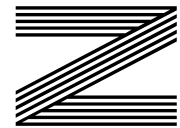
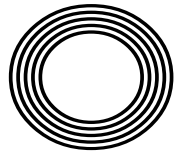


**HOW TO
PERFORM
CPR ON
A CHILD**

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors



FREE

Photo credit: BBC & Nick Eagle

ALEX SCOTT

The sport pundit rising through the ranks



SALE NOW ON
UP TO
20% OFF
SELECTED STOCK LINES

Quality furniture
hand made to the
highest standard

Exclusive collections of
comfortable hand crafted
Rattan, Wicker and Cast
Aluminium Furniture



**THE UK'S LARGEST GARDEN FURNITURE SHOWROOMS
FOR OVER 25 YEARS!**

Email: sales@regattafurniture.co.uk

www.regattafurniture.com

SUFFOLK SUPERSTORE:

Regatta Garden Furniture

Unit C, Interchange Retail Park,
Ipswich, IP8 3TT.

Sales Hotline: 01473 944087

CHELMSFORD SHOWROOM:

Regatta Garden Furniture

Off A12 at Witham, Junction 21 Co-op Services
London Road, **Witham** CM8 1ED

Sales Hotline: 01245 209624



Editor's notes...

SEPTEMBER 2021



Emma Caulfield, Editor

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

I hope everyone has been enjoying the school holidays with their children and making lots of memories. It's a shame that the weather has not been too good for August, but that's good old England for you.

As we approach the final few months of the year (I won't mention the C word, don't worry!), it has been fantastic to see the high street bouncing back over the past few weeks.

I have been out and about visiting some of our advertisers and speaking with new businesses that opened during the COVID-19 pandemic.

I've been really impressed with them - in particular, the ones who opened recently in these tough times. It really shows entrepreneurial spirit at its finest.

We can always give excuses to try to convince ourselves, due to things out of our control, to delay plans or put them off to another day, but I think we need to take our hat off to those who are expanding during these times.

Last month, I forgot to mention how pleased I was with my distributors. They do a marvellous job delivering for me in all weathers and some with their parents, so a big thank you from me. You are all amazing.

If you have a news story or event you'd like published, please contact me; I'm here to help.

Emma Caulfield

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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

CONTACT US: www.visionmagessex.com | emma@visionmag.co.uk | 01787 339010

[@visionmagessex](https://twitter.com/visionmagessex) | [@visionmagessex](https://www.instagram.com/visionmagessex) | [Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Holly Bullen, Geraint Roberts, Amneet Kaur, Lizzie Ellis

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



WINDOWS, DOORS & CONSERVATORIES



**INSURANCE BACKED
GUARANTEE**
10 YEAR WARRANTY
FENSA APPROVED

**AFFORDABLE
FREE QUOTATION
ENERGY EFFICIENT**

Visit our showroom to discuss our full range of products

01787 274475

sales@greenglaze.co.uk : www.greenglaze.co.uk

55 High Street, Halstead CO9 2JD

Is **YOUR** Business Fully Compliant With The
Data Protection
Regulations?

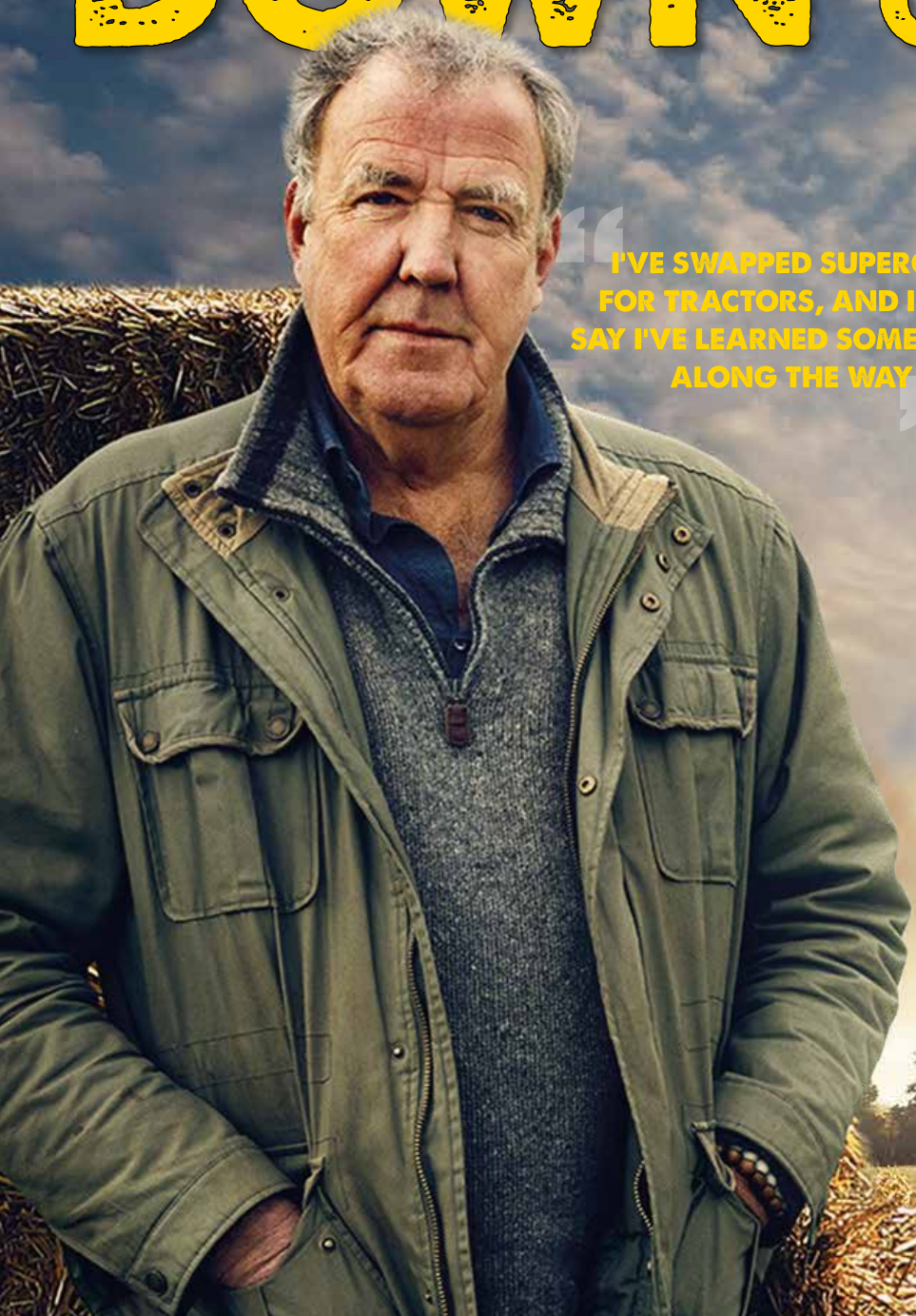


Call Today
To Receive **20%**
Off In September!

NO?

T: 01787 476929 or E-Mail rhian@drbdpo.com

DOWN ON THE FARM



“I’VE SWAPPED SUPERCARS FOR TRACTORS, AND I DARE SAY I’VE LEARNED SOMETHING ALONG THE WAY.”

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



Photo credit: Amazon Prime Video



HISTORY

Photo credit: Anthony Correia/Shutterstock.com



REMEMBERING

20 YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world

Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

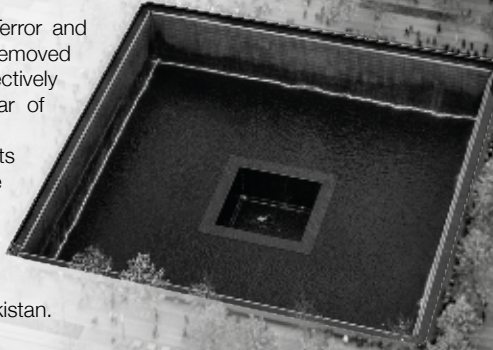
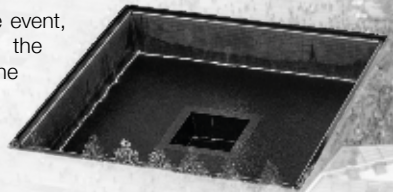
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



A new adventure begins

October 2021



SALES | LETTINGS | LAND & NEW HOMES

Visit us online or call 01787 322 322 to let us know your requirements

oakheart

S U D B U R Y

www.oakheartproperty.co.uk

Trusted property agents and partners



EDWARD CHARLES INTERIORS



BESPOKE FURNITURE MAKERS & REUPHOLSTERY SPECIALISTS

- Small family business Est. 50 years
- Covering all of Essex and Suffolk
- No reupholstery job is too big or too small

Bespoke furniture handmade to measure in our workshop in Essex

SHOWROOM IN LONGMELFORD SUFFOLK

01787 377705

www.edwardcharlesinteriors.co.uk
edwardcharlesinteriors@btconnect.com

EASTERN COUNTIES
Pest Control

Squirrels Mice
Flies **Rats**
Fleas **Moles**
Ants

Wasps Hornets

ALL WORK GUARANTEED
For help or free advice with your pest problems contact us on:
01787 477804 | 01376 233222
www.easternpestcontrol.co.uk



- Appliance Repairs
- Building Works
- Electrical Services
- Emergency Locksmith
- Flooring
- Garden Works
- Kitchen & Bathrooms
- Painting & Decorating
- Plumbing & Heating
- Window & Doors



01206 648888
WWW.ALPHAGRP.CO.UK
ENQUIRIES@ALPHAGRP.CO.UK



LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family

homes don't have to be boring.



EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- Look to your high street, local independent shops or boutiques to find some amazing items.



Photo credit: lovechicliving.co.uk



HOME & DIY



A CLEAN night's sleep?



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

- To deep clean your mattress, you will need:
- > A vacuum cleaner with an upholstery attachment
 - > An enzyme-based cleaner
 - > Baking soda
 - > Cloths
 - > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month



GRANITE
MARBLE
QUARTZ

KITCHENS
BATHROOMS
FIREPLACES

100s of types of Granite,
Marble & Quartz in different
colours & finishes

FABRICATION &
INSTALLATION

CONTACT US: 01376 561877

www.dorewardgraniteandmarble.co.uk

info@dorewardgraniteandmarble.co.uk

Unit 5, Scrips Farm, Cut Hedge Lane, Coggeshall, Essex CO6 1RL



JACKSON ELECTRICS LTD

YOUR PREMIER LOCAL ELECTRICAL CONTRACTORS

DOMESTIC ■ COMMERCIAL ■ LANDLORD

Repairs ■ Maintenance ■ Installations
 Rewiring ■ Additional Sockets & Switches
 Internal & External Lighting

Based in Halstead
Covering Essex & Surrounding Areas

07789 954376
 enquiries@jacksonelectrics.co.uk
www.jacksonelectrics.co.uk
 Unit 4, Halstead Business Centre,
 Factory Lane West, Halstead, Essex, CO9 1EX

SMC Safety Solutions City & Guilds Qualified ROLEC Approved Installation Partner Approved EICB

ELECSA Office for Low Emission Vehicles APPROVED APPROVED EES

Okkupi lettings

Landlords! Sit back and we'll take care of your investment

A fully managed service tailored to your requirements

- 8% Landlord Fees
- Dedicated Property Manager
- 24 Hour Landlord Portal
- 6 Monthly Visits, Inventory & Checkout
- 24 Hour Emergency Call outs
- Free Gas Safety Certificates & Wiring Reports

Call: **01206 417550** | email: **david@okkupi.co.uk**
Please visit: www.okkupi.co.uk

N.S.C.

Home Improvements Ltd

Specialists in Fascias, Soffits, Cladding & Guttering.

All garden work undertaken including Fencing, Patios & Summer Houses Built

Follow us on

Call 01787 339020 or 07539 375806

www.nscinstallationsltd.com
 E-mail **nscinstallationsltd@yahoo.com**

Okkupi homes

Experts at maximising the efficiency of selling your home

Standing out from other Estate Agents

- Free Valuation/Marketing Plan
- Free EPC
- Free Pro Photography
- Free Premium Listing
- Featured Listing Available
- Virtual Tour or Video Available
- Glossy Brochure Available

A house is never a home until Okkupi'ed

Fix up your
FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION: Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?

- > Add a seasonal wreath
- > Invest in new hardware, such as door handles and a letterbox
- > Upgrade your lighting with lanterns or a hanging door pendant





Boujee BOUCLÉ



If there's one home trend that Instagram can't get enough of, it's bouclé. Cozy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?



Ispirato Interiors

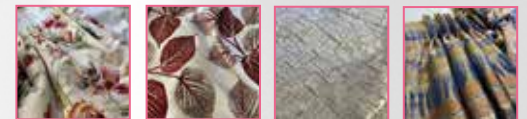
Complete soft furnishings



Give your home that perfect look



- Free advice and measuring service available
- Made to measure blinds, curtains and shutters



01787 478179

Carol Mobile: 07985 935805

Bob Mobile: 07476 293642

✉ ispiratointeriorsltd@gmail.com

📍 Ispirato Interiors Halstead

📷 @ispiratointeriors

74 High Street Halstead Essex CO9 2JG

Photo credit: nookandfind.co.uk, apacherstore.com, Heals via housetobear.com

**MAKE YOUR CHILD'S
DEVELOPMENT MORE FUN!
TRY RUGBYTOTS**



Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment.

For more details, just call or email:

0345 313 0422
adrian@rugbytots.co.uk

AS SEEN ON Cbeebies



rugbytots.co.uk
The world's favourite
rugby play programme

Local and Reliable

Family Business • Established for over 40 years

**GAS BOILER SERVICE
FROM £60**

**FULL COVER SCHEME
£240**

R&P Davies

Gas Fitters & Plumbing Services

Paul Mobile: **07976 372130**

Office: **01787 224342**



MOLLY MAID



MOLLY MAID Braintree
Keeping your home Healthy



The HomeSafe cleaning system puts the health and safety of you, your family and our team of maids at the core of how we work.

- Uniformed and professionally trained staff • 100% guaranteed and fully insured
- Regular and occasional cleans • Free in home estimate • All materials supplied • No contracts

Call us today to learn more about HomeSafe and why you can trust MOLLY MAID in your home.

Please call: **01376 349419**

or email: julie.ward@mollymaid.co.uk



See what our customers say at uk.trustpilot.com

Excellent



★ Trustpilot

SHAPE YOUR DAY WITH

fragrance zoning



HOME & DIY

Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance. Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.





LOCAL NEWS

from your neighbourhood



Global tribute band to perform in town next month

A Halstead-based band that has been touring the world since 1992 is set to return for a gig in the town next month.

T.Rextasy, who formed in 1992, is considered to be the world's only official tribute to Marc Bolan and T. Rex and is the only band to have been authorised by Marc Bolan's Catalogue Management.

The band – consisting of Danielz, Neil Cross, Rob Butterfield and John Skelton – performs all over the word and has appeared many times at the Empire Theatre, Halstead, where it will return next month on Saturday, October 16.

Speaking to VISIONHalstead, vocalist and lead guitarist, Danielz, said: "We always used to play in

Halstead. About every year for the last five years, we have been playing at the Empire Theatre. It is such a nice place to play as it's so local."

Danielz added that after visiting Halstead on several occasions to perform, he decided to move there and has lived there ever since.

He also recalled some of the famous faces the band has performed with over the years, including Shakin' Stevens and Boy George.

He added: "I still love playing the guitar and being a tribute to the greatest glam rock star there has ever been."

For more details and to buy tickets, visit www.empire-theatre.co.uk/trextasy-2021

FULLY FITTED ROLLER GARAGE DOORS
 FROM **£895** * WAS £1,354 INC VAT

* Offer Valid For Openings Up To 3.6m Wide & Inc 2 Remote Controls, Slank White Slats, Internal Manual Override

WHATS INCLUDED:
 ACOUSTIC & THERMAL INSULATION
 TWO REMOTE CONTROLS
 EXPERT MEASURING & FITTING
 24 COLOURS AVAILABLE

GAROLLA ROLLER SHUTTER DOORS
 www.garolla.co.uk

Made To Measure... **ROLLER GARAGE DOORS**

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY
 Phone: **01787 860 046**
 Mobile: **07537 149 128**

CE Approved

EMERGENCY PLUMBING, HEATING & DRAINAGE

PHD

- ▶ Drains Internal/External
- ▶ High Pressure Jetting
- ▶ Manual Rodding
- ▶ Pipe Laying
- ▶ Non Excavation Relining
- ▶ Insurance Work Undertaken
- ▶ CCTV Surveys
- ▶ No Additional Charges on evenings & weekends
- ▶ Fully Qualified Engineers covering your area!
- ▶ Emergency Plumbing Blocked Toilets & Leaks

SENIOR CITIZEN & NHS DISCOUNTS

BLOCKED DRAINS CLEARED FAST

CALL OUR FRIENDLY TEAM 24/7
01787 259748

Trustpilot
 Rated: Excellent

NO1 PHD
 PLUMBING HEATING & DRAINAGE

FREE QUOTES & ADVICE

AMERICAN EXPRESS, MasterCard, Maestro, VISA VISA

Headquarters, Suite 11, Branksome Business Park, BH12 1ED



CURTAIN CALL INTERIORS

Made to Measure

Curtains, blinds and soft furnishings, all handmade at our Tiptree workroom.

Designer Fabrics • Poles • Trimmings • Home Accessories • Scented Candles



Visit Our Showroom

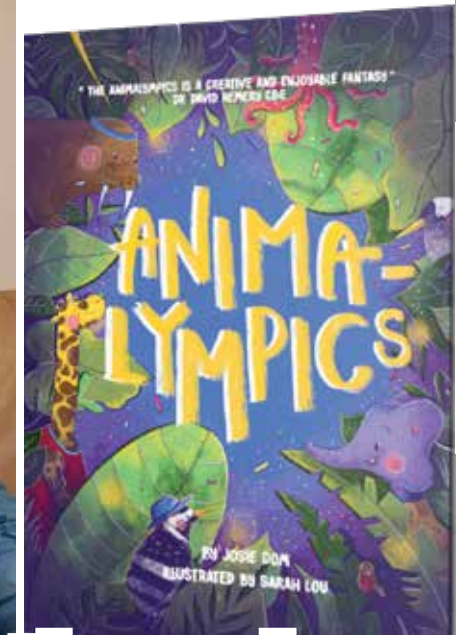
Century Mews, Church Road, Tiptree, Essex CO5 0AB
Mon to Fri 9am – 5pm, Sat 9am – 3pm

Telephone: 01621 815422

www.curtaincallinteriors.co.uk

Celebrating
21 YEARS

Est. 2000



LOCAL NEWS

Children's author releases new book with unique premise

A children's author from Halstead has released a new book aimed at getting children interested in the Olympics and Paralympics.

Josie Dom marked the launch of her new Olympics-themed book, *Animalympics*, by holding a 17-day online festival with the same name to entertain children in between the Olympics and Paralympics, from August 8–24.

When the Olympic Games and Paralympic Games were postponed in 2020, Josie Dom imagined the animal kingdom stepping up to compete instead, and the idea for *Animalympics* was born.

Josie says the 52-page book will delight children of all ages, with fun characters, plenty of humour, and glorious illustrations.

Josie, who has already written two other children's books, *Lum* and *Lum's Mum*, said that while she never sets out to write a story with a theme in mind, most of her picture book stories are about friendship and kindness.

She has committed to donating 15 per cent of profit from the books to charitable causes.

To order a copy of *Animalympics*, please visit josiedom.co.uk

New service appeals for volunteers to join

Halstead residents are being encouraged to sign up to a new service, which is the first of its kind.

Futures in Mind, a social inclusion and recovery service in Essex for people affected by substance/alcohol misuse and/or mental ill health, is looking for volunteers.

The service offers a variety of activities, such as conservation, landscape gardening, boxing and badminton, and is available in several locations in the county, including Halstead.

As well as activities, Futures in Mind offers mentoring, a befriending service, volunteering, and health and social care training.

A spokesperson for the service said: "Just attending one activity a week or month will introduce individuals to likeminded people, provide a routine and prevent loneliness, and offer a support group, as well as give them the opportunity to learn new skills."

To find out more about Futures in Mind, visit www.futuresinmind.org.uk



Theatre able to reopen to full capacity

LOCAL NEWS



Theatre in Halstead is now able to reopen to its full capacity following the easing of lockdown restrictions.

Empire Theatre chairman, Mike George, said customers will still be encouraged to follow social distancing guidelines, sanitise their hands and wear masks.

Speaking to **VISION**Halstead, Mike said: "We sadly had to cancel a show right before Freedom Day on July 18, but it is exciting to be able to have some sort of normality back. People still wear masks, still use hand sanitiser and obey social distancing rules. Most of our customers are happy to still follow rules.

"It's been good so far. The theatre industry in general has suffered a lot. We were closed for 18 months. We're very fortunate that we are run by volunteers, though we still had bills to pay over lockdown. We also kept busy during the 18 months by doing improvements at the theatre."

Empire Theatre also restarted its dementia friendly cinema events in July. The screenings take place once a month, 11 times a year. They are free to attend, with tea and cakes available for customers.

Mike added that many of the shows at the theatre will be the ones cancelled during lockdown last year, so fans still have the chance to see them.

To find out what's on and book tickets, visit www.empire-theatre.co.uk

Swimmers triumph in regional competition

Young swimmers from Halstead triumphed in their first regional swim meet after competitions were put on hold due to the COVID-19 pandemic.

Towards the end of July, swimmers from Halstead Swimming Club took part in the England East Region Future Champions event.

Layla Jennings won gold in the 100m backstroke and Joseph Bale won three golds in the 50m breaststroke,

100m breaststroke and 50m backstroke, as well as two silvers in the 100m backstroke and 50m freestyle.

John Lowe, head coach, said: "We are a small club with a massive heart; each and every swimmer gave all they had and had a massive personal best or a very good recorded time. I can't describe the feeling when each and every swimmer surpasses your highest expectations."

Police issue warning after catalytic converter thefts

Police have issued advice to Halstead residents on how to prevent catalytic converter thefts following a spate of incidents in the area.

Essex Police offered the advice after multiple local businesses in the area were targeted in the space of a couple of weeks.

Catalytic converters are devices fitted to vehicles to reduce the amount of dangerous gases produced, and are often targeted by thieves as they contain valuable metals.

The owners of Hume's Bakery said vehicles in its car park were targeted by a group of six individuals.

Following this incident, Kestrels Motor Company was also targeted by a group of men wearing balaclavas and armed with baseball bats during the early hours of August 14.

A spokesperson for Essex Police said: "Catalytic converters are often targeted by thieves as they contain valuable metals and can be removed in less than a minute.

"Catalytic converter theft most frequently occurs in car parks, but it can happen anywhere.

"Thieves may then sell these converters via scrapyards or online, or ship them out of the country.

"Hybrid vehicles are most commonly targeted, as their metals are more valuable, but any vehicle can be at risk of catalytic converter theft."

To find out more about what you can do help secure your vehicle, visit www.essex.police.uk/cp/crime-prevention/keeping-vehicles-safe/catalytic-converter-theft



Stock image



LOCAL NEWS



Humbugs have mixed start to new season campaign

Halstead Town FC have had mixed-start to their Thurlow Nunn First Division campaign, as the matches came thick and fast for the Humbugs in August.

The new season kicked off with a five-goal thriller at home against Newbury Forest in a game which saw Halstead take the lead on three different occasions through Jordan Blackwell and Dan Jones, before Jordan Pavett eventually secured all three points for the Humbugs late in the second half.

Newbury were the first visitors to the Milbank Stadium, which saw an attendance of more than 200 for the first time since the pandemic started.

Halstead backed up their victory with another win

at home against Wivenhoe Town, before a damaging 4-1 defeat against Buckhurst Hull on August 7 put the winning run to an end.

Days later, Jordan Palmer's brace wasn't enough for Halstead to take anything away from Park View and Halstead couldn't find another victory until the seventh game of the season, when they welcomed Holland FC and got back to winning ways thanks to goals from Alfie Cleal, Calvin Poku and Jake Brown.

The Humbugs sit comfortably in mid-table at the time of writing, and have shown glimpses of quality football.

Games continue to come quickly for Halstead in the Thurlow Nunn First Division in September.

Pupils delighted with A Level and GCSE results

Pupils at a Halstead school are over the moon after receiving fantastic A Level and GCSE results, despite the challenges posed by the pandemic.

Gosfield School, located on Halstead Road, took to Facebook to celebrate its pupils, with three-quarters of all A Level grades between A* and B.

Head boy, Bertie, will be going on to study at the Royal Veterinary College to train to become a vet.

He said: "I am in shock and so over the moon.

"What I have enjoyed most has been the relationships I have formed with everybody. I have been at Gosfield since I was four-years-old. A special thanks to my parents and my teachers, Mrs Stewart, Mr Freeman,

Mrs Taylor, Mr Gibbons."

There was also a high level of success among GCSE students at the school. One student, Scarlett, achieved four grade 9s and six grade 8s.

She said, "I am so pleased. I was really nervous as I had been building up to it. I got what I dreamed about; I wanted to get on an Oxbridge pathway and so I needed certain grades and I've got them. I've got 8s and 9s. I'm most proud that I didn't get 7s because I didn't expect it – I was up against the grade boundaries for some of them and it turned out to be higher, so I was really pleased I have pulled it out of the bag."

GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK. Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."



PETS

CBD

FOR PETS:

WHAT YOU NEED TO KNOW



The global CBD pet market size was valued at a whopping £20.2million in 2019 and is expected to grow at a compound annual rate of 40.3 per cent between 2020 and 2027.

From tinctures to topicals to treats, there is a whole host of CBD products that are specifically designed for pets. However, do they work and, most importantly, are they safe?

WHAT IS CBD?

CBD stands for cannabidiol and is the second most prevalent active ingredient of cannabis. Derived from the hemp plant, unlike tetrahydrocannabinol (THC), CBD does not have any psychoactive properties and will therefore not make you or your pet feel 'high'.

WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ✦ Reducing stress and/or anxiety, including separation anxiety
- ✦ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

- ✦ Enhancing appetite
- ✦ Reducing nausea and/or vomiting
- ✦ Treating skin conditions
- ✦ Helping wounds to heal faster

IS CBD SAFE FOR PETS?

There is no evidence to suggest that CBD is toxic to dogs or cats, as long as it is given in the right doses and is purchased from a trusted manufacturer. In terms of potential side effects, there is currently no scientific data on CBD usage in pets but, based on humans, they could possibly experience:

- ✦ Dry mouth
- ✦ Lowered blood pressure
- ✦ Drowsiness

IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.



PUPPY CARE
EMPORIUM

PET SHOP 🐾 GROOMING
SELF SERVICE BATH



🐾 WE OFFER ONLY THE BEST QUALITY FOOD & DOG TREATS – NO SALT, SUGAR, GRAIN OR OTHER CHEMICALS PRESENT

🐾 WE STOCK A SELECTION OF PET TOYS, PET BEDS & DOG SNOODS ALL LEADS ARE GOOD QUALITY & MADE FROM VEGAN LEATHER.

🐾 WE ALSO OFFER DOG GROOMING FACILITIES WHERE YOU CAN CLEAN YOUR DOG YOURSELF

🐾 WE HAVE A VERY EXPERIENCED DOG GROOMER WHO WILL GROOM AND STYLE, TRIM NAIL, CLEAN EARS, & APPLY FLEA AND TICK TREATMENT.

CONTACT US FOR MORE INFORMATION
07538 003266 🐾 01787 736499

📍 www.facebook.com/puppcareemporium

3 Market Hill, Halstead CO9 2AR

Opening hours are Mon – Sat 9.30am – 6.00pm



We are a family owned business committed to providing customers with high quality services at an affordable price. With a combined 30+ years in the landscaping industry, our friendly and knowledgeable staff can cater for all your landscaping needs.

Email: info@smartresinandpaving.co.uk
www.smartresinandpaving.co.uk



Resin driveway with a choice of 24 colours



- Resin Driveways
- Block Paving Driveways
- Patios • Artificial Grass
- Fencing • Landscaping



Sample kits available
£1 million Liability Insurance
Find us on Google, Yell and Checkatrade



SUPPORT LOCAL BUSINESSES



Let your local businesses know that you saw them first in... **VISION**



5 Gardens TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG

Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breath-taking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds.

Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



Photo credit: harest.co.uk, visit-dorset.co.uk, getstmary.co.uk



Photo credit: gingerhorticulture.co.uk

MANOJ MALDE

FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."

Last Will & Testament
in less than an hour.
Start Yours Today!



iwcprobateservices.co.uk

10% off
quote: *vision10*

Making a Will has never been
more important than it is today.

Call now on 01376 349366

Email: enquiries@iwcprobateservices.co.uk

How likely is it that your property transaction will fall-through?

It is probably more likely than you think but your choice of conveyancer can make all the difference.

Give yourself the best chance of a successful completion on your home purchase or sale by working in partnership with Holmes & Hills' residential property team. Benefit from our 85 percent successful completion rate for property transactions, which is 18 percent higher than the national average.*

What number of property transactions fall-through?

Rightmove and other property industry commentators report that, on average across the country, approximately 28 percent of property transactions fall-through**. It is a much higher percentage than most buyers and sellers expect it to be. This means, subject to your choice of law firm, your transaction faces almost a one in three chance of falling through.

Reduce the risk of your transaction falling-through by benefiting from a 18% higher rate of success

Those using Holmes & Hills' conveyancing services benefit from a materially higher successful completion rate compared to the national average. Your transaction has an increased chance of successfully completing when Holmes & Hills is advising and representing you in your property transaction.

Why do property transactions fall-through?

Your transaction might fall-through for a number of reasons, most of them outside of your control. These include: your buyer finding another property; being unable to secure their mortgage; or a change in their circumstances which means they can no longer proceed with the purchase. Surprisingly, gazumping is still the most common reason for a transaction to fall-through and it has been recently

reported in the last year (June 2020 to June 2021) that gazumping is to blame for 38 percent of failed transactions.***

Benefit from fixed fee packages

As well as an increased chance of your transaction successfully completing, Holmes & Hills provides fixed-fee conveyancing quotes with no hidden charges. When you obtain conveyancing quotations from other law firms you may find charges for completing Stamp Duty Land Tax forms, dealing with lenders and leasehold fees. With Holmes & Hills, these items are included within our legal fee. We give you a simple, transparent, fixed-fee quotation.

Solving problems through a proactive and pragmatic approach

Holmes & Hills has a large team of experienced property lawyers who are supported by Planning Law, property litigation, agricultural and commercial specialists, meaning we resolve problems when they arise and keep transactions on track, securing a successful completion.

Partner with Holmes & Hills to secure your transaction

By working in partnership with our clients, local estate agents, mortgage brokers, and financial advisors, Holmes & Hills' residential property lawyers will ensure a smooth transaction, whilst protecting your legal interests. In the last 12 months, Holmes & Hills have helped over 3,500 people move home and we are ready to help you.

*Holmes & Hills' successful completion rate is calculated using sample data for 541 residential property transactions started between October 2020 to December 2020 and is compared to national average successful completion rate of 72 percent

**Rightmove / ITV - Jan / Feb 2021

***Comparethemarket - June 2021

Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- > Lower rates for people who buy energy-efficient properties
- > Standard mortgages that offer cashback to people who buy energy-efficient properties
- > Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you.

Alternatively, if you are buying a new build or an existing property with an energy rating of A or B, you may be eligible for a green mortgage.

That being said, you should always compare

the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.





Brighten YOUR whites



Get your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.

Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.

Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.

Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.

Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.



A Headstart for Happiness



Hopefully you've been enjoying the sunshine and have had a few get-togethers with friends and family. Whether that's been seaside picnics or garden gatherings, I bet there's been the odd ant or two joining the party. They're so annoying!

ANTS in positive psychology are Automatic Negative Thoughts. At their worst, these ANTS are unfounded assumptions where we jump to conclusions and believe we know what others think, often about us. This can present as 'shoulds' when we're angry about something ("she shouldn't have done that, no wonder that happened!") or 'what ifs...' if we're fearful of something ("what if they all hate me afterwards? What if I embarrass myself?").

These are very common thinking traps and we all fall into them, so first off, don't beat yourself up

about it!

Secondly, start to become aware of your ANTS and catch them. They might present as

- All or nothing thinking
- Jumping to conclusions
- Discounting positive experiences
- Magnifying someone's mistake or minimising someone's achievement
- Emotional reasoning as reality - "I feel this, so it must be true"
- Labelling yourself and others - "I'm a loser" "He's stupid"
- Personalisation - a friend cancels due to illness and you blame yourself
- Overgeneralisation - "it's always like this"

Do you recognise any of these thought patterns? You probably have one or two specific types of ANTS, not the whole colony. Once you start catching these ANTS, you might think that you have more

than ever but you don't - you're just more aware because you're looking out for them. Be aware of these thoughts but don't judge yourself unkindly about them. Notice, capture, let the thought go.

Although... once you've caught these ANTS, how about turning them into PETS?

PETS are Performance Enhancing Thoughts. This isn't simply 'positive thinking' - these thoughts need to be based on evidence and reality. Where an ANT might be jumping to conclusions, a PET will assess the truth of the situation - and often calm it down. Flipping an ANT into a PET takes some practice but it'll help shift your mindset, making you kinder to not only yourself, but others too. You've got this!

Helen Reade is a certified Positive Psychology Practitioner and coaching psychologist.



**Happiness.
Direction.
Success.**



What are the blocks in your life, preventing you from achieving what you deserve?

Book a FREE discovery call of how professional coaching can help you

Visit: plumecoaching.carrd.co
Call: 07368 438261



Helen Reade
Coaching Psychologist & Positive Psychology Practitioner



Idyllic Day Spa & Health Club

surrounded by the

beautiful rolling

Suffolk countryside

Back To Spa!
Spa Day

Full Day Use of the Spa Facilities
Robe & Towel Hire
Choose a 50 Minute Treatment
*Hot Stone Massage
*Inner Calm Massage
*Espa Glow from within Facial
Plus Afternoon Tea
£85 per person

WWW.THEGAINBOROUGH.CO.UK

ENQUIRIES@THEGAINBOROUGH.CO.UK
01787 279009



Know Your Numbers!

Week 2021



HEALTH & FITNESS

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

Why you need to Know Your Numbers!

- ♥ 1 in 2 strokes and heart attacks are the result of high blood pressure
- ♥ 1 in 3 adults in the UK have high blood pressure
- ♥ 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- ♥ High blood pressure costs the NHS £2.1 billion every year.

How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- ♥ Clinically validated. This means that it has been tested and gives results you can trust
- ♥ Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- ♥ Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.



Are you passionate and caring?

Looking for a rewarding job where you can make a **REAL** difference?



- FULL TRAINING PROVIDED
- HOLIDAY PAY & MILEAGE ALLOWANCE
- PENSION SCHEME
- £10 PER HOUR (ENHANCED RATE AT WEEKENDS AND BANK HOLIDAYS)
- FULL OR PART TIME HOURS AVAILABLE
- DRIVERS ARE ESSENTIAL

CELEBRATING

25 Years of excellent service

Look no further!

Join our Team as a Care Worker

For more information, please call

07701 009885

Or email us

recruitment@foresthomework.co.uk

Website:

foresthomework.co.uk



Looking for care for yourself or for a loved one?

At Forest Homecare we've been helping people across Essex enjoy lives in their own homes for over 25 years. Let's plan the right home care support for you, or a loved one, together.

Please call:
01787 463222

Email :
info@foresthomework.co.uk

★ **CQC Rated OUTSTANDING** ★

TOKYO 2020



TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



Photo credit: Keizo Mori/UPI/Shutterstock, Natacha Pisanenko/AP/Shutterstock, Dmitri Lovetsky/AP/Shutterstock, Petr David Josek/AP/Shutterstock, Alex Whitehead/SWPix.com/Shutterstock



UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

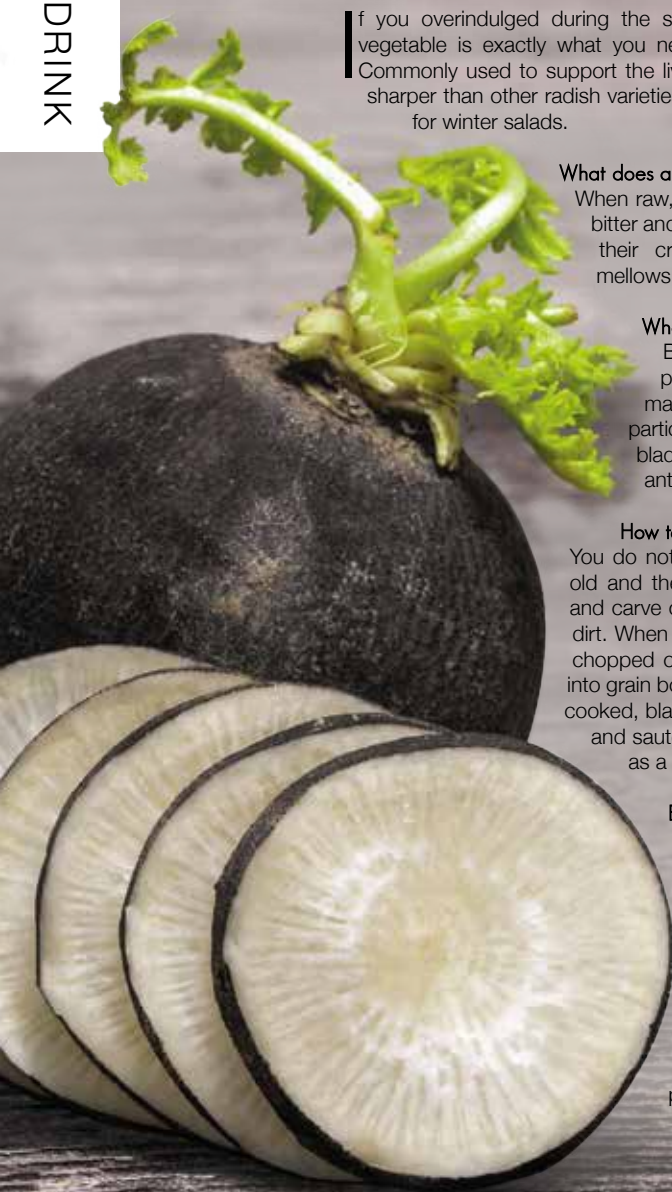
You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.



Whispers

Tapas Wine Bar

Set Lunch Menu

Tuesday - Saturday



OPENING TIMES

Mon: Closed
Tues: 2.00pm - 7.00pm * Weds: 12.00pm - 10.00pm
Thurs/ Fri & Sat: 12.00pm - 11.00pm
Sun: 12.00pm - 6.00pm

**26 HIGH ST, HALSTEAD, CO9 2AP, UK
01787 477933**

reservations@whisperswinebar.co.uk
www.whisperswinebar.com

Whispers Tapas and Wine Bar



SELF-CATERING vs. ALL-INCLUSIVE:

Which one is best?

Holidaymakers tend to fall into two categories: those who swear by the savings of self-catering breaks and those who love the convenience of all-inclusive. But which one is the all-round winner? Let's take a closer look.

PRICE

Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.

All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.

Winner: All-inclusive

CHOICE

Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.

All-inclusive: You are restricted to your hotel unless you want to pay extra.

Winner: Self-catering

ACCESSIBILITY

Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local public

transport to buy provisions.

All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.

Winner: All-inclusive

FREEDOM

Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.

All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.

Winner: Self-catering

SO, WHICH IS THE WINNER?

Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.

Pullingers

MOTORHOMES

our new premises is now open!
we would love to show you around!



OPEN 7 DAYS WEEK

Pullingers Leisure Vehicles Limited

Sudbury Road, Little Maplestead Halstead, Essex, CO9 2SE

Tel: 01787 47 27 47 www.pullingers.co.uk

The right fit for your child



Nestled in the idyllic rural village of Gosfield, St. Margaret's Prep School and Nursery has a distinctly home-from-home family feel; small enough for everyone to be known and cared for, whilst embracing the future that our children will be part of.



choirs, music ensembles and competitive team sports. Most importantly, St. Margaret's is the perfect size for children to build lifelong friendships and happy memories in and around the seven acres of listed parkland.

Preparing your child for a bright future

As a truly independent preparatory school, pupils are given a head-start academically and are well prepared for senior school life, heading to more than 18 grammar, independent and local state schools across Essex, Suffolk and Cambridgeshire, with many offered a scholarship.

Book a time slot at the Open Morning on Saturday 2nd October between 10am-12noon, to see for yourself how St Margaret's could be the right fit for your family. Contact 01787 273 050 or admissions@stmargaretsprep.com

Not too big, not too small, just right

St. Margaret's believes that a happy child is a successful child, and excels in providing a warm, welcoming and supportive community for families. At under 200 pupils, the school remains nimble enough to deliver on their promise: to value and treat every child as an individual to bring out the very best in them.

The excellent and enviable teacher-to-pupil ratios are at the optimum for each key stage. With class sizes averaging 14 pupils, it is small enough to deliver a personalised approach to teaching. With a two-form entry, the school is big enough for children to unlock their potential and to discover what really inspires them. There are opportunities to take part in a variety of extra-curricular activities including



St. Margaret's
Preparatory School

Preparing your child for a bright future

We are an independent co-educational school for ages 2 to 11, where happy children make excellent progress. Book your personal tour of our wonderful school.

w: stmargaretsprep.com

☎ 01787 273 050
✉ admissions@stmargaretsprep.com
📍 Gosfield, CO9 1SE



OPEN DAY
Saturday 2nd October
10am to 12noon

HOW TO PERFORM CPR ON CHILDREN AND BABIES



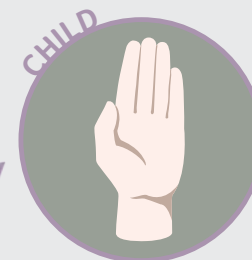
KIDS



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100-120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
Use the beat of the song *Nellie the Elephant* to keep the right pace





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

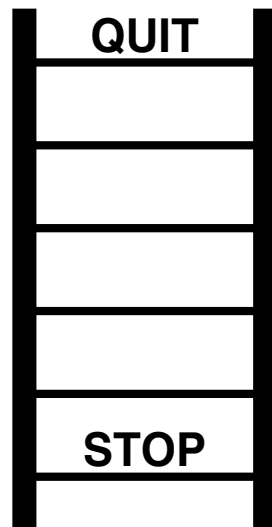
- ▶ BUCATINI
- ▶ CAMPANELLE
- ▶ CANNELLONI
- ▶ CAPELLINI
- ▶ CONCHIGLIE
- ▶ FARFALLE
- ▶ FETTUCE
- ▶ FUSILLI
- ▶ GARGANELLI
- ▶ GEMELLI
- ▶ LASAGNE
- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI



DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

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.



Doors & Conservatories

www.advancedwindows-doors.co.uk



Stylish Energy Saving Windows

- Professional installation
- Secure & soundproof
- Georgian bar & leaded windows
- Coloured & foiled frames
- Bay & box sash windows
- Tilt & turn windows
- A-rated & self clean glass
- Multi point locking systems
- All internally beaded windows, for security & safety
- 10 year guarantee
- Low maintenance



Modern Affordable Security Doors



- Composite & UPVC doors
- Huge choice of colours & designs
- Wide range of side panels to match
- Stable style doors
- Multi point locking systems
- Keypad operated doors
- UK's largest dead bolt system
- Fire rated doors
- Patio, French & bi-folding doors
- Unique accessories & styles
- 10 year guarantee



01787 339014 OR 07817 666454

info@advancedwindows-doors.co.uk

[facebook.com/advancedwindows-doors.co.uk](https://www.facebook.com/advancedwindows-doors.co.uk)

BESPOKE FURNITURE

J.FRANKS BESPOKE INTERIORS

Transform your home with hand crafted plantation shutters, blinds & curtains from local experts. Book a FREE consultation with our design team today, by calling 0800 612 0469.

J. FRANKS BEDS

Helping you with those perfect night's sleep. Free delivery, expert advice, price match promise, visit our showroom or call 01206 762742 | www.jfrankbeds.co.uk

BUILDING SERVICES

ALPHA GROUP PROPERTY MAINTENANCE

For all your home maintenance. Appliance repairs, building works, electrical services, emergency locksmith, flooring, garden works. 01206 648888 | enquiries@alphagrp.co.uk

NSC HOME IMPROVEMENTS

Fascia's, soffits, guttering, patios, fencing, summer houses built, painting, decorating, floor & wall tiling. 01787 339020 | 07539 375806 | nscinstallationsstd@yahoo.com

CHARTERED INSURANCE

DRB COMPLIANCE

Small independent Compliance Consultancy providing help guide you into calm waters. integrating compliance into everything you do. 01787 476929 | E-mail rhian@drbdpo.com

CHILDREN & EDUCATION

RUGBY TOTS

A fun way to develop social & physical skills for ages 2 – 7 years. The worlds favourite rugby play programme. 0345 313 0422 | Adrian@rugbytots.co.uk

CLEANING SERVICES

MOLLY MAID

Professional trained staff, 100% guaranteed and fully insured, regular and occasional cleans, free in home estimates, all materials supplied, no contacts 01376 349419

COACHING PSYCHOLOGIST

PLUME COACHING LTD

Go from floundering to flourishing, thrive in your dream life. Book a FREE discovery call of how professional coaching can help you? plumecoaching@icloud.com | 07368 438261

DOG GROOMING

PUPPY CARE EMPORIUM

Walk-in dog washing facilities. No appointment necessary. Dog grooming & styling, nail trimming, dog bathing, dog ear cleaning, flea & tick treatment. 01787 736499

ELECTRICAL SERVICES

JACKSON ELECTRICS

Domestic, commercial, installations, internal & external, repairs, maintenance, rewiring, additional sockets & switches. 07789 954376 | enquiries@jacksonelectrics.co.uk

ESTATE AGENTS

OKKUPI LETTINGS / HOMES

Helping Landlords to take care of their investment, fully managed service, maximising the efficiency of selling your home. 01206 417550 | e-mail david@okkupi.co.uk

OAKHEART

Estate & Lettings consultancy based in Sudbury that brings together the talents of the regions most experienced & qualified estate agents. 01787 322322 | www.oakheartproperty.co.uk

FOOD & DRINK

WHISPERS TAPAS WINE BAR

Bar, wine bar, Mediterranean, European, Spanish & Portuguese food. Set lunch menu available Tues to Sat. reservations@whisperswinebar.co.uk | 01787 477933

JOIN THE LISTINGS...

for just **£180** +VAT per year

CONTACT EMMA@VISIONMAG.CO.UK

FURNITURE UPHOLSTERY

EDWARD CHARLES UPHOLSTERY

Family run business, established since 1971, we produce chairs, sofa's & upholstered furniture of the highest quality. 01787 377705 | edwardcharlesinteriors@btconnect.com

GARAGE DOORS

GAROLLA ROLLER SHUTTER DOOR

Thermally insulated electric garage doors, great for space saving, kerb appeal & easy to use. No deposit, pay on completion, 18 colours. Call 01787 860046 | 07537 149128

GARDENING

SMART RESIN & PAVING

Resin driveways, Block Paving, Patio's, Artificial Grass, Fencing & Landscaping. 01206 803820 | 07456 755244 | info@smartresinandpaving.co.uk

GARDEN FURNITURE

REGATTA GARDEN FURNITURE

Handmade to highest standards. Rattan, wicker and cast aluminium furniture. Lots in stock for immediate delivery. 01245 209624 | 01473 944087 | sales@regattafurniture.co.uk

HEALTH & FITNESS

THE GAINSBOROUGH HEALTH CLUB & SPA

Idyllic Day Spa & Health Club surrounded by the beautiful rolling Suffolk countryside. 01787 279009 | enquiries@thegainsborough.co.uk

CONTACT EMMA@VISIONMAG.CO.UK

HOME CARE SERVICES

FOREST HOME CARE

Looking for a rewarding job where you can make a difference? Join our team as a Care Worker. Please call 01787 463222 | 07701 009885 | recruitment@foresthomocare.co.uk

HOME FURNISHINGS

CURTAIN CALL INTERIORS

Made to measure Curtains, blinds, and soft furnishings, all handmade at the Tiptree workroom. 01621 815422 | www.curtaincallinteriors.co.uk

ISPIRATO INTERIORS

Complete soft furnishings, made to measure blinds, curtains and shutters, free advice, measuring service available. 01787 478179 | ispiratointeriorsstd@gmail.com

HOME IMPROVEMENTS

DOREWARD GRANITE & MARBLE

Specialising in fabrication & installation of granite, quartz & marble. Guarantee quality with installations. Established over 15 years. info@dorewardgraniteandmarble.co.uk | 01376 561877

LEGAL & FINANCIAL SERVICES

IWC HELPING LOVES ONES FOR OVER 20 YEARS

Last will & testament in less than an hour, start yours today! Making a will has never been so important than it is today. enquiries@iwcprobateservices.co.uk | 01376 349366

PLUMBING, HEATING & BOILER SERVICES

R AND P DAVIES

For all your Boiler, heating, or plumbing issues? Reliable service from locally approved gas safe registered company. 01787 224342 | randpdavies@outlook.com

NO1 PHD

Emergency Plumbing, Heating & Drainage, Blocked toilets & Leaks, insurance work undertaken, no additional charges on evenings & weekends, call our friendly team. 01787 259748

SCHOOLS

ST MARGARET'S PREPARATORY SCHOOL

Prepare your child for a Bright future. 01787 273050

SOLICITORS

HOMES AND HILLS

Expert advice on lasting powers of attorney, get expert advice on protecting your and your partners interests. www.holmes-hills.co.uk | Halstead – 01787 475312

WINDOWS AND DOORS

GREENGLAZE WINDOWS & DOORS

Family run based in Halstead. 20 years' experience, Windows, doors & Conservatories. 01787 274475 | sales@greenglaze.co.uk

JOIN THE LISTINGS

For just

£15 +VAT per month

CALL US TODAY TO BE INCLUDED IN THE NEXT EDITION

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 Emma on 01787 339010

PUT YOUR BUSINESS IN THE **VISION LISTINGS...CALL 01787 339010** TODAY

WORDLADDER: QUIT, SUIT, SLIT, SLIP, SLOP, STOP

Holmes & Hills

Have confidence in your conveyancer

For property transactions, Holmes
& Hills' completion rate is 18%
higher than the national average*

Speak to Paige Hornabrook today
for an initial conveyancing quote

www.holmes-hills.co.uk

Halstead | 01787 475312



*Holmes & Hills' successful completion rate is calculated using sample data for 541 residential property transactions started between October 2020 to December 2020 and is compared to national average successful completion rate of 72% (Rightmove / ITV - Jan / Feb 2021)