

**HOW TO  
MAKE  
A BIRD  
BATH**

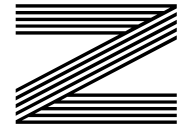
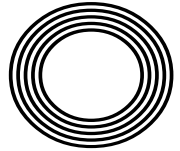
**COVID-19  
HEROES**  
*honoured*

**6 UNUSUAL FACTS**  
*about Valentine's Day*

**NATURAL WAYS**  
to boost your metabolism

*Karren*  
**BRADY CBE**

One of the UK's most inspiring businesswomen



**FREE**

Photo credit: BBC/Boundless/  
Ray Burmiston



**SALE NOW ON**  
UP TO  
**50% OFF**  
SOME  
SHOW MODELS

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 30 YEARS!**

Email: [sales@regattafurniture.co.uk](mailto:sales@regattafurniture.co.uk)

[www.regattafurniture.com](http://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**

*Errors and Omissions Excepted*



# Editor's notes...

FEBRUARY 2022



Emma Caulfield, Editor

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

For me, January is a time to hibernate and hunker down - and try to save money following the excesses of Christmas and the New Year.

February is when I finally start to emerge into the light and look forward to the spring - even though the weather very often still makes it feel like winter.

Time certainly seems to be flying by, and that's especially true when you're always working on deadlines. We begin working on the February magazines in mid-January, meaning that we're constantly thinking ahead.

It's important, though, to take a moment to ground yourself and appreciate the present, and that's something I'll definitely be working on this year.

Recently, I've been enjoying the latest series of *The Apprentice*, which never fails to inspire me to step up my game in the business world. Read our Feature on the successful businesswoman, Baroness Karren Brady CBE, in which she talks about her journey to success, in this month's issue.

I hope your year has started well, and that we can all continue to make 2022 a year of making the most of the opportunities that come our way.

*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.visionmag.co.uk/halstead](http://www.visionmag.co.uk/halstead) | [emma@visionmag.co.uk](mailto:emma@visionmag.co.uk) | 01787 339010

[@visionmaghalstead](https://www.instagram.com/visionmaghalstead) [f Vision Magazine Halstead](https://www.facebook.com/VisionMagazineHalstead)

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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

EMPIRE THEATRE, HALSTEAD  
LIVE STAND UP COMEDY  
FRI 25TH FEB | £16.50 PER PERSON

Halstead COMEDY CLUB

ROYAL OPERA HOUSE  
Streamed Live at the Empire

Saturday 26th March  
**ABBA SENSATION**  
£16.00 | £12.50

Friday 8th April  
**THE GEORGE MICHAEL STORY**  
£29.50  
Not to missed!!

Empire Theatre, Halstead · [www.empire-theatre.co.uk](http://www.empire-theatre.co.uk)



# HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

**Sir Chris Whitty:** One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

**Sir Jonathan Van-Tam:** Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

**Dame Jenny Harries:** The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

**Sir Patrick Vallance:** The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



## DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

### *Valentine's Day was founded on rebellion*

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

### *The x symbol originated in medieval times*

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

### *Valentine's pairings used to be random*

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

### *Juliet still receives love letters on Valentine's Day*

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

### *Henry VIII chose February 14*

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

### *The majority of Valentine's gifts are bought by women*

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

# ...Valentine's Day?

# HATFIELDS

BUDGET & CLEARANCE

# WINTER SALE

Great Savings In-Store!



## Trieste **INSTOCK\***

A sophisticated styled model with clean simple lines, featuring padded arm detail. Available from stock in Dim Grey fabric. (Scatters optional extra).

3 Seat Sofa  
2 Seat Sofa  
Armchair  
Footstool

PP	<b>SALE</b>
£1139	<b>£795</b>
£1035	<b>£725</b>
£809	<b>£565</b>
£289	<b>£199</b>



Vacenza Living & Dining Furniture



Frinton - 2 Door Wardrobe

Peartree Road, Stanway, Colchester, Essex CO3 0JS  
**01206 731222** [www.hatfieldsoutlet.com](http://www.hatfieldsoutlet.com)

\*Whilst Stocks Last.



  
 Tag us on Social Media  
 #HatfieldsAtHome



MOTORING



# 50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



**DON'T JUST GO WITH THE FLO, THINK FLOSMART**

**FOR ALL YOUR HEATING NEEDS**

- Boiler installation
- Servicing
- Fault finding
- Full heating system install
- Heating controls
- Maintenance
- Landlord checks

 **Flosmart Heating Ltd**

**0800 061 4017** 

[www.flosmart.co.uk](http://www.flosmart.co.uk) 

**A.G. GLASS**  
WINDOWS, DOORS, GLASS & GLAZING

Suppliers & Installers of UPVC Windows & Doors

- Solid Wood Composite doors
- Emergency Repairs • Misted units replaced
- Glass cut while-u-wait
- Fascias, soffits & guttering
- Aluminium secondary glazing



**Braintree 01376 323700**  
E: [a.g.glass@btconnect.com](mailto:a.g.glass@btconnect.com)  
Find us on  A G Glass & Windows

**BOOK YOUR MOT TODAY**

**JUST £50**

**CALL US ON**  
**01787 479956**

Diagnostic Equipment Fault Finding • Servicing & All Repairs  
Welding, Mechanical & Electrical Work • Over 25 Years Experience

**Email: [admin@gb-autos.co.uk](mailto:admin@gb-autos.co.uk)**  
**Address: 46 Broton Drive, Halstead, Essex, CO9 1HB**

# TOTAL TOPS

BESPOKE KITCHEN  
WORKTOPS

HAND MADE BESPOKE  
QUALITY KITCHEN &  
BATHROOM SURFACES  
AT AFFORDABLE &  
COMPETITIVE PRICES



**COME AND VIEW OUR WORKTOP SHOWROOM**  
CORIAN - QUARTZ - GRANITE

Unit 30 Broton Drive, Halstead, Essex CO9 1HB

T: 01787 844 663 E: sales@totaltops.co.uk W: totaltops.co.uk

# Anglian Plumbing

PLUMBING HEATING ELECTRICAL ENGINEERS

All GAS OIL LPG & ELECTRIC - Heating Fixed Repaired or Replaced

New boilers with 10 year warranty • Landlord gas certificates  
New bathrooms & kitchens designed & installed • Fault finding - no problem  
Radiator Power flushing • New taps • Sinks • Baths • Leaks fixed fast!  
All work fully guaranteed and insured

**Tel: 01787 278511 | 07825 348 536**

www.anglianphe.co.uk



**10% DISCOUNT**  
FOR OAPs

**£10 discount**  
if we are late for an appointment

# Easy Peasy

## Lemon Squeezy

**D**id you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

**MAKE YOUR TAPS SHINE:** Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

**DESCALE THE KETTLE:** When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

**CLEAN THE MICROWAVE:** If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

**CLEAN A CHEESE GRATER:** Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

**REMOVE STAINS ON LINEN:** To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.



HOME & DIY



# Your simple guide to WALL PANELLING



**W**all panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

**FIND THE IDEAL SPACE:** Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

**CHOOSE YOUR TYPE OF PANELLING:** There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

**GET YOUR MEASUREMENTS RIGHT:** There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

**BUY YOUR SUPPLIES:** To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

**TIP:** You can get your MDF cut to size at your local hardware store.

**ATTACH YOUR PANELLING:** A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

**FILL IN THE GAPS:** Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

**PAINT YOUR PERFECT FINISH:** With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.

## #AskAlpha

- Construction
- Installations
- Maintenance



## Kitchen & Bathroom Installations

Be the envy of the neighbourhood with a new kitchen or bathroom.



## Extensions & Renovations

Dedicated teams look after your project, from start to finish.



## Trust in our expertise

01206 648888  
enquiries@alphagr.co.uk  
www.alphagr.co.uk

- Other services we offer:**
- Plumbing & Heating
  - Electrical
  - Painting & Decorating
  - Windows & Doors
  - Roofing
  - Flooring







**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

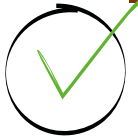
✉ [ispiratointeriorsltd@gmail.com](mailto:ispiratointeriorsltd@gmail.com)

📍 Ispirato Interiors Halstead

📷 @ispiratointeriors

74 High Street Halstead Essex CO9 2JG

# The Renting Rules



HOME & DIY



Tips and tricks from Forward Features on how to make your rented house a home

If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home.

Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

## Make a rented space more homely

Rentals tend to favour white or magnolia walls, which can make the space feel cold and impersonal. So David and Mark recommend to add an accent colour. Choose one or two colours to liven things up and create a little depth, using curtains, cushions, coloured vases, or even flower arrangements. You can also add colour and comfort to your sofas with some cosy throws, to help give your home a more personal touch.



## Nail the WFH setup

If working from home has become a long-term arrangement, then you'll need to set up the perfect home office space. In a small house or apartment, this can be difficult, but not impossible. Forward Features recommends keeping things small and compact with multi uses.

Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.



## Personalise your space with art

Art is a simple and affordable way to personalise your space when your options are limited. Use a combination of standing frames and wall art to help bring a touch of colour and style to your home.

Worried about putting things on the wall? David and Mark recommend Command Strips to combat the 'all holes barred' clause that appears in most rental contracts. Now that gallery wall can finally become a possibility.



Making the most of your rental can be difficult, but thanks to Renting Rules, you can get all the inspiration you need to add some personal touches to your space. Check out the blog at [ForwardFeatures.net](http://ForwardFeatures.net)

Photo credit: [forwardfeatures.net](http://forwardfeatures.net), Lisa Dawson via [forwardfeatures.net](http://forwardfeatures.net)



# SINK selection



**LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM**

**STAINLESS STEEL SINKS:** By far the most popular type of kitchen sink in the UK, stainless steel offers unrivalled durability and practicality. Available in both traditional and contemporary styles, you can also find a wide range of matching taps and other appliances.

*Benefits:* Hard-wearing | Scratch-resistant | Versatile | Affordable



**CERAMIC SINKS:** Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

*Benefits:* Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



**BELFAST SINKS:** Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

*Benefits:* Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



**COMPOSITE SINKS:** As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

*Benefits:* Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

**UNDERMOUNT SINKS:** Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

*Benefits:* Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes

Photo credit: www.tapwarehouse.com



**NEW SOCIAL MEET UP GROUP**  
 – anything from coffees to evenings out  
**Halstead LooseEnders**  
 Suitable for adults and families  
 No membership fee  
 Opportunities to invite others to events of their choice  
**Call Kim 0749 071 4623**  
 Find us on  **Halstead LooseEnders**



**CALL FOR YOUR FREE NO OBLIGATION QUOTE**



**ESR** | [www.essexandsuffolkroofing.co.uk](http://www.essexandsuffolkroofing.co.uk)

**New Roofs | Re-roofs**  
**Felt, Tile, Slate & Rubber Roofs**  
**Fascias, Soffits & Gutters**  
**Cladding**

**Please contact us today**  
**07795 554442**  
**essexandsuffolkroofing@gmail.com**




**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](mailto:julie.ward@mollymaid.co.uk)

See what our customers say at [uk.trustpilot.com](http://uk.trustpilot.com)

**Excellent**  
  
 ★ Trustpilot




# rebound

SOFT TISSUE THERAPY

Level 5 Sport & Remedial Massage Therapist

- Regain & Increase joint mobility
- Reduce muscle tension & soreness
- Assist recovery of soft tissue injuries
- Pre & post training treatments
- Chronic pain management
- Enhance blood circulation
- Relaxation & wellbeing

To book your appointment  
Please call Steve on 07852 705077  
Room 1, 2nd floor, 2 Market Hill, Halstead CO92AR

# GORGEOUS

Dry Cleaning

- Dry-cleaner
- Cleaning service
- Sewing and alterations

Come to Gorgeous  
Dry Cleaning for high  
quality Dry Cleaning  
& Laundry services

Based in Chapel Street, Halstead  
(by Sainsburys car park)

**01787 273671**  
gorgeousdrycleaning@gmail.com  
FB @gorgeousdrycleaning

# Anglian Electrics



For all your Electrical Needs

- Fault Finding • Diagnosis
- Garden lights, sockets, garage, sheds, garden rooms & offices
- Faulty or New socket • Full rewire • New Fuseboxes
- EV charging point installation

**Tel: 01787 278511 | 07825 348 536**

www.anglianphe.co.uk • Local Family Business



**10% DISCOUNT FOR OAPs**

**£10 discount if we are late for an appointment**

# AWESOME HOME STYLING WITH

*Sarah Akwisombe*



HOME & DIY



**S**arah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah's interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah's décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah's interior design portfolio is edgy, interesting and full of colour. Showing you don't have to stick to traditional looks and colour schemes, she's the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah's looks in your own home include:

**Go back in time:** A lot of Sarah's influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

**Make it fun:** Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

**Don't be afraid of colour:** Sarah's home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah's bold choices inspire you to inject colour into your interiors?

Photo credit: SarahAkwisombe.com

WANT TO MOVE HOME?... IT'S TIME TO **GET YOUR SKATES ON!** POP IN FOR A CASUAL CHAT ABOUT YOUR NEEDS, OR CALL OUR TEAM OF PROPERTY PROS ON **01787 322799** TO SET UP A FREE, NO OBLIGATION VALUATION OF YOUR HOME TODAY...WE'LL GET YOU MOVING.

**michaels**  
property consultants

8 Bridge Street, Halstead, Essex CO9 1HT  
Tel: 01787 322799  
Email: halstead@michaelsproperty.co.uk  
Web: www.michaelsproperty.co.uk



# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



Photo credit: Essex Police, Photocritical/Shutterstock.com



## Officer increases sentence for paedophile

A convicted paedophile, who was jailed for sexually assaulting a teenage boy in Halstead, has had his sentence increased thanks to work by Essex Police specialist officers.

Stuart Edwards, 34 (pictured), formerly of Market Street, Thetford, was jailed for three years in October, having previously admitted five counts of sexual assault, three counts of taking an indecent image of a child and one count of voyeurism.

Edwards – who previously went by the name Sam Crouch – was arrested in September 2018 after police received a report that he had sexually assaulted a teenage boy in Halstead.

When he was arrested, his laptop and mobile phone were seized and forensically examined. A number of videos were found on his devices, including one that showed a teenage boy drying off in a cubicle in a leisure park, and two that showed Edwards sexually abusing two different boys.

Officers from the Police Online Investigation Team, which protects children from online child sexual abuse, were able to identify each of the children in the videos.

Edwards was sentenced to three years in prison.

However, investigating officer Detective Sergeant Paul Ross, from the Management of Sexual Offenders and Violent Offenders Team, appealed against the sentence for being unduly lenient.

At the Court of Appeal last month, Lord Justice Haddon-Cave, Mr Justice Picken and Her Honour Judge Dhir QC increased Edwards' sentence to five years in prison.

DS Ross said: "Stuart Edwards poses a danger to children and this decision acknowledges that.

"He documented the abuse he inflicted and now faces the foreseeable future behind bars.

"The victims showed incredible bravery in reporting what had happened to them. I hope this decision will represent justice for them."



# Addiction facility admits more patients than ever

More addicts are receiving treatment at a Halstead recovery clinic than ever before.

Local drug and alcohol rehab facility, Sanctuary Lodge, revealed last month that its treatment admissions for the previous year were the highest they have had since 2017.

The data shows that last year, Sanctuary Lodge, which is run by the UK Addiction Treatment Group (UKAT), admitted 438 clients into its residential rehabilitation facility, compared to 378 in 2017.

In the last four years, admissions have rocketed by 15 per cent.

Last year, addicts from across the region were admitted to the centre for a range of addiction types, including alcohol, drugs, gaming and gambling.

This figure is up 11 per cent from 394 in 2020, the year the COVID-19 pandemic began, when therapists warned that the government's 'stay home' message would exacerbate the addiction crisis.

Nuno Albuquerque (pictured inset), consultant treatment lead for Sanctuary Lodge, said: "We said all throughout 2020 that although the pandemic was frightening and uncertain, one thing remained unchanged: that addiction would not stop, and that if those who were struggling then didn't get access to the help they needed, their situation would worsen."

UKAT's analysis of recent Public Health England data shows that since 2017, alcohol-related mortality rates across the East have risen from 1,956 in 2017 to 2,048 in 2020 – a five per cent increase.

Similarly, its analysis of drug-related death data for the region shows a 22 per cent rise, from 318 drug poisoning deaths in 2017 to 386 recorded in 2020.

Nuno continued: "If you or your loved one is struggling with addiction, we are here. Get in touch."

A free 24/7 confidential live chat service for help and support with addiction is available on the Sanctuary Lodge website at [www.sanctuarylodge.com](http://www.sanctuarylodge.com)

# Town council approves budget for the year

The budget for 2022/23 was approved at a Halstead Town Council (HTC) meeting last month.

The budget includes funding for the return of all the normal events and activities that have taken place in previous years, plus an event to be held on the Queen's Platinum Jubilee weekend.

The council hopes that all the events will be able to go ahead as COVID-19 restrictions come to an end.

To help and support local clubs and organisations, a grants budget has been set at £4,000 for the year. Applications for these grants will open in April 2022.

Councillor Mick Radley, Mayor of Halstead, said: "It will also be necessary to make a small increase in council tax of 94p per year – two per cent – for the representative Band D property with a pro-rata increase for all other property bands."

*Weekday*  
**LUNCHEON CLUB**  
2 COURSE & COFFEE £10  
3 COURSE & COFFEE £12  
**MENU CHANGES REGULARLY**  
MON - THURS 12 - 2PM

*Follow Us*  
**FACEBOOK ONLINE**  
KEEP UP TO DATE WITH SPECIAL EVENTS  
**THEKINGSHEADPHGOSFIELD**  
[@the\\_kings\\_head\\_gosfield](https://www.facebook.com/the_kings_head_gosfield)

*Weekday*  
**BREAKFAST CLUB**  
HOT DRINKS | FULL ENGLISH |  
BACON BAGUETTE | PANCAKES  
**AND MUCH MORE...**  
TUES - FRI 10AM - 12PM

*Sunday*  
**ROAST CLUB**  
TRADITIONAL FRESHLY PREPARED ROAST DINNERS  
**MENU VARIES WEEKLY**  
SUNDAYS 12 - 3.30PM

**TEL: 01787 474016**  
[WWW.KINGSHEADGOSFIELD.COM](http://WWW.KINGSHEADGOSFIELD.COM)



# Moving House? Moving Office?

We supply boxes, bubble wrap, tapes, packing paper and much more to ensure the safe arrival of your possessions and a smooth move...



We also supply a full range of packaging for your business needs. Trade counter open to the public

Collection from our warehouse or delivery to your door!

Call now for **01787 389133**  
Unit 2E, Fifth Avenue, Bluebridge  
Industrial Estate, Halstead, CO9 2SZ  
[www.brackadamsp.com](http://www.brackadamsp.com)



**BRACKADAMS PACKAGING SUPPLIES LTD**

## Proposal to turn a former pub into residential cottages



A former Halstead pub could be developed into new homes nearly two years after it closed its doors.

An application for homes on the site of the former Griffin pub on Parsonage Street was recently submitted to Braintree District Council.

The application proposes to convert the Grade II listed structure into two two-bedroom residential cottages and demolish the more recent single-storey addition to the front and side of the property.

A further two two-bedroom semi-detached cottages would be erected on the site.

The planning application says: "The submitted plans demonstrate that the scheme will not be visually intrusive or a discordant development; it will fit in with the character of the area and provide socially compatible residential accommodation in tune with the tone of the immediate neighbourhood setting of this part of Halstead."

To view the application, visit the Braintree District Council's planning portal and search 'Griffin'.

## Men's Shed appeals for more members

The Halstead Men's Shed is searching for people who are interested in joining in with the project.

The shed offers a place for men in the community to pursue practical interests and enjoy making and mending.

The shed is used primarily by men who have just retired, lost their jobs, or have been widowed, and who are often left feeling alone, which may lead to depression and poor health. The shed can provide a secure, comfortable environment in which to participate in practical activities.

A spokesperson for Halstead Shed said: "Men typically find it more difficult to build social connections than women, and unlike women of a similar age, fewer older men have networks of friends and rarely share concerns about health and personal worries. It is not

the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. Men's Sheds can change all of that."

Sheds typically attract older men, but many have younger members and women too. Whatever the activity, the sheds aim to build connections and relationships between members.

Sheds offer the chance to meet like-minded people and have someone to share your worries with. They are about having fun, sharing skills and knowledge, and gaining a renewed sense of purpose and belonging.

For more information, you can contact Halstead Shed on 07889 255269 or via email at [halsteadmensshed@gmail.com](mailto:halsteadmensshed@gmail.com)

## Templers stand tall despite tough month of fixtures

With the second half of the season now underway, Halstead Templars RFC have had some tough fixtures.

The first game of the year took the team to dominant league leaders, Mersea Island.

The game itself was a hard affair, ending with a score of 52-22, but the Templars showed great determination and pride to show the Islanders that they had improved since the last fixture.

It is now looking likely that the Islanders will get their deserved promotion.

The second game saw the Templars host Felixstowe. Again, a gutsy performance from the Templars, but maybe a game too far owing to the previous week's encounters, with a final score of 5-38.

Their next game is a trip to the coast where they will play Harwich and Dovercourt.

With the Six Nations round the corner, rugby is also back on the television, and the club is taking advantage of the increased interest in the sport to encourage new members to join them.

If you want to play, volunteer or just support, visit [www.pitchero.com/clubs/halsteadtemplarsrfc](http://www.pitchero.com/clubs/halsteadtemplarsrfc)





## Car parking charges increase confirmed

LOCAL NEWS



Photo credit: Google Maps

Halstead Town Council (HTC) has announced a rise in car parking charges, alongside plans to modernise the payment of charges.

At a Cabinet meeting last month to discuss the upcoming budget, council members decided to revise the town's parking fees.

Councillor Mick Radley, Mayor of Halstead and chairman of HTC, said: "HTC has decided to modernise and offer more flexibility in the payment of car park charges. New contactless pay and display machines have already been introduced and the MiPermit app payment will be launched in April 2022.

"Increased costs have, however, led to the need to reluctantly increase car park charges for the first time in three years. These charges will take effect from April 1, 2022."

## Weight loss programme to be implemented in surgeries

A weight loss programme is to be launched in Halstead after patients at a health clinic lost more than a metric tonne of weight.

Patients at Freshwell Health Centre, in Finchingfield, have collectively lost more than a metric tonne in weight after following a low-carb weight loss programme run by GPs at the surgery.

The programme has been so successful that it has now been rolled out to Hedingham Medical Centre and Elizabeth Courtauld Surgery in Halstead.

Dr Ronan Fenton, system medical director for Mid and South Essex Health and Care Partnership, said: "In mid and south Essex, we want to ensure that as many people as possible live healthy, fulfilled lives without needing health and care input. However, when they do need help, it's there in the best way possible within the resources available."

The low-carb weight loss programme was devised by Dr David Oliver and Dr Kim Andrews, alongside fellow GPs from Freshwell Health Centre, who wanted

to offer an alternative method to traditional calorie counting.

Dr Oliver said: "We know that excess weight can often lead to serious long-term conditions, and with 63 per cent of Essex adults currently overweight or obese, this emerging crisis needs to be tackled before it becomes more critical."

For more information relating to the Mid and South Essex Health and Care Partnership, please contact [msepartnership.comms@nhs.net](mailto:msepartnership.comms@nhs.net)

## Promotion still on the cards for faltering town team

After the euphoria of ending 2021 as league leaders, Halstead Town Football Club were brought down to earth with a bump at the beginning of 2022.

They suffered two defeats in their first three games. The first loss was away at mid-table Frenford, and this again displayed the team's vulnerability when playing away from their home ground, the Milbank Stadium.

In fact, this was their eighth defeat on the road this season, and only three of the 20 teams in the league have incurred more defeats away from home.

For their next match, the team returned to the comfort of their home ground and duly secured a 3-1 victory, although the visitors put up a good fight and made them work hard for the three points.

The next game was the highly anticipated, top-of-the-table clash at home with third-placed Buckhurst Hill, one point behind but with a considerable number of games in hand.

They went into the match with an impressive record of having incurred just one defeat all season.

The visitors kept this record intact and inflicted on Halstead their heaviest home defeat of the season with a crushing 6-0 victory.

This result virtually ended Halstead's dream of winning the league, but they still have the possibility of gaining promotion through the end-of-season play-offs, and the team will have put this result behind them and will quickly return to winning ways.



Photo credit: Ivor Dallinger

## 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**



## Todds Removals

& Todd Storage

a reliable local service you can trust

## Moving?

Call us on **01787 377489**

- Removals • Storage
- Home or Business
- Packing materials
- Packing service
- UK, Europe & beyond



[www.todds-removals.co.uk](http://www.todds-removals.co.uk)

Member No: 1027



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



[www.blackwellsfarmproduce.co.uk](http://www.blackwellsfarmproduce.co.uk)



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



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





# Inspirational K A R R E N

**BARONESS BRADY OF KNIGHTSBRIDGE CBE**

**B**aroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



# Healing Herbs & Super Spices

If your four-legged friend suffers with osteoarthritis or any other inflammatory disease, botanical therapies can be used alongside pharmaceuticals to help improve their quality of life.

**TURMERIC:** The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

**How to take:** Sprinkle dried turmeric directly onto your dog's food, approximately 1/8 tsp per day for every 10 pounds of body weight.

**BOSWELLIA SERRATA:** Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

**How to take:** Ingest in tablet form.

**CINNAMON:** Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

**How to take:** Mix powdered cinnamon into their food. Approximately 1/4 tsp twice daily for two weeks for a 50-pound dog.

**HAWTHORN:** If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

**How to take:** Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.



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](https://www.facebook.com/puppcareemporium)  
3 Market Hill, Halstead CO9 2AR  
Opening hours are Mon-Fri: 9am-5.30pm  
Sat: 9am-4pm 🐾 Closed Sunday





# EAT WELL *for less*



If you are looking to cut back on your expenses and boost your savings this month, check out our top tips for eating well on a budget.

### PLAN YOUR MEALS

Taking the time to plan your meals for the week – or even the whole month – can help to cut the cost of your food bill and stop you from ordering last-minute takeaways.

### WRITE A LIST

If you tend to wander aimlessly around the supermarket, throwing whatever takes your fancy into your trolley, then this has to stop. When on a tight budget, it is vital that you make a shopping list of exactly what you need and stick to it.

### WASTE NOTHING

Did you know that the average UK family throws away £60 worth of good food every month? Make sure you check the back of your fridge for forgotten foods and freeze any leftovers that you don't think you will eat right away.

### STOCK UP YOUR FREEZER

Just because you are on a budget, it doesn't mean your family can't get their five a day. Frozen fruit and vegetables are highly underrated and are in fact even more nutritious than fresh produce as they are picked and frozen on the same day.

### SWITCH TO CHEAPER BRANDS

Have you ever tried your preferred supermarket's own range? Many staples such as pasta, tinned veg and beans, and cereals taste just as good as premium brands and are significantly cheaper. Plus, most are made in the same factories.

### GO MEAT-FREE

Meat and fish are typically the most expensive items on your shopping list, so why not try going veggie once or twice a week? Avoid expensive meat substitute products and instead fill up on seasonal veg and pulses such as beans, chickpeas, lentils and peas.

### FILLING AND FRUGAL MEAL IDEAS

- > Jacket potatoes with chilli – opt for soya mince to save some money
- > Egg fried rice with frozen veg and/or ham
- > Sweet potato and chickpea curry
- > Spaghetti bolognese using red lentils.



# Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

### GLUTEN-FREE PANCAKES – serves 4

You will need:  
 125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

### DAIRY-FREE PANCAKES – serves 4

You will need:  
 125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

### SUGAR-FREE PANCAKES – serves 4

You will need:  
 125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

### HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



**“We never forget that this is the resident’s home”**



Blackthorns Care Home is an expansive, 58-bedroom home providing expert care for older persons, including those living with dementia. It is in the civil parish of Halstead, North Essex, and within driving distance of the Braintree area of the county. Blackthorns has a variety of expansive facilities to enhance the experience of residents, including an on-site café, corridor snugs, a social dining area, and wide courtyard seating and gardening areas for those that love to be outdoors. Facilities are also tailored to be as accessible as can be for residents, such as those who are wheelchair-bound, or living with sensory impairment or dementia.



Blackthorns offers residential care, residential dementia care and respite care, for those seeking short vacations. Our priority is to offer a compassionate, respectful environment to make the lives of our residents as varied and enjoyable as possible. Our staff are available to resolve any of our residents’ enquiries 24 hours a day and listen thoroughly and thoughtfully on how we can enrich their day. Blackthorns takes great pride in the activities they perform for the residents, providing active and engaging programmes. They are developed by the

Wellbeing Lead, and ensure that residents are stimulated, engaged, and social. They cooperate / work with the care team to ensure each resident entertains everyone, considering the hobbies, needs and interests that are unique to everyone involved, and willingly accept recommendations from the residents.

Person-centred care is practiced by trained and experienced staff at Blackthorns care home, and we offer personalised accommodation to tailor your living environment. This can include furniture, ornaments, photographs, and other items meaningful to you. This represents our commitment to individuality, which is demonstrated fully in our care. This can be from mealtimes, which are made of fresh produce, fully nutritious, and prepared by our chefs and catering teams on-site, or activities the resident would like to participate in. We always ensure that our residents have their own voice in saying what they want to eat or the hobbies and pastimes they want to engage in, just as they did before they moved into Blackthorns. We never forget that this is the resident’s home.

We encourage you to visit Blackthorns and book a personalised tour, so you can meet our caring and skilled team in person. They will be happy to answer any enquiries you have about the home. Your relative’s needs are important and how best we can meet them. A tour will give you a chance to look around and observe the home’s day-to-day life yourself. We will arrange a time that is most convenient to you. A staff member will be happy to contact you and organise a date and time. Runwood Homes are here to support you fully in selecting a care home.

# Be part of a community at **Blackthorns Care Home** in Halstead

We’re building a community with friends and loved ones in Halstead. Be part of this journey, and **book your personalised visit today.**

➔ **Residential, dementia & respite care available**



**Book your appointment with our friendly  
Customer Relations Manager, René Lubbock.**



 **07825 900472**  **rene.lubbock@runwoodhomes.co.uk**

 **21/29 Dooley Road, Halstead, Essex, CO9 1JW**  **www.runwoodhomes.co.uk**



# BRUCE KING

on 'The convincer'

## Parrot PHRASING



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"  
That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

*More information:*  
Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)

**Only £895 for a fully fitted electric door.**  
Gotta get a Garolla.

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

**GAROLLA**  
ROLLER SHUTTER DOORS  
GOTTA GET A GAROLLA

CALL US TODAY ON **01206 430 026**  
MOBILE **07537 149 128**  
[www.garolla.co.uk](http://www.garolla.co.uk)

**NOW ONLY £895** WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:  
FREE EXPERT MEASURING & FITTING  
TWO REMOTE CONTROLS  
ACOUSTIC & THERMAL INSULATION  
AVAILABLE IN 21 COLOURS  
FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.



Helping loved ones for over 20 years

Special Offer  
10% discount  
ref: SH/Vision

## Local Professional Fixed Fee Probate Administration Services

IWC operates in Braintree and Essex, providing expert Probate and Estate Administration services at low, fixed fees. We provide no-obligation home consultations regarding wills, probate, funeral plans and trusts.



Call **01376 349366** to find out more  
Visit [www.iwcprobateservices.co.uk](http://www.iwcprobateservices.co.uk)  
Email: [admin@iwcprobateservices.co.uk](mailto:admin@iwcprobateservices.co.uk)



# Feel at home wherever you are

VOTED DETHLEFFS  
No. 1 DEALER IN THE UK  
FOR CUSTOMER SERVICE  
2017 - 2021



**Dethleffs**



Pullinger Motorhomes offer a wide range of top quality leisure vehicles from Europe's leading manufacturers

- ★ NEW MOTORHOMES
- ★ USED MOTORHOMES
- ★ PARTS & SERVICING
- ★ 3,000 SQUARE FOOT HEATED SHOWROOM
- ★ OPEN 7 DAYS A WEEK



Tel: 01787 47 27 47  
[www.pullingers.co.uk](http://www.pullingers.co.uk)

Pullingers Leisure Vehicles Limited  
Showroom: Sudbury Road, Little Maplestead,  
Halstead, Essex, CO9 2SE



TRAVEL

## Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBTQ+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

### 1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

### 2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

### 3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

### 4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

### 5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

### 6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.

# BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

### 1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

### 2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

### 3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

### 4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

### 5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



## 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



[rugbytots.co.uk](http://rugbytots.co.uk)

The world's favourite rugby play programme

## ARBOR-ELITE

• TREE SURGERY •

SPECIALISTS IN ALL ASPECTS OF TREE CARE

FULLY INSURED

07850 877 828 01787 323 505

[arbor.elite@yahoo.com](mailto:arbor.elite@yahoo.com)

[www.arbor-elite.co.uk](http://www.arbor-elite.co.uk)



Follow us @arbor.elite



## PROFESSIONAL LANDSCAPING & GROUNDS MAINTENANCE

We provide grounds maintenance, fencing and landscaping services throughout Essex & Suffolk.



FENCING



LANDSCAPING



GROUND MAINTENANCE

01206 212 601 [jack@jpblandscapes.co.uk](mailto:jack@jpblandscapes.co.uk)

[WWW.JPBLANDSCAPES.CO.UK](http://WWW.JPBLANDSCAPES.CO.UK)

# The 'write' way to happiness



Have you kept any New Year's Resolutions that you've made? Ah well, there's always next year right?!

Or, you could take a different approach and be kinder to yourself, understanding that living in the present and managing your mind and emotions is the real way to make progress towards any changes you desire.

Practicing daily gratitude, embracing your emotions, and training your mind to see opportunities instead of defeat all help us to shift our focus and positively navigate our daily lives.

Journalling is often touted as a way to help manage your thoughts, especially when going through difficult times. It's an effective way to measure change, recording the journey from where you were to where you are, exploring your feelings as you process heartbreak, job loss, anxiety or another upsetting situation.

Some people like to use journalling

to record their daily thoughts and gratitudes. This has been proven to elevate mood and reinforce a positive mindset, supporting our well being, creativity and personal expression.

I write when I'm unknitting a niggly problem or when something beautiful has happened and it's helped me gain clarity when I've felt a bit lost.

As I know how much it's improved my own mental fitness, I'm introducing my Positive Journalling course to Halstead. This is an eight week course exploring positive journalling and how it helps us to thrive.

Positive AND negative emotions are part of human existence, of course, but in these sessions, we focus on uncovering and reflecting on emotions that contribute to feeling great about ourselves: Joy, Hope, Love, Gratitude and a few more.

You don't have to be a brilliant

writer to attend. You don't have to share your writing if you don't want to. You don't have to ever have done anything like this before!

Each session will explore the positive psychology benefits of writing, a life-affirming emotion, and then we'll write when you've chosen your writing prompt. Don't worry about picking the 'right' prompt as you'll take away resources, including the other prompts, to help you continue your new journalling skills at home.

I used to teach Creative Writing at a university so you're in safe hands! There's no judgment and no assessments, just the opportunity to learn a new skill and improve your mental wellbeing.

The eight week course start on Tuesday 22nd February and is £80. Please contact me for location and timings.

**Helen Reade is a certified Positive Psychology Practitioner and Coaching Psychologist**



Our highly trained care home teams are specialists in residential, nursing, dementia and respite care. With some of the highest care ratings in the UK, we're here to help you and your family at every step of your journey.

If you're considering care, call **Kim** on **01787 383621** or email **kim.richardson@careuk.com**

Trusted to care.



Colne View care home  
Halstead  
careuk.com/colne-view



**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


 Certified NLP, TLT and Hypnosis Practitioner and NLP Coach  
**MELANIESMITH**  
 CHANGE COACH

Don't just wish for change....  
**MAKE IT HAPPEN!!**

Make New Years Resolutions but never see them through?  
 Lacking Motivation?  
 You know what you want but don't know where to start?  
 Stuck in a rut?  
 Dissatisfied in your relationship?

Book your **FREE** initial consultation TODAY  
**07887 893563**  
 melaniesmithchangecoach@gmail.com

**OUR SIGNATURE SPA DAYS**  
**THE LADY GAINSBOROUGH**

Full use of Spa Facilities + Robe & Towel Hire  
 Complimentary Herbal Tea while relaxing

45 minutes of pure bliss steaming in your very own Mud Chamber with a full body mud mask, to soften the skin.


Followed by a 50-minute Hot Stone Back, Face and Scalp treatment to truly unwind and relieve stress and tension.

**£79 Monday - Friday**  
**£85 Saturday & Sunday**

**01787 279009**  
**Thegainsborough.co.uk**



**SEATED EXERCISE**  
**STRENGTH BALANCE CARDIO MOBILITY**  
 Practical exercises for all abilities.



**1:30 Mondays & Thursdays**  
 At the Catholic Church Hall, Halstead  
 Wednesdays in Earls Colne & also on Zoom  
 Call Jane: **07944 919 328**

**HOW TO boost YOUR METABOLISM**

**HEALTH & FITNESS**

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism. While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

**METABOLISM-BOOSTING FOODS:**

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

- 1. FOCUS ON STRENGTH TRAINING**  
 If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.
- 2. INCREASE YOUR FIBRE INTAKE**  
 Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.
- 3. GET SUFFICIENT SLEEP**  
 A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.
- 4. STAND UP MORE**  
 Office workers spend an average of 75 per cent of their day sitting down. However, standing up is crucial for those wanting to boost their metabolism







HISTORY

# 70 YEARS

THE ACCESSION TO THE THRONE FOR QUEEN ELIZABETH II



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.

Are you passionate and caring?

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



## FOREST HOMECARE

- 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



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@foresthomocare.co.uk

★ CQC Rated **OUTSTANDING** ★

**Look no further!**  
**Join our Team as a Care Worker**

For more information, please call  
07701 009885  
Or email us  
recruitment@foresthomocare.co.uk  
Website:  
foresthomocare.co.uk



Photo credit: Classhouse Images/Shutterstock

"Pupils achieve considerable success in a range of academic and other achievements." ISI



We are an 'excellent' rated (ISI) school for ages 2 to 11, where happy children make excellent progress. Call to arrange a private tour or join us during our **Open Week: Monday 28th February to Friday 4th March 2022**

w: [stmargaretsprep.com](http://stmargaretsprep.com) t: 01787 273 050 e: [admissions@stmargaretsprep.com](mailto:admissions@stmargaretsprep.com)  
Hall Drive, Gosfield, Halstead, Essex CO9 1SE



## ACL ADULT LEARNING

# UNLOCK YOUR POTENTIAL

Learn new skills with the support from our specialist tutors.

Financial support could be available to pay for your course fees, childcare, equipment, books and travel.

Qualifications & Skills for Employment

Creative & Cultural Learning Apprenticeships

Family Learning English, Maths, Digital & Science

Mental Health & Wellbeing Supported Learning

Nearest centre location: **ACL Colchester**  
Wilson Marriage, Barrack Street, Colchester, CO1 2LR

[aclessex.com](http://aclessex.com) 01277 575467



# How to make a homemade kite



No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

### YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

### HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
  - > Tie one end of the string around the wooden dowel at the bottom of the kite
  - > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.





SPORT

UNUSUAL SPORT...

# KNOB THROWING



Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

## WHAT A KNOB



# HALSTEAD TEMPLARS RFC



## YOUR TOWN NEEDS YOU

Calling all rugby players, from veteran to novice! If you're looking to get back into rugby or learn a new sport, Templars is the team for you!

- Any ability
- Full contact
- Social side
- Events and drinking!
- Get fit
- Make friends
- Ages 17+
- Compete at entry level

**TRAINING:** 7pm Wednesday  
**MATCHDAY:** KO 3pm Saturday (2pm Winter)

## TOUCH RUGBY

Mondays at 7pm  
@ Courtauld Sports Ground,  
Colchester Road, Halstead, CO9 2ET

- No tackling
- Age 10+, any gender
- Compete in local competitions
- Good introduction to Rugby
- Speed
- Handling

**CONTACT:** 07711 776 261 or halsteadtemplars@gmail.com

/halsteadtemplars @HTemplars @halsteadtemplars

# YO \_ R ADVERT HE \_ E

**Q: WHAT'S MISSING HERE?**

**A: YOU ARE**

CONTACT US NOW TO ADVERTISE

Your **VISION**  
Monthly  
Lifestyle  
Magazine

t: 01787 339010 m: 07786 573275

e: emma@VISIONmag.co.uk

## THE VISION LISTINGS

### ADVICE

#### CITIZENS ADVICE

Need help with a problem but don't know where to turn to? Citizens Advice Braintree, Halstead & Witham are here to help. Freephone 0808 278 7852 for free confidential advice.

### BESPOKE KITCHEN WORKTOPS

#### TOTAL TOPS

Hand made Bespoke Quality Kitchen & Bathroom Surfaces at affordable and competitive prices. E-mail sales@totaltops.co.uk | 01787 844663

### BUILDING SERVICES

#### NSC HOME IMPROVEMENTS

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

#### ALPHA GROUP PROPERTY MAINTENANCE

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

**JOIN THE LISTINGS...**

for just **£180** +VAT per year

### CAR MOT'S, SERVICING & REPAIRS

#### GB AUTOS

Mot testing, servicing & repairs, winter checks, clutches, brakes, welding, echanical & electrical work. Over 25 years' experience. www.gb-autos.co.uk | 01787 479956

### CARE HOME

#### BLACKTHORNS CARE HOME

Residential, dementia & respite available. 01787 320680 | admissions@runwoodhomes.co.uk

#### COLNE VIEW CARE HOME

We support you to live life in the way you choose. To find out more about care at Colne View please call 01787 383567 or email kim.richardson@careuk.com

### 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

#### MELANIE SMITH CHANGE COACH

Don't just wish for a Change. MAKE it happen! Book your Free initial consultation TODAY! 07887 893563 | melaniesmithchangecoach@gmail.com

### 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

### DRY CLEANERS

#### GORGEOUS DRY CLEANERS

High quality Dry Cleaning & Laundry Services, Sewing and Alterations. E-mail gorgeousdrycleaning@gmail.com | 01787 273671

### ELECTRICAL SERVICES

#### ANGLIAN ELECTRICS

Fault Finding, Diagnosis, Repair, Refurbish or Replace, Faulty or New sockets, Full Rewire and New Fuse boxes – 01787 278511 | 07825 348536

### ESTATE AGENTS

#### MICHAELS PROPERTY CONSULTANTS

We offer high levels of property marketing, customer service & mortgage advice. Contact us to arrange a Free, no obligation valuation. 01787 322799 | halstead@michaelsproperty.co.uk

### EXERCISE GROUP

#### SEATED EXERCISE WITH JANE

Every Monday & Thursday, Strength, Balance, Cardio and Mobility. Call Jane 07944 919328

### FARM SHOP

#### BLACKWELLS FARM SHOP

Award winning farm shop and Produce, supporting local, trusted farmers and small businesses. www.blackwellsfarmproduce.co.uk | 01376 562500

### 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

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

# THE VISION LISTINGS

## FOOTBALL CLUB

### HALSTEAD FOOTBALL CLUB

Proud of our FA Charter Standard accreditation. We are committed to making the game safe, fun and inclusive for all to experience. carlpearse@halsteadtownyouthfc.co.uk

## FURNITURE SHOP

### HATFIELDS FURNITURE & INTERIOR STORE

One of the country's largest independent retailers for quality furniture, beds, flooring and home accessories. www.hatfields.com | 01206 765444

## 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

## 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

**JOIN THE LISTINGS...** for just **£15** +VAT per month

## 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

## 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@foresthomecare.co.uk

## HOME FURNISHINGS

### ISPIRATO INTERIORS

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

## LANDSCAPING SERVICES

### JPB LANDSCAPES

Professional Landscaping, grounds maintenance and fencing throughout Essex and Suffolk. 01206 212301 | jack@jpblandscapes.co.uk

## MASSAGE THERAPIST

### REBOUND SOFT TISSUE

Level 5 Sport & Remedial Massage Therapist. Call Steve 07852 705077

## MOBILITY SERVICES

### HARLOW MOBILITY

Wheelchairs, scooters, rise & recline chairs, beds, walkers & daily living aids, free home assessments available, scooter servicing. 01279 420600 | www.lifestyleandmobility.co.uk

## PACKAGING SUPPLIES

### BRACKADAMS PACKAGING SUPPLIES

Bespoke and Stock Sizes of Boxes, Printed Tape, Packaging Materials, Eco Friendly. 01787 389133 | piers@brackadamsp.com

## 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

### ANGLIAN PLUMBING

Local Family Business - All general plumbing work undertaken, Boilers Serviced & Repaired. 01787 278511 | 07825 348536

### FLO SMART HEATING

Boiler installation, Servicing, Fault finding, Full heating system, Heating controls, Maintenance. 01787 584693 | 07716 103022

## PUB DINING

### THE KINGS HEAD GOSFIELD TRADITIONAL PUB & DINING

Weekly Luncheon Club, Weekday Breakfast and Sunday Roasts. Keep up to date with special events on Facebook. 01787 474016

## REMOVALS

### TODDS REMOVALS

Removals, Storage, Packing Materials, Packing Service, Home or Business, UK, Europe & Beyond - Reliable local service you can trust. 01787 377489

## ROOFING

### ESSEX & SUFFOLK ROOFING

New Roofs, Re-roofs, Felt, Tile, Slate & Rubber Roofs, Fascias, Soffits & Gutters - Cladding - 07795 554442

**CONTACT EMMA@VISIONMAG.CO.UK**

## RUGBY CLUB

### HALSTEAD TEMPLERS RFC

Calling all Rugby players Old or New, Touch Rugby for Children 10 + Contact 07711 776261 | halsteadtemplers@gmail.com

## SCHOOLS

### ST MARGARET'S PREPARATORY SCHOOL

Prepare your child for a Bright future. 01787 273050

## SOCIAL GROUP

### HALSTEAD LOOSE ENDERS

New group that meets up - anything from Coffees to Evenings out, suitable for adults & Families. Call Kim 07490 714623 | Find on Facebook @ Halstead LooseEnders

## SOLICITORS

### HOLMES AND HILLS

A large regional law firm providing legal services such as conveyancing, family law, wills & probate, commercial and more. www.holmes-hills.co.uk | Halstead 01787 475312

## TREE SURGEON

### ARBOR ELITE

Specialists in all aspects of Tree Care, Fully Insured. 07850 877828 | 01787 323505

## WINDOWS AND DOORS

### GREENGLAZE WINDOWS & DOORS

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

### A.G.GLASS

Windows, Glass & Glazing, Suppliers & Installers of UPVC Windows & Doors. Emergency repairs, misted units replaced. 01376 323700 | a.g.glass@btconnect.com

**JOIN THE LISTINGS...**  
for just **£180** +VAT per year

# 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:

**VISION**Halstead, 62 Pendle Drive, Basildon, Essex SS14 3LZ or email emma@visionmag.co.uk

\*£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

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

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

ACROSS: 1. IGNITE, 7. TOWERING, 8. NAB, 9. BRIDAL, 10. JAVA, 11. EJECT, 13. PENCILS, 15. LIFT OFF, 17. ASSAY, 21. INCH, 22. BERLIN, 23. NUT, 24. STANDARD, 25. EARTHS  
DOWN: 1. IGNORE, 2. NIBBLE, 3. ETUDE, 4. SWELTER, 5. PROJECTS, 6. SNIVEL, 12. CATCHING, 14. OFFBEAT, 16. INNATE, 18. SONNET, 19. YOUTHS, 20. BRIDE



# PUZZLES & TRIVIA

PUZZLES

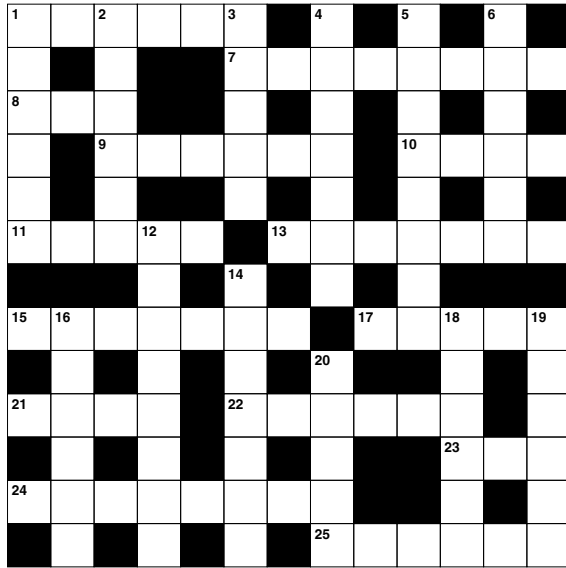
Answers: see end of The VISION Listings

## ACROSS

1. Set fire to (6)
7. Extremely tall (8)
8. Arrest (3)
9. Relating to a wedding (6)
10. Main island of Indonesia (4)
11. Discharge (5)
13. Writing implements (7)
15. Rise into the air (of an aircraft) (4,3)
17. Determine the quality of an ore (5)
21. Unit of length (4)
22. Capital of Germany (6)
23. Pecan, for example (3)
24. Reference point; norm (8)
25. Hearts (anag) (6)

## DOWN

1. Refuse to acknowledge (6)
2. Take small bites out of (6)
3. Composition for a solo instrument (5)
4. Be too hot (7)
5. Protrudes (8)
6. Cry and sniffle (6)
12. Infectious (8)
14. Unconventional (7)
16. Inborn (6)
18. Poem of fourteen lines (6)
19. Young people (6)
20. Newly-wed (5)



## DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

## SUDOKU

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

# Lifestyle & Mobility

[lifestyleandmobility.co.uk](http://lifestyleandmobility.co.uk)

## ESSEX LARGEST SHOWROOM HARVEY SHOPPING CENTRE HARLOW



Motability offers you the ability to enjoy worry-free mobility

Available through weekly lease payments

A new product every 3 years

To find out how Motability can help you, talk to our Specialist today



**HARLOW 01279 420600**  
67-68 Harvey Centre, Harlow, CM20 1XP

**Checkatrade.com**  
Where reputation matters

# Have confidence in your conveyancer

Holmes & Hills' successful  
completion rate is 18% higher  
than the national average\*

Speak to Lisa Dixon or Lucymai Looker  
today for an initial conveyancing quote

[www.holmes-hills.co.uk](http://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)