a good base to work with and help your chosen lipstick stay put for longer.

2 Apply a lip liner

Outline your lips with your choice of lip liner. This should be slightly darker than your lipstick. After tracing your lip line, shade in the corners of your lips with the pencil to add some dimension.

3 Apply a lighter lipstick

Use a lip make-up brush to carefully apply the lighter shade of lipstick in the centre of your lips for a highlight.

4 Apply a darker lipstick

Apply the darker shade of lipstick on the outside corners of your mouth that you previously shaded with lip liner during step 2.

5 Blend the two colours

Use a lip make-up brush to carefully blend where the two colours meet to create a smooth ombré effect. Do not blend too much as this can lose the effect of the gradient altogether.

OMBRÉ LIP COLOUR COMBINATIONS FOR 2024

- 🌀 An electric orange with a vibrant fuchsia
- 🌀 A nude with a deep brown
- 🌀 A neon pink with a neutral beige
- 🌀 A shimmery and matte lipstick in similar shades.

OMBRÉ IT UP!



TO PLUCK or not TO PLUCK?

When you see hairs popping up on parts of your body where you definitely do not want them, it can be all too tempting to reach for the tweezers and give them a good old pluck. However, there are certain areas of the body where you should not use this hair removal technique.

X NOSE HAIRS: You should never pluck your nose hairs as these are there to prevent bacteria and infections. Instead, if you have very visible hairs growing out of your nose, it is a much better idea to simply trim them.

X HAIR ON MOLES: If you have hairs growing on or around any moles on your body, then you should not pluck these as this can lead to inflammation and can also increase the risk of the area becoming infected.

X INGROWN HAIRS: Ingrown hairs can be both unsightly and uncomfortable, but that doesn't mean you should go at them with a pair of tweezers. A much safer and more effective solution is to use a combination of steam, scrubs and exfoliation.

X SENSITIVE AREAS OF SKIN: Areas of skin such as under your arms, around your nipples and your bikini line should not be plucked. This is because the skin is incredibly sensitive in these areas and can easily become irritated or scarred.

HOW TO PLUCK EFFECTIVELY:

You can safely pluck other areas of your body, such as your chin, upper lip, eyebrows, toes and knuckles, using the below top tips:

- ✓ Always sterilise your tweezers before use or use a brand-new pair.
- ✓ Pull out the hair at an angle, following the grain of the hair.
- ✓ Pluck after showering for best results.
- ✓ Apply aloe vera lotion after plucking to soothe the skin.
- ✓ Take an over-the-counter painkiller 45 minutes before plucking to decrease discomfort.



ESSEX

COME ON YOU EAGLES

WATCH LIVE T20 CRICKET IN CM2

YOUR TICKET TO A SUMMER OF CRICKET

JUNE & JULY 2024

www.essexcricket.org.uk/t20-tickets

SCAN FOR FIXTURES & TICKETS

HAVE A **Wicket BLAST!**

SUN 02 JUNE / FRI 07 JUNE / FRI 14 JUNE / THU 20 JUNE

FRI 05 JULY / THU 11 JULY / SUN 14 JULY

SE LANDSCAPE CONSTRUCTION LTD

Award-Winning Garden Transformations

Bring Your Garden to Life: Let Our Award-Winning Team Transform Your Outdoor Space

Whether it's a garden for relaxing in, a patio and outdoor kitchen for garden parties or somewhere safe for the kids to play - we've got you covered.

At SE Landscapes, we've been designing and building dream gardens across Essex for 13 years now - so we know what works. With our hands-on experience, you can trust our award-winning team to create the outdoor space you deserve.

Call us to book your **FREE** consultation and discover the possibilities for your garden.

Download Your **FREE** Guide

CALL 01245 730 043 NOW to Book Your **FREE** Consultation with Our Friendly Team

sandscapeconstruction.co.uk

TRUSTMARK

HTA



MEMORIES THAT LAST

DISCOVER LADIES DAY 2024 PACKAGES TODAY



TAKE CENTRE STAGE AT LADIES DAY

Ladies, the red carpet is being rolled out for you in Essex this June.

Grab your girls, get dressed up, sip on Champagne, savour delicious cuisine, and enjoy the luxury of Ladies Day, where fashion, music, food, and racing combine for a day like no other.

Headlined by the amazing Beverley Knight and Denise van Outen, Ladies Day at Chelmsford City Racecourse is about indulging yourself and treating yourself and your girls like the show-stopping women you are. But hurry, tickets are selling quickly. Admission to our Grandstand and two hospitality areas has already sold out, so book now to secure your preferred experience.



Luxury at The Fairwood Brasserie

The stylish Fairwood Brasserie is a fantastic space to enjoy Ladies' Day. From your table, you will have unrivalled views of the finishing post, with a private viewing terrace on the home straight. It is one of the best seats in the house to enjoy all the racing excitement. Plus, you'll enjoy a glass of Champagne on arrival before a delicious three-course dining experience with a set menu and an afternoon cheese buffet. Drinks are included, as is access to a premium viewing area for the concert.



Afternoon Tea at The Lawn

Enjoy a quintessentially English race day experience, including Prosecco and soft drinks throughout, a traditional afternoon tea, access to the Grandstand, and a premium viewing area for the concert.

Exceptional views from The Summer Marquee

Boasting exceptional views of the music stage and the Parade Ring, the Summer Marquee is the premier Ladies Day experience. The perfect location to enjoy a summer's day of racing and live music, this hospitality package includes a gourmet three-course hot and cold summer buffet, cheese buffet, and a selection of inclusive wine, beer and soft drinks throughout racing.



Dance all day in The Orchard

Nestled in the heart of the racecourse, this VIP bar includes music from our resident DJ as the races unfold. With the racing terrace and parade ring just a short stroll away, you'll always be close to the excitement

BOOK NOW

chelmsfordcityracecourse.com/ladies-day



chelmsfordcityracecourse.com/ladies-day

READY, STEADY, CELEBRITY



A-LIST RACERS IN THE LE MANS CHALLENGE

With the engines checked and ready to go ahead of the 92nd instalment of the world's most famous 24-hour race on June 15 and 16, here is a selection of the Le Mans race's most recognisable celebrity entrants.



MICHAEL FASSBENDER: Growing up in Ireland, Fassbender was obsessed with Formula 1. At his first Le Mans last year, the actor had a disagreement with a tyre wall, but was able to restart his Porsche 911 RSR-19 and finish.



CHRIS HOY MBE: The only competitor on this list to compete in elite racing as a profession, albeit on two wheels, Chris Hoy MBE boasts six Olympic golds and one silver. The cyclist competed at the 2016 Le Mans in a Nissan-powered Ligier and, despite issues attaching the steering wheel, his team eventually finished 17th overall.



FABIEN BARTHEZ: The 1998 French World Cup winner made his Le Mans bow in 2014, before setting up a team with ex-F1 driver Olivier Panis in the LMP2 category two years later. They subsequently finished 12th overall and 8th in their own class.



PATRICK DEMPSEY: The *Grey's Anatomy* star competed four times at Le Mans between 2009 and 2015, picking up a podium finish. It led to the actor toying with the idea of quitting his day job for good in favour of taking up racing, although the small screen won that challenge. He also raced at Daytona in the GT class in 2014 for Rolex 24.



NICK MASON CBE: Legendary Pink Floyd drummer Nick Mason CBE has long been obsessed with fast cars, making five appearances at Le Mans between 1979 and 1984, earning podium places in his first and second races in a Lola T Ford. The 79 year old is said to have one of the biggest car collections in the world.



PAUL NEWMAN: Newman made one only Le Mans appearance, but finished first in class and second overall in his Porsche 935 in 1979. In 2016, the car sold for more than £4million.

Photo credit: newroom.porsche.com, Nissan PR, Eddy Lemaitre/EPA/Shutterstock, Malcolm Greig/Alamy Stock Photo, Kobal/Shutterstock



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



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

No Problem No Call Out Charge

★★★★★
 15000+ Reviews
 4.96 Excellent
 ★ REVIEWS

Gutters Cleared

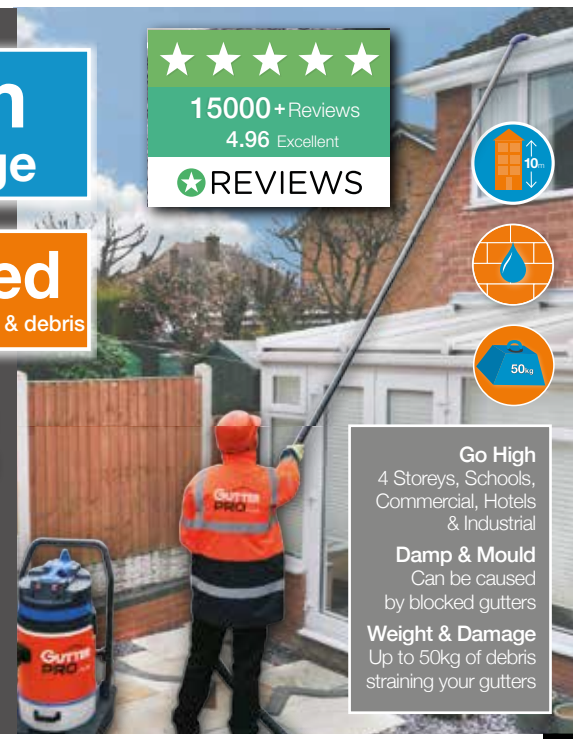
We remove leaves - moss - grass - growth & debris

Photos

Before & After
 We do a camera survey first



Get an instant price
01245 808904
 or online gutterpro.co.uk



Go High
 4 Storeys, Schools, Commercial, Hotels & Industrial

Damp & Mould
 Can be caused by blocked gutters

Weight & Damage
 Up to 50kg of debris straining your gutters





Len's Lawnmowers GARDEN MACHINERY SERVICES

SALES • SERVICE • SPARES • REPAIRS

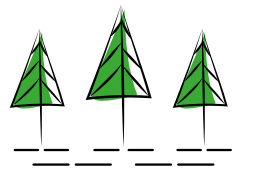
- A CHOICE OF GARDENING EQUIPMENT
- TOP BRANDS UNDER ONE ROOF

**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

**BPM LANDSCAPES
& DESIGN**



Let our experienced team help with all your garden landscape needs

Driveways ▲ Patios ▲ Fencing ▲ Brickwork ▲ Full Garden Design

- ▲ Over 25 years experience ▲ £5m liability insurance
- ▲ Trading Standards Approved Company
- ▲ Tobermore Paving Approved Company
- ▲ Bradstone Paving Approved Company
- ▲ All Work Fully Guaranteed



For more information please call

0800 458 5190

www.bpmgardenlandscapesanddesign.co.uk




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 Checkatrade.com
Where reputation matters

■ **01702 278474**

■ info@bbroofingcontractors.co.uk

■ www.bbroofingcontractors.co.uk




PERFECT Spring PLANTING

Just because spring is already upon us doesn't mean that it is too late to inject some colour into your garden. These beautiful blooms make the perfect pairings and guarantee to brighten up any outside space.

Roses and lavender: You can add structure and beauty to your garden by planting shrub roses surrounded by scented lavender. While the tops of roses are lush and plentiful, the bottoms can become leggy and sparse, which is where lavender can come to the rescue.

Trilliums and ferns: Trilliums are perfect for adding to borders in light shade and combine very well with other woodland plants such as ferns, which look simply stunning when they unfurl in the spring and into the summer months.

Muscari and feather grass: Muscari, also known as grape hyacinths, are very easy to grow and look great when combined with other spring bulbs and also with fine grass such as feather grass. Bear in mind that muscari tend to spread so, if this is an issue, plant them in pots rather than directly in the ground.

Daffodils and wallflowers: Daffodils are synonymous with spring, making them a welcome addition to any garden. For the ultimate display, pair them with wallflowers, which are not only vibrantly colourful but also give off a rich and sweet fragrance.

Tulips and euphorbia: Tulips and euphorbia are a match made in heaven. The acid yellows and greens of the latter combine perfectly with most shades of tulips, but especially white and purple varieties, which will really pop among the lush greenery. Plant in a sunny spot for best results.

Heathers and hellebores: Winter heathers flower well into the spring, making them ideal for use in pots and container displays. Combine with an array of brightly coloured hellebores, and irises if you have any, for an eye-catching display.

PRUNING *climbing* PLANTS



Following on from our guide on how to choose the right climbing plants for your garden, we are exploring how to prune these varieties, with simple steps that are easy to follow.

HOW TO PRUNE IVY: Ivy does not need to be pruned for its health, but as a vigorous plant, you will probably need to prune it at some point to prevent it from outgrowing your space. For best results, prune English ivy in spring.

- > Trim back any excess growth.
- > Remove any leaves that feature dark spots as these may have a bacterial or fungal infection.

HOW TO PRUNE JASMINE: Some jasmine varieties flower in summer and others in winter – both need to be pruned after they have finished blooming to avoid damaging any flower buds.

- > Start by pruning out any dead, diseased or damaged stems.
- > Next, trim out any long, straggling shoots that are growing away from the plant's support.
- > Finally, shorten the stems to the nearest strong side shoot to keep your plant's shape.

HOW TO PRUNE VIRGINIA CREEPER: Virginia creeper should be pruned annually (in winter) to

keep growth in check. This is especially important if you are growing this plant up the side of your home.

- > To start, cut back older or overcrowded stems.
- > Trim back any growth from the gutter, windows and downpipes.
- > Remove dead or diseased vines that have been affected by pests or caused by overwatering.

HOW TO PRUNE JAPANESE QUINCE: Ideally, you should prune this plant in late April or early May, right after spring blossoming. If you prune any earlier than this, you risk losing many of its flowers.

- > Examine the shape of the plant and then select approximately one-third of the branches for removal (make sure these are divided evenly over the shrub).
- > At the same time, remove any dead, diseased or damaged branches.



ELMTREE

Garden Services Ltd



ALL TYPES OF TREES LOPPED, TOPPED & SHAPED

TOPPING & TRIMMING CONIFER TREES A SPECIALITY

Garden Planning & Soft Landscaping including
Fencing ❖ Patios ❖ Lawns ❖ Driveways ❖ Ponds
Gravel Gardens ❖ Block Paving ❖ Railway Sleepers

ALL RUBBISH CLEARED

Over 65% of our work comes through recommendation

TELEPHONE NOW FOR A FREE QUOTATION AND EXPERT ADVICE

01621 331606 or 07885 460528 elmtreegardenservices@gmail.com

LOSS OF PRIVACY?

24 Hr Delivery



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



IT'S A FARMER'S LIFE

THE THIRD SERIES OF *CLARKSON'S FARM CROPS UP* SOON, BUT WHY IS THE CONCEPT OF A PETROLHEAD PARADING IN AMONG THE PIGS SUCH A RATINGS WINNER?



Known more for his career in automotive journalism, Jeremy Clarkson's pivot to rural life has not only been educational and entertaining, but also a true transformation of someone who has reinvented himself away from the high-octane heat of *Top Gear*, *The Grand Tour* and more.

Set in Chipping Norton, in the Cotswolds, the debut series of *Clarkson's Farm*, from 2021, lured viewers in by showcasing the former motoring broadcaster getting to grips with machinery of an altogether different kind – from tractors to milking contraptions and more.

Backed by his charismatic, witty and occasionally serious take on modern agricultural complexities, the series delved into the significant challenges facing the farming industry – extreme weather conditions, skyrocketing inflation, crops and the daunting economics of keeping a farm afloat... no better referenced than the meagre £144 arable farming profit he made in year two!

Clarkson is aided on-site by a host of typically rural characters, yet it has been his unexpected and somewhat charming friendship with farm worker Kaleb Cooper that has endured.

Their relationship, marked by banter and mutual respect, sees 25-year-old Kaleb often act as a foil to Clarkson's novice enthusiasm and grandiose plans, bringing a grounded perspective to some typically outlandish ventures.

From a local young farmer to a national celebrity, Kaleb's journey highlights how dedication and knowledge can bring about unexpected opportunities. "It has been a rollercoaster ride and the best thing to ever happen to me," he says. "I don't think anyone in agriculture has ever believed their work would court celebrity circles, but if there was ever a reward for hard graft then this is certainly it."

In addition, the success of the series has driven energy and enthusiasm into the same rural communities so used to seeing younger folk depart for the city lights.

Of course, current *Who Wants To Be A Millionaire?* host Clarkson is still the skilful schemer he always was. In August 2022, the 62 year old was ordered by West Oxfordshire District Council to close the restaurant attached to the farm after being denied planning permission.

Despite his claim of exploiting a "delightful little loophole" to open in July, the council issued an enforcement notice. "The loophole is no more," he quipped.

Season three sees the unlikely pair tackle various new challenges, such as attempting to profit from unused areas of Diddly Squat Farm, inventive projects involving woodland and hedgerows, and ventures into raising different livestock and crops.

It will be split into two parts of four episodes each – 1-4 available from May 3, and 5-8 commencing May 10. "I had no idea where this project would take me when I started it," says Clarkson, "though I can safely say it's been one of the most rewarding things I've done in my whole life.

"Really, farming and agriculture remains the heartbeat of this nation. We should all take time to think about it, about the environment, about where our food comes from, and the real costs associated with producing it.

"I would like to think the series is a tribute to the trials, triumphs and essential truths of farming life – and the incredible hard work that goes into it... sometimes even by me!"

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

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

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



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



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.

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





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

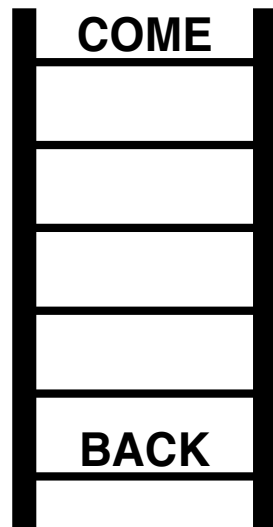
- ▶ CHERISH
- ▶ EVERYBODY
- ▶ FEVER
- ▶ FROZEN
- ▶ GAMBLER
- ▶ HOLIDAY
- ▶ HUNG UP
- ▶ JUMP
- ▶ LA ISLA BONITA
- ▶ LIKE A PRAYER
- ▶ MATERIAL GIRL
- ▶ MUSIC
- ▶ PAPA DON'T PREACH
- ▶ RAIN
- ▶ RAY OF LIGHT
- ▶ REVOLVER
- ▶ SECRET
- ▶ SORRY
- ▶ TRUE BLUE
- ▶ VOGUE

L	Y	L	N	L	E	J	U	M	P	Q	N	S	I	P
R	N	W	P	M	U	U	R	V	U	G	I	O	M	U
I	E	S	T	H	G	I	L	F	O	Y	A	R	J	G
G	R	V	R	T	X	T	R	B	U	G	R	R	S	N
L	Y	D	O	B	Y	R	E	V	E	M	U	Y	E	U
A	O	V	O	L	Q	F	U	Y	U	U	T	E	C	H
I	S	B	E	A	V	K	E	R	D	S	R	C	R	Y
R	B	T	E	B	A	E	A	V	O	I	H	T	E	B
E	G	A	M	B	L	E	R	E	E	C	W	R	T	P
T	P	A	P	A	D	O	N	T	P	R	E	A	C	H
A	S	E	A	T	I	N	O	B	A	L	S	I	A	L
M	W	R	Z	S	S	T	U	O	U	E	P	O	T	L
Y	A	D	I	L	O	H	I	T	I	O	M	V	E	M
T	R	E	Y	A	R	P	A	E	K	I	L	N	T	X
H	S	I	R	E	H	C	J	N	E	Z	O	R	F	I

DID YOU KNOW?

- ▶ The month of May is named after Maia, the Greek goddess of nursing mothers.
- ▶ Athena is the Greek goddess of war and was said to have been born from Zeus' forehead, wearing full armour.
- ▶ Dionysus is the Greek god of wine-making and is also known in Roman mythology as Bacchus. The festivals held to celebrate him were known as the Bacchanalia.
- ▶ The common emblem for medicine of a snake entwined around a staff is known as the Rod of Asclepius, named after the Greek god of medicine.
- ▶ Hades is the Greek god of the underworld. He rules with his queen, Persephone, and they are aided by the three-headed dog, Cerberus.

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.

NATURAL STONE SUPPLIES

Huge collection of porcelain and natural stone paving on display, held in stock ready for delivery.

**SHOWROOM
NOW OPEN**
1 minute off A12
Junction 16

Natural Stone Supplies are importers of natural stone paving from around the world. We offer one of the largest ranges of natural stone including sandstone, limestone, granite, slate and travertine as well as massive stocks of porcelain.

Natural Stone Supplies
Yard 1 Templewood Estate, Stock Road,
Billericay, Chelmsford, Essex CM2 8LA
01245 905345 Mobile: 07702 540763
sales@essexnaturalstone.com
www.essexnaturalstone.com



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 

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 optimisation

Hyperlocal advertising can improve a business' search engine optimisation because it targets customers who are likely to be searching for businesses and services in their local area. By optimising 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



IN IT TOGETHER

EVERYTHING YOU NEED TO CONSIDER BEFORE GETTING A JOINT MORTGAGE

DON'T RUSH: Whether you're buying with your partner, friend or family member, it's important to consider the long-term implications of such a commitment. It's vital to have a trustworthy and financially responsible partner, as both of you will be equally accountable for repaying the mortgage. This includes assessing each other's creditworthiness and financial stability. If you don't already live together, it may be a good idea to rent together first to test the waters.

BUDGET WISELY: Calculate how much you can afford to borrow based on your combined income, expenses and financial goals. Be realistic about your budget and ensure that your monthly mortgage payments are manageable.

GET MORTGAGE SAVVY: Familiarise yourself with the various types of mortgages available in the UK, such as fixed-rate, variable-rate and interest-only mortgages. Choose the one that suits your financial situation and future plans.

SEEK PROFESSIONAL ADVICE: Consult with a mortgage adviser or a financial expert who can provide guidance on mortgage options, interest rates, and the best lenders for your specific situation.

DECIDE OWNERSHIP: Determine how you want to own the property jointly. Common options are joint tenants and tenants in common. Each

has its implications for property ownership and inheritance. It's important to sign a legal agreement to make sure that both parties own their share of the property.

SAVE UP: Most lenders in the UK require a deposit, typically around five to 20 per cent of the property's purchase price. Saving for a deposit can help you secure a more favourable mortgage deal.

PROTECT YOUR ASSET: Consider taking out mortgage protection insurance or life insurance policies to safeguard your investment and ensure that the mortgage can be repaid in case of unexpected events.

BUDGET FOR THE UNKNOWN: Be prepared for additional costs like legal fees, stamp duty (if applicable), home insurance and ongoing maintenance expenses. It's also a good idea to set up a joint bank account to help you stick to a budget and ensure both people are accountable for their share.

MAKE A WILL: Grim as it is, such a life-altering commitment requires the need to consider what will happen in the event of your death. Making a will ensures your share of the property goes to who you want it to and can save your co-owner a world of stress.



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

MARY BUGG

SALES AND LETTINGS

POWERED BY exp UK



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



PERSONALISED SALES & LETTINGS SERVICE

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

REQUEST A FREE CONSULTATION

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



BBQ SAFETY

tips for pet owners

V
PETS

BBQ season is upon us, with households up and down the country enjoying sizzling sausages, succulent burgers, and finger-licking kebabs. However, if you have any pets, the BBQ area can be a real danger.

1 Keep the BBQ area safe

With the sight, not to mention the smell, of food cooking on a hot grill, your pets are highly likely to make a beeline for your BBQ area. To keep them safe, make sure you:

- > Keep the BBQ on a flat surface to avoid any tipping accidents.
- > Keep skewers away from your pets, as if ingested, these can cause internal damage.
- > Keep lighter fluid, insect repellent, and other chemicals away from your pets.
- > Dispose of charcoal and ashes safely as these can be harmful if ingested.

2 Have designated pet-free/friendly areas

To avoid accidents and to prevent your pets from knocking over the BBQ or getting burnt, it can be a good idea to set up a physical barrier around your grill. You may also want to create

3 Be vigilant of any leftovers

With so much food and drink lying around, you need to ensure that your pet is protected from food poisoning and other potential health problems.

- > Avoid feeding your pet scraps such as cooked meat as these may contain spices, onions, and garlic which are toxic to pets.
- > Keep any alcoholic drinks away from your pets as even small amounts can be toxic when ingested.
- > Dispose of leftover food safely as bones pose a choking hazard.

4 Monitor your pet's behaviour

Watch out for any signs of distress or discomfort as well as symptoms like excessive drooling or panting and whining as these may indicate that they have ingested something they shouldn't have. If you notice anything worrying, give your vet a call.



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



HOW TO COOK THE PERFECT FISH & CHIPS

THE HOMEMADE WAY TO ENJOY NATIONAL FISH AND CHIP DAY



To celebrate National Fish and Chip Day on Thursday, June 6, we're sharing the ultimate fish and chips recipe so that you can enjoy this popular national dish from the comfort of your own home.

YOU WILL NEED:

- > 650g skinless cod, haddock or hake, cut into 4 pieces
- > 50g self-raising flour
- > 50g cornflour
- > 1 egg white
- > 125ml sparkling water
- > 600ml sunflower oil for frying
- > 800g unpeeled, even-sized Maris Piper or King Edward potatoes
- > 2 tbs olive oil
- > Salt and pepper to season

HOW TO MAKE THE CHIPS:

1. Cut the potatoes into 1.5cm thick chips.
2. Add to a saucepan of water, bring to the boil, lower the heat and simmer for 4-5 minutes.
3. Drain, pat dry and leave to cool.
4. Heat the oven to 220°C/200°C fan/gas mark 7.
5. Place a large, shallow roasting tray in the oven

with 1tbs olive oil and heat for 10 minutes.

6. Mix the chips in a bowl with 1 tbs olive oil and then add to the roasting tray.
7. Bake for 5 minutes, turn them over and bake for a further 8-10 minutes until crisp.

HOW TO COOK THE FISH:

1. Place 1 tbs flour on a plate and coat each piece of fish.
2. Pour the sunflower oil into a heavy, non-stick wok and heat to 200°C.
3. Mix the rest of the flour, cornflour and seasoning.
4. Pour the sparkling water into the flour mix and gently whisk.
5. Whisk the egg white until frothy.
6. Add the egg white to the flour mix and lightly whisk. Try to retain as many bubbles as you can to keep the batter light.
7. Fry 2 pieces of fish at a time, dipping them in the batter to coat and then lowering them into the oil using a slotted spoon.
8. Fry for 5-6 minutes, turning the fish halfway through to ensure it is golden all over.

Serve your fish and chips with some peas, mushy or normal, and a wedge of lemon.



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.



WINE TASTING EVENT AT THE WINDMILL CHATHAM GREEN
Wednesday 12th of June - Time: 7pm - 9pm
Price: £50 per person

The Windmill Chatham Green has two boutique rooms for a romantic stay & dine getaway
Gift Vouchers for a special meal to treat family or friends are available

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



ROARING
FIRES & FESTIVE

Feasting AT THE LION

thelioninn thelioninnhotel



Our Christmas diaries open on **1st May** at 9am.
Visit lioninnhotel.co.uk for more information.

EARLY BOOKING IS ADVISED

THE LION • MAIN RD • BOREHAM • CHELMSFORD • ESSEX • CM3 3JA
01245 394 900 • info@lioninnhotel.co.uk • lioninnhotel.co.uk

The cherry N THE CAKE



FOOD & DRINK

What fruit announces summer better than glossy and ripe British cherries, often grown on family farms or orchards in the south of England, particularly in Kent?

Cherries may be small, but they're also scrumptious – and pack a big nutritional punch. They're one of your five-a-day and packed with vitamins, minerals and antioxidants. This includes vitamins A and C, vital for your skin and immune system, and potassium, essential for heart health and regulating blood pressure.

Cherries, particularly tart cherries, are also great to snack on if you're struggling from sleep disorders. Sweet cherries are high in melatonin, a sleep-inducing hormone, so try eating some around an hour before you go to bed.

If you're looking for a sweet treat for your next BBQ, or feel like making a celebratory bake for any

other special occasion this summer, why not indulge in this delectable cherry cake?

YOU WILL NEED:

250g plain flour | 2 tsp baking powder | ½ tsp salt | 115g unsalted butter, softened | 200g granulated sugar | 2 large eggs | 120ml milk with 1 tsp vanilla extract added | 400g fresh cherries, pitted and chopped | Icing sugar to decorate (optional)

HOW TO MAKE:

Preheat the oven to 175°C/150°C fan/gas mark 4 | Grease a 23cm/9in diameter round cake pan | In a medium bowl, stir the flour, baking powder and salt together | In a large bowl, beat the butter and sugar together until light and fluffy | Add the eggs, one at a time, beating well after each one | Gradually add the flour mixture to the butter and sugar mixture, alternating with the milk and vanilla, and mix until just combined | Lightly toss the cherries in flour – this will stop them from sinking during the baking process | Pour the mixture into the cake tin and lay the cherries across the top | Bake for 35-40 minutes, or until a toothpick inserted in the centre of the cake comes out clean | Cool for 10 minutes before removing it from the tin | Dust with icing sugar before serving if you wish.





HISTORY

THE STORY BEHIND THE Railway Children

May 2024 marks the centenary of the death of writer E. Nesbit, best known for her children's books. Nesbit's own life was full of ups and downs, much like the tales she wrote.

Edith Nesbit was born in London in 1858 and had a tough start. Her father died when she was just four years old. Her mother then moved the family of six children around Europe in search of a climate more suitable for Edith's sickly older sister, Mary.

A WAY OF ESCAPE: At first, writing was a way for Edith to escape her difficult life. Later, it became a way for her to make money when her husband, Hubert Bland, couldn't provide for his family. Hubert wasn't faithful, and Edith ended up supporting not just their three children, but also two children from Hubert's other relationships.

BREAKING THE MOULD: Before Edith's books, most children's literature was about make-believe or teaching moral lessons. Nesbit changed that. She wrote about children having adventures in places that could be just around the corner.

THE RAILWAY CHILDREN: *The Railway Children* tells the story of three siblings, Roberta, Peter and Phyllis. They move to a house near a railway after their father is falsely accused of being a spy and sent to prison. Their friendships with the local people and their adventures eventually lead to proving their father's innocence and his return home. In 1970, the story was made into a film, making a star of Jenny Agutter OBE, who played Roberta.

Nesbit didn't just write for children. She also wrote novels and poems for adults. These aren't as famous now, but they show she was adept at writing for different audiences. Her children's books continue to enchant readers to this day, marking her as one of the most significant writers of the 20th century.



Photo credit: Julian De Manneer via boogified/book.co.uk, Jonkers Rare Books, Historica/Shutterstock

GALVIN
GREEN MAN
HOWE ST.



BANK HOLIDAY MONDAY CELEBRATIONS
27TH MAY 2024

OPEN: 11AM - 7PM

OUR TERRACE AND RESTAURANT WILL BE BOOKABLE FOR THOSE SEEKING A SIT-DOWN MEAL, WHILE OUR BEER GARDEN WILL BE DECKED OUT AND READY FOR DRINKS IN THE SUNSHINE.

12PM—5PM: GARDEN BBQ WILL BE OPEN (FINGERS CROSSED FOR GREAT WEATHER!).

FROM 12.30PM: LIVE SINGERS

FROM 1PM: KIDS ENTERTAINMENT & FACE PAINTERS

BOOKINGS FOR OUR RESTAURANT & TERRACE ARE RECOMMENDED. GARDEN & PUB TABLES ARE 1ST COME 1ST SERVED.



GALVIN GREEN MAN - MAIN RD, HOWE STREET, GREAT WALTHAM, CHELMSFORD CM3 1BG.

GALVINRESTAURANTS.COM - 01245 408820
RECEPTIONGREENMAN@GALVINPUBCO.COM



Brightlingsea
Coastal Park

Love the freedom.



Holiday homes for sale on the Essex Sunshine Coast.

If you're looking for your own holiday home away from home that you can escape to whenever you like, then look no further than Brightlingsea Coastal Park.

Owning your own holiday home means there's no need to book in advance, just escape the stresses of everyday life whenever you like throughout the season.

Perfectly located on the coast, the park is within a short walk of all the historic town of Brightlingsea has to offer including the beautiful, sandy beach perfect for a family day out, the high street with a wide range of independent shops to browse and a selection of waterside bars and restaurants to choose from.

Holiday homes from only **£29,999** | Ready to enjoy in just **7 days[†]**

Plus **Save £2,500***
on selected models

Book your viewing today and discover all that Brightlingsea Coastal Park has to offer.

Brightlingsea Coastal Park,
Brightlingsea, Colchester, Essex C07 0LW

To book your visit call 0800 150 3333

www.countrywideparkhomes.co.uk



Scan here to find out more

*Savings available on selected models for the current season only. Minimum purchase price applies. Cannot be combined with any other offer. Offer may be withdrawn or amended without notice. 17-day handover service applies to new models we have in stock or one of our pre-owned holiday homes. Further terms apply to all other models.

PUFFIN PARADISE



TRAVEL

Looking for a great place to visit during the May half term? Consider exploring the Farne Islands, a group of 28 islands a few miles off the Northumberland coast.

make sure the islands are safe for people to visit.



PUFFIN FUN FACTS

- ▶ They're often called 'sea parrots' because of their colourful bills.
- ▶ They can live a long time – more than 20 years and sometimes even more than 30.
- ▶ They're great swimmers, using their wings like flippers to propel them through the water.
- ▶ They can dive up to 60 metres.
- ▶ They nest in burrows in the ground.
- ▶ They lay one egg, and both parents help to keep it warm.
- ▶ They're faithful and often return to the same partner every year.

WHAT CAN I SEE?

May and June are special in the Farne Islands because that's when puffins come here to have their babies, known as pufflings. There are 37,000 breeding pairs of puffins on the islands – more than anywhere else in the UK. The birds are drawn to the safe nesting sites on the islands' cliff edges and a plentiful supply of sandeels – their favourite food. These are actually a type of fish, not eels.

GETTING THERE

The best way to see the Farne Islands is to take a boat trip from Seahouses, a small village on the coast. Several companies organise the trips, but it's best to book in advance. You can sail around the islands and, weather permitting, land on one of them, usually Inner Farne.

The Farne Islands offer a fantastic chance to see nature in action – without even leaving the UK. There's always something incredible to spot. So, grab your binoculars and set off for an adventure you won't forget!

WHO LIVES THERE?

Nobody lives on the Farne Islands all the time. But some National Trust workers stay there from March to October to care for the birds and seals. They also



Sani Resort – a fantastic escape for all the family

After having booked Sani Resort for many years, I was delighted to get the chance to visit it in person this month for your future travel inspiration.

Sani Resort offers a collection of five hotels, matching all tastes and wants, but for us it was Porto Sani and it was simply perfect travelling as a family.

This all-suite property, built in the style of a traditional Greek village, comes with exceptional facilities and amazing service to match. With the suites set in beautiful gardens and surrounded by lagoon style pools



There's a choice of 40 restaurants and bars, offering something to suit all, for each and every meal – from Greek to Japanese and menus curated by Michelin-starred chefs.

With some of the finest award-winning beaches in the Mediterranean and shallow crystal clear waters, beach time is perfect here. Especially when you have beachside babysitting and refreshments served to your lounge.

You also won't get bored, with a full water sports programme offering everything from scuba diving to high ropes: you can choose from the Bear Grylls survival, Rafa Nadal tennis, a Chelsea Football academy, and much more.



The location is on the beautiful Kassandra Peninsula in Halkidiki and is surrounded by sandy beaches with a killer view of the Aegean Sea and Mount Olympus. The vibrant Sani Marina is one of the best kept secrets here and is the perfect place for some retail therapy in one of the chic boutiques, to try mouth-watering menus across its restaurants and

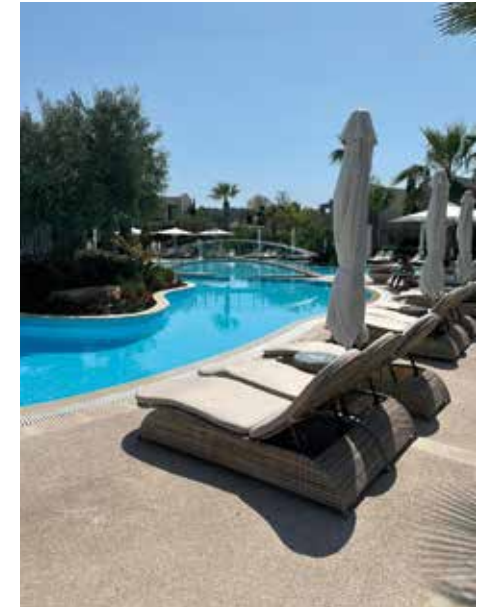


to grab a drink in one of the bars overlooking the luxury yachts.

Treat yourself to a treatment in one of five spas or experience the fantastic evening entertainment - from live music to live musicals. The possibilities to maximise your time are endless.

This truly is a fantastic escape for all ages and deservedly multi-award-winning. If you want to find out more, visit yourself or have any other family travel plans in mind, then please do get in touch.

Your time away and time spent with your children are precious, allow Never A Wasted Journey to take care of them both.



AS SEEN OR FEATURED IN



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





KIDS

Animal buns

Have fun in the kitchen with your little ones while making these super-simple and super-cute pig and frog burger buns that you and your kids will love creating!

You will need:
100g spinach (frogs) or 100g cooked beetroot (pigs) | 150ml warm milk | 500g strong white bread flour | 10g fine sea salt | 1 sachet dried yeast | 50g unsalted butter, melted and cooled | 125-150ml warm water | 2-3 black pitted olives | Extra milk for glazing

- How to make:**
1. Blend the spinach or beetroot and warm milk in a blender until smooth.
 2. Add the flour and sea salt to a bowl and dry whisk with a fork.
 3. Add the yeast and whisk again.
 4. Gradually mix in the coloured milk, melted butter, and 1/3 of the water.
 5. Bring the ingredients together with your hand until you have a shaggy dough.
 6. Tip the dough out and knead for 10-12 minutes until springy and shiny.
 7. Divide the dough into 12 pieces and roll 11 of these into tight balls.
 8. Place on a baking tray, making sure to leave space between each ball as they will double in

- size while baking.
9. To make the frogs, use the remaining piece of dough to make googly eyes and place a pair on each roll.
 10. For the pigs, make little blobs for ears and larger blobs for the noses, use a skewer to mark out holes on each, and place them on each roll.
 11. Cover loosely with oiled clingfilm and put in a warm place to prove for 30-45 minutes.
 12. Preheat your oven to 200°C/180°C fan/gas mark 6.
 13. Add the details to each roll – slivers of olives for the frogs' eyes and tiny pieces for the nostrils, and two tiny eyes for the pigs.
 14. Bake for 12-15 minutes until risen and lightly golden.
 15. Leave to cool. Slice and add your filling of choice.
 16. These can be kept in the freezer for up to three months. Wrap tightly with plastic and then cover with tin foil to seal in moisture and flavour.

Other animal buns ideas:
Turtle brioche buns | Hedgehog bread rolls | Octopus soup bowl.



MEGA CAMPS **MAY & SUMMER CAMPS 2024**
VISIT WEBSITE FOR LOCATIONS & DATES

CHILD CARE FROM 8am - 6pm

AGES 4 - 14

MULTIPLE LOCATIONS IN ESSEX

A day at Mega Camps is filled with endless Sports, Arts & Crafts activities and an amazing array of Mega Activities. Suitable for children aged 4-14yrs! A MEGA TIME is guaranteed to be had by all who attend!

WALL CLIMBING **KIDS FAVOURITE**

MEGA ACTIVITY **WE ACCEPT CHILD CARE VOUCHERS / TAX FREE CHILD CARE**

NERF WARS

Book now for May & Summer!

WET & WILD PLUS MUCH MORE

Check website for offers and more information
WWW.MEGACAMPS.NET

ALL OUR STAFF ARE DBS CHECKED

FROM GLITCHES TO GOOD-AS-NEW

YOUR LOCAL COMPUTER REPAIR SPECIALISTS

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

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

- **CALL 07786 291392**
- **EMAIL support@mister-pc.co.uk**
- **ONLINE www.mister-pc.co.uk**

Mr PC



WHY IS CERVICAL SCREENING IMPORTANT?

SCREENING FOR CERVICAL CANCER

Our experienced and professional Consultant Gynaecologists in Brentwood are here to help with a wide range of services including screening for cervical cancer.

It is sensible to be screened regularly as spotting any changes in cells early on can often prevent cervical cancer. A cervical screening test (or smear test) looks at the health of your cervix and for any abnormal cells. Early detection and treatment of any abnormal cells can prevent cervical cancer developing. You can ask us any questions you like during screening. Our experienced staff are always on hand to comfort and reassure you.

WHO SHOULD HAVE A CERVICAL SMEAR?

Women aged between 25 and 50 should be screened every three years. If you are a woman aged between 50 and 65, it's best to be screened every five years.

WHAT HAPPENS IN A CERVICAL SMEAR?

A speculum is inserted into the vagina, which can be uncomfortable, but shouldn't be painful. A small brush is used to take a sample of cells from the lining of the cervix and deposited either on a slide (sometimes called a 'smear' test), or in a preserving fluid. It is then sent to the laboratory to be examined. Any early changes in the cells of the cervix can be seen.

HOW WE CAN HELP IF WE FIND ABNORMAL CELLS

Treatment for abnormal cells can vary. It's likely you'll go and see a gynaecologist for treatment, which may include:

Colposcopy - a microscope is used to examine the cells on the cervix in more detail, and further treatments can be performed to remove or destroy the abnormal cells. You generally don't stay overnight for this procedure but are seen as an outpatient (day case).

LLETZ (large loop excision of the transformation zone), sometimes called LEEP (loop electrosurgical excision procedure) - this procedure removed the abnormal cells with a thin wire loop. This is usually done under a local anaesthetic. The removed tissue may then be sent to the laboratory for examination.

Laser therapy (or laser ablation) - this treatment destroys abnormal cells by vaporising them with a hot beam of light.

Cryotherapy - a cold probe is used to freeze away the abnormal cells

Cone biopsy - a minor operation to remove a cone of tissue from your cervix where the abnormal cells are located. This biopsy is usually done under general anaesthetic as a day case or overnight stay. The tissue is then sent to the laboratory for examination.



Women's health

at Nuffield Health
Brentwood Hospital

Our experienced gynaecology consultants pride themselves on helping women of all ages overcome a range of health problems. Whether you are suffering from an issue now or are concerned about your future health, we are here to re-assure and help you, offering rapid access to treatment.

- Cervical smear and HPV test
- Colposcopy
- Family planning advice and management
- Gynaecological ultrasound
- Hysterectomy
- Infertility investigation and pre-IVF management
- Laparoscopy
- Menstrual disorders and management
- Ovarian cyst
- Menopause and HRT
- Surgical and medical management of miscarriage
- Urinary frequency and incontinence
- Uterine and vaginal prolapse and reconstructive surgery
- Uterine fibroid.

For any enquiries, to book an initial consultation or to request more information, please contact our dedicated hospital enquiry team at Nuffield Health Brentwood Hospital on 01245 527 141

Website: www.nuffieldhealth.com/hospitals/brentwood



For more information call 01245 527 141 or visit nuffieldhealth.com/hospitals/brentwood

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



**CONTACT US FOR ALL
YOUR PROPERTY NEEDS**

YOUR LOCAL, FIVE STAR RATED, FAMILY RUN PROPERTY EXPERTS



WWW.HAMILTONPIERS.CO.UK



Come home to a clean house

Our professionally trained team of maids will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget.

Arrange your no obligation in home quote today

Emma Brooks

01245 494003

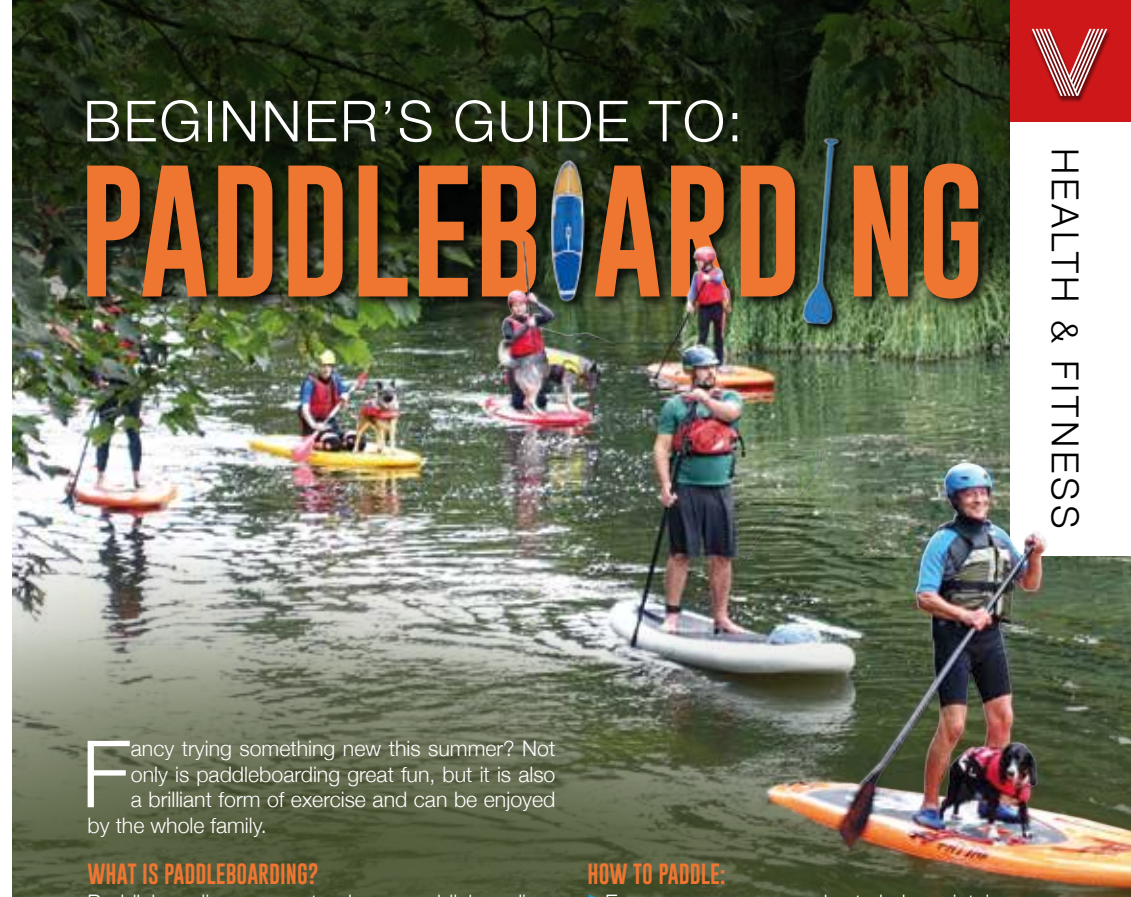
emma.brooks@mollymaid.co.uk

mollymaid.co.uk/locations/brentwood



HEALTH & FITNESS

BEGINNER'S GUIDE TO: PADDLEBOARDING



Fancy trying something new this summer? Not only is paddleboarding great fun, but it is also a brilliant form of exercise and can be enjoyed by the whole family.

WHAT IS PADDLEBOARDING?

Paddleboarding, or stand-up paddleboarding, is a water sport that enables you to enjoy and explore various waterways such as lakes, bays, rivers and even the sea. Unlike canoes or kayaks, paddleboards are completely flat and you can choose to stand, kneel or sit on them.

HOW TO STAND ON A PADDLEBOARD:

- You need to learn the proper paddleboarding technique if you want to be able to control and manoeuvre the board and get maximum enjoyment and physical benefits from it.
- > Stand next to the board in shallow water.
- > Place your paddle down on the board horizontally.
- > Attach the ankle leash if there is one.
- > Place your hands firmly on the paddle and kneel on the board just behind its halfway point.
- > When you feel like you have a good balance, slowly stand up.
- > Position yourself so that you are standing at the centre of the board which should be completely flat on the water.
- > Your feet should be facing forwards, about hip-distance apart with your knees slightly bent.

HOW TO PADDLE:

- > Engage your core muscles to help maintain balance.
- > Keep your arms straight as you extend the paddle forward for each stroke.
- > Make 4-5 short and close strokes on each side of the board and then switch sides, reversing your hand position.
- > To turn your board, keep paddling on one side (paddling on your right will make you turn left and vice versa).

WHERE TO PADDLEBOARD IN THE UK:

- > Chichester Harbour, West Sussex – Best for nature lovers
- > River Fowey, Cornwall – Best for stunning scenery
- > Saunton Sands, Devon – Best for slow waves

Remember that coastal waters are tidal so always check out the tide times before you set out. Slack tides are best for beginners as this is when the tide is moving at its minimum. Always wear a lifejacket when paddleboarding and, if you are worried about safety, choose a beach or other waterway that has a lifeguard present.



FIBROMYALGIA

Fibromyalgia Awareness Day 2024 is Sunday, May 12, so this month we're looking at the symptoms, causes and treatments. Fibromyalgia is a chronic condition that causes extreme tiredness and widespread pain. While there is no cure for fibromyalgia, you can manage your symptoms with the right treatments and therapies.

WHAT IS FIBROMYALGIA?

Fibromyalgia, also known as fibromyalgia syndrome, is a long-term health condition that causes pain all over the body. Other symptoms of fibromyalgia include:
Increased sensitivity to pain | Extreme fatigue | Muscle stiffness
Difficulty sleeping | Problems with memory and concentration, known as fibro-fog | Headaches | Irritable bowel syndrome

WHAT CAUSES FIBROMYALGIA?

While the exact cause of fibromyalgia is unknown, it is thought to be linked to abnormal levels of certain chemicals in the brain and changes in the way the central nervous system processes pain messages.

While fibromyalgia can also be inherited through your genes, in many cases, the condition appears to be triggered by a traumatic event, such as:

- An injury or infection | Childbirth | An operation | The breakdown of a relationship | The death of a loved one

WHO IS MOST LIKELY TO BE AFFECTED?

Anyone can develop fibromyalgia, although this condition is seven times more common in women than it is in men. It most typically develops between the ages of 30 and 50 but can occur in both children and the elderly. An estimated one in 20 people is affected by fibromyalgia in the UK, but this is only a rough estimate as this condition can be hard to diagnose.

HOW IS FIBROMYALGIA TREATED?

As mentioned, there is no cure for fibromyalgia, but it can be managed with the right treatments. These tend to be a combination of:

1. Medicines such as antidepressants and painkillers.
2. Talking therapies, including cognitive behavioural therapy and counselling.
3. Lifestyle changes such as exercise programmes and relaxation techniques.



Join us for our next events

Manor Lodge care home, Cheltenham

Forget-me-not Café

Last Wednesday of every month, 2pm - 4pm

Come along to our Forget me not café and meet like-minded members of the community.

D-Day 80th Anniversary Commemoration

Friday 6th June, 12 noon - 4pm

Join us in celebrating the peace and freedom given to us through the bravery and sacrifice of so many.

Power of Attorney and Finance

Thursday 4th July, 1pm - 3pm

Join us to listen to Penny Griffiths from Eldercare and Lorna Bastian from Aquabridge explain the importance of having a Power of Attorney in place for your loved one.



Trusted to care

To attend please call
01245 904 885 or email
karla.smith2@careuk.com





FASHION

A GUIDE TO CHOOSING THE RIGHT BELT FOR YOUR BODY SHAPE

Do you struggle to find a belt that does the job and looks good? If yes, then we feel your pain. Fortunately, the below guide to belts for all shapes and sizes is just what you need!

BEST FOR PETITE: Thin and monochrome

If you are a petite woman, then you need a belt that is going to elongate your figure and streamline your silhouette. For best results, look for a skinny belt that matches the colour of your whole outfit.



BEST FOR TALL: Wide

Taller ladies will benefit from a wider belt that will complement the natural proportions of your body. Don't be afraid to go big and bold with colour; your statuesque frame can handle it!



BEST FOR PLUS SIZE: Loose fit and contrasting colours

If you want a belt that hides your problem areas and makes the most of your curves, then opt for a loose fit design that rests lightly on your waist. For even more sass, match a bright belt with a contrasting coloured outfit.



BEST FOR HOURGLASS: High and wide

For those with glorious curves, you need to pay close attention to the positioning of your belt. Ideally, you should pick a medium to wide belt and place it slightly above your natural waist. This will emphasise your body shape without digging into your hips.



BEST FOR SHORT WAIST: V shape or chain

Make your upper body appear longer by drawing the eye downwards using a v shape or chain belt. This is especially important if you are wearing a midi-length skirt or dress.



BEST FOR BOYISH: Super slim

Create the illusion of hips with the narrowest belt you can find and wear it over an oversized dress or jumpsuit. Make sure you place the belt at your belly button and ruff up the fabric to add even more volume.



BEST FOR LONG WAIST: Big buckle

If you have a long waist, you can handle a bold buckle. Just make sure that you place your chosen belt higher up on your body to avoid adding any further length.



Photo credit: new.uk.com

Discover the finest watches at Chase Hattan

Where Luxury meets Precision



WWW.CHASE-HATTAN.COM



USE THIS QR CODE TO VISIT OUR WEBSITE AND BUY ONLINE.
CONTACT BY PHONE
07722 352304
VIEW BY APPOINTMENT
CANARY WHARF O203 059 7942

GRAYS ANTIQUES UNIT 177, 58 DAVIES STREET, MAYFAIR, LONDON W1K 5LP (OPEN MON- FRI)

Rated Excellent on Trustpilot
4.9 out of 5 on Chrono24
& 100% positive feedback on eBay



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



Tackle that TARNISH



If your bling is looking more dull than dazzling, then these tried and tested DIY cleaning techniques are just what you need.

HOW TO CLEAN STERLING SILVER

1. Try baking soda

For severe tarnish, mix three parts baking soda with one part water. Wet the silver and then apply the paste with a soft, lint-free cloth. Work into the crevices, rinse well and buff.

2. Apply toothpaste

Toothpaste is a mild abrasive and therefore ideal for cleaning silver. Simply apply a dab to your silver jewellery and rub gently with your finger or a soft cloth. Rinse and buff.

HOW TO CLEAN GOLD (WHITE, YELLOW AND ROSE)

1. Use ammonia

Ammonia is a powerful cleaner so is best used for occasional deep cleaning rather than frequent use. Add one part ammonia to six parts water, soak your gold jewellery for one minute, rinse and gently pat dry with a polishing cloth.

2. Soak in warm, soapy water

Fill a bowl with warm water, add a few drops of washing-up liquid and leave to soak for 10-15 minutes. Use a soft-bristle toothbrush to dislodge dirt, rinse and dry.

JEWELLERY TO BE CLEANED PROFESSIONALLY

Gold and sterling silver can be safely cleaned at home. However, more delicate metals, such as platinum, should be cleaned by a professional. If your jewellery contains precious stones such as diamonds, sapphires or rubies, you should stick to mild soap and water.

HOW TO KEEP SILVER AND GOLD JEWELLERY LOOKING ITS BEST FOR LONGER

- > Store your jewellery in an acid-free, closed container.
- > Do not leave your jewellery in direct heat or sunlight.
- > Avoid your jewellery coming into contact with chemicals.
- > Remove your jewellery before bathing, swimming and exercising.



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

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  youview TalkTalk

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

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



APPLIANCE PROBLEM? WE'LL FIX IT!

Any make
Any model

LOCAL ENGINEERS IN YOUR AREA!

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

SAME DAY CALL OUT AVAILABLE

MEMBER OF **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 **SPIN DOCTOR**

01279 310793
www.spindocoruk.co.uk

Washing Machine, Dish Washer, Washer Dryer, Tumble Dryer, Electric Oven, Electric Hob, Fridge Freezer, Extractor Hood

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.



UNBEATABLE VALUE ELECTRIC GARAGE DOORS

FULLY FITTED PRICES FROM £995

- ✓ FREE installation
- ✓ FREE 5 year warranty
- ✓ Manufactured in the UK
- ✓ Fitted by a local Garolla engineer
- ✓ The UK's No.1 recommended

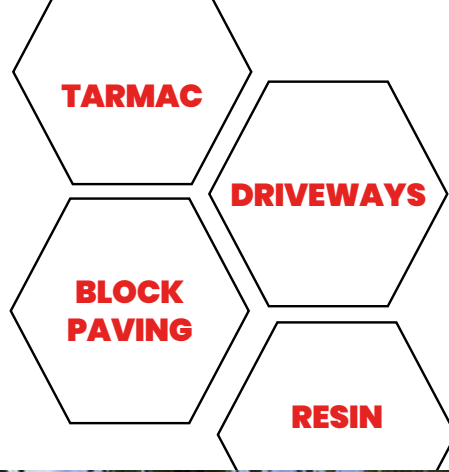
GAROLLA
ELECTRIC GARAGE DOORS

Trustpilot  4.7 out of 5

BOOK A FREE SURVEY TODAY
01279 510 063
GAROLLA.CO.UK



**Producing Immaculate
Finishes for Decades**



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



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



SPORT



UNUSUAL SPORTS:

LAWN MOWER Racing

Unsurprisingly, the sport of lawn mower racing was dreamt up while large quantities of beer were being consumed; although the UK's drink drinking laws now require all participants to prove their sobriety!

Indeed, it's just as well competitors keep a clear mind when climbing aboard these machines. While top speeds of 8mph may not have Lewis Hamilton and his Mercedes mechanics cowering with fear, competition is fierce. The roots of the sport – which originated in West Sussex in 1973 – have now spread worldwide.

The ethos behind lawn mower racing is simple – speed, competition and large amounts of fun. It came about when a group of racers adapted their home lawn mowers after finding themselves unable to afford the considerable set-up costs of traditional motorsports.

By removing the cutting blades, beefing up engines and, in some cases, lowering the riding position, they quickly discovered an affordable way

to experience the thrill of the throttle.

Lawn mower racing rapidly ascended to the point where its own governing body – the British Lawn Mower Racing Association – was set up to oversee events and competitions. Races generally take place in the spring and summer between May and October with British, World, Endurance and 12-Hour Endurance championships pitting the very best against each other.

Celebrity names, including Derek Bell MBE, Phil Tufnell, Chris Evans and Guy Martin, have all pursued arable acceleration on the track, with the late, great Sir Stirling Moss OBE a British champion in the 1970s.

The rapid growth of the sport has led to thousands of new riders getting involved each year. With numerous events listed throughout spring and summer, riders all over the country can sample the thrill first-hand. Competitors must be 18, brave and fast – no grass seed required!

Photo credit: Action Press/Shutterstock

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 BODY REPAIRS

FAIRMONT
Specialising in classic & modern vehicles. From dents to full paintworks, 45+ years experience, Prestige standard. 37 Tallon Road, Hutton, CM13 1TG. Contact 01277 714478

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

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

GARDEN SERVICES

ELMTREE GARDEN SERVICES
All types of trees lopped, topped & shaped. Garden planning & soft landscaping, fencing, patios, lawns, driveways, etc. All rubbish cleared. Tel: 01621 331606 or 07885 460528

LANDSCAPING

BPM LANDSCAPES & DESIGN
Driveways, Patios, Fencing, Brickwork, Full Garden Design. Over 25 years exp. 0800 458 5190 | www.bpmgardenlandscapesanddesign.co.uk

LEAFLET DISTRIBUTION

FLYER DISTRIBUTION ESSEX
Leaflet, printing & distribution service. Cover a majority of CM, SS, CO postcodes. One off drops or regular monthly drops. Call us on 01277 554045 | www.flyerdistributionessex.co.uk

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

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

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

PRIVATE HOSPITAL

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

PROPERTY SERVICES

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

ROOF COATING & CLEANING

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

ROOFING

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

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

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



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](https://www.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!

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

- 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

Checkatrade.com
Where reputation matters



Approved Installers of
Guardian Warm Roofs

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

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